



THE WATER-CURE JOURNAL

AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

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A NEW VOLUME!

A NEW VOLUME of the WATER-CURE JOURNAL commences with this number. SUBSCRIPTIONS commenced in January, 1854, will terminate next December. Those commenced in July, 1853, are now complete. RENEWALS may be made at once for the year to come. Those who prefer, may remit for one, two, three or more years, as may be convenient. The amount will be duly credited, and the JOURNAL sent the full time paid for. CLUBS for any number of copies may be formed in every neighborhood, and sent in to the Publishers at once. See Prospectus for Terms.

THE PRESS.—NEW VOLUME.—Again, in presenting the first number of a new volume, we tender our sincere and heartfelt thanks to our noble co-workers in the great field of Human Progress, the conductors of the PRESS, for their repeated and ever friendly notices of the WATER-CURE JOURNAL, and the principles it promulgates. We know the value of their commendations. We know how great an influence they exert upon the public mind. They have helped us to diffuse far and wide the health-giving principles of Hydropathy, and the people join with us in thanking them for their coöperation with us in our labors. We hope to merit their continued favorable opinions, and we are sure that the cause we advocate will never lack a seasonable good word from them.

ESSAYS.

THE ANATOMICAL REGIONS.

BY R. T. TRALL, M. D.

ONE of the principal obstacles in the way of communicating physiological information to non-professional people, is their ignorance of anatomy: and still more embarrassing is this igno-

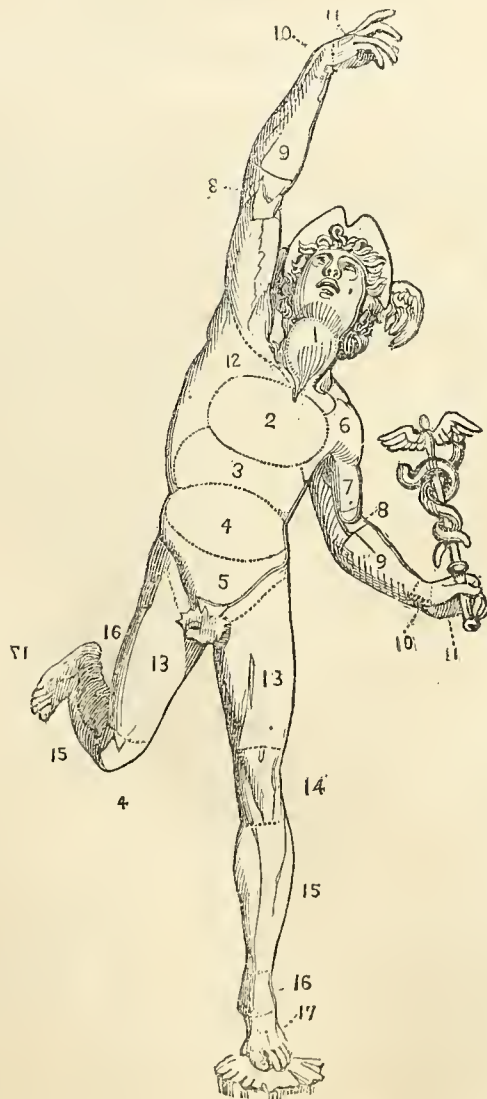


FIG. 1.

rance, when we undertake to explain pathological phenomena, that is, to discriminate the nature and locality of diseases.

Various aches, pains, and other indications of bodily disorder, which are referred to a particular part, are often imputed to an organ or viscera which is situated somewhere else, when a correct knowledge of the location of the viscera would at once have put the patient on the right track of investigation.

In Fig. 1 is seen a representation of the anterior regions of the body. 1. Region of the neck. 2. Region of the chest or thorax. 3. Epigastric region. 4. Umbilical region. 5. Hypogastric region. 6. Shoulder. 7. Arm. 8. Elbow. 9. Forearm. 10. Wrist. 11. Ball of the thumb. 12. Axilla or armpit. 13. Thigh. 14. Knee. 15. Leg. 16. Ankle. 17. Instep and foot.

In the region of the neck (1) are situated the large bloodvessels passing to and from the brain—the carotid arteries and jugular veins—which pass along on each lateral portion of this region, the windpipe or *trachea* in front, and the *oesophagus* or swallowing-tube behind it, deep-seated, and close upon the vertebræ, or bones of the back. The thoracic region (2) contains the heart in the centre, and the lungs on each side.

The chest or thorax is divided from the belly or abdomen, by the midriff or diaphragm; hence we have the *cavity of the chest*, occupied by the heart and lungs with their investing membranes; and the abdominal cavity, occupied by the digestive apparatus. The stomach occupies the central portion of the epigastric region, (3,) the liver the right portion, and the spleen the left: the pancreas is also situated in its lower and posterior portion, lying transversely across, behind and below the stomach. The umbilical region (4) is occupied by the principal portion of the intestinal apparatus, and the kidneys, which are situated on each side of the back bone. The hypogastric region (5) is occupied by the lower portion of the bowels, and the bladder, uterus, and ovaries. These three last-named regions constitute the abdomen proper. Its lower portion is often called the *false pelvis*, in contradistinction to the cavity enclosed within the pelvic bones, which constitutes the *true pelvis*, or pelvic re-

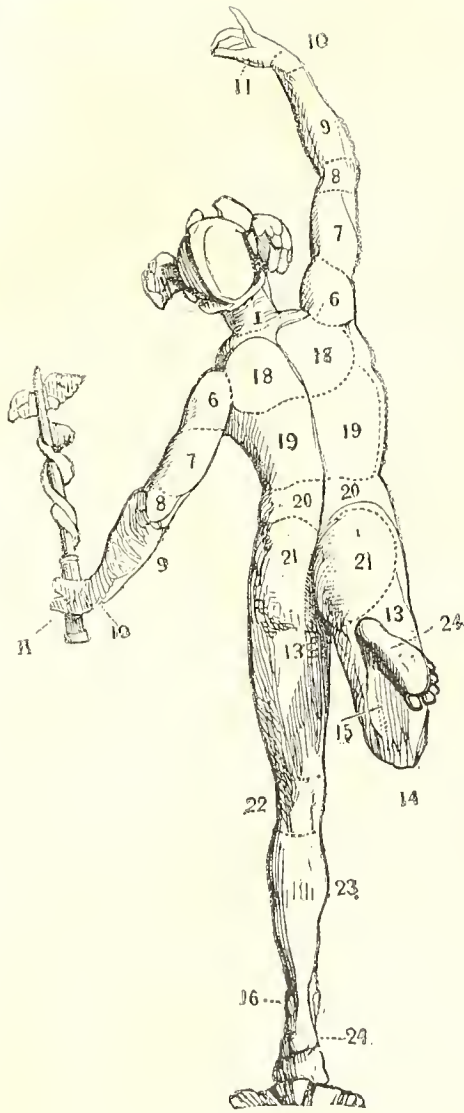


FIG. 2.



FIG. 3.



FIG. 4.

gion, and contains, in the female, the uterus and appendages.

In Fig. 2 we have a view of the posterior regions of the body. 18. Region of the *scapula* or shoulder-blade. 19. Region of the back. 20. Region of the loins. 21. Region of the hips. 22. Region of the ham or thigh. 23. Calf of the leg. 24. Heel and foot. The perpendicular line in the centre of the back indicates the vertebral column, which divides all the regions posteriorly into right and left.

A lateral view of the regions of the body is seen in Fig. 3. 25 represents the arch of the foot.

The situation of the more important internal organs is more precisely seen in Fig. 4. 1. The lungs, right and left. 2. The heart. 3. A line representing the edge of the diaphragm. 4. The liver. 5. The stomach. 6. The small intestines. 7. The colon. 8. The urinary bladder.

Fig. 5 shows the situation of the more important organs posteriorly. 1, 1. Lungs. 3, 3. Diaphragm. 9, 9. Kidneys. 10, 10. Course of the spinal cord. And in Fig. 6 we have a lateral view of the situation of the more important organs.

Nothing is more common than for sedentary females to lay their hands on the upper part of the lungs to point out the seat of pain and weakness in the stomach, which is located near twelve

inches lower down. The difficulty in such cases may be from contracted abdominal muscles, which prevent a clear expansion of the lungs; or, as is very frequently the case, from tubercles in the lungs. I have known patients complain of a weight and weakness in the stomach, not suspecting that any thing serious was the matter with the lungs, when in fact these organs were so filled with tubercles that death within a few weeks was inevitable. They could never have been thus mistaken if they had known the relative localities of the stomach and lungs.

If our tight-laced females understood the exact anatomical structure and situation of the lungs, (see 1, 1, Fig. 5,) and were made aware of the fact that the muscles of the back, loins and abdomen, (19, 19, and 20, 20, Fig. 2,) were the principal agents in respiration, they would as little dare to draw in or contract, or in any way girdle or oppress the muscles of any portion of the trunk of the body, as they would to deliberately commit suicide.

The anatomy of regions also explains why a person with an enlarged liver cannot sleep as well on the left side as on the right—for the reason that the enlarged viscus, in that case, presses with unusual weight upon the stomach.

It explains, too, how it is that a very slight displacement of any internal viscus, as of the uterus, or any portion of the alimentary canal,

may occasion very great distress or disability, by throwing all the organs out of their relative positions, or at least depriving them of their support derived from their normal relations and connections. A slight prolapsus of the bowel causes the greatest difficulty in walking, and is attended frequently with a most distressing dragging-down sensation throughout the whole system, and often accompanied with more or less of mental despondency. Prolapsions and other malpositions of the uterus are attended commonly with extreme depression of spirits.

We need only glance at the positions of the various abdominal organs, and their relation to the thoracic viscera, as seen in Figs. 1 and 3, to understand the mischievous consequences of crooked bodily attitudes. If in sitting, leaning, laboring, or sleeping, we bend the trunk of the body, instead of bending at the hip-joint, which was made for that specific purpose, we compress the whole contents of the abdominal and thoracic cavities together on the line dividing the epigastric and umbilical regions; hence, if frequently repeated, or long-continued, the result is to weaken and relax the abdominal muscles, and to render breathing obstructed and difficult; press injuriously the stomach down upon the descending aorta, or large bloodvessel which lies between it and the back-bone, occasioning various dyspeptic symptoms, with violent palpitations; and closing

up the air-cells of the lungs, thus laying the foundation for consumption itself.

Whenever I see a young lady with a girdle around her waist, or a "supporter" on her abdomen, or a bustle on her back, I involuntarily ask the question mentally, "Does she know where her vital organs reside, and what she is doing to them?"

No one, I think, can study attentively these anatomical regions of the body, these "fashion-plates" of nature, without feeling a corresponding abhorrence and detestation towards the fashion-plates of the fashionable magazines, which propose to refine and elevate the fair sex by teaching them how to deform and destroy their bodies.

We shall probably never succeed in correcting the miserable habits that the majority of the people of civilized society have fallen into, until we teach them the nature, use, structure and situation of all the organs of their bodies. Without a correct knowledge of the use or functions of an organ, no one can be secure against its abuse. All persons know they have lungs, liver, heart, stomach, bowels, &c., but very few, comparatively, have any intelligent notions of their whereabouts or *whatabouts*; of where they are situated or how they are affected for good or evil.

Many a young man has ruined his health, because he has sat poring over his book, with his heels nearly as high as his head, and his stomach and lungs pressed against the diaphragm for several hours each day, in entire ignorance that all this time he was not more than half breathing.

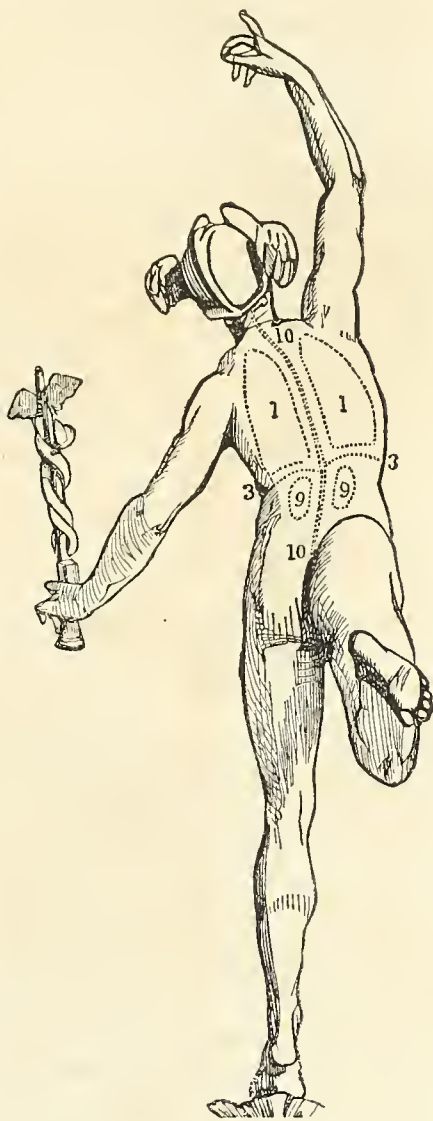


FIG. 5.

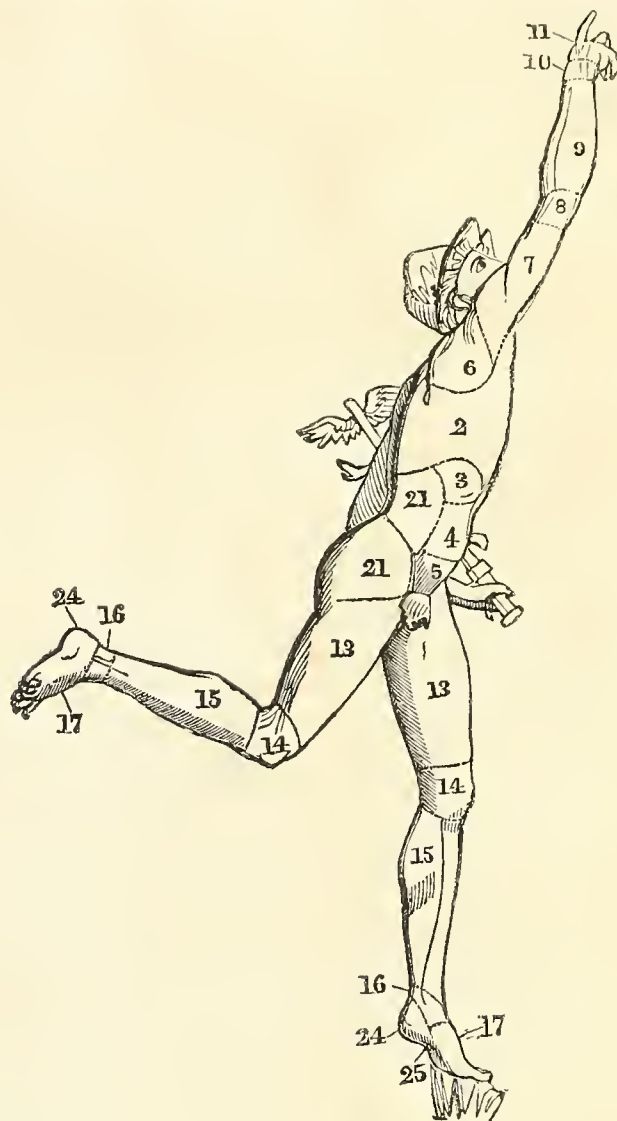


FIG. 6.

INFLUENZA AND ITS RESULTS.

BY S. O. GLEASON, M. D.

INFLUENZA annually prevails to a greater or less extent in this country, laying, in a great number of cases, the foundation for disease of the throat, nasal organs, bronchial tubes and lungs.

This disease is ushered in by all the symptoms which attend a common cold, viz., chilliness, shivering, dull pains over the eyes, dryness of the nasal passages, sneezing, and, at length, a copious discharge of mucus; dryness, soreness, and pains in the throat; oppressed respiration; besides, there is great debility, depression of spirits, and a sinking of all the vital energies. It is remarkable how rapidly the vital forces will sink in even a strong man.

This disease is an epidemic. In St. Petersburg, forty thousand people were found to have it in one day. So the crews of ships at sea have been attacked with it all at once, and so many have been prostrated that a harbor had to be sought, as it was so universal and sudden that there were not well ones enough to manage a vessel. The cause seems to be in the atmosphere. Whether from some poisonous material or from the existence of animalculæ, is not yet determined. Some seasons the mucous surfaces of the nasal passages

seem more obnoxious to the disease. Again, the throat and bronchial linings take on the disease the most readily.

In persons predisposed to the catarrh, this disease is extremely liable to aggravate it.

For weeks at least, if not for months, there is an increased discharge from the nose, having different shades of color, dark brown, green tinged with blood, &c. The quantity is often immense, so much so, that the patient becomes alarmed, thinking that there must be destruction in some part of the nasal cavity. In scrofulous persons the disease is liable to terminate in more or less ulceration of the nasal linings. In many cases I have seen orifices in the partition between the nostrils. This is the result of inflammation and subsequent ulceration. Whenever there is congestion of the bloodvessels, there is more or less material forced out of the veins upon or into the surrounding parts. Now, if the persons be scrofulous, a large quantity of acrid, excoriating matter is often thus thrown upon the mucous surfaces, causing great redness, irritability and disease. Impurities in the circulation thus find a new outlet from the system, and keep up a disease which no local treatment can cure. It is vain to apply medicated substances to the nasal passages with the hope of a cure. They will not succeed without general water-treatment. It often takes a long time when all the Water-Cure appliances are brought

to bear upon the system, to so free it of morbid material that the acrid secretions will cease from the nasal passages.

The influenza may leave the throat in a highly irritable state. The fauces, tonsils and larynx may have been the chief seats of the disease. The same changes may take place in these organs that have been described as occurring in the nose. From the great debility, which is one of the prominent characteristics of the influenza, there may be, and often is, a succession of external eruptions, such as salt-rheum and the like, which take up their abode upon the diseased surfaces, to the no small annoyance of the patient, and the complaint is thereby seriously aggravated.

Cutting out the tonsils, applying medicinal articles to these surfaces, does no good, save so far as it may afford temporary relief. This I have exemplified in many cases that have been under my care. Morbid material must and will find an outlet from the human system in some direction. And I am satisfied that many of the throat diseases are the result of repelled eruptions, either having been driven in by external medication, or by general debility, the result of some disease like the one under consideration, or coaxed by medical appliances to these mucous surfaces. We have on hand at present several cases that have not had sound throats since they had the influenza some time since. And all of them have either

some serofulous manifestations or have had salt-rheum at some time, which are not now apparent upon the surface.

This class of cases can only be cured by securing a crisis. If the salt-rheum has been the cause, then it must be made to appear upon the surface again, before the throat will recover. We have seen this illustrated in many cases; so that what we say on this point is not mere theory, but it has been demonstrated under our eyes. We have treated cases which have been under the care of medicine-doctors for a long time, with no permanent benefit, and they recovered by getting a crisis under water-treatment.

Again, the influenza may attack the lining of the bronchial tubes and work its ravages in them, while the head and throat suffer but little. The same phenomena take place in them as in the other mucous surfaces described. A cough is set up; blood in large quantities is forced into the vessels that supply the lining surfaces of the bronchial tubes; congestion and effusion take place. Morbid changes occur in the blood itself in consequence of its languid circulation; while at the same time poisonous, acrid matter is attracted thither, and profuse expectoration is the result. This results in more or less failure of the vital forces. The skin does not receive its due amount of circulation; it becomes sensitive, and the perspiratory system refuses to do its accustomed work. Hence the diseased mucous linings have to perform additional labor in order to free the system of such material as must have an exit from the general circulation, or induce some severe malady.

We contend that the abnormal condition described, tends to favor the exit of old impurities, and thus make the disease vastly more difficult to cure. If skin disease exist in such a case, it will in the great majority of instances take up its abode, by the law of transfer, upon the weak, debilitated mucous surface, thus establishing a permanent and troublesome cough which no manner of medication can cure. Such cases are almost weekly applying for treatment. Where there is energy of constitution enough left to answer to the treatment, and secure an eruptive crisis, they get well. But if there be great emaciation, accompanied by indigestion, then there is little hope of a cure. When there is vigor enough left to react, more blood is sent to the surface; the capillary circulation is improved; the perspiratory apparatus renews its functions; morbid material is again eliminated; the mucous surfaces of the lungs have less labor to perform; the expectoration diminishes in the same ratio that the activity of the skin increases; until finally congestion ceases, and the lungs are restored.

Now it behooves all persons who are serofulous, or who have any form of skin disease, when attacked by the influenza, to make special efforts to get rid of this malady at once, before such results as we have indicated take place. For neglect often brings on incurable forms of disease, especially if medicine be resorted to, to cure the after-results of a neglected attack.

The most efficient mode of treatment that I have tried in the incipient stage of the disease, is to take a sweat by means of a vapor-bath, or by the use of a hot sitz-bath (110°) and a hot foot-

bath, covering all but the head with blankets, and then going immediately to bed; cover warm enough to keep up a gentle perspiration all night, or for some hours; then take a wet-sheet, (75°,) wash down, and go into the open air. If this be done early, a check is made upon the disease. If it be delayed, then the sweat, fomentations and packs have to be resorted to for some days.

One thing should not be neglected. Go out by all means, well protected, into the open air. Some bad forms of bronchitis have yielded in my hands by the use of the general treatment, and by keeping the patient in the open air several hours out of the twenty-four. No one who has taken a cold or the influenza, should be afraid of the cold air. Inhale it freely, only be well protected and not get chilly.

Elmira Water-Cure.

WATER-CURE FOR THE PEOPLE.

MESSRS. EDITORS:—I observe that in the April number of the WATER-CURE JOURNAL, you call the attention of capitalists to the propriety of furnishing means to increase the number of Water-Cure Establishments, because "the people were now ready." And also in the May number, Dr. Trall calls attention to the same subject, with the additional consideration of planning a large "Establishment," so that a portion of its guests could receive treatment at the lowest possible rates, and accommodate such of the patients also as could be benefited by it with some kind of work; for the threefold purpose of exercise, amusement, and the increase of means to pay current expenses.

I wish to say to Dr. Trall, that I belong to the class for whose especial benefit he was induced to make the suggestion, and can fully appreciate the contemplated result to that class. And I wish if possible to encourage him and all others who have capital, of either money or good influence, to put forth all reasonable effort to carry out to a full realization the plan suggested.

I am aware that to carry out such "plans" is the direct way to destroy the business of doctors, but Dr. Trall and all other Hydropathic physicians, worthy the name, are too well "booked" in the history of the present and prospective generations in this country, and have too much knowledge of human nature, and too much confidence in right principles, to allow them to entertain any fears on the score of lack of employment. Their aspirations will rather be, "Send forth laborers into the harvest;" for certain it is, if laborers are not rapidly multiplied, those now actively engaged must soon be crushed by the amount of labor thrown upon them, and the harvest also go to waste.

I know that the plan suggested by Dr. Trall is feasible, if men of the right principles and good business capacities take the direction of it, and I know also, that no other plan will prove so eminently efficient to indoctrinate the masses of the "working class" in the scientific application of Hydropathy in "home practice." The rich classes will never adopt home practice to any great extent, unless necessity compels them to it

for want of a physician within reach; and the working class have almost entirely been debarred hitherto from the best possible means of both conversion and instruction, by the expensiveness of scientific treatment in chronic cases, and the scarcity of physicians when wanted to treat acute cases.

If there is in the life of the laboring man a circumstance in which he must keculy realize the "curse," "In the sweat of thy face shalt thou eat bread, until thou return unto the ground," and almost unavoidably feel that to be poor is to be degraded, it is when he sees a beloved companion, parent, child, or other near and dear relative, sinking to an untimely grave, for want of a few dollars to make available the means of redemption from the crushing effects of ignorance and error, and at the same time secure instruction necessary to guard him from similar errors in the future. (I "know," because I have felt it.)

Permit me to allude to a favorable location for such an establishment as Dr. Trall suggests, and to some of the reasons why I think it favorable.

The Sunbury and Erie Railroad, connecting Philadelphia with the lakes, and the Alleghany Valley Railroad, connecting Pittsburgh with Rochester or Buffalo, or both, will cross each other at right angles in Elk county, Pa.

The Venango Railroad, a link of connection direct between St. Louis and your city, is intended to intersect the other two roads, also, at their crossing. But leaving this last out of the count, there will be about two hundred and fifty square miles of country to select from for a location for a Water-Cure Establishment — all wild land, abounding in springs and mountain streams of the purest, softest water, at no point farther than twenty minutes' walk from one of the above roads, nor farther than one hour's ride by cars from their junction or crossing.

In addition to unrivalled purity of air and water, and any amount of water-power, fuel, either wood or bituminous coal, in exhaustless abundance, can be had cheaper than at any other point this side the Mississippi; also, any amount and quality of lumber at the lowest rates for which it can be had in the States.

Further, I think there would be no difficulty in procuring a title to one hundred acres of land at a chosen point as a bequest, or for a mere trifle, compared with land prices in the older sections of country. Also, the class of persons most needing the benefit of such an institution would feel more especially at home in this retired section, and be less annoyed by the tempting luxuries, and gorgeous display of wealth, than they would be at a less remove from the busy thoroughfares of the great world. These considerations appear to me to promise some thousands of dollars saved in the expense of building, etc., at the commencement, and inestimable and enduring advantages in air, water, and fuel, for generations to come. Supplies for a "Cure" can be brought by railroad any required distance, with no serious addition of expense.

My home is in the above-mentioned section, (Elk county, Pa.) I have been at Glen Haven as a patient, some six weeks, shall probably leave for home in two or three weeks; and when at home could furnish a diagram of that county, with its streams and railroad routes. The county includes

the heads of both the Susquehanna and Alleghany waters.

Within the last two years, I have been much engaged in collecting materials for a map of the county, by actual surveys over all its parts, and have means of furnishing reliable information in that line. I have lived in that section about thirty-five years.

Should you wish to learn further particulars relating to the section of country alluded to, I would gladly answer by letter any inquiries you may see fit to make. E. P. G.

Practical Water-Cure.

A LETTER.

MESSRS. FOWLERS AND WELLS:—The following letter was received a short time ago; and at a meeting of the patients to whom it was addressed, it was unanimously resolved to offer it to you for publication in the WATER-CURE JOURNAL. Believing it to be as applicable to patients of other Water-Cures as to ourselves, and to contain many wise and instructive suggestions, the undersigned were appointed to forward it to you, requesting its publication.

Truly yours,

E. P. GOFF,

C. T. HASKELL,

H. A. BREWSTER,

Miss R. D. SWIFT,

Glen Haven, May 9, 1854.

Committee.

TO THE GLEN HAVEN WATER-CURE PATIENTS:

I am now about to do what I have never done before—address a letter to the *sick*, the *afflicted*, and perhaps the *dying*. Some of you may think that I am meddling and officious, and have but little to do at home. Be this as it may, I am, and have been for some months, impressed to write you. Before proceeding further, I will state that I have been a patient at the Glen myself. I was there nearly eleven months. This fact puts me in direct sympathy with you, and enables me to understand and appreciate your condition.

I propose in this communication to give you my Hydropathic history, together with such topics as are connected with health and longevity.

I received from my ancestry a fair constitution. Was reared in New England, where physiological habits, fifty years ago, were comparatively simple and pure, but by no means perfect. I then contracted those dietetic habitudes which, at the age of thirty-three, together with sedentary life, threw me into the nervous dyspepsia. At that time I discarded the fashionable tables, as found in eivie life, and sailed under the Graham flag. Thank God for that. The Grahamic philosophy kept me out of the grave for twenty years, but it never cured me of dyspepsia. It did me untold good in a great variety of ways. Its highest achievement was in giving the *divine* within me supremacy over the *carnal*. This it has done for hundreds and thousands in both hemispheres during the last twenty-five years.

I remarked that the Grahamic philosophy did not cure me of dyspepsia. That was left for other means and other minds to effect. But why did not the Grahamic system cure it? I answer,

because of its impotency. It palliates, it keeps off, but it does not cure. All chronic cases require prompt, bold, intelligent, and often *protracted* action, such as is found in the best Hydropathic institutions throughout Christendom.

My case was a hard one. I had lived twenty years in the pestiferous and sickly miasm of the South. Had swallowed three hundred dollars, worth of drugs prescribed by a *distinguished physician* of the drug-school. God forgive me! The miasm, the drugs, and the tobacco which kept me drunk for eighteen consecutive years, the tea and coffee and condiments, and fat of swine consumed in early and more advanced life, had made a warehouse of my abdominal viscera, and the ten thousand tissues of my body. These damning elements—miasm, drugs, tobacco, (tobacco is an infernal drug,) fat butter, &c., had for years and years been in my system; keeping up an increasing and perpetual nervous irritation; putting me in a physical hell nearly all the time; and all the hygienic agencies which I could bring to bear upon me were only *palliative*, not *curative*.

After struggling twenty years, I gave up that I could not cure myself, and immediately went to Glen Haven, and put myself under Dr. Jackson's care. He opened his batteries on me in August, 1852. In two weeks a ringworm rash started and continued its extension, until it enveloped my entire body, from armpits to hips. It continued without abatement, for twenty-two consecutive weeks, to send forth a rank and fetid odor, and a vast amount of eliminated effete matter, which had been accumulating in the tissues of my body for years and years. Drugs, tobacco odors, and all kinds of villanous smells and colors were brought out, giving various hues to the linen in which I was enveloped. I am certain that not less than fifty ounces per day were taken from me during my crisis.

After twenty-two weeks of uninterrupted critical action this rash subsided, and left the skin as smooth as polished marble, and as soft as velvet. After this, my system was toned up, and at the end of four months Dr. Jackson discharged me, a *cured man*.

I have been glad only once that I went there, and that has been all the time.

When I went to the Glen, I inquired of the Doctor if he could cure me. He said he could, if I would give him time. You must remember that my ease was one of life or death—no alternative. I did not ask the Doctor *how long* it would take him to cure me, but simply, "*Can you cure me?*" If so, give me a 'through ticket.'" From that day, until he announced my convalescence, I never so much as *once* asked him about my ease, as to *time* or *final result*. I saw at once that I had a great work to do—nothing less than the sanctification, redemption and salvation of a polluted, impaired and exhausted body, and that it required *man's* work to do it—child's play would not answer.

I made a full, complete, and uncompromising surrender of myself to Dr. Jackson, and told him to go ahead, and let me know when he got through. I had no nervous force to fool away, as did many of my brother and sister patients who were at the Glen contemporaneously with myself, in whining, whimpering, scolding and

fretting. That was not my mission there. I could do all that at home for less money. I went there to *get well*, and I worked night and day without any finching. I told Dr. Jackson that all he had to do was to make out his prescription for me, and I would follow it to the letter, at the risk of my life.

You have gone to the Glen for health. A laudable purpose. The question is, will you get it? This depends entirely on circumstances, most of which are subject to your control. Aside from vital power, it depends upon whether you will give up those habits which have made you invalids. If you cannot discard the *false*, which will be pointed out to you by Dr. Jackson, and adopt the *true*, in every department of health-law written on your constitution by the hand of the Eternal, you had better call for your bills and get home quickly, for you will never get well. You whiskey-drinkers, tobacco-chewers, smokers, and snuffers, opium-eaters, tea and coffee-drinkers, salt, pepper, mustard, pickle and meat-eating patients, who have broken up the integrity of your stomachs, impaired the sensorial powers of your nervous system, and thereby created ten thousand ailments, throwing you into physical, mental and social hells, can never be cured, so long as you indulge in those infernal agents. No; never! It is impossible. The *cause* of your suffering, whatever it may be, must be laid aside at the start, or you cannot "win in the race." Remember it was your evil habits which have brought you to the Glen, and that they will soon send you to the grave if you do not discard them. A man may as well expect to get religion while cursing and swearing, as to be restored to health while violating the laws which God has written on his body. You will please excuse the manner in which I am writing. But smooth, soft, honeyed words will not answer the purpose. You need to have your attention arrested; your minds fixed and stereotyped on some general principles. I know all this is imperatively demanded by Dr. Jackson, and is most faithfully and eloquently set forth to you by him at every opportunity. I have known a patient listen to his powerful arguments against the use of tobacco, and then go to his room, pull out his tobacco, take a chew, and pass it round to others—remarking, that he would have what he wanted in this free country. That man was afterwards told that if he wanted to die with his friends he had better go home quickly. His want of self-government literally killed him.

All of you who wish to be benefited by your stay at the Glen, have two things to learn: First, To govern yourselves; and secondly, to know how to live. This you can do while you are at the Glen, and it will be worth untold millions to you. You will, while your bodies are being sanctified, have your stomach and gustatory nerves so redeemed, that you can digest simple food, and enjoy it with the highest gusto.

Another thing is important: regular exercise. This the Doctor will prescribe, and some of you will obey. Some of you will be inclined to neglect it. I was too long at a Water-Cure not to learn the disposition of many patients in regard to this hygienic duty. They would sit and lounge about in the parlor in a hot and villanous atmosphere until they were as stupid as dolts.

I will say a word to you on the subject of liv-

ing after you leave the Glen. You must know that you have been treated hygienically while there. You have made use of all hygienic agencies; such as water, diet, exercise, air, &c., which have proved tributary to your recovery. If you do not perpetuate the habitudes formed there, you will in a short time be as bad as ever. If you value life, health and happiness, and wish to secure and retain these blessings, live in every particular as directed by Dr. Jackson. I know it is the way, the truth, and the light. I know it from no theory, but by blessed experience.

Yours in true sympathy,

JOHN CLARKE.

Aberdeen, Miss., March 27, 1864.

General Articles.

GOSSIP FROM BOSTON.

BY NOGGS.

WE have been very much disturbed here of late by the reports of our well-beloved brother Shew's health, the which positively declared that death was determined to have him for its prey; but thanks to cold water and common sense, which have given him the victory, we are not called upon to mourn another of the "mighty dead," as added to the long list lately laid in the "cold, cold ground."

Thanks, I say, to the Water-Cure, for sparing our stalwart champion in the foremost cause of all the world. We could better have spared a better man—supposing Death could find such an one—than him with whom he has of late been grappling! No, no! we cannot yet spare our most worthy able coadjutor in the great work of a world's redemption, for he is one of the *working* men. "Among the brave he has been the bravest; among the true he has been the truest; none of your 'carpet knights' he, but one of the foremost in the field, ever ready, with his giant arm and armor on, to do battle with the enemy, whether of the constitution or the cause!"

And such men are scarce, let me tell you, who, "come weal come woe," "in season, and out of season" are wholly devoted to their high calling, and never for a moment waver; admitting of no "compromises," *however small or caustic* they may be.

No comfort can "the enemy" get from such as he: they cannot say to him, "You use *some* of our weapons, and are therefore one of us, ('whoso sins in the least jot,' &c.) as you thereby acknowledge the principle that we go by." No, no! thank God, there are a few who have been able to come out of the fiery furnace of Physicdom unscathed, and who dare assert, that "*it is never necessary to do evil that good may come,*" even though all the world declare the contrary. What care such as they, though all the Greens in this green old world be against them, if God and nature be with them?

Again I say, thank God, our brother "still lives;" for there is much to do yet: our cause is in its infancy, and *practical* men are needed much to carry on the work, and experienced ones too. It is not to be expected of young men that they shall take so decided ground against the enemy's

tactics, who have just come out from their teachings: their garments will naturally be a little defiled by their long dwelling within their tents: but those of them who are not willing to "bend the pregnant hinges of the knee, that thrift may follow fawning," will learn after a while, that "it is hard to make a silk purse out of a sow's ear," and that, however plausible some may try to make it appear, that poisons are sometimes necessary in the cure of disease, it is always safer to trust to the efforts of nature, *kindly* assisted, and will throw their probangs, &c., to the D... Dutch!

The Philistines were all ready to pounce down upon the Water-Cure, for not being able to save its able defender; and if he had died, we should never have heard the last of it: but as it is, no credit will be given for its saving one of the sickest men that ever did live.

But I trust he'll let the world know what the Lord has done for him, and the instrumentalities used in the noble work. He is not a man to "put his light under a bushel," and this much he owes the world. Yes, I say, our brother "still lives," and I am glad of it! and I don't care who knows it; and it's good enough for him! and better yet for the world.

The cause was never more hopeful than now. Brains and Hydropathist are synonymous terms now-a-days, and everybody that thinks at all, think they have had enough of drugs, and are continually "smiting the rocks" for the waters of life.

Almost every day, Dr. K. says he has applications for Water-Cure physicians and nurses; but he is obliged to tell them they must "wait a little longer."

Tell Brother Trall, he says, to put 'em through the "mill" as fast as he can: thousands hereabouts would prefer being "doctored" in that way, if they could find competent Water-Cure physicians at hand, who now reluctantly swallow drugs.

Brooklyn, near you, we are glad to learn has at last got a Hydropathic physician as *is* one—none of your "half and halves," but an out-and-out of the real stamp. Dr. K. says "he *knows* he's good, for he made him so himself!" and wants the Brooklyn folks to give him a fair trial, and they will find that he is worthy every way of their confidence. He's young yet, to be sure: so was Dr. Parr once! but what of that? he's got old men's wisdom to guide him. Some folks don't know half so much when they are old enough to die, as others do when they just begin to live.

Dr. K. says he singled Dr. A. out from many thousands, because he perceived he had the love of Water-Cure inbred, and was just the sort of man that would inevitably make a good physician; and he is happy to say, that he has not been disappointed. He had an excellent opportunity while with Dr. K. for improving himself in the practical part of his profession, and he took every advantage of it; and the fact is, he is just the sort of *man* for a physician, honest and faithful in a remarkable degree for this degenerate age, and with a suavity of manner that it is hard to resist—which, I need not tell you, is every thing in a physician. The Doctor prophesies that he will be the most popular physician in Brooklyn ere many years elapse. There are none there now,

he says, that he would trust to doctor him so quickly as he would Dr. A.

The body politic has been much diseased here of late, and the doctors bled one man to death to save the rest!—but that's nothing to what they do sometimes. I presume there have been in this old city alone, ten thousand, at the least calculation, bled to death before this one! but it was done so genteelly, and in such a legitimate way, and the exit of the victim was so quiet, that no fuss has ever been made publicly about it. Curses, 'tis true, "not loud but deep," have been uttered by the immediate friends, but the doctor didn't care for those, as he was so armed with the popular belief that 'tis disease which kills all that die!!! that nobody could harm him. Even if they could prove that the bleedings and blisterings, the scarifying and horrifying practices so common in "desperate cases," (thus made desperate,) were the immediate cause of the patient's death, the jury would, if called, bring in a verdict of "justifiable homicide," "he was bled to death or killed with drugs and blisters, to save him from dying!"—"every thing having been done that the 'smartest man in the profession' could think of!" The idea that *too much* can be done sometimes never seems to strike common folks!

Dr. Smith, "our worthy mayor," has had a hard time of it for the last week, being first called upon by this party, and then the opposite, for "advice" and medicine. He prescribed for both with his usual suavity. One party, who were clamoring loudly, he prescribed for Homœopathically, giving them words for words, "Similia similibus curantur."

The other party, who wanted to destroy the Mobocrats, he prescribed for Allopathically, by pill and powder. He was more at home in this line: though he didn't use to give quite such large pills, yet they were fully equal in power, and possessed this advantage, both pill and powder did, over those tendered the State—namely, they did equal execution without any explosion!—the Doctor came, the patient vanished, and the matter ended! no tell-tale noise, to call the attention of the curiously-minded, and the "Marksman" would be a long way off before the dose had done its work! Mayhap shooting again at some other form of disease, but hitting generally the patient, who, if not soon dead, would owe his preservation to the want of power in the "charge," not in the want of aim!

The way these latter "pills," &c., were to be administered, was rather different from his old mode. The Doctor, by the way, is a remarkably bland man, and the way he used to prescribe his doses was in the nicest of syrup, "slightly acidulated," in the finest of silver spoons, with particular directions how to take it, and what would probably be the effect: but in this case of the body politic, he ordered his medicine to be taken in iron spoons of the queerest shape, and told the *nurses* (great raw Irishers, many of them) not to be particular how they were given, only get them into the body, no matter when, nor where, nor how!—they'd be sure to "operate." Surgeons too were called in to lop off any "excrescences" or "fungi" that should chance to grow upon the said body, but their broad "scalpels" were not needed, as the "sores" were "mortification sores," which were "cutting" enough

in themselves! but which didn't protrude, like a "fungus."

Something like a thousand nurses were provided to administer the "remedies" in case the "symptoms should become desperate," each one of whom was provided with a sharp instrument of some kind, to "complete the cure," in case the "pills and powder" should not happen to "hit the right spot!" just as they give croton oil when calomel, &c., don't operate! Fortunately, the "constipation," which was obstinate at first, yielded to the first bleeding, and these potently-prepared powders and pills, which were "warranted to go through!" and "cure all curable diseases," and many that otherwise could not be cured, were not needed; and all these nurses, with their iron spoons and "toasting-irons!" &c., were useless. But never mind, "Uncle Sam is rich enough to give us all a farm." It is rather healthy here just now, but the doctors "live in hope!"

Dietetics.

DIETETIC REFORM; OR, WHAT WILL PAY?

BY A VEGETARIAN.

"One who learned to prefer truth to conventionality; to release human beings from the mental depression incidental to a life of mere precedent."—*Life of Bacon.*

COMMERCE is the glorious link that binds nations together. It ministers to the wants of all. It fosters friendly intercourse with foreign nations. It softens national prejudices, jealousies, and animosities. Commerce is useful to precede the efforts of the missionary to introduce Christianity into heathen lands; ships become the messengers of peace and good-will, and railroads the "iron bonds of union and friendship." But some of the effects of commerce are evil, when it introduces injurious luxuries and the bad habits of foreign nations, thereby wasting time, capital, labor, and health. It is said of Stephen Girard, the millionaire, that a poor man once applied to him for assistance, and he, the merchant-prince, in order to afford him help, and at the same time to keep in view the idea of an equivalent—a leading principle that commercial men do not often forget—hired him to carry a load of wood backwards and forwards up and down stairs, having nothing else for him to do.

To the philanthropist it is startling to view the immense amount of not only useless, but worse than useless labor that is wasted by individuals and nations. Instance the article of salt. Millions of capital, thousands of men and horses, and hundreds of ships and vessels are constantly engaged in manufacturing, buying, selling, packing, hauling, transporting and shipping this useless article to and from all parts of the world. As an article of food, although generally supposed or taken for granted to be indispensable, yet all the evidence for and against which I have been able to gather from reading, observation, and experience, constrains me to believe that it is an unnecessary, irritating, poisonous stimulant. An immense quantity of salt is consumed in packing pork and beef, which, although a fruitful source

of scurvy, &c., is supposed to be necessary as food for long voyages; but some healthy substitute could easily be procured, as the farinacea, wheat, corn, rice, &c., and dried and green fruits and vegetables. What an immense amount of capital, time, labor, corn and produce is wasted in raising hogs! But a still greater injury results from eating pork. It favors scrofula and bilious diseases, and lowers the tone of the system. Meat-eating generally, I have ascertained, beyond all doubt in my own mind, tends to inflammatory action, to animality, coarseness, and passionate excess.

Tea and coffee are powerful stimulating narcotics, ruinous to the nervous system, always injurious, never harmless, whether weak or strong, and contain not the slightest nutriment, except indeed the water, milk and sugar used with them.

The tea-trade with China and the coffee-trade with the East and West Indies and South America, are carried on on an extensive scale. Here the "white wings of commerce" are instrumental in narcotizing and injuring the human race. Now there are many eminent physiologists and physicians that will sustain me in the bold assertion that for every bag of coffee and chest of tea that has been imported and consumed in the United States, a human life or its health and best energies has been destroyed.

Tobacco is in universal use. How much land is impoverished by this detestable land-exhausting weed! How much health is wasted! How many fine minds are undermined and ruined by this narcotic! How many lives are destroyed, crushed under the wheels of this national "Juggernaut!" So insidious and imperceptible is the gradual deterioration of mind and body caused by its use. My father was killed by tobacco. Every day I see men tobacco-drunk and tobacco-diseased, and yet few of them are conscious of what ails them, and suppose it to be their imagination, or else an unfathomable mystery, or a "mysterious dispensation of Providence." For years I have closely observed the effects of tobacco upon men, and the result is uniform; it corrupts, degrades and debases the health and purity of both mind and body in all cases. How many thousand men, women and boys are engaged in growing, sorting, packing, drying, hauling, transporting, manufacturing into and buying and selling cigars, "fine-cut," "twist," and snuff! How much time, capital and labor is thus worse than thrown away! Verily, it would almost seem as if one-half of the world were engaged in assiduous efforts to injure and destroy the other half, and with weapons clothed in friendship, sanctioned by custom, and recognized in commerce. Think of this, young men who are engaged in or are about to enter into this business!

How many thousand distilleries and breweries are engaged in manufacturing treacherous poison to corrupt, injure and destroy the race! How many thousand men, each one the nucleus of a score of retailers, are engaged in the wholesale liquor business! How many thousand saloon and dram-shop keepers and grog-grocers are turning an honest (!) penny by doing their best to intoxicate, brutalize, debase, impoverish and destroy their fellow-beings!

Next in the list of useless and injurious articles of food come mustard, pepper, and all the spice family—ginger, allspice, mace, cinnamon, cloves,

and peppers, pickles and all other stimulating condiments. How much of the poor man's hard earnings are worse than thrown away in the purchase of these artificial stimulants! when all the stimulants that nature requires are plain food, pure water, fresh air and exercise. Any attempt to improve on nature's laws by partaking of artificial stimulants will infallibly result in disease, misery and crime. What are nature's laws in this matter, and how are we to decide? The answer is simple: Nature has given us, as well as the lower animals, a guide in the instinct of taste, which, when in a healthy state of purity, and not depraved or perverted by previous bad habits of ourselves or parents, is our guide as to what is and what is not healthy food. Let any person do as I have done—abstain from all the above-mentioned articles for several years, and bathe every day—and his system, if diseased, will become purified, and nature's own healthy instinct of taste be restored, and all artificial stimulants, and tea, coffee, and meat, will taste positively unpleasant, and yet gustatory pleasure is enhanced. A piece of dry brown bread to the vegetarian will afford more real gustatory pleasure than the thousand costly dishes of Vitellius. But the ruling question—What will pay?—hinders dietetic as well as other reforms. There are always men who will take advantage of the ignorance and weakness of others. Manufacturers, producers, shippers, traders, merchants, grocers, and druggists are too apt to ask themselves—not—What will benefit? What will injure? What is for the best interests of the community? but—What will pay?

Marietta, Ohio.

H. C. F.

Dress Reform.

AN EPISTLE TO THE BLOOMERITES.

1 And it came to pass when Millard, whose surname was Fillmore, was ruler among the people of Gath, and the people did esteem themselves a great and mighty nation;

2 It was so in those days that the women were a feeble and sickly race, and many did not live out half their days.

3 And it came to pass that divers diseases multiplied among them, and many were exceeding ill, and "suffered many things from many physicians, and were nothing better, but rather grew worse."

4 And there lived in those days a certain wise woman of the tribe of Bloomer: and she saw the distress of the daughters of the people, and it troubled her exceedingly. And she saw that the daughters of the people had gone far astray, that they had forsaken the true God, and gone after a strange god, even the god called Fashion.

5 And in obedience to his requirements they did torture themselves by pressing the chest with tight bodices, and by wearing long heavy garments in the heat of the summer, which did drag in the dust and become very oppressive; and this wise woman said unto herself, I will break from this thralldom: I will arise and dress me as becometh a woman who feareth God, and will obey His statutes, and keep His commandments.

6 And she shook off the dust from her garments; and she made for herself tunics of divers colors, which did hang loosely about the form, and were fastened at the waist with a girdle; and she made for herself wide trowsers of fine linen which did fasten neatly with a band about the ankle.

7 And she said, I will henceforth worship the God of my fathers, and bow me no more to the shrine of fashion.

8 And she arrayed herself in her goodly garments, and walked forth among the people in all the strength and dignity of conscious innocence.

9 And when the daughters of the people saw her garments, that they were good and fair to look upon, they said, Go to; let us make us garments of the same sort. And it came to pass that they forgot the strange god whom they had so long served, and began to make for themselves trowsers and tunics of silk, and purple, and fine linen, throughout all the land, and all its borders.

10 And the people marvelled greatly: and behold, when the proud and mighty ones, the votaries of fashion, saw that many had forsaken their sanctuary, and were walking forth by tens and by fifties in their goodly apparel, they excited the rabble in the streets to mock and throw stones at them.

11 But these God-fearing women passed on, turning neither to the right nor to the left; their reliance was upon the "God of Israel, under whose wings they had learned to trust;" and others pointed at them the finger of scorn, mocked and jeered them. And many of the weak and silly ones returned again after the strange god whom they had so lately forsaken; but those who feared the one only living and true God, still followed after him.

12 And at length more forsook the shrine of fashion and their evil ways.

13 And it came to pass that all the women throughout all the kingdoms, and all their borders, from Massachusetts to Minnesota, and from Maine even unto California, made them goodly garments of silk, and purple, and fine linen, and they did walk to the house of God in them, and there were none to molest or make them afraid.

14 And the people of Gath became a great and mighty nation.

Hopedale, Mass.

C. A. H.

BATTLE BETWEEN A FROG AND A RAT—FROG TRIUMPHANT!—A desperate encounter took place between a frog and a rat, at a brook in the vicinity of the slaughter-house of Uriah Wiggin, in Dover. A rat came down to the brook to drink, and discovering a frog, he "with force and arms" made an attack upon him, by making a firm grasp with his teeth. No sooner did the rat make his hold than the frog plunged into the water, dragging his antagonist with him, where he remained until the rat was compelled to let go, and make for dry land, closely pursued by the frog. As soon as the frog appeared above water, he was again attacked by the rat, and a second time the latter became the subject for cold-water bathing. This feat was several times performed, until the rat, from exhaustion and drowning, fell a prey. After the frog became assured that his antagonist was dead, he seated himself upon his carcase, with all the complaisance imaginable, and there remained for half an hour, exulting over his hard-won victory.—*Gazette.*

THE WATER-CURE FOR EVER! Nothing like it to subdue an enemy. Oh that its virtues could only be tried on those wicked Russians! There is water enough in the Baltic and Black Sea to give them a "regular" ducking.



ISONANDRA GUTTA TREES.

Mechanics.

GUTTA PERCHA.

The following article is condensed from the *New York Day Book*. The facts it contains are exceedingly interesting, and we presume will be new to most of our readers. See Mr. Rider's advertisement in our June number for further information in regard to the advantages possessed by Gutta Percha goods over those of India Rubber. See also card in present number:

Gutta Percha—the Malayan term given to a concrete juice taken from the Isonandra Gutta tree—is indigenous to all the islands of the Indian Archipelago, and especially to the Malayan Peninsula, Borneo, Ceylon, and their neighborhoods, in which are found immense forests of this tree, all yielding this product in great abundance. Its fruit contains a concrete edible oil, which is used by the natives with their food. The gutta, or juice, circulates between the bark and wood of the tree, in veins whose course is distinctly marked by black longitudinal lines. The natives were formerly in the habit of peeling the tree when they required a supply, but have been taught by experience that the juice can be obtained by cutting notches at intervals in the trunk, and thus preserve the tree for future tappings, as our maples for successive years yield their sap to the sugar manufacturers. The juice consolidates in a few minutes after it is collected, when it is formed by hand into compact oblong masses of from seven to twelve or eighteen inches in length, by four to six inches in thickness; and these, when properly dried, are what is known as the Gutta Percha of commerce. It is of a light brown color, exhibiting a fibrous appearance, much like the inner coating of the white oak bark, and is without

elasticity. When purified of its woody and earthy substance, it becomes hard, like horn, and is extremely tenacious; indeed, its tenacity is wonderful.

The strength of tubes of this material is so great that no visible effect was produced upon them by the proving-pump of the Water Company of the city of Stirling, in Scotland, which gives more pressure than any other pump in Great Britain—a pressure that would scatter the rivets of leather hose in all directions.

The application of heat to the crude material makes it soft and plastic, and in a temperature of about two hundred degrees it becomes ductile, when it can be moulded into any desired shape, which it retains when cool. It can be dissolved by sulphuret of carbon, or chloroform, or if immersed for a time in spirits of turpentine. It is a repellent of and completely unaffected by cold water, and, unlike India rubber, it resists the action of oil and other fatty substances without injury. It is a non-conductor of electricity; is proof against alkalies and acids—being only affected by the sulphuric and nitric, in a highly concentrated state, while the most powerful acetic, hydrofluoric, or muriatic acids, or chlorine, have no perceptible effect upon its structure or capabilities. This gum has qualities entirely different from India rubber. It cannot be worn out. It can be melted and remelted, and repeatedly remoulded, without changing its properties for manufacture, or losing its virtue. It is lighter than rubber, of finer grain, and possesses certain repellent properties unknown to that material; and is extremely tough. It disregards frost, and displays remarkable acoustic qualities.

The experiments which resulted in the astounding discovery of a process of vulcanization, by which Gutta Percha was made permanently elastic and flexible, like India rubber, (contrary to the conclusion of all other experiments, in this country and Europe,) and which have removed the objections to most Gutta Percha articles which had existed from the beginning, viz.: non-

elasticity and rigidity, variableness and extreme sensibility to heat and cold—were made by Wm. Rider, of the firm of W. Rider and Brothers, now the President of the North American Gutta Percha Company, and his brothers, Emory and John Rider, who had for years been engaged in experiments with India rubber, (which resulted in the vulcation, as patented by Goodyear.)

No time was lost in making application for a patent, which was granted.

Under this discovery, Gutta Percha, which before was a fibrous, non-elastic and horny material, and affected by the changes of climate, is converted into pliable and elastic fabrics, which remain the same under all changes of climate; is not injured by acids or fatty substances, is free from offensive smell, and, unlike India rubber, does not decompose and get sticky: with such advantages this invention must prove one of vast importance in the arts.

As this discovery presented a field for business beyond the means of any individual or firm, it was deemed advisable to vest the right to the same in a company. Accordingly the North American Gutta Percha Company was incorporated, under the General Manufacturing Law of the State of New York, to be under the management of a Board of Trustees, with a capital of five hundred thousand dollars, divided into shares of one hundred dollars each.

This Company have an extensive establishment in Twenty-fifth street, in this city, covering eight lots of ground; their machinery is of the most approved make, and very ponderous, weighing over one hundred thousand pounds, which is driven by a splendid engine of one hundred horsepower.

The cutting, cleansing, mixing, grinding, calendering and vulcanizing-rooms are all arranged with regard to the economical despatch of business—the work-rooms are light and airy, and the whole establishment is lighted with gas. The establishment employs about two hundred females, and fifty men and boys, and can turn out six hundred thousand dollars' worth of goods per annum.

Miscellany.

INVALIDS AT SEA.

BY MRS. J. H. HANAFORD.

"So Mr. Elliot has decided to try the benefit of a sea-voyage! His health is no better then?"

"No, my friends, I cannot say that he is much better; though he thinks he is stronger since he left off the use of Allopathic medicines and patent nostrums, and only takes now the little sugar pills of Dr. Comer, the Homœopathist. But he has lately read a few numbers of the WATER-CURE JOURNAL, and is half inclined to go to some Hydropathic establishment, rather than trust himself to the 'tender mercies' of the 'false, inconstant sea' at this inclement season."

"Why does he not yield to these convictions of his proper course, and bid adieu to the fanciful idea of untold benefit to be derived from simply crossing the ocean? I am of opinion that too many invalids hasten their own departure from earth, by a departure from 'terra firma,' in the vain chase after a will-o'-th'-wisp, only to be perceived by themselves. Health is a blessing, desirable enough to justify an extended search over



FRUIT OF THE ISONANDRA GUTTA TREE.

sea and land; but if it can be found better, as I think it can, amid the quiet pleasures of a well-ordered Water-Cure establishment, and in a scrupulous conformity to its wholesome regulations, it were far better to seek it there, than to risk one's life upon the treacherous ocean wave, exposed often to hardships, privations, and dangers, of which the dwellers on land have little knowledge."

"But Mr. Elliot has another object in view beside the recovery of his health, or I think he would at least defer his voyage to the summer season. He has business to transact with a firm in Europe, which he can better accomplish than any one else, he thinks. And so he sails next week."

"Well, I value Mr. Elliot highly as a man and a citizen. He is a good neighbor, and has been, in his days of health, a good Sabbath school-teacher to my boys. I wish I could see him this week, but I must leave the city to-morrow. Give him my best wishes for his success in every way, and tell him I will try to say 'good-bye' to him on the wharf at any rate, will you, my friend?"

"Oh, certainly, with pleasure."

"Here, stop a moment, Everson. Take him this keepsake from an old acquaintance," and the first speaker turned to a small book-rack hanging near, and taking down a copy of "Deck and Port," by Rev. Walter Colton, recently deceased, he added: "I bought it last week, and like it much. I hope Elliot will like it as well. There. I have marked a few lines that I wish you would ask him to read, as they have reference to his case. I will read them to you."

So he read from the book: "'They who go to sea for their health should rise with the sun, bathe in salt-water, and inhale the fresh atmosphere an hour before breakfast. They should also bathe before they retire to rest. Salt water, the chafing-towel, and fresh air, are the restoratives most to be relied on, and the very restoratives which a lazy invalid will first neglect. The inva-

lid should confine himself to a spare diet, and take no stimulants. His only tonic should be the pure, salt atmosphere of the sea. Wine, brandy, and porter are sufficiently injurious on land, but at sea they carry disease and death in their train.'"

The book was delivered; Mr. Elliot was a sensible man, and approved the passage pointed out, and, what was better, obeyed its injunctions. He was no lazy invalid, but, provided with Hydropathic books, throwing aside even the pellets of the Homœopathist, he applied to himself all the water-treatment possible, and, being favored with a speedy and prosperous voyage, was better in health at its close. He travelled for a time in Europe, visiting Graefenburg, and receiving water-treatment from the immortal Priessnitz, and returned to his native land a new man in respect to bodily vigor and mental clearness.

Yet the donor of Colton's work to him was still of the opinion that Hydropathy did more to renovate him than the sea-voyage.

Nantucket, Mass.

PRESERVED VEGETABLES.

MASSON'S method of preserving vegetables seems to be very effective, as applied to white and red cabbages, turnips, Brussels sprouts, and such like. The process, as conducted in France, is very simple. The vegetables are dried at a certain temperature, (104 to 118 degrees Fahrenheit,) sufficient to expel the moisture without imparting a burnt taste; and in this operation they lose nearly seven-eighths of their original weight. The vegetables are then pressed forcibly into the form of cakes, and are kept in tinfoil till required for use. These vegetables require, when about to be eaten, rather more boiling than those in the ordinary state. Some of the French ships of war are supplied with them, much to the satisfaction of their crews. Dr. Lindley has stated,

ou the authority of a distinguished officer in the Antartic expedition under Sir James Ross, that although all the preserved meats used on that occasion were excellent, and there was not the slightest ground for any complaint of their quality, the crew became tired of the meat, but never of the vegetables. "This should show us," says Dr. Lindley, "that it is not sufficient to supply ships' crews with preserved meats, but that they should be supplied with vegetables also, the means of doing which is now afforded."

Generally speaking, the flavor of preserved vegetables, whether prepared by Masson's or any other process, is fresher than that of meats, especially in the case of those which abound in the saccharine principle, as beets, carrots, turnips, &c. The more farinaceous vegetables, such as green peas, do not preserve so well.—*Chambers' Edinburgh Journal.*

TO PORK AND LARD EATERS.

MESSRS. EDITORS:—An item of news came to my knowledge a few days since, which I have thought might be of interest to the readers of the "WATER-CURE JOURNAL," so I send it along, and you can insert it if you think it worthy. During the last month one of the largest and most popular "Pork packing-houses" in Illinois was indicted, and a true bill found by the Grand Jury against them, for trying up, and putting into No. 1 lard, hogs that had died of disease while driving, or at the slaughter-house, as you know many do. It was proved beyond a doubt that this was done by them, and that frequently. The lard produced by this firm has stood for years, and now does, among the very first brands in New Orleans, New York and Boston; and very probably, if you should have occasion to purchase, you would choose their brand.

If hogs are thus put into lard, is it not reasonable to suppose that they are cut up and packed as pork or bacon? I think we may also safely infer that if one house uses hogs in this way, others do as well. Now, what assurance can any pork or lard eater have, that when he buys a nice ham or keg of No. 1 lard for his table, it was not cut or rendered from a hog that died of kidney-worm, or some other disease? To the writer it would make little difference whether the hog died by the knife or without it, as he is a strict vegetarian: still it might to others. Thousands of hogs that are slaughtered every winter in the Western States, are as near dead with disease as they can be and live. Scores are thus daily killed, whose fat around the kidneys is a *perfect mass of corruption, and alive with worms.* This weighs many pounds in some cases, but though it was half the hog, it makes no difference with the packer. The diseased part is cut out with more or less care, as the operator is more or less nearly allied to the hog or human, and the balance goes into No. 1 pork, lard, or bacon, as the case may be. Oh! what a delicious dish our pork and lard eaters would have, if they would only keep these facts before their minds! When will the masses learn that he who eats diseased food *must* be diseased himself?

I could give you names and residence of the parties, but as I do not wish to have said house

punished more than they are likely to be, prefer not to publish their names.

You may however rely on the exact and literal truth of the statement. KING JOSEPH.

DRESS.—Horace Mann, in his lectures on Woman, thus treats the subject:

"Is the world a lunatic hospital, that sometimes a lady's dress should be twice her height, and anon but half of it; that sometimes it should expand to the orbit of a farthingale, (when surely there was no want of amplitude in 'woman's sphere,') and then be shrunken in swaddling-bands; that sometimes it should be trailed downwards to sweep the earth, and then built up turret-like, on the top of the head, so that, as Addison said of the women of his time, their faces were in the middle of them; and that sometimes the neck should be be-ruffed in the Elizabethan style, and then laid bare, with a vast anatomical mistake as to its nether boundary. This last unseemliness happens to be the shame of our day. When that Turkish officer, Amin Bey, on his late visit to this country, attended some fashionable parties at Washington, he remarked, that on going into our society, he expected to see 'as many' of American ladies, but not 'as much.' The more private exposures of the Model Artists were broken up as a scandal; but they have amply revenged themselves by taking many other spirits worse than the first, and going on public exhibition at Carusi's and Papanti's at all assemblies and ball-rooms."

Home Voices.

EXTRACTS FROM LETTERS.

FROM B., Appleton, Wis.—As we have had a little experience in home-practice, we will give one incident. In 1851 our family had the scarlatina; two were doctored according to the books; one of them did not recover for eight weeks; the second for six. When the third was taken, it seemed my duty to endeavor to cure him. All the symptoms of the first were apparent; but by a timely application of the wet-sheet the rash came out, and remained out: at least the boy got well in two days. The third day I was seized, and although no medicine was taken, in three days I was at work. In the first cases the patients were kept from the air—entirely confined—as a breath of air would drive the rash in. In the last cases, air and pure water were the "curatives." The first drank teas of all kinds; the last drank water. The readers of the JOURNAL can judge for themselves.

[That is one of the cases which speak for themselves. Comments are needless.]

FROM A. H. C., Maumee City, Ohio.—My faith in drugs has been staggering more and more for many years, and now it is completely gone. About two years ago I said in the presence of our family physician that I believed that if there never had been a doctor in the world it would have been better for mankind. The Doctor not only assented to it, but, after giving a deep sigh, asserted that it was a *deplorable fact.*

[We commend our correspondent's family physician for his candor. It is not every one who realizes the fact that is frank enough to admit it.]

FROM E. B. H., Newport, Wisconsin.—The people need to be warned and instructed as to the true source of the evils under which they are suffering. Dr. Chapman, lately deceased, once said in a lecture that any physician, with a tolerable practice, in one year would "lay the founda-

tion for a good business for life, for he would ever afterwards have enough to do to heal the mercurial breaches in the dilapidated constitutions of his patients." As much truth is seldom contained in so many words. God speed every effort which is made to destroy the confidence of mankind in all such systems of *qua kery!*

[Another admirable specimen of candor! But what shall we think of a system which poisons people to make business for the doctors?]

FROM J. F. McG., Heller's Cross Roads, Ohio.—As I intend to have my Journals bound, I do not wish to lose any of the numbers. Bear in mind, my dear friends, that I intend to be a *life* subscriber to these periodicals. I have procured you many subscribers in my travels through the different parts of Ohio. I intend to do all I can for the spread of truth. I am a poor man, and *I find these periodicals the poor man's friend.*

FROM A. E. G.—Our cause is certainly progressing in this vicinity; for only two years ago I could procure only four subscribers in town; now nearly my whole club is from this place, and our *physician* has become so enlightened on the subject as to borrow Dr. Trall's Encyclopaedia of me, and read it, and *speaks very highly of it.*

FROM H. A. V., Aberdeen, Miss.—Enclosed is two dollars for that really valuable work, the QUARTERLY REVIEW. When I get to my new home in Texas, I shall try to get one into every family, as the best missionary work I can do. There are mountains of error to be removed, and I consider it a mighty engine. Great success to the noble work in which you are engaged!

FROM P. P. L., Carlyle, Ill.—Through the bounty of Heaven we frequently get a shower of good *cold water* in this region, but if any unfortunate *wight* gets a soaking in one, he considers himself a *gone goose* unless he has a dose of quinine or calomel in his pocket or close by. The Thomsonian doctrine, that "cold is death," is fully believed, and people here would as soon have *Death and the pale horse* dash upon them as a bucket of cold water. The staple production of the country is *ague*, and the principal imports are quinine, calomel, and Peruvian bark. The exports consist of the congealed spirits of those who can truly be said to have *suffered*, or rather, "*shaken off this mortal coil.*" The idea of bathing daily in cold water is considered a relic of barbarism.

[A capital place for drug-doctors that must be; but we doubt not there are plenty of them at hand. A few missionaries in the shape of WATER-CURE JOURNALS, with our facetious friend P. P. L. to give them an introduction, will soon set the people right, however.]

FROM REV. D. P. S., Carroll co., Mo.—I am a minister of the gospel, and as I make my rounds I introduce Water-Cure to the people, and as I make converts I send their names. I have introduced the system where it had never been heard of, and got subscribers. And when I can introduce its practice, it performs wonders. I myself, with what little knowledge I have of the system, have at this time a patient under treatment who has been afflicted for nineteen years, and is already able to attend to garden work.

[An excellent example for itinerant ministers of the gospel. They can do great good by following it, and their labors will not be less efficient for the salvation of souls because they also, like their Master, go about healing the diseases of the body.]

PUBLIC SENTIMENT ON THE BEARD.—A public meeting at Tounbridge, Eng., has agreed to a resolution, "That the practice of shaving is an unnatural and absurd custom, and prejudicial to the health; and that as the beard and moustache are both ornamental and useful, their adoption is strongly recommended." The *Devonport Chronicle* reports the speeches. One energetic gentleman named Kirkland observed, that "A short time ago the fear of laughter and ridicule would have deterred them from meeting there that evening; but there was a manlier spirit among them now, and the sneers of the dandies, the groans of the old women, and the moaning of the Pharisees might go where the winds would carry them." [Applause.]

Literary Notices.

ALL Works noticed in this department of the JOURNAL, together with any others published in America, may be procured at our Office, at the Publisher's prices. EUROPEAN WORKS will be imported to order by every steamer. Books sent by mail on receipt of the cost of the work. All letters and orders should be postpaid, and directed as follows: FOWLERS AND WELLS, 308 Broadway, New York.

THE MODERN HORSE DOCTOR; with Illustrations. By GEORGE H. DADD, M. D., Veterinary Surgeon, etc. Boston: JOHN P. JEWETT & Co. 1854. [Price, prepaid by mail, \$1 25.]

Dr. Dadd is a reformer in veterinary surgery, and has already won a wide and enviable reputation, both as a writer in the line of his profession, and as a successful practitioner. His "Reformed Cattle Doctor" is a deservedly popular work. He utterly repudiates and condemns "the vile practice of blood-letting, and the use of agents that are known to depress the vital principle," and finds the most efficient means of cure in a strict system of hygiene. One step more would bring him upon the only rational and permanent platform—the Water-Cure System, and to the rejection of all drug-medication. Hydropathy is adapted to cattle and horses, as well as to us of the *genus homo*. But we can commend the "Modern Horse Doctor," as it is, as an excellent work.

THE FORRESTERS, by ALEXANDER DUMAS. Translated from the Author's Original Manuscripts. New York: D. APPLETON & Co. 1854. [Price, prepaid by mail, 63 cts.]

An arrangement has been completed with those distinguished French authors, Lamartine, Dumas, Hugo, etc., by which new works from their pens shall be issued here as early as at home, and this is the first publication under this agreement. It will be followed by other works of great interest and importance. The translations are made by a gentleman to whom the French and English languages are alike familiar, and with the approbation of the original authors.

ALGEBRA, for High Schools and Colleges. By JAMES B. DODD, A.M., Professor of Mathematics and Natural Philosophy in Transylvania University. New York: PRATT, WOODFORD & Co. 1854. [Price, prepaid by mail, \$1 25.]

The design of this work is to meet the wants of the student, both at the commencement and during the continuance of his algebraic studies. It seems to be very methodical in its arrangement, clear in its expositions, and useful in its applications; and to present some new features, which we regard as improvements, in the methods of treating this science. Teachers and others interested, will do well to examine it.

THE BRIDE OF THE WILDERNESS. By EMERSON BENNETT. Philadelphia: T. B. PETERSON. 1854. [Price, prepaid by mail, 68 cts.]

This is said to be one of the best of this talented Western author's novels. It presents a picture of life in the wilderness prior to and at the period when the borders were literally laid waste by the savage hordes which poured upon them, and which is known in history as "Lord Dunmore's war."

THE BEHAVIOR BOOK for Young Ladies. By MISS LESLIE. Philadelphia: WILLIS P. HAZARD. 1854. [Price, prepaid by mail, \$1 25.]

A very useful manual for young ladies. A careful study of its pages will save those who are not already familiar with the etiquette of polite society from many mortifying blunders. It is eminently practical in its plan and execution, and no lady can peruse it without profit.

THE LIFE OF JOAN OF ARC, the Maid of Orleans. By DAVID W. BARTLETT, author of "Life of Lady Jane Grey," etc. Auburn and Buffalo: MILLER, ORTON & MULLIGAN. 1854. [Price, prepaid by mail, 75 cts.]

A very excellent biographical and historical sketch of the Maid of Orleans, written with special reference to the popular mind. It is well written, and we believe wholly

reliable, which is much more than can be said of some sketches of its subject. It cannot be otherwise than interesting.

TEXT BOOK FOR KNITTING. By AN AMERICAN LADY. Philadelphia: WILLIS P. HAZARD. 1854. [Price, prepaid by mail, 25 cts.]

This is a valuable little manual for the ladies, containing twenty-seven patterns, and directions for the most useful and fashionable knitting now in use.

VOICES OF THE DEAD. By REV. JOHN CUMMING, D.D. Boston: JOHN P. JEWETT & Co. 1854. [Price, prepaid by mail, \$1 25.]

The author of this volume is minister of the Scottish National Church, Crown Court, Covent Garden, London, and author of "Voices of the Night," "Voices of the Day," "Scripture Readings," etc., and sustains a high reputation for both talent and piety. The "Voices" will be listened to with profit and consolation by the religious reader, to whom through them the dead yet speak words of hope and trust.

A COURSE OF ENGLISH READING, adapted to every Taste and Capacity. By the REV. JAMES PYCROFT, B. A., Trinity College, Oxford. Edited, with alterations, emendations, and additions, by J. A. SPENCER, D. D. New York: C. S. FRANCOIS & Co. 1854.

A guide is here presented (says the *Courier and Enquirer*) for young persons to a course of English reading, judicious in the main, though in many respects capable of being improved. It contains much valuable information, and is a book that will profit every young reader. Under the hands of Dr. Spencer it has undergone decided improvement.

A DICTIONARY OF THE PHOTOGRAPHIC ART. By H. H. SNELLING, Author of the "Art of Photography," and Editor of the "Photographic and Fine Art Journal." A comprehensive and systematic catalogue of the Photographic Apparatus and Material, manufactured, imported, and sold by E. Anthony, 308 Broadway, New York. H. H. Snelling, 1854. [Price (of the Dictionary and Catalogue, bound together,) prepaid by mail, \$2.00.]

This is a complete Encyclopædia of the Photographic Art, and should be in the possession of every Daguerrian in the country. It was got up with great labor and care, and must become a standard book of reference on the subject of which it treats. We shall have occasion in a future number to speak of it at length.

A. C. MILLER'S PIANO FORTE METHOD, REVISED. By JULIUS KNORR. Translated from the German by G. A. SCHMITT. Boston: Oliver Ditson. 1854.

This work contains both English and German text. In this particular it is well adapted to the great mass of learners in the western section of our country. It will be a book generally used as a means of tuition in piano music, wherever such instruction is required, and that is about everywhere. The popularity of the author's previous works insures the success of this, and we speak understandingly when we say that an examination by any one acquainted with the subject on which it treats, will convince of its genuine merit as a Method of Piano Forte Instruction.

CARHART'S MELODEON. Presenting, in a series of nearly two hundred popular studies, a complete and progressive method of popular instruction for the Melodeon and Reed Instruments generally. Together with a selection of the most admired Songs, Duets, Trios, &c. Boston: Oliver Ditson. 1854.

Of the numerous books of instruction for the Melodeon which have come under our notice, we think this is decidedly the best. The elementary portions of it are given in a clear, comprehensive manner, and the exercises appended thereto are progressive in their nature, commencing with the simplest forms of musical composition, and gradually advancing to more complex and difficult passages. The collection of music is an admirable one. Among the songs are "Lilly Dale," "Katy Darling," "Annie Lawrie," and many other popular melodies. There are also favorite airs from "Zampa," and by Bellini. Of Polkas, "Coquette," "Sontag," "Bohemia." Of Waltzes, "Spirit," "Elfin," and a large number—nearly one hundred in all—of popular pieces of music. The book is sold for *one dollar*, and is worth *five*.

MOORE'S IRISH MELODIES, with Symphonies and Accompaniments. By SIR JOHN STEVENSON. Embellished with a portrait of the Poet, and prefaced with a sketch of his life and a history of the work. Boston: Oliver Ditson. 1854.

This is a work which is beyond all question the best collection of vocal music ever published. Dwight's Journal of Music thus alludes to the volume: "Here we have them, the beautiful old songs, the favorites, complete; elegantly printed and elegantly bound. It is perhaps the best edition ever published, and certainly the cheapest, the price being but \$2.50. The "Irish Melodies" originated in a desire to secure in one collection, and in a form that might not pass away, the numerous national airs known among the wild and beautiful scenery of Ireland. Here they are all! Great favorites they have been, sweet spiritual visitants in many a household, and perhaps the first revelation of the power of melody to the childhood of many of us. They belong to the genuine, undying, people's music, and it is well to gather up their notes in a convenient, nice form, and make them common. They must not and they cannot be forgotten."

This edition of "Moore's Melodies" is for sale in this city by Berry and Gordon, 298 Broadway, and by music-dealers generally in every part of the country.

GRAHAM'S MAGAZINE for June is an excellent number. It closes the *forty-fourth* volume. The July number will open a new volume, with increased attractions. [See advertisement.]

PERIODICALS, PAMPHLETS, ETC.

We have received from D. APPLETON & Co., New York, "The Chemistry of Common Life," by James F. W. Johnston, F.R.S., F.G.S., consisting of two numbers of the English edition, and containing "The Air We Breathe," "The Water We Drink," "The Soil We Cultivate" and "The Plant We Rear;" a very excellent little work "for the million." [Price, prepaid by mail, 25 cts.]

FROM PARTRIDGE & BRITTON, New York, "A Rivulet from the Ocean of Truth; or, the Advancement of a Spirit from Darkness to Light," and "A Letter to the Chestnut Street Congregationalist Church in Chelsea, Mass," in reference to Spiritualism, etc., by John S. Adams.

FROM LITTELL, SON & Co., Boston, "Littell's Living Age;" a work too well known and too widely and deservedly popular to need our commendation. [Weekly, 12½ cts a number, or \$6 00 a year, and cheap at that.]

FROM T. B. PETERSON, Philadelphia, "Peterson's Ladies' National Magazine," edited by Mrs. Ann S. Stephens and Charles J. Peterson. The June number is an unusually attractive one. [Two dollars a year.]

FROM A. RANNEY, New York, a new and beautiful pocket map of the United States.

JUVENILE BOOKS.—D. APPLETON & Co. have lately published "Sunshine on Greystone: a Story for Girls," by E. J. May; "The Boys at Home," by C. Adams, and "A Week's Delight of Games and Stories," all of which are capital works for the young folks. "Sunshine on Greystone" is especially commended to the girls.

BOOKS RECEIVED.

FROM D. APPLETON & Co.—Bartlett's "Personal Narrative;" "Farmingdale," by Caroline Thomas; "Africa and the American Flag," by A. H. Foote.

FROM A. S. BARNES & Co.—Tschudi's "Peruvian Antiquities;" Pollok's "Course of Time;" "Youth's Manual of Geography;" Davies' "Arithmetic."

FROM DEWITT & DAVENPORT.—"Flora Lindsay," by Mrs. Moodie.

APPLES AT THE SOUTH.—At a recent State fair held in Georgia, more than sixty varieties of native apples were exhibited, including some of the most desirable kinds. The Georgians claim that apples grow larger and fairer there than in New York State. The Cherokee Indians have been instrumental in producing a number of excellent seedling varieties there, as they were acquainted with no other means of propagation than by planting the seeds. Northern varieties grow as well at the South as at the North, but generally ripen too early for preserving or transporting to market. It is asserted that the justly-vaunted Early Harvest, Newton Pippin, and Esopus Spitzenburg, will not compare, in size, flavor or beauty, with the Julien Summerour and Callasaja varieties of Georgia.

Pomology.

"A richer harvest than the gold fields of California ever yielded, pours itself, almost without labor, into the hands of the fruit culturist; a harvest whose full value cannot be estimated in dollars and dimes."

BERRIES.

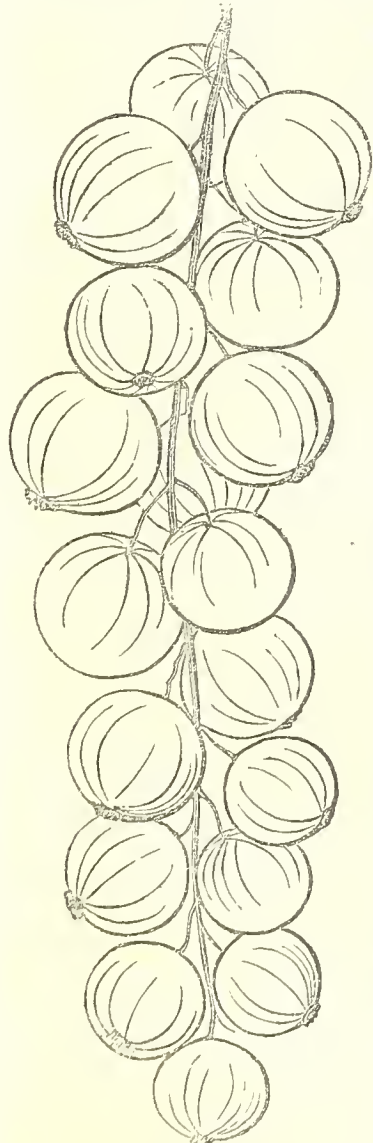
Those who have not yet secured a copy of Dr. Trall's New Hydropathic Cook Book,* cannot be fully aware of the astonishing amount of valuable information it contains. No greater mistake can be made than to suppose that it is a mere collection of recipes for preparing and cooking the various articles comprised in an approved Hydropathic diet. This part of the work is full and exceedingly useful, but those portions which treat of the relations of food to health, the chemical elements and proximate constitution of alimentary principles, and the nutritive and other qualities of the various kinds of food, are not less so. We copy, as a seasonable selection for our columns, a portion of Dr. Trall's remarks on berries, with the illustrations accompanying them in the Cook Book:

BERRIED FRUITS.

THE CURRANT (*Ribes rubrum*) is a small, hardy shrub, very productive, easily cultivated, and flourishes on almost every kind of soil. The fruit is sharply acid, yet very pleasant, and, if stewed, may be eaten either green or ripe. There are several small and a number of large varieties of the berry; but the latter are superseding the former in our markets.

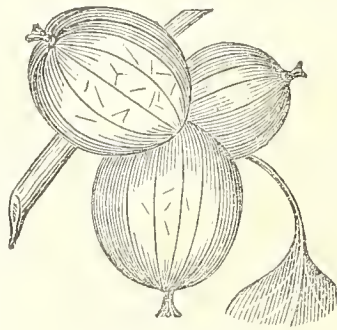
One of the best kinds of this fruit is a new variety from England, called *May's Victoria*. The *Red Dutch*, the *White Dutch*, the *Black Naples*, and *Knight's Sweet Red* are among the other varieties seen in our markets. The *red* and *white* currants differ but very little, except that the latter is rather less acid. The *Missouri currant* of the Rocky Mountains, and the *red flowering currant* of the western part of America, are fine ornamental flowering shrubs.

The *Black Currant (*Ribes nigrum*)* is a distinct species. It grows abundantly in Russia and northern Europe, and, as is the case with all kinds of currants and gooseberries, is often employed in making champagne and other wines.



MAY'S VICTORIA.

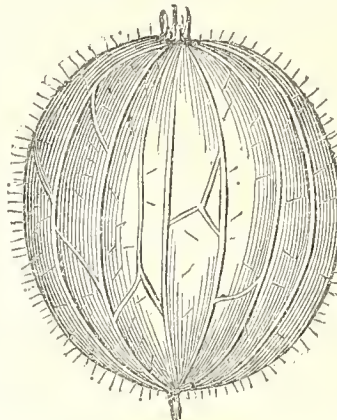
THE GOOSEBERRY (*Ribes grossularia*) is a native of cold and temperate climates. It may be easily cultivated on almost any soil. New varieties may be raised from the seed, and the most desirable kinds may be propagated by grafting.



HOUGHTON'S SEEDLING.

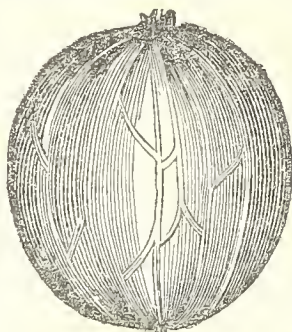
The best varieties are known as *Houghton's Seedling*, *Crown Bob*, *Whitesmith*, *Red Warrington*, *Roaring Lion*, *Green Walnut*, etc.

Numerous varieties of this fruit are known, over three hundred having been enumerated in some English catalogues. They are, however, generally distinguished into the *red*, *yellow*, *green*, and *white*, according to the color they assume when ripe. The different sorts ripen from June to September.



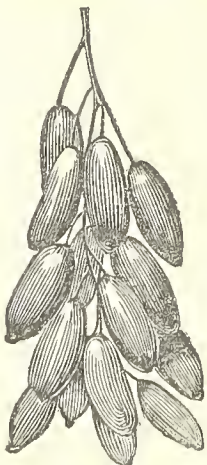
CROWN BOB

THE WHORTLEBERRY, (*Vaccinium myrtillus*), also called *Bilberry*, the *Black Whortleberry (*Vaccinium resinsum*),* and the *Low Blueberry, (*Vaccinium tenellum*),* are varieties of the same shrub. The first-named grows in moist lands from two to six feet high, and the last-mentioned grows in heds or hunches on dry hills, from six to twelve inches high. The fruit of both kinds is very sweet and pleasant, and easily improved by cultivation. Our market is largely supplied from Long Island, and nearly all the uncultivated fields within a circuit of one or two hundred miles yield this fruit abundantly. The average price of the berries in New York is about three dollars per bushel. The dried berries are excellent for flavoring puddings, cakes, etc.



WHITESMITH.

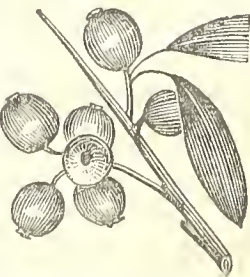
The *Barberry (*Barberis*)* is a small prickly shrub, four to ten feet high, growing spontaneously on hard, gravelly soils, and in cool, moist situations. The flowers are small and very beautiful. The fruit is very acid and astringent, and has thus far been used chiefly in preserves, pickles, tarts, etc. Proper cultivation would no doubt soon develop a more pleasant quality of fruit.



BARBERRY.

The bark and wood are employed in coloring yellow. The beauty of its flower, and its rapid growth and durability, render it useful for making hedges.

The *Buffalo Berry, or Shepherdia*, is also an ornamental shrub, whose small, round, acid fruit is regarded as excellent for preserves. Like many other sour fruits, it needs the renovating influences of intelligent fruit-culture to lessen its acidity, and modify and improve its flavor.



BUFFALO BERRY.

THE CRANBERRY (*Oxycoccus macrocarpus*) grows wild in marshes, meadows, swamps, etc., but by being cultivated on high land, it has produced larger and better fruit. The berries are very sour, but are highly valued for tarts, jellies, and sauces. They are also excellent, if well stewed and sweetened. Good cranberries usually retail in this city from ten to fifteen cents per quart.

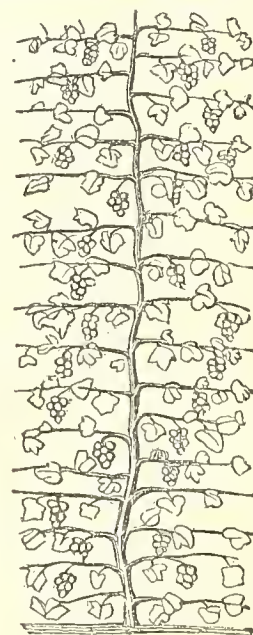


CRANBERRY.

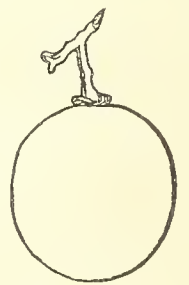
THE GRAPE (*Vitis vinifera*) ranks beside the apple at the head of the fruit kingdom. It flourishes well from the twenty-first to about the fifteenth degree of north latitude. It was known to most of the natives of antiquity, and several varieties are found in the wild state in this country. Though the fruit of the vine has been perverted to the purposes of wine-making, by which the nations have become drunken, no fruit is capable of affording a greater amount of luxurious and wholesome food. In Syria, bunches of grapes have been known to weigh forty pounds. A single vine at Hampton Court, England, many years ago, produced, on the average, a ton of grapes annually. A patch of land of a few feet square, with very little trouble or expense, would supply a family with an abundance of this luscious fruit.

The most extensive graperies in this country are near Cincinnati, in the vicinity of Philadelphia, and at Croton Point, near New York.

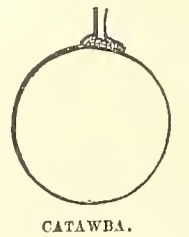
The vines may be trained in a variety of ways to suit the fancy or to accommodate the locality, as the *cane*, or *renewal* system, the *fan* system, the *spur* system, etc. Our cut represents the latter method.



SPUR TRAINING.



ISABELLA.



CATAWBA.

A variety of foreign grapes have been tried in this country, but do not succeed as well as the native. Of these, the *Isabella* and *Catawba* are principally cultivated. The *Isabella* is the sweetest, and is generally preferred in this market. The *Catawba* is preferred at the West.

The *raisins* of our shops are *dried grapes*. *Muscatales* and *blooms* are sun-dried. The *black currant* of our groceries is the *small* or *Corinthian* raisin.

* The New Hydropathic Cook Book; with Recipes for Cooking on Hygienic Principles; containing also a Philosophical Exposition of the Relations of Food to Health; the Chemical Elements and Proximate Constitution of Alimentary Principles; the Nutritive Properties of all kinds of Aliments; the Relative Value of Vegetable and Animal Substances; the Selection and Preservation of Dietetic Materials, etc., etc. By R. T. Trall, M.D. With numerous illustrative Engravings. New York: FOWLER AND WELLS, 208 Broadway. 1824. [Price, prepaid by mail, 37 cents. Extra gilt, \$1 00]

The Month.

NEW YORK, JULY, 1854.

"HYDROPATHY is not a reform, nor an improvement, but a REVOLUTION."
DR. TRALL.

By no other way can men approach nearer to the gods, than by confer-
ring health on men.—CICERO.

JULY MEDITATIONS.

BY R. T. TRALL, M. D.

GLORIFICATION. — Poets, and patriots, and philosophers, and philanthropists, and prophets, have sung, and talked, and written, and reasoned, and preached of glory. But glory, like poetry, and patriotism, and philosophy, and philanthropy, and prophecy, is, to imperfect human understanding, a thing of times, and seasons, and conditions, and qualities, and circumstances.

It has been glorious to destroy mankind. Time has been when poets drank their deepest inspiration from

"The field of freedom, faction, fame, and blood."

In days of moral darkness and intellectual blindness, when ignorance was bliss and wisdom folly, it was "the number slain that made the slaughter glorious!"

"The death-shot hissing from afar,
The shock, the shout, the groan of war,"

Have too long been the favored themes of the sanguinary muse, the zest of poetry and the life of song.

Glory has been too destructive. It has been too selfish and sectional. Statesmen, in Fourth-of-July declamations, have quoted,

"Columbia, Columbia, to glory arise,"

until their constituents—the people-sovereigns—have mistaken country for world, and nation for humanity.

"Oh, 'tis sweet and 'tis glorious for one's country to die!"

shouts the patriot soldier, as madly he dashes onward to imbrue his hands in a brother's blood. But how much more noble, how incomparably more glorious is the sentiment,

"Wherever man is found, there is my country."

It is time we had a new song, an

improved oration, a better thesis, a higher sentiment, a more benevolent sermon on glory.

"The drying up a single tear has more
Of honest fame, than shedding seas of gore."

The world has had *great* men enough. Let us now have *good* men. Great men may have been necessary to subdue the earth, eradicate its thorns and exterminate its thistles: but it will require good men to enjoy it, and develop its fruits and its flowers.

Humanity wants emulation rather than war: virtue rather than reputation: integrity instead of ambition, and philanthropy in place of patriotism.

All nations and all peoples want comfort and the means of happiness; and all individuals want development and the conditions of health. And let us, on the anniversaries of this nation's political emancipation—instead of befouling the atmosphere with the smokes of sulphur and saltpetre; instead of confounding our ears with snapping pistols and crashing cannon; instead of yielding up our brains to be moulded, like potter's clay, by the partisan harangues of political demagogues—let us labor to sow broadcast over the whole face of the wide, wide world—from the centre to the remotest bounds of God's earthly footstool—the seeds of a new epoch, a brighter era, a better humanity, a higher destiny—an age of *true glory*. And the history that will be written by the future generations, of those who have achieved most for universal humanity, in emancipating man from all evil, and all tyranny, and all wrong, and all ignorance, and all error, will not have to record

"What millions *died* that Cæsar might be great;"

but its boast, and talisman, and text, will be:

"What millions *lived* that Christians might be good!"

ANOTHER ALLOPATHIC CONVENTION.—A correspondent, who signs himself "Sleepy Hollow," has sent us a racy and *raking* account of the sayings and doings of the savans of the Allopathic School who congregated at St. Louis in June last, for the avowed purposes of *regulating* medical science, and taking care of the dear people's

health. Sleepy Hollow tells of many things which did not appear in the newspapers. A full account of the "affair," with suitable commentaries, will appear in the next number of the *Hydropathic Quarterly Review*. If our Allopathic brethren are not awfully slandered, their coming together was a ridiculous farce, their sayings and doings were useless and puerile; and their convention ended in a regular *spree*, very much after the fashion of the last night of a Congressional session, when eating, drinking, smoking, smashing bottles, rapping craniums and tapping noses, evince the patriotic regard of the revellers for the "greater good of the smallest number." Read the article in the *Review*.

SUMMER DISEASES.—As usual with the summer months, bowel-complaints—dysentery, diarrhoea, and cholera—prevail. Two or three hundred deaths weekly are no extraordinary mortality for a large city from these three diseases, and our people and our doctors have become so accustomed to it, that they seem to regard it as a mere matter of course, a thing to be endured but not cured, like distillery-milk, tobacco-smoke, and alcoholic grog. We cannot, however, allow a summer season to pass by without reiterating our annual protest against this unnecessary mortality. There is no necessity, in fact, for any person, infant, child, or adult, dying of any "bowel-complaint" or "summer-disease," because the weather is warm.

In 1849, the only cases of cholera which occurred in our neighborhood (St. John's Park) were in the families of physicians. These physicians believed that the way to keep off or prevent the cholera was to avoid all appearance of diarrhoea; hence they fell into the prevalent and often fatal error of living on constipating food. Fine flour, rice, salted meats, and a large proportion of animal food, with the almost entire exclusion of vegetables and fruits, was the essential plan of diet on which they lived, and from which they died: and their history is the history of thousands.

The people cannot be too strongly urged, or rather instructed, against this egregious blunder. The strongest predisposition to cholera, and indeed to all bowel-complaints which are prevalent in the warm season, is found in *constipated* bowels. On this point our "Boards of Health" and our "Medical Councils" always instruct the people exactly wrong. We repeat—and every year's experience confirms this truth—that the way to prevent choleras, dysenteries, diarrhoeas, &c., is *always* to keep the bowels entirely free and *loose*; that is to say, so to eat, drink and act, as always to avoid the least tendency to constipation.

To accomplish this, to maintain the whole alimentary canal in a perfectly healthy, and hence in a cholera-proof condition, a good proportion of the diet should consist of good ripe fruits and vegetables; and even in cholera seasons, all the flour employed as food should be unbolted; and better still if it be unfermented. We have no knowledge that a consistent vegetarian ever died of the cholera since the world began.

SODA WATER-DRINKING.—We believe the use of this beverage is much more pernicious in hot

weather than is generally supposed. The Boston *Medical Journal* says:

"An immense quantity of soda-water is required in cities, during the hot season, to meet the calls at almost every corner. It is possible, and we believe not very uncommon, to use it to excess, and produce difficulties not easily remedied. A few glasses a day are about as much as the stomach can well bear; but when a gobletful is swallowed every half-hour, on a warm day, the habit becomes a vice, and the health must suffer. Too much of a good thing, whether of soda-water or lobster-salad, is worse than none at all."

Our Boston contemporary does not give us the reason why a "few glasses a day" are a good thing, and probably it cannot do it. At any rate, we know it won't try, so we are safe in assuming that it can't be done.

WHAT DO PEOPLE EAT?—We clip the following from the Boston *Medical Journal* of a late date. There is no question that almost all the foods of commerce are extensively drugged and adulterated. But as to the adulteration of drugs, there is very little to choose between a genuine and a spurious article, for in many cases the adulterated drug is weaker than the genuine, and has consequently less potency to kill. As to victuals, however, it will, we opine, be a long time before those people who do not select and prepare their own materials, know what it is they are eating:

"A convention of medical and other gentlemen was recently held at Birmingham, England, to consider the subject of adulteration in articles of food now extensively practised, and the best means of preventing it. One gentleman submitted a statement respecting the falsification of several articles of food, as also of drugs, which showed that bread was sold made from wheat flour largely adulterated with 'horse-bean meal,' alum, and jalap. It appeared that the large quantity of alum used, had the effect of producing constipation among the consumers, and so, to counteract that influence, a little jalap was added to the bread. Coffee it was declared to be almost impossible to obtain pure, unless the unroasted berry was purchased. Malt vinegar was made from water and sulphuric acid, with just enough of the pure article to produce its peculiar aroma. The very best of Stilton cheese contained calcareous nodules of carbonate of lime. Cream of tartar contained *three parts of alum* to one of the pure supertartrate of potash. The cream of a certain milkman, celebrated for its richness, was analyzed. It was found to be composed of very nice prepared chalk, a modicum of cow's milk, water, and *tinted with turmeric* to give it a rich buttery appearance. In a similar investigation at Paris, some three years since, it was discovered that some of the thick rich cream sold in that city was composed of the brains of calves and carbonate of magnesia. It is needless to enter into any further detail, at present, in this matter, but at an early day we may resume the subject, and speak of the adulterations in articles of food and medicines occurring at home."

PREMIUM ON BABIES.—The subject of offering premiums for the best specimens of babies is being agitated in various parts of the country.

Whether the agitators themselves intend the perpetration of a serious proposition or a comical farce, the subject is worthy of a sober second-thought. Why are not infatigable specimens of humanity—men and women in miniature—as worthy of attempts to improve the breed, as chickens, and pigs, and calves, and colts, and lambs—miniature Shanghais, hogs, oxen, horses, and sheep? Is not the human animal as susceptible of cultivation as the beasts that perish? And is he not as deserving, yea, as needy of cultivation? Answer that, ye wisecracks in the rearing of domestic animals, and ye ignoramuses in the rearing of children!

THE HYDROPATHIC SCHOOL.

The second term of this institution closed, by appropriate Commencement exercises, on the third week in June. Among the graduates of the School, thus far, we notice the names of

Mr. ENOS STEVENS,	of	Wisconsin.
Mrs. JANE A. STEVENS,	"	"
Mr. HENRY J. HOLMES,	"	Mississippi.
Mrs. M. D. LINES,	"	Williamsburg, N.Y.
Mr. A. SMITH,	"	Pennsylvania.
" A. P. TRUESDELL,	"	Oswego, N.Y.
Miss A. S. COGSWELL,	"	New York.
Mrs. H. F. FIELD,	"	Michigan.
" E. B. HOWARD,	"	Illinois.
Miss E. M. JOHNSON,	"	Warsaw, N.Y.
" FINNETTE SMITH,	"	Illinois.
Mr. JAMES HAMBLETON,	"	Ohio.
" FERDINAND PENTZ,	"	Indiana.
" THOMAS NELSON,	"	Missouri.
" O. W. TRUE,	"	Maine.

A more devoted, exemplary, and deeply-interested class were probably never assembled together for the purposes of a medical education. The next term, which will commence November 1, and continue six months, will no doubt be largely attended. Some of the present class who have not yet graduated will remain through the winter term, and some have recently arrived in the city in order to fit themselves the better, by preparatory studies, for the regular winter course of lectures. We learn that there are already over one hundred applications for the third term, commencing in November.

ANIMAL AND VEGETABLE FOOD.—It is a very general impression, that if man desire full health and a vigorous constitution, he must feed upon the best beef. Yet when one reflects upon the subject, with a just consideration of the matter, it is not so entirely obvious as at first sight it might be supposed.

All, or nearly all the animals that feed on flesh are comparatively small. The huge animals are all vegetable eaters. The lion, panther, and the other carnivorous animals, are not large when compared with the immense ox or the elephant, that feed upon vegetables. Moreover, vegetables are seldom if ever diseased, while it is doubtful if fat animals are ever entirely healthy when slaughtered for the market.

Our main object in presenting these views, is to turn the public mind to the consideration of the subject. It is worthy of careful examination. It is possible meat may be more stimu-

lating food than maize, or wheat, or rye. But certainly flesh is not more nutritious than vegetables. For corn soon fattens the poorest of animals. The finest animal flesh is produced from maize; why then should we so voraciously feed on flesh? Whole nations now live upon rice; there are many families that most rigidly confine themselves to vegetable food, and are considered healthy and vigorous. A distinguished physician, many years ago, published that he and his children never tasted animal food. They were continually confined to the strictest vegetable diet. And he added, that they were not only all healthy, but of the most perfect symmetry of person. It is hard to form an estimate of the vast amount of impurities that are daily caused in the circulation of the blood from eating animals apparently healthy when brought to the slaughter-house. We repeat, the subject demands closer investigation than we have heretofore given it.—*Pa. Inquirer.*

THE PYTHAGOREANS AND THE ESSENES.—Animal food and other stimulating diets, particularly in youth, do immense mischief; though by such slow degrees that the evil is scarcely perceptible. By eating food of an exciting description, the current of life is precipitated and the passions are prematurely developed; the organs become old and decayed, when with a more natural diet they would be fresh, elastic and healthy. Professor Hufeland truly remarks: "The more slowly man grows, the later he attains to maturity, and the longer all his powers are in expanding, the longer will be the duration of his life; as the existence of a creature is lengthened in proportion to the time required for expansion. Every thing, therefore, that hastens vital consumption, shortens life; and, consequently, the more intensive the vital action, the shorter the life. If you would live long, live moderately, and avoid a stimulating, heating diet, such as a great deal of flesh, eggs, chocolate, wine, and spices." Hufeland also tells us that "The Pythagoreans who lived on simple vegetable diet, afforded the most numerous instances of old age." And Josephus says, "The Essenes, as we call a sect of ours, live the same kind of life as do those whom the Greeks call Pythagoreans. They are long-lived also; insomuch that many of them live above a hundred years, by means of their simplicity of diet, and the regular course of their lives.—*Reynolds' Miscellany, No. 87.*

GRAPES AS HOUSE PLANTS.—The *Lincoln Democrat* says:

In a visit to Mr. Johnston's nurseries which we referred to a few weeks since, we were struck with the extraordinary beauty of some rich clusters of grapes growing upon dwarf vines cultivated in flower-pots. Mr. Drew, of the *Banner*, in referring to the cultivation of grapes as house plants, says: "A pot large enough to sustain a grape stem three feet long, spread upon the windows, will yield several clusters of grapes, and these are the only fruit that will grow and ripen in-doors under glass, and not lose their peculiar fragrance and flavor thereby. A pot of growing and ripened grapes, standing in any lady's parlor window, would be a handsomer ornament than any geranium or cactus.

Cheap, useful, and ornamental, just the thing for dwelling-house windows. But, while about it, plant half a dozen good vines in good places out-doors, take good care of them, and, in due time, enjoy the fruit thereof. Every young man and every young woman should plant a grape vine. Of course they should.

To Correspondents.

Be brief, clear, and definite, and speak always directly to the point. Waste no words.

Professional Matters.

QUESTIONS which come under this head should be written on a separate slip of paper, and will be answered by Dr. TRALL.

EPILEPTIC FITS.—J. M. S., Alburgh Springs. There are many causes of epilepsy; and the treatment must be modified accordingly. The Hydropathic Encyclopædia will give you much general information, but may not be a satisfactory guide in treatment, unless you can ascertain in some way the cause of the disease. If you can let us know, we will indicate the treatment. If you cannot, you had better send him to some competent Hydropathic physician.

ANIMAL FOOD.—J. M. C., Marshall Co. Va., "I see that in your WATER-CURE JOURNAL you condemn the use of meat as an article of food, without substituting any thing except vegetables. These do not suit a backwoodsman who has to work hard, and does not have fruits and vegetables more than six months in the year. Is not fish a wholesome diet?" Friend, whoever you are, you labor under several very common mistakes. In the first place, we do not exactly condemn meat or any thing else. We simply teach what is best. In the second place, your backwoodsmen can keep themselves abundantly supplied with fruits and vegetable articles of food with much less labor and expense than flesh costs them. Grains and dried fruits can be preserved and transported better and cheaper than any kind of animal food. In the third place, fish is a worse dietetic article than is the flesh of herbivorous animals.

HYDROPHOBIA.—A Lady, Boston. "For several months I have been anxiously hoping to see an article from you in the WATER-CURE JOURNAL, on the subject of hydrophobia. This fearful disease has been unusually fatal in Boston and vicinity this season. In South Boston there have been so many mad dogs, that at this present time some of the people there dare not go on foot, and many are afraid to trust their children in the streets.

"In a late number of the *Boston Medical and Surgical Journal* has appeared a report by Dr. Homans, of the case of a young lad who died of hydrophobia in Charlestown this spring—a case in which the sufferer was plied with brandy, whiskey, and laudanum, till he died, under the influence of chloroform. I have been surprised that this article did not arrest your attention, and call forth severe censure in the last number of the WATER-CURE.

"I do not hear of one recovery. There appears to be in these cases some local treatment at first—bathing the wound, the cautery or the knife; an interval of fancied security, or of dread, and then the frightful symptoms which end in death, while the physicians stand by powerless. Will not you or some other apostle of the Water-Cure, write at length upon this matter—telling of the probability of cure by Hydropathy—when, how and where to apply water—whether it should follow or supersede any burning or cutting the parts, &c., &c.? If you have faith in your cure, do make it known through the JOURNAL, that the encouraging word may be caught up and circulated wherever this horrible malady rages." If we should take upon ourselves to compare or even report all the cases of deaths under Allopathic malpractice, this Journal would not contain any thing else. We have faith in Water-Cure, even in this terrible disease. We would recommend as a precautionary measure, cauterizing the wound, whenever it can be done immediately after the bite, and then a thorough course of wet-sheet packings to deterge the poison from the system.

BALDHEADEDNESS.—A. G., Hardin County, Va. "About five years ago, a friend of mine had the measles, had the disease severely too, consequently was the ruin of a fine head of hair, though it has partly come again, but looks dead. Now, how can it be restored, and have a healthy appearance again by water-treatment? The individual is healthy in other respects. Please answer the above through the WATER-CURE JOURNAL." Take a daily bath over the whole surface; wet the scalp in cold water two or three times a day, and obey the laws of health in all respects.

SENSITIVENESS.—Quaker City. "What is the cause and cure of sensitiveness in the coronal region of the head?" Sensitiveness means, if our dictionary is correct, the state of having sense or feeling; it is caused by vitality; and can only be cured by killing the life-principle. For the particular remedies to produce such a result, we must refer you to the *Allopathic Materia Medica*. Perhaps, however, you meant *morbid* sensibility? If so, ask that question, and it shall be answered.

GOOD BREAD.—Messrs. S. & B. Grafton, Vt. "Having read your Journal attentively for several months past, (in a late number) we find an article respecting the making of bread, which seems to condemn the way we are used to making it, as being unhealthy.

"As we like good health and good bread, we would be greatly obliged if you will send us a recipe by which we can secure both." There are many ways of making good bread, the recipes for which you will find in the Hydropathic Cook Book.

SEVERAL INQUIRIES.—W. G. W., Hornellsville. The questions you propound can only be answered in relation to individual cases; and to do that, we must have all the particulars of each case. To give general information which could be applied to each case, would require the space of more than this whole Journal.

WEAK ABDOMINAL MUSCLES.—C. M. W., Providence. Your case is that form of dyspepsia attended with weakness of the external abdominal muscles. Follow the general plan of treatment recommended in our standard book for dyspepsia, and pay particular attention to such gymnastic exercises as are calculated to strengthen them—rubbing, pounding, jolting, thumping, kneading, &c.

DYSPEPSIA.—A. B. C., Lewisburg. The flatulence, &c., which you complain of as the leading symptoms of your case, can be relieved by a proper dietary, as unfermented bread, parched corn, &c. The meals should also be taken without a particle of drink.

HYDROPATHIC EDUCATION.—M. A. D., Columbia, Ind. "Where can I be understructed in the mysteries of Hydropathy, and what will it cost?" The New York Hydropathic School is the only institution of the kind. The expense is \$150 for a term of six months. The third term commences Nov. 1st.

ERUPTIONS, BOILS.—S. D. M., Newark. It is not possible to say what cause or causes continue your disease; although it was probably infectious originally. You say nothing about your eating and drinking, nor bathing habits, and very likely some dietetic error is the reason you do not well.

HONEY vs. BUTTER.—Franklin Palmer, Ithaca, N.Y. "Under the head of Professional Matters in the April number, I noticed the note of N. B. of Cincinnati, in reference to a substitute for butter. He blamed the Hydropathic Cook Book for not furnishing a substitute. Now I would suggest honey as a substitute. I have used it for three years, and never experienced injury from it as from butter. It is purely vegetable, and why not take the place of butter? But like every thing else, it should not be eaten to excess. But it may be urged that it sometimes gives colic: but I never knew it to, even when eaten to excess, except in pork-eaters. As to cost, it is decidedly cheaper than butter. I have sold hundreds of pounds of it for 12½ cents, and three pounds of strained honey will go as far as four pounds of butter. If kept in a dry place, it will keep the year round." This question cannot be settled by the experience of individuals, for thousands of persons eat butter every day without feeling any injurious consequences. There is no doubt, however, that honey is a more wholesome article of diet than butter; and it is also true that persons accustomed to a plain vegetable diet can use it, without the colic which flesh-eaters sometimes complain of.

WORKS ON FEMALE DISEASES.—G. B. M. D., Janeville, O. If you desire Allopathic Works on female diseases, those of Churchill, Tilt, and Meigs, are among the best. You will find those diseases treated hydropathically in the Hydropathic Encyclopædia; uterine diseases and displacements, &c., in Dr. Shew's works on midwifery and diseases of women and children.

ABSCESS.—E. M. B., South Windham, Me. Cold wet cloths may be applied to the affected part, provided the general temperature of the body is not below par. For a general bath, the tepid half-bath is the best appliance.

UNFORTUNATE M. D.—The physician who has practised Allopathy and Homœopathy for twenty years, and yet suffered all the time from indigestion, is informed that there is hope in his case, if he will submit himself to "the truth as it is in Water-Cure." For full directions as to the management of self-treatment, see the Encyclopædia and other standard works.

A SUGGESTION.—H. C. F. I think, if Dr. Trall's Prize Essay upon Tobacco were bound in miniature, fancy style, muslin and gilt edges, for presents, &c., it would take. At least I am pretty certain I could sell ten times more of them bound in that style at 25 cts., than the present pamphlet form at 6 cts.

[We will so print and bind it, if you so direct—and will take one thousand copies at cost.—PUBLISHERS.]

TO PRESERVE PEACHES.—A correspondent, W. M. R., of Tennessee, sends us the following, which we fully endorse, with the exception of the tin canisters. Glass or stone vessels are preferable.

"If you wish to preserve peaches in their own juice, have tin cans made to hold one or two quarts, with a hole in one end to receive the fruit. Pare and stone the peaches; put them in a pot and bring them to a boiling heat; then put them in the cans, and solder on the cap. Set the cans in a pot of boiling water and let them remain two or three minutes, then solder up the opening, and they are done. I have now peaches (April 29) in good order, and which taste as fresh as when they were first taken from the tree."

PROTRACTED COUGH.—M. B. W., Livermore, Me. "When about two years of age I took a violent cold, which was accompanied by a cough, which has continued ever since, (about sixteen years.) Not a day since have I been free from coughing. I have raised a great deal, and spit some blood. I have often been troubled with lamo sides, &c. My health seems good excepting the effects of the cough and a troublesome catarrh in my head. Can my cough be cured by Hydropathy?"

Your case is probably curable. Wear the chest-wrapper; take the wet-sheet pack once or twice a week, for an hour, followed by the dripping-sheet; the hip-bath, at 70°, daily ten minutes, and adopt a very simple vegetable diet.

DISEASE OF THE LUNGS.—W. H. L., Alfred. A cough, attended with purulent expectoration, streaked with blood, is always an alarming condition; and still worse if preceded by a dyspepsia or disease of the liver.

Go to a Water-Cure, or treat it according to the directions of the standard works on Water-Cure. We cannot here give full explanations of dietetic and bathing appliances.

PROLAPUS UTERI.—N. G. B., Alabama. The work on "Uterine Diseases and Displacements," published by FOWLERS AND WELLS, will give you the information you desire.

PROLAPSED BOWEL.—J. T. J. "What treatment should you recommend, in regard to the falling of the rectum (or lower intestine) at each evacuation?"

Cool hip-baths, the ascending-douche, cold injections, and a strict attention to diet.

LUMBAGO.—W. B., Oberlin. "What course of treatment would you prescribe for rheumatism in the small of the back, induced by sudden transition from extreme heat to extreme cold?" The hot fomentations followed by the wet-girdle, and attention to the general health.

BAD BILE.—S. L. P., East Weymouth. "What is the particular condition of the liver when there is vomiting of a large quantity of black and greenish bilious matter, accompanied with scalding heat, and preceded by pain in the neck, &c." The liver is torpid or inactive, the gastric juice and saliva are deficient; hence the food ferments and induces acidity, &c. Eat plain dry food, such as wheat-meal crackers and parched corn; wear the wet-girdle occasionally, and manipulate—that is, knead and rub—the abdomen perseveringly.

FALLING OUT OF THE HAIR.—A. A., Stringtown, Ind. "Dr. TRALL: If you will tell me, through the JOURNAL, what is the best remedy for the thinning and falling out of the hair, (the result of sickness in a young man,) you will be acting up to the doctrines you profess."

Very well. The "best remedy" is Hydropathic doctoring and physiological living. Attend in all respects to the general health. Among the appliances specially advantageous are derivative foot-baths, and wetting the head occasionally with cold water. Cutting the hair close, and "shampooing," are often useful.

PARTIAL PARALYSIS.—E. W. C., Waupaca, Wis. "What is the treatment for a child, seven years old, which has lost the use of its limbs in consequence of a fever? Our Allopathic physician has given him calomel, morphine, and quinine, and now proposes strychnine as the only thing that will do any good." Your child has been poisoned enough already. Let the doctors alone, and use your own common sense. Give him a tepid half-bath daily; douche the back and limbs gently once a day in tepid water—about 75°—and feed him on plain, vegetable diet. Probably a torpid or enlarged liver is the main difficulty; and a diet of unleavened bread and good fruits would be specially useful.

CONSTIPATION AND MEASLES.—M. A. M., Vienna. The disease of your friend is undoubtedly that form of dyspepsia called "liver complaint." He wants moderate general bathing, with sitz-baths, and a dietary of cracked wheat, parched corn, asparagus, good fruits, &c. You will find ample details for treating measles in all the standard works on Hydropathy.

CORN BREAD, &c.—H. D. B., Smiley, Pa. "Would corn-meal cake mixed with cold water be a healthy bread for common use, and for working people? Would it be good for dyspeptic folks, if they do not eat too much? Would it be best to have the bran in the cake?" To all three of the questions we answer affirmatively.

SOAP-STONE GRIDDLES.—B. M., Mount Union, O. "Will you inform the readers of the WATER-CURE JOURNAL where those Soap-Stone Griddles can be obtained, size, weight, and price, as I cannot find any person in this country that knows any thing about them. They must, undoubtedly, be far preferable to the old iron grease-burners." They are manufactured at many places in this city, and perhaps some of the Western cities. They can be obtained through your hardware merchants.

BEEFSTEAK AND BRANDY.—S. A., Portland, Me. "Dr. Wieting, in his lectures on Anatomy and Physiology, recommends eating beefsteak and drinking porter, and even sometimes a little brandy. In your works, the 'Encyclopædia,' 'Cook Book,' &c., I find you advocate entirely different doctrines. Who shall decide when doctors disagree, &c.?" Dr. Wieting, we suppose, speaks on his own responsibility. His opinions are those of the majority of the medical profession; and perhaps he finds it more profitable to advocate popular doctrines than unpopular. But we advise our friend to examine the evidences on both sides for himself, and not pin his faith on any doctor's mere *ipse dixit*.

VEGETARIANISM.—O. C., Lebanon, Tenn. "I will be under ten thousand obligations to you if you will, either by letter or through your JOURNAL, give me light on the following questions, viz: You say that a vegetable diet is man's natural diet, and that he can live better on that. Now, if that is the fact, why did God tell Noah, after the flood, that 'every living thing should be meat for him and his family? Gen. ix. 3. And why did God tell Peter to 'rise, kill, and eat?' Acts x. 13.

"If a child should obey all the laws of its nature, would it escape those diseases to which children are subject, viz: measles, whooping-cough, &c.? That, is if man observes all the laws of his nature, will he be proof against contagious diseases? Or, in other words, is it possible for men to live without being sick?"

"There is one more question I had forgotten. If it was intended that man should live on meat, and that a flesh diet should be entirely abandoned, what would the inhabitants of Lapland and other regions do, where the soil is so sterile as not to produce sufficient food for the people?"

1. This objection has been answered by vegetarians a thousand times. Get Smith's "Fruits and Farinacea," and read

the exposition of the whole subject. The second and third questions we answer affirmatively, without qualification. To the last question we say, human beings are not obliged to dwell in the icy regions, beyond the reach of vegetable food. There is abundant room in *habitable* places for all the human race for ten thousand millions of years to come, (begging pardon of the Millerites,) provided they are propagated physiologically.

BAD-SMELLING HAIR.—F. W., Underhill, Vt. "What is the cause of a bad smell to the hair nearly all day after being wet?" The author of the above question tells us the case is that of a young lady whose physiological habits are nearly all wrong; which fact, we think, ought to be a satisfactory answer to the question. The other question propounded by the same writer is self-answered in a similar manner.

General Matters.

PAPER, INK, PENS, &c.—TO WHOM IT MAY CONCERN. We receive and are obliged to read, not two or three, or a dozen letters per day merely, but *hundreds!* Do our correspondents think of this while writing to us on business, or penning an article for the Journal? We are sure that some of them do not, or they would have pity on our strained eyes and overworked brains, and not send us such badly-written epistles. Pray do use good paper, good pens, and good ink, and write *carefully and plainly*, and do not attempt to crowd *two pages into one*. Never use blue, brown, red, or yellow ink. Every thing but the *blackest of black ink* is an utter abomination to editors, publishers, and printers.

DIRECTIONS FOR TREATMENT.—W. B., East Wareham, Mass.—We have often given in the Journal descriptions of the various Water-Cure processes, and directions for treating the more common cases of disease, and shall, from time to time, doubtless give more on these particular topics, but the best course for you is to procure the "New Hydropathic Family Physician," a complete domestic medical guide; by Dr. Shew; a work of 820 pages, and nearly three hundred engravings. Price, prepaid by mail, \$2 50.

HYDROPATHIC QUARTERLY REVIEW.—We have few sets of this valuable quarterly remaining, but cannot tell how long they will last. Persons desirous of commencing with the first number should send their names at once. Terms, only two dollars a year.

R. S. L., P. M., Lacyville, Ohio. The price of GRAHAM'S SCIENCE OF HUMAN LIFE, prepaid by mail, is \$3. The publishers of the WATER-CURE JOURNAL have on hand a few copies of the London edition, the American edition being out of print.

BOYS TO ADOPT.—Mrs. N. S. Wickes, a widow lady residing in Momence, Will county, Ill., has two boys for whom she wishes to find places where they would be adopted, receive parental care, and be educated on phrenological and physiological principles. Address Mrs. Wickes, as above.

NEW BLOOMER DRESS.—M. B. W. We must decline the publication of your "fashion plates."

TEA, COFFEE, TOBACCO, ETC.—W. E. G. We will bear your request in mind, and endeavor to comply with it at an early day.

BREATHING.—A person in good health, and of medium size, will, in eight hours' sleep, breathe nine hundred gallons of air; but if one fifth of his lungs are inoperative, he consumes in the same time one hundred and eighty gallons less, and in the course of twenty-four hours, seven hundred gallons less than he ought to do. No wonder, then, that when the lungs begin to work less freely than they ought to do, the face so soon begins to pale, the appetite fails, the strength declines, the flesh fades, and the victim dies.

Notes and Comments.

NEW WATER-CURE.—We are pleased to notice that the supply of Hydropathic accommodations is likely to follow close upon the demand. There are already two popular Establishments in this city, but they are inadequate to supply the wants of the numerous friends that flock hither from all quarters for temporary business and for hygienic purposes; and there are multitudes of citizens that would prefer the neat and simple fare that a true regard for health and comfort would dictate, but they are greatly troubled to find it in an acceptable style. People have frequently felt compelled to accept of bad physiological conditions, against the dictates of their judgment.

Dr. Taylor, (whose advertisement will be seen in another column,) in starting another Establishment embracing the objects above indicated, is only responding to a necessity severely felt, and will doubtless greatly lessen these difficulties. He has secured a new, extensive, commodious, and well finished building, in an airy and slightly part of the town, and so situated with respect to public conveyances as to be easily and cheaply accessible from all points.

From the Doctor's experience in conducting similar enterprises, and the favor the public have been pleased to accord to him, we predict an abundant success. His place is at 650 Sixth Avenue, corner of Thirty-eighth street, in the immediate vicinity of the Crystal Palace, and visitors there will find it convenient to call on him.

WATER-CURE WANTED.—A correspondent, writing from Providence, Hopkins county, Ky., says: "We need a Water-Cure establishment in our county, and a prohibitory law in our State, as drugs and liquors are making sad havoc among us." These foes to individual and general happiness and progress still slay their thousands every year in all sections of the country and the world; but the people are rising against them, and their days are numbered. We expect to live to see Water-Cures in every county, and the Maine Law in every State.

A STRAWBERRY FESTIVAL.—Mr. Peabody, of whose extraordinary success in strawberry culture we have spoken in the JOURNAL, lately gave a feast of "strawberries and cream," at his residence, to the Bishops and Clergy of the Methodist Episcopal Church in Conference assembled at Columbus, Ga. The *Columbus Enquirer* gives a detailed account of the festival, but our space will not allow us to copy it in full. Suffice to say, that after four hundred quarts of strawberries had been gathered for the feast, the "patch" of several acres was still full of berries, in every stage of progress to maturity; that some two hundred and fifty bishops and clergy sat down and ate *their fill* of the delicious fruit smothered in cream—Bishop Soule presiding at the head of the board—and after all were satiated, there remained many full vessels of strawberries untouched and untasted! Amazement and delight at the wondrous skill of Mr. Peabody in this branch of horticulture pervaded the assembly and enkindled their gratitude for the very rich entertainment provided.

A GOOD SUGGESTION.—S. M., writing from East Tennessee, says: "Your Journal of Health is received. It would be well if every family took one, and that one was kept lying on the desk of every schoolmaster and mistress in the Union. Sad work has been and is made by drugs in this part of Tennessee, and I presume over the whole Union."

In the description of the disease given by the above correspondent, several words were unintelligible, so that it is impossible for us to advise. Please write again.

NEW HYDROPATHIC COOK-BOOK.—Among other valuable knowledge is imparted [in this work] that of keeping fruits fresh and green the year round. For several years we have put up fruit after the manner recommended in this book, with the happiest results. To such as are not well instructed on this point, we advise the purchase of this work; for there is no luxury so refreshing and healthful as fresh fruits—cherries, currants, berries of all kinds, peaches, tomatoes, and the like—in the winter and early spring. Get the book.—*Miami (Ohio) Visitor*.

It is a curious and alarming fact, that, within two or three years past, the sale of opium in this city has increased something like one thousand per cent.—*Trenton (N. J.) Gazette*.

"The fools are not all dead yet;" but if they continue the use of opium, they soon will be. The drug-doctors have much to answer for.

Poetry.

THE TEMPLE OF HEALTH.

BY HORACE S. RUMSEY.

HYGEIA hath a temple fair;
Who at her altars bow
Are crowned with bays perennial,
If faithful to their vow.
She hath for all a book of life,
With pages bathed in light,
And those who walk beneath its rays
No longer grope in night.

It is no book of mystic lore;
Each page is crystalline,
From which the goddess' features sweet
In peerless beauty shine.
Nor alcohol, nor nicotine
Is on her altars burned;
These offerings demoniac
Are loathed by her and spurned.

When drugs invade life's edifice,
They clothe its walls with gloom;
Around its living pillars hang
The insignia of the tomb.
They steal carnation from the cheek,
They blight with mildewed breath,
And evermore, with shrivelled lips,
Are whispering of death.

She wishes not the crimson tide
Should o'er her altars flow;
Her raiment is immaculate,
Pure as the virgin snow;
And blushes which might shame the rose
Her velvet cheek adorn:
She woos them as she lightly trips
The hills at dewy morn.

"Her ways are ways of pleasantness,
And all her paths are peace;"
They wind through flowery meads and bowers,
Where warblings never cease.
She fain would smile on all mankind:
She doth their steps attend,
Till madly, blindly they forsake,
Dismiss their dearest friend.
Her steps, elastic as the roe's,
Go bounding far away;
Who her sweet presence would regain,
Must toil through many a day;
On Sodom never more look back,
In view must keep the prize,
And onward press courageously;
For he who falters, dies!

Elmira Water-Cure, N. Y.

THE WATER-CURE AND THE AMERICAN PHRENOLOGICAL JOURNALS.—These two popular and useful, and in many senses revolutionary periodicals, are on our table. We shall never despair of a republic in which such Journals are sustained. When the mass of the people believe in, and practise upon, the doctrines inculcated in these works, neither ignorance nor despotism can find a home. Published by Fowlers and Wells, No. 308 Broadway, New York.—*Rhode Island Freeman.*

FLOWERS.—A lady subscriber is advised by the editor of the *Horticulturist* to discard all her miscellaneous flowers, and fill her flower-beds with verbenas, scarlet geraniums, salvias, and petunias. They will stand the sun and dry weather, and make the garden gay at all times. This hint should not be lost on our fair readers, who often find it difficult to preserve the freshness and beauty of their flower-gardens during the sultry and parching heat of our almost tropical summers.

LECTURES TO THE LADIES.—Mrs. Helen M. Wheeler has just completed a course of lectures to the ladies of Rock Island, on the subject of Physiology, to the satisfaction of her entire class. Mrs. Wheeler will visit this city next week with the intention of forming a class. We hope the ladies will not suffer this opportunity of gaining most valuable knowledge to pass unimproved.—*Davenport, Iowa, Commercial.*

Matrimony.

COMMUNICATIONS deemed by us suitable for this department will be inserted on the following conditions: They must be carefully and legibly written, must be accompanied by the true name and address of the writer, (not for publication,) and an INSERTION FEE, at the rate of \$1 for one hundred words. Unless all these conditions are strictly complied with, no attention will be paid to them.

The name and address of each writer will be registered in a private ledger, and will in no case be divulged except to persons whom we believe duly authorized, according to the terms of the communication, to receive them.

Any person applying for the name of a writer, must give his or her own true name and address, and enclose a prepaid envelope or a three-cent postage-stamp. The number of the communication referred to should always be carefully stated; also whether old or new series, and the number of the Journal in which it appeared.

Candidates becoming "engaged," or declining for any reason further introductions, will do well to notify us (prepaid) to that effect, that we may refuse their name and address to later applicants.

As we may receive more communications for a given number of the JOURNAL than we can find space for, even in this small type, we shall adopt and strictly adhere to the rule of "First come, first served." Those desiring the privileges of this department will therefore do well to send in their favors at as early a day as possible.

MATRIMONIAL CORRESPONDENCE,

NEW SERIES.

No. I. OBEDIAH COKE thus introduces himself, and makes known his wants: I want a wife—and one fashioned after the following model: she must be between nineteen and twenty-five years of age, a healthy, well-formed, good-looking, (not "beautiful,") common-sense girl, with a woman's heart and a woman's soul. I have a particular dread of "strong-minded" female stump orators. None of that class would answer my purpose, for I would be married to a woman, not to one of the travelling anomalies of modern times who are supposed to constitute the connecting link between the two sexes. I want a woman that acts, and talks, and walks, and laughs, and weeps, and loves naturally, not with the silly affectation of "fashionable ladies." I want a woman that loves God, nature, and truth; one that is not too indolent to enjoy the fresh air and life-inspiring influences of a new-born day in summer, nor too soulless to admire the gorgeous beauties of a summer sunset; one that can look at fields, forests, winding rivers, grassy hill-slopes, hoary mountains, old ocean, the sky, the tempest-clouds and the lightning's blaze, and listen to the boisterous song of the winged storm and the thunder's loudest intonations, with a kindling eye, an entranced ear, an enraptured soul, and a heart swelling with thanksgiving to the Disposer of the universe. I want a woman with blood, not water, in her veins; one that can love with a deep, strong, and constant affection, and one whose virtue is invincible. I have no objection to either kitchen or parlor accomplishments, though I want neither a culinary drudge, nor yet a drawing-room toy. I want a wife that is satisfied in being a woman, and has no rebellious desires to enter into masculine employment, to wear men's clothes, or to do any thing else to render her sex equivocal.

In regard to myself, I think, perhaps the less I say, the better for my matrimonial enterprise, though I am sometimes complimented with having "good streaks" in my character. I am twenty-seven years of age—am five feet ten inches in stature—am good—but I prefer sending my daguerotype to saying any thing about my personal appearance. I am engaged in a profession, with fair prospects of success. I am ambitious, and have talents (don't judge from this letter) sufficient to help me several runnels up the ladder of fame. I am not a church member—have no veneration for any thing on account of its antiquity or mysterious origin—attend "stated preaching," but think clergymen are no better than "pettifoggers"—love the truth, and live a moral, virtuous, and temperate life,—believe in practical and natural religion. When I find a woman that suits me, and whom I can suit, I shall love her with a deep, strong, unchanging passion. In regard to property, I—won't say any thing about it. Ladies, if you wish to bear from me directly, you may obtain my address of the editor of the WATER-CURE JOURNAL.

No. II. IRENE, of Massachusetts, says: My intellect is medium; height, five feet, good proportion; light complexion, blue eyes, hair middling dark; constitution naturally good; age nearly twenty-eight.

Required: A man of intelligence, a follower of Jesus; a hydropath and vegetarian in principle; a friend to all the oppressed of every color and nation; age somewhere near my own; in stature taller, but not greatly disproportioned to myself; a cultivator of vegetable food in a temperate climate, (not California,) of some free State in my own country, would be greatly preferred.

For my address apply to the editors of this Journal.

No. III. FIDELLA describes her "Ideal" as follows: He must have a character pure as the air from heaven, and a heart full of tenderness towards the object of his affections; black, but not stein eyes; dark hair, six feet in stature, and not over twenty-six years of age. Am not particular as to his profession: should prefer a poor industrious man to an indolent rich one. He must not be a slave to any bad habits, especially drinking: if he were lacking in no other respect, I never could accept the offer of him who I knew was in the habit of drinking in the smallest degree. One who loves home and his mother, and who can enjoy when I am gay, and comfort when I am sad.

Of herself she says: I am no lover of tea, coffee, or milk-emptings bread; am fond of work, French, Algebra, flowers, and music, but no great musician myself. I am not handsome, but I can love the good and appreciate the beautiful. I am not poor, and what riches I possess are contained in my own dear self. I can scold if I think necessary, (as all the house can testify,) or I can be plensaut.

If any one wishes to know who I am, please refer to Messrs. FOWLERS AND WELLS.

No. IV. IRENE, of Ohio, has a well-developed form, good common sense, and high moral sentiments; is a vegetarian, a hydropath, and a Bloomer; has warm affections, and strong sympathetic feelings; loves truth wherever it may be found, and has for some time made nature her study, from the modest little flower up to the stary heavens. She wishes a husband to be tall, well-proportioned, with dark hair, (brown or black are preferred,) lively expressive eyes, warm affections, a progressive mind, and high moral sentiments. He must also be a vegetarian in theory and practice; and as she is situated and practicing what she believes to be a higher and truer life, she wishes him to be a Socialist, and from twenty-one or two to twenty-five years old. He may be a farmer or mechanic, or she is not particular what occupation he may follow, so he is industrious: in short, a thorough reformer.

No. V. MELVINA says: I am just twenty, but will not marry before I am two years older. I am a graduate of the Marietta-Seminary. I can do, and love to do, all manner of house-work, from making pies and bread to washing shirts; I can do all kinds of sewing, from embroidery to busy pantalcons; I can skate, ride, dance, sing, play on the piano or spinning-wheel, or any thing that may reasonably be expected from my sex. If required, I can act the part of a dunc in society of the "upper ten," or the part of a woman among women. As for riding, here allow me to make a barter: any man may bring two horses, give me my choice and ten feet, and then, if he overtakes me in one mile, I am his; if not, the horse is mine. Beware!

I am a believer in Hydropathy, and use no tea or coffee, neither do I wear corsets; but I am willing my husband shall do either if he desire. I believe in "woman's rights," but believe I have no right to meddle with politics, or man's business in general—neither have men the right to meddle with ours. As for appearance, I am neither tall nor short, large nor small, but I am just as I was made. I have never attempted to alter my shape or color, as I am perfectly satisfied with the same. By boys I am styled handsome; by the young men on whom I please to smile I am styled the height of perfection; by those I frown upon, "the Devil's imp;" by the wise and sober I am called wild and foolish; by my female acquaintances "Melly," and by my uncle I am called "Tom."

If I marry, it will be a man that uses no spirits, tobacco, or profanity. He may be young or old, handsome or homely, rich or poor, but not in the extreme. He must have a good common education, at least. He must be industrious; he must be capable of so bearing himself in my society, that he will be beloved by all; his disposition after acquaintance must please me in every respect. He after marriage must allow me to follow the dictates of my own conscience, providing I do not trample on his rights, and he must follow his.

[The name of this writer is lost, but she will no doubt immediately place it again in our possession.]

No. VI. SOPHY DIE-AWAY is seventeen years of age; generally acknowledged to have a pretty figure, a face often lighted by smiles than clouded by frowns; thought by many to have a small foot, a beautiful hand and arm, which have never been used in washing, scrubbing, or cooking. Possessing a faculty for entertaining company, though not what could be termed a fashionable woman; will do admirably for a "parlor ornament," playing well on the harp, piano, and guitar; a soft but sweet voice as regards vocal music; speaking French and Italian, pretty well versed in Latin, with a thorough acquaintance of the "Belles Lettres."

Her taste is more in accordance with the sweet science of flowers than the dry demonstrations of Euclid. She is gay, happy, and affectionate in disposition, but sensitive to a fault; can be ruled only by love. She is an only daughter, and, independent of her father, possesses seventy-five thousand dollars in bank stock; has been much humored, and accustomed to have her own way, and will consequently require in any responder an immense deal of patience, indulgence, forbearance, and good temper.

These, however, are not the only qualifications required: he must be full six feet in height, a fine figure, but not at all fleshy; an intellectual and benevolent countenance; a bright, beautiful eye; a well-shaped hand and by no means a large foot; his hair must be dark and curly, like her own, though she is not very particular on this point; he must possess a good moral character, affectionate in disposition, and be capable of appreciating his wife far more than his moustache or wine-cup; chewing tobacco would be an insupportable objection; he must be in age from twenty-one to twenty-eight. Sophy is a Southerner.

Any handsome, intelligent gentleman agreeing with the above requisitions, and desirous of becoming acquainted with her, may obtain her name of the editors of this Journal.

No. VII. BLACK-EYED SOPHIA.—Listen to the story of black-eyed Sophia. I think it was the design of the Lubnite that I should detest single blessedness, from the fact that I feel myself somewhat incomplete—merely a half-existent—and have been for a long time seeking for the other half. I am of medium height, with charming black eyes, black hair, a fresh, cheerful countenance, always adorned with a smile, and a pair of ruby lips capable of giving and receiving as warm a kiss as one could wish.

No. VIII. J. W. S. thus states his own case: I am twenty-three years old, six feet three inches high, and weigh two hundred pounds. I have good health, a fair complexion, black eyes and black hair. I long since abandoned the use of tea, coffee, and tobacco, and of late the use of drugs; never did use spirituous liquors. I am not particularly smart, but have a reasonable share of common sense, and am called handsome. I am neither rich nor very poor, but could by economizing a little save a few dollars for future "responsibilities." I am a vegetarian in theory, and would like to be in practice; but to live in Tennessee, and eat at other men's tables which are crowded with the "fat of the land," and be a strict vegetarian, is a very hard matter. I am affable, cheerful and affectionate, and think I shall love my wife (when I get one) most devotedly.

I want a wife of a cheerful disposition, and a strict vegetarian under all circumstances.

My name may be obtained from the Editor, or by addressing J. W. S., Shelbyville, Bedford county, Tennessee.

No. IX. LEAH pleads for a hearing, and discourses as follows: Acknowledge myself a candidate for matrimony! Ha! ha! not I. NEXCOMITISM is woman's inalienable right—yet a true heart's devotion offered up before Hymen, seemeth to me no wise idolatry, nor Cupid's bended bow and well-filled quiver, dreaded art I cry. Truth to tell, the archer-boy is strangely fascinating, and as, in my dreams of happiness, he dons the artist's robe, retouching and perfecting the golden tints of my glowing visions, I have almost vowed allegiance, when the transformation of essel into quiver, of pallet into bended bow, and the aiming of his never-erring shaft have recalled me to my senses, just in time to escape the wound.

I have an ideal companion, a spirit-mate, not so far above humanity but that he has sympathies in common with mortals; eyes teazing approval upon virtue, and flashing scorn upon dishonor; brow serene in the contemplation of free effort, and frowning disapprobation upon oppression; lips smiling upon purity and truth, and curling with contempt for meanness, and vice. When this shadow is made substance, this ideal reality, then may the boy-god seek with some hope of success for a lodgment in my heart, and another name be affixed to that of LEAH.—Address LEAH, Auburn, N. Y.

No. X. PUELLA describes herself as a little over medium height; middling slender form; not remarkable for ugliness nor for beauty; have always had plenty of healthy exercise and fresh air; and pure cold water my only beverage. Physiology and hygiene are favorite studies, and I claim obedience to their laws as near as possible, both in manner of living and style of dress. Prefer neatness, convenience, and natural simplicity of dress and manners, to the vain, gaudy attire and affectation of fashionable society; am confined to no sect, and bound to no man-made creeds; have a soul that is free, and a heart throbbing with love towards the whole human family; am a warm socialist, and a firm believer in spiritual communications.

Some of the requirements in a husband are, that he should not be much over or under twenty-nine or thirty years of age, medium height, full form, with an abundance of dark hair, but not black; large expressive eyes, and intellectual countenance; must be a free-thinker on all subjects, and not afraid to advocate what he feels in his soul to be right; must be pure-minded; firm in his purposes; conscientious, kind, and affectionate; must agree in the leading points of belief with my own convictions.

No. XI. L. M. J. says: I am a vegetarian in theory and practice; I neither drink tea nor coffee, nor taste tobacco in any shape or form; I abominate it or any one who uses it; as to appearance, I am six feet in stature, erect, healthy, strong, refined in manners, and always very handsome; my eyes are black, hair jet-black; ambitious but loving; I am between twenty and twenty-three; of good parentage; am both rich and have a good business, by which I can get more riches if I want them; my occupation is a very honorable one; I am a reformer, and a believer in Water Cure in all its parts; I have been at college for three years; am a lover and teacher of music of all kinds. I am very much pleased with letter number Thirteen, over the signature of "E. M. C.," and if not too late, would like to form a private acquaintance with her.

Advertisements.

A LIMITED space of this Journal will be given to Advertisements, on the following terms:
For a full page, one month, . . . \$15 00
For one column, one month, . . . 20 00
For half a column, one month, . . . 12 00
For a card of four lines, or less, one month, . . . 1 00

At these prices the smallest advertisement amounts to LESS THAN HALF A CENT A LINE, or forty cents a column for EVERY THOUSAND COPIES, our edition being 55,000 copies.

Payment in advance, for transient advertisements, or for a single insertion, at the rates above-named.

Copies of this JOURNAL are kept on file at all the principal Hotels in NEW YORK CITY, BOSTON, PHILADELPHIA, and on the STEAMERS.

ALL ADVERTISEMENTS for this JOURNAL should be sent to the Publishers by the first of the month preceding that in which they are expected to appear.

Water-Cure Establishments.

HYDROPATHIC AND HYGIENIC INSTITUTE. R. T. TRALL, M.D., PROPRIETOR. This commodious establishment, 15 Laight St., can now accommodate one hundred or more persons. Its business arrangements comprehend:

1. GENERAL PRACTICE, in which Dr. G. H. Taylor and Miss A. S. Cogswell assist.
2. OFFICE CONSULTATIONS, by Dr. Trall, personally.
3. DEPARTMENT FOR FEMALE DISEASES; assistants, Drs. Taylor and Hosford.
4. SCHOOL DEPARTMENT, for the education of physiologists, teachers and lecturers, and Hydropathic physicians. TEACHERS: Dr. Trall, Dr. Taylor, Dr. Shew, Dr. Christie, L. N. Fowler, Miss A. S. Cogswell.

Regular term of Lectures, from November 1 to May 1, of each year. Private or Summer term, with private lessons and occasional lectures, from May 1 to November 1.

EXPENSES: Tuition for the Winter term, \$75; do., with board, \$150. Summer term, \$50; do., with board, \$100.

5. PROVISION DEPOT, for the manufacture of pure and proper articles of wheaten grits, hominy, oatmeal, farina, crackers, &c. Orders for all kinds of medicinal preparations, dried and preserved fruits, &c., will be supplied.

6. BOARDING, for those who desire the dietary of the institution.

THE WATER-CURE HOME, AT OYSTER BAY, 25 MILES FROM NEW YORK; JOEL SHEW, M.D., PHYSICIAN AND PROPRIETOR.—This establishment is situated in one of the most romantic and beautiful regions that can anywhere be found. The water is abundant, and the purest on record. Sailing, rowing, fishing, &c., can here be enjoyed to their fullest extent; and sea-bathing, without danger of surf. The buildings of the Cure are new and in the best of order; and, altogether, the accommodations are of the first class. It is the purpose of the Proprietor to make this a model Establishment, in all respects. In addition to the ordinary business of the Establishment, letters for advice will be particularly attended to. Address JOEL SHEW, M.D., Oyster Bay, Long Island, N. Y.

N.B.—The steamer "Croton" leaves Fulton Market daily at 1/4 to 3 P. M., returning early in the morning. May 11

DR. TAYLOR'S WATER-CURE, SIXTH AVENUE, CORNER THIRTY-EIGHTH STREET, NEW YORK.—This Hygienic resort combines, as far as possible, the advantages of both country and city. It is readily reached by most of the up-town conveyances. We have ample accommodations for TRANSIENT as well as permanent and invalid boarders. Address

G. H. TAYLOR, M.D.,
650 Sixth Avenue.

July, 11.

MOTORPATHIC CARD.

DR. H. HALSTED, formerly of Halsted Hall, Rochester, N. Y., well known as the author of the System of Motorpathy, and by his great success in the cure of Chronic and Female Diseases, has recently purchased and removed to the celebrated ROUND HILL WATER-CURE RETREAT, at Northampton, Mass., where, with improved facilities, he will continue the practice of his peculiar System, in connection with the Hydropathic Treatment.

Dr. H. was one of the earliest advocates, and has long been, and still is, one of the most successful practitioners of the Water-Cure System. Nevertheless, in the treatment of Chronic Diseases, and especially those incident to Women, experience has taught him that MOTORPATHY combined with the Water-Cure Treatment, is in all cases much more effectual, and will restore many patients who are beyond the reach of Hydropathy alone. This has been made apparent in the cure of very many nervous and spinal affections heretofore unremoved, and of Dyspepsia and Paralysis, and the numerous and complicated diseases of the Liver and Kidneys.

Dr. H. is confident in saying that in many long standing diseases, Motorpathy is the only available remedy. More than seven thousand persons have been successfully treated at his former Institution; and with the improved facilities of Round Hill, Dr. H. looks forward to increased success. Physicians are respectfully invited to call and test for themselves the merit of his System.

As a summer retreat for the friends of patients or others seeking relaxation and pleasure, Round Hill stands alone and unrivalled. Its mountain air, limpid water, and delightful scenery have given it a world-wide reputation.

This former Institution at Rochester is for sale. His work on Motorpathy can be obtained by remitting ten postage-stamps.

Address H. HALSTED, M.D., Round Hill, Northampton, Mass. June 31.

NEW YORK CITY AND ORANGE MOUNTAIN WATER-CURES.

THE Subscribers have associated as Proprietors in the management of the New York City Water-Cure, 178 (formerly 184) Twelfth street, corner of University Place, and the Orange Mountain Water-Cure at South Orange, N. J., which is less than one hour's ride from New York by railroad.

Patients can pursue their treatment at either Establishment, or part in each, under proper regulation.

TRANSIENT VISITORS will find a pleasant home by the day or week, whether called here by business or pleasure.

O. H. WELLINGTON, M. D.

O. W. MAY, M. D.

July 11

GLEN HAVEN.—Persons wishing to consult us for medical advice will please observe—our Fees are as follows:

1. For advice, as to the propriety of water-treatment, - \$1.00
2. Examination at our office, and prescription for home-treatment, - 3.00
3. Prescription by letter for home-treatment, - 5.00
4. No examination fee for patients.
5. Circulars sent free to all who wish for them.
6. All letters must be post-paid.
7. Fees must be enclosed, or good reasons given for not doing so.
8. Address Scott, Cortland Co., N. Y.,
J. C. JACKSON, M.D.,
Mrs. L. E. JACKSON,
Miss HARRIET N. AUSTIN, } Physicians.
Apt 11

CLEVELAND WATER-CURE ESTABLISHMENT. The above Establishment is now commencing its seventh season. The number of patients treated at the establishment has been on the increase from year to year, for the past six years, until the last season, when the demands of the public far exceeded our power to accommodate them. The increasing rapidity and proportion of cures, from year to year, induces the subscriber to believe that his enlarged experience and opportunities for treatment give facilities to the invalid rarely equalled. Diseases peculiar to females are treated with a success and rapidity of cure believed to be surpassed by none.

June 11. T. T. SEELEY, M.D., Cleveland, Ohio.

GRANVILLE WATER-CURE.—FOR THE treatment of Diseases of Females. Address—W. W. BANCROFT, M.D., Granville, Licking Co., Ohio.

NEW LEBANON SPRINGS WATER-CURE.—This long-established and well-known institution, situated in the midst of a region abounding in beautiful and varied scenery, and supplied with an abundance of the purest and softest water, will be re-opened for the reception of patients early in April next. The medical department is to be under the care of William A. Hawley, M.D., who is at present associated with Dr. Bedortha, at his establishment at Saratoga Springs. The Proprietor congratulates himself and the public that he has secured his services, both on account of his acquaintance with, and skill in, water-treatment, and because the arrangement is to be a permanent one.—D. CAMPBELL, Proprietor. Mch. 11.

NEW MALVERN WATER-CURE.—This new Institution is now completed and ready for the reception of patients, with accommodations for treating every variety of disease. It is situated in Westboro, Mass., twelve miles from Worcester by R. R. The Proprietors are determined to make it a first-class Water-Cure, in the fullest sense of the term. From fifty to sixty patients can be accommodated.

Those wishing for further information, by forwarding a post-paid letter will receive a circular giving particulars in full.—Dr. J. H. HERO and Prof. DWIGHT RUSSELL, M.D., Proprietors and Physicians.
Westboro, March, 1854. Apt 41

DR. WESSELHOEFT'S WATER-CURE, BRATTLEBORO, VT., continues to receive patients, for whose recovery and comfort the undersigned pledge themselves to spare no pains, that they may maintain the fame of the establishment. Its provisions for Hydropathic purposes are unrivalled; and its supply of pure, soft water is abundant, cool and palatable at all seasons, without the use of ice.
Dr. E. J. LOEWENTHAL, Resident Physician.
Mrs. F. WESSELHOEFT, Proprietress.
May 31

MERCER WATER-CURE, MERCER, PA.; Dr. J. and Mrs. M. V. R. Catlin, Physicians.—A fine building, a noble spring, and beautiful scenery—just opening for the season. Letters of inquiry answered without charge. Written prescriptions for home treatment, \$2. W. C. Books constantly on sale. Terms—\$5 to \$7 per week. May 11

COLDWATER WATER-CURE is in successful operation. Address, for particulars,
Dr. J. B. GULLY,
June 21 *
Coldwater, Michigan.

CANTON WATER-CURE—Canton, Ill.—Address JAMES BURSON, M.D., Mrs. N. BURSON, or Dr. G. Q. Hitchcock, Canton Ill. Jan 11

MOUNT PROSPECT WATER-CURE, Binghamton, Broome Co., N. Y.—This retreat for the sick continues with increasing prosperity. Large additions having been made during the last winter, we are now prepared to accommodate One Hundred patients, and we can say with great confidence, that our present arrangements are not excelled by any similar establishment in this country.

1st. Our Location.—The buildings of this Institution are situated in the midst of a beautiful and romantic grove, which continues and covers the side of MOUNT PROSPECT, with carriage and foot-walks running through it in different directions, overlooking scenery unsurpassed in beauty and grandeur. A few rods from the "Cure" passes the CHENANGO RIVER—which furnishes us at all times excellent sailing and rowing privileges—which is so very easy of access that the most feeble invalid can be taken on its smooth waters and enjoy a "sail." We are within ten minutes' walk of the centre of one of the most flourishing and beautiful villages of the Empire State, and accessible at all times by the New York and Erie, and Binghamton and Syracuse Railroads.

2d. Water.—The water with which this "Cure" is furnished is, beyond a doubt, PURER and SOFTER than can be found in any other location in this State, varying its temperature but a few degrees the entire year, and not affected by droughts or rains, being in reality the "key-stone," and without which our efforts would prove abortive.

3d. Physical Exercises.—We have just completed a large Gymnasium, with Ball Alleys, and all necessary fixtures which are so essential to the successful treatment of those diseases peculiar to females.

4th. Medical Department.—This is under the entire control of Dr. Thayer and wife, who are assisted by competent and experienced nurses. Their large experience in Hydropathic practice, thorough knowledge of disease, and the success that has attended their efforts, are sufficient evidences of their skill in administering and relieving the wants of diseased humanity. The ladies will be under the immediate care of Mrs. Dr. Thayer, assisted by the Doctor when circumstances require it.

5th. We continue, as heretofore, to treat all diseases that "Flesh is heir to." Particular attention paid to diseases of the throat and lungs, for which we have adopted a new mode of treatment (Inhalation) that has proved very successful.

We also treat obstinate cases of spermatorrhoea and nocturnal emissions effectually, by a mild and nearly painless operation. (Something new.)

TERMS:—From \$5 to \$8 per week, (payable weekly,) according to room and attention required.

Patients will bring two comfortable, two linen or cotton sheets, one woollen sheet, and towels—"all marked."

P. S.—Dr. T. can be consulted by letter; and prescriptions sent to any part of the United States free of charge—letters must be prepaid to receive notice—well knowing in no way could be do more good.

O. V. THAYER, M.D., } Resident Physicians.
Mrs. H. H. THAYER, }
Apt 11 H. M. RANNEY, Proprietor.

YELLOW SPRINGS WATER-CURE, GREEN CO., OHIO.—This Establishment, situated on the Little Miami Railroad, one mile south of the town of Yellow Springs, and in sight of Antioch College, is unequalled in the beauty of its location, and offers inducements to the invalid, not surpassed by any similar establishment in the United States.

The buildings were erected for their present purpose, and possess every convenience for comfort and successful treatment, with a Gymnasium and Ball Alley attached, for exercise and amusement.

Resident Physician, A. Cheney, M.D. Consulting Physician, G. W. Bigler, M.D., Cincinnati.

TERMS, \$6 to \$8 per week (paid weekly) for all ordinary attention. Further particulars on application. Address Dr. A. CHENEY & Co., as above. June 61.

DR. HAYES' WATER-CURE INSTITUTE, at WYOMING, N. Y.—For a full advertisement of this Institution, see April number of the Water-Cure Journal. A report embracing nearly 400 cases treated at this Establishment will be sent free to all post-paid applicants.

Address P. H. HAYES, M. D.
Wyoming, June, 1854. 11

THE SUGAR CREEK FALLS WATER-CURE is situated 12 miles south of Massillon, from which point, on the O. and Pa. Railroad, it is passed daily by stage. It is supplied with pure, soft SPRING WATER. Terms \$5 per week. For further particulars address S. FRANKS, M.D.,
Apt 11 Deardorff's Mills, Tuscarawas Co., O.

DR. CHARLES MUNDE'S WATER-CURE ESTABLISHMENT AT FLORENCE, MASS.,

(Three miles from the Northampton R. R. Depot.)

Is situated in one of the healthiest and pleasantest regions of New England, among woody hills and ever-green meadows. The fine mountain air is peculiarly pure and bracing, and the Establishment and country around are abundantly supplied with springs of the purest, softest and coldest granite water. The walks and rides are exceedingly agreeable, and some of the prospects from the neighboring hills and mountains are truly magnificent. Besides boats on the small hut romantic river that winds its way through the shady grounds of the Establishment, howling-alleys, long piazzas protected from the inclemency of the weather, and an apparatus for gymnastics, offer fine opportunities for exercise. Through purchases and the erection of new buildings the Establishment has been greatly enlarged and improved, being able now to accommodate one hundred and fifty patients. There are bath-rooms in every story of the different houses. In winter the Establishment is thoroughly heated.—There are stages and carriages at the Depot, to take travellers to the Institute.

Dr. MUNDE being the first disciple of Priessnitz, and the author of some of the earliest and most successful works on Water-Cure, is the oldest Hydropathic physician now living. His long experience enables him to respond to any reasonable expectations from the Water-Cure system, which he considers one of the most important discoveries in medical matters, although he does not believe it to embrace the whole of the Medical Art. He, as well as his wife, will continue to insure to the sufferers who confide themselves to the Doctor's care, all the attention necessary for, and all the comforts compatible with, the purposes of the Establishment.

TERMS:—For Board and Treatment, \$10 per week. Ladies and Gentlemen accompanying patients, \$5 per week. Children and servants, \$3.50. Children taking their meals at the public table, \$5; and servants rooming with those of the Establishment, \$1 per week. Persons occupying rooms by themselves, full price. For Board, Treatment and Education of sickly children, inclusive of languages, music and gymnastics, \$400 a year, to be prepaid per quarter. For the first consultation or examination, whether the patient enter the Establishment or not, \$5. CHARLES MUNDE, M. D.
June 11.

THE WATER-CURE ESTABLISHMENT near Willow Grove, Montgomery Co., Pennsylvania, after having undergone thorough repairs, is open again for patients and boarders on the first of April. For further particulars apply to Rev. JOHN C. BRUNNER, on the premises. Apt 31

E. C. WINCHESTER, M. D., Practitioner of Water-Cure, No. 328 Main st., American Block, Buffalo, N. Y.

Patients with acute or chronic disease, faithfully attended at their houses. Office consultations daily. Apt 11.

CONCORD WATER-CURE.—Dr. Vail's Establishment at the Capital of the "Granite State" has met with continued and uninterrupted success from its opening to the present time, both in Winter and Summer. For circular containing particulars, address this Proprietor. June 11.

1854.—LAKE VIEW WATER-CURE AND HOMOEOPATHIC INSTITUTE, at Rochester, N. Y., is unsurpassed in its location, and its facilities for the cure of invalids. Room for 150. Horse-back exercises.—L. D. FLEMING, M. D., Proprietor. REFERENCES:—Gov. Sewald, Francis Granger, Lewis Tappan, Horace Mann. June 11

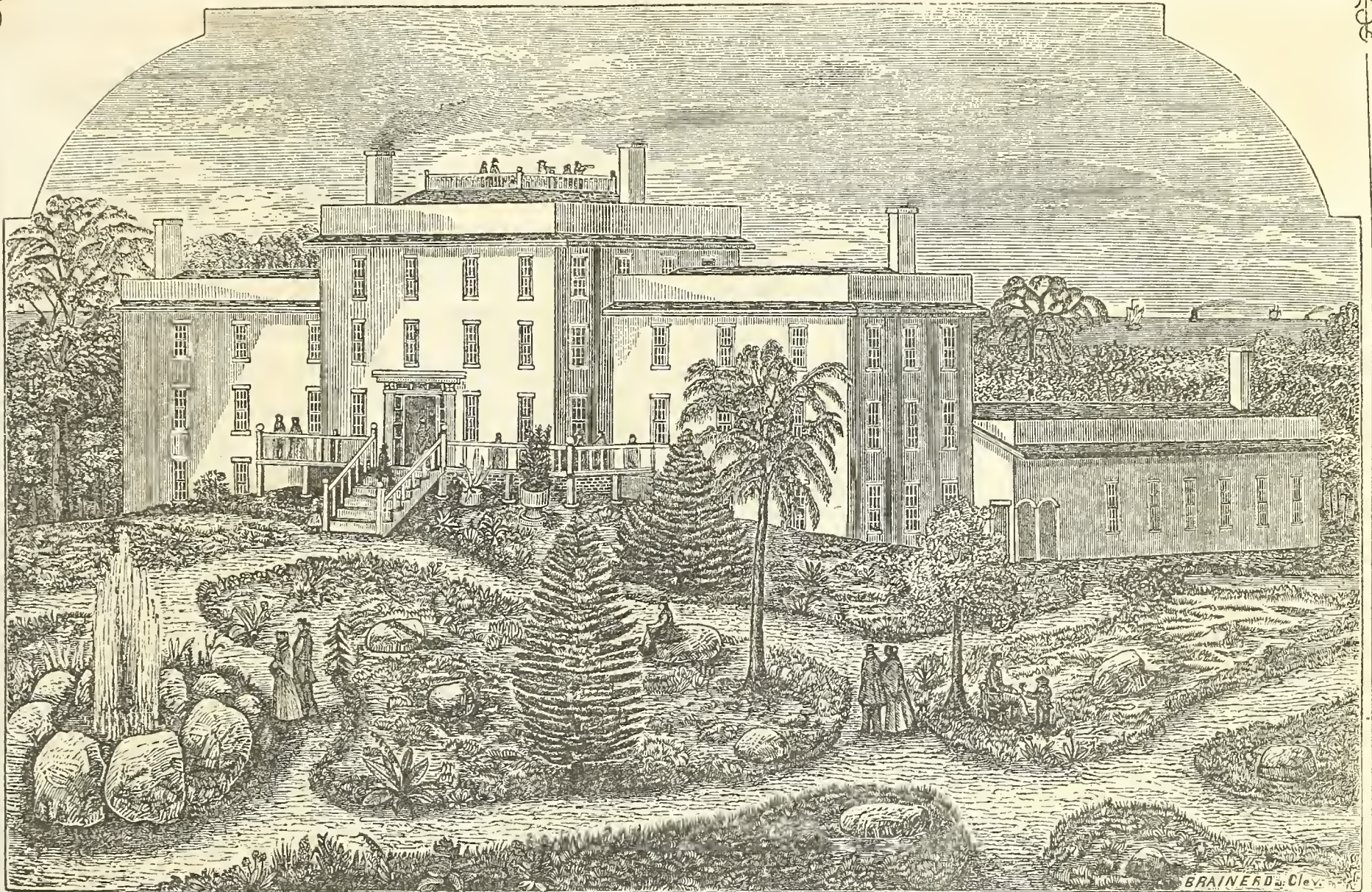
COLUMBUS WATER-CURE.
FOR LADIES ONLY.
Address W. SHEPARD, M. D., Columbus, O.
June 21*

CHICAGO WATER-CURE RETREAT, cor. of Randolph and Sangamon sts., Chicago, Ill., where patients are received, afflicted either by chronic or acute diseases, summer and winter. Also, general practice, either in or out of the city, receives prompt attention. July 11. J. WEBSTER, M. D.

WORCESTER HYDROPATHIC INSTITUTION, No. 1 GLEN STREET.—This Institution is well arranged for treatment at all seasons. TERMS, usually from \$7 to \$9 per week. For treatment without board, \$3 to \$4 per week. July 11. S. ROGERS, M. D.

VISITORS TO NEW YORK can be entertained by the day or week, during the summer, at our house, 178 Twelfth street, corner of University Place, and only one block west of Broadway.

As all our patients have the privileges of enjoying the beautiful scenery and advantages at Orange, the whole or any part of the time, we shall undoubtedly have a choice of rooms during the summer, for any who may stop but a short time in the city. Our terms will vary according to room, from \$1 00 to \$1 50 per day, or from \$5 to \$12 per week. Meals at 7, 1, and 6 1/2 o'clock. The house is very central, and lines of stages and cars afford conveyance to all parts of the city. July 11. WELLINGTON & MAY.



CRYSTAL FOUNTAIN WATER-CURE, AT BERLIN HEIGHTS, ERIE CO., OHIO.

This Establishment for the cure of Chronic Diseases, is now open for the reception of Patients.

The treatment of patients will be conducted by Dr. B. L. HILL, (Professor in the Homoeopathic College, Cleveland, O.) with Dr. N. G. BURNHAM, both skillful and experienced Physicians and able Hydro-paths.

The facilities of this Establishment for the successful treatment of all forms of Chronic Disease, and especially the different forms of Dyspepsia, Diseases of the Liver, Spine, and Nervous System, Rheumatic Affections, Female Affections, and Incipient Consumption, as well as diseases produced by improper or excessive medication, are unsurpassed by any establishment in the country. Particular attention will be paid to those Diseases commonly known as SURGICAL CASES, such as Fever Sores, Hip-Disease, White Swellings, Cancers, Fistulas, Diseases of the Eyes, Splue, &c.

THE FEMALE DEPARTMENT in this "Water-Cure" is under the special charge of a skillful FEMALE PHYSICIAN, who will also have the aid and counsel of the other professional attendants. Her experience in one of the most successful Hydro-pathic Establishments of the East, and her devotion to the suffering of her sex, we trust will recommend her to the favor of those who seek restoration to health.

No DRUGS will be used in the Establishment, and the most improved Hydro-pathic course will be pursued. The strictest attention will be paid to the diet and exercise of patients, all being governed, not by any "theoretic square rule," but by scientific and physiological principles. The patients will also have the benefit of the most skillful Homoeopathic or specific prescriptions—an advantage enjoyed in but few Hydro-pathic Establishments.

The Buildings have been erected during the past year, for the express purpose. No pains or expense have been spared, to make them what they should be for this age of improvement. The Proprietors having examined the most celebrated and successful Hydro-pathic Establishments, have aimed, in the erection of this, to adopt all their better arrangements, and improve upon those in which they are faulty. The main building is 108 feet front; centre 4 stories, and wings 3 stories high. The Gymnasium attached to the Establishment is 90 feet long by 24 wide, with arched ceiling 16 feet high; so arranged as to allow invalids the most ample opportunity for all kinds of healthful and health-restoring exercise; its spaciousness affording every advantage of exercise in the open air, while the temperature can be regulated to suit the most sensitive constitutions. It is finished in the most elegant style, contrasting widely with the rough and repulsive appearance of those attached to most of the "Water-Cures" of this country.

The PATIENTS' Rooms are large, airy, and pleasant. The Bath-rooms are fitted up on the most approved plan; comprising some peculiar arrangements which are essential improvements. The water can be heated and used at any desirable temperature. Complete arrangements are also made for giving air-baths, both moist and dry, at different temperatures.

The GROVES and scenery adjacent to the buildings are admitted by all true lovers of the beautiful in nature, to be unsurpassed for pleasantness and variety. They comprise several hundred acres of thick woodland, interspersed with guilts and ravines, lined with occasional evergreens. The GEOLOGICAL interest of the locality has few equals in the West. Here can be examined, within a few minutes' walk,

several different strata, as well as some of the most curious and wonderful freaks of nature in her upheavals of the earth, forming deep chasms and abrupt elevations, from whose summits a view can be had of the surrounding country, the Lake and Islands for a distance of over 50 miles. The same prospect is spread out before the view from the top of our buildings.

The soil is sandy and dry, the air pure, and the locality is celebrated for its uniform healthfulness; no epidemic disease having ever made its appearance here. Its parallel for healthfulness is not to be found in any place west of the Alleghanies.

The WATER is abundant, soft, and of the purest quality; the springs flowing from a SANDSTONE rock unimpregnated with any calcareous or other mineral substance.

The WATER-WORKS are so arranged as to supply the rooms from a current flowing through the top of the buildings.

The LOCATION is delightful; on the elevated lands, four miles south of, several hundred feet above and overlooking Lake Erie; far enough off to escape the dampness of the Lake breezes, yet not so far as to be subject to the severe cold and frosts of the central portions of the State. It is very accessible, being two and a half miles south from the Berlin station, on the Cleveland and Sandusky Railroad, four miles north from Townsend station, Cleveland and Toledo Railroad, and eight miles from Norwalk.

Passengers coming here via Cincinnati or Dayton, up the Mad River Railroad, will come to Sandusky, and take the Cleveland and Sandusky Railroad to Berlin Station. Those coming from the West on the Cleveland and Toledo Railroad, will leave the Southern Division at Clyde and come via Sandusky; or,

if on the Accommodation Train from Toledo, go on to the Townsend Station of Cleveland and Toledo Railroad. Coming from the South, via Mansfield, proceed to Sandusky; or, if they arrive at Monroeville before 11 A.M., take the Accommodation Train on the C. & T. Railroad to Townsend Station. Coming from the East, via Cleveland, take the Cleveland and Sandusky Road to Berlin Station, or the Cleveland and Toledo Railroad to Townsend Station.

Patients will be sure of the strictest attention to all their needs, and the closest examination and observation of their cases, at all times, as none will be employed as nurse or attendant who is not only well educated in his or her profession, but also possessed of refined taste, tender sympathies, and the purest morals. The Proprietors will spare no expense in securing the most ample means for making their patients comfortable and happy while here, and healthful when they depart.

The prices for a residence at this Establishment, including board, rooms, &c., with treatment and nursing, will vary from \$6 to \$12 per week, according to the condition and amount of attentions needed by the patient.

Patients are requested to furnish themselves with a pair of India rubber shoes, six crash towels for bathing, one linen and two coarse cotton sheets, one woollen sheet or blanket, and one heavy quilt and comfortable for packing. All these will be furnished by the Establishment for a small additional price per week. Address,

CRYSTAL FOUNTAIN WATER-CURE,
Berlin Heights,
Erie County, Ohio.

July 11. c.

PHILADELPHIA WASHINGTON SQUARE WATER-CURE ESTABLISHMENT, No. 81 South Sixth Street.—Dr. H. F. MEIER and T. D. REA, Proprietors Surgery, Obstetrics, and general practice attended to by Dr. H. F. MEIER. Mich 11 b.

PAWTUCKET WATER-CURE, No. 7 Spring Street. Open Summer and Winter. For particulars address ISAAC PABOR, M.D., Proprietor and Physician, Pawtucket, R. I. July 6t. *

HYDROPATHIC AND MOTORPATHIC ESTABLISHMENT of Dr. F. PENTZ, at Dublin, Wayne County, Indiana. Terms from \$4 to \$6 per week. July 11. *

CAPE COD WATER-CURE.—An Establishment for natural treatment (Hydro-pathic and Psychological) has commenced at Harwich—Gilbert Smith, Proprietor; W. Felch, Physician, and Ellen M. Smith, (a young lady of medical education,) Assistant.

As a scientific and successful practitioner in nervous and other diseases, Dr. Felch is extensively known "from the mountains of Berkshire to the sands of Cape Cod."

Capt. Smith's residence is in a pleasant, healthful locality, near the shore of Vineyard Sound; where, besides other delightful scenery, we enjoy one of the finest maritime views in the world! Price, from \$6 to \$9 per week. Address, Dr. W. PELCH, Harwich Port, Mass. July 11.

DR: BEDORTHA'S WATER-CURE ESTABLISHMENT is at Saratoga Springs. Aug 11

CINCINNATI WATER-CURE, five miles from the City, on the Cincinnati & Dayton Railroad, and but a few rods from the Carriage Depot. This large and flourishing Institution is open Summer and Winter, for the reception of patients. Terms, from \$8 to \$10 per week. For further particulars address D. A. PEASE, M.D., Carthage, Hamilton Co., Ohio. July 11.

H. KNAPP, M.D., Water-Cure Physician and Surgeon, Lockport, Niagara Co., N. Y. Dr. K. keeps constantly on hand and for sale, Water Cure and Phrenological Books, at New York prices. Jan 11

LEBANON SPRINGS WATER-CURE, Columbia Co., N. Y., is open for Spring and Summer treatment. For terms and other information address WILLIAM A. HAWLEY, M.D., Physician. May 11

DR. E. A. KITTREDGE continues to receive patients at his Establishment, 24 Franklin Place, Boston, and visits the sick anywhere in New England.

ATHOL WATER-CURE, MASS.—For healthfulness of location, purity and softness of water, variety and beauty of scenery, and the large proportion of CURES it has witnessed, this establishment is deemed unsurpassed. Terms: \$6 to \$7 per week. For particulars address GEO. FIELD, M.D. Mich. 11.

ELMIRA WATER-CURE, by S. O. and Mrs. R. E. GLEASON, M. D., who opened the first Cure in the United States, west of the Hudson. They have first-class assistants in all departments. The valuable services of Dr. J. E. Lyon have been secured for the ensuing year. Address S. O. GLEASON, M. D., Elmira, N. Y. May 31

NEWPORT, R. I., WATER-CURE.—This Establishment, celebrated for its healthy and beautiful location, has been thoroughly refitted, and is now, with its addition of **FLOATING SEA-BATHS**, one of the most eligible spots for patients. Address **Dr. W. F. R. H.**

NEW GRAEFENBERG WATER-CURE.—For full, printed particulars, address **R. HOLLAND, M. D.** New Graefenberg, N. Y. Aug 14

GEORGIA WATER-CURE—At Rock Spring, near Marietta, Georgia, is open, summer and winter. **C. Cox, M. D., Proprietor.** Sept 14

AUBURN WATER-CURE, Auburn, Macon Co., Ala.—**Dr. Wm. G. R. R. E. N., Miss L. A. Ely, Physicians.** Apt 14

THE BROWNSVILLE WATER CURE opens on the 1st of May, considerably improved again. **Dr. BAZEL** pledges himself to do his best for those that may put themselves under his charge. Terms—\$6.00 per week, payable weekly. May 14

FORESTVILLE WATER-CURE, at Forestville, Chautauque Co., N. Y., eight miles from Dunkirk, on the New York and Erie Railroad. For Circulars address the Proprietor, **C. PARKER, M.D.** July, 14

HARLEM SPRINGS WATER-CURE, Carroll County, O. is now in successful operation. **R. T. HAEMAN, M.D.**, resident Physician. For particulars, address **JNO. HILBERT, Proprietor.** July, 14

WATER-CURE ESTABLISHMENT

For Sale or To Let.

The very desirable property situated at Lake George, N. Y., and known as

THE UNITED STATES HOTEL.

The Hotel contains SEVENTY ROOMS AND UPWARDS, and has all necessary and convenient out-buildings, among which is a SPACIOUS ICE-HOUSE, well-stocked with ice.

Connected with the Hotel is a Farm of 110 acres; 20 or 40 of which is under cultivation; the balance is woodland.

Managers of WATER-CURE ESTABLISHMENTS are invited to view the property, as possessing many of, if not all, the required facilities for such enterprises. Apply to

DOREMUS & NIXON,
21 Park Place, New York City.

NOTE.—Patent Felt Mattresses, Blankets, Sheetings, and other necessary articles of Dry Goods for such Establishments, supplied on liberal terms. D. & W.

GLEN HAVEN.

A REPORT is abroad, that we are full at the Glen. This is not true. We can accommodate and attend many more, having at this date, June 4, ONLY ninety-one patients, from fifteen different States. The sick need not hesitate to come to us. They will find us prepared to receive them. We have the loveliest spot on the Continent for a WATER-CURE, and mean to live long enough to have accommodations for FIVE HUNDRED sick persons. Water-Cure with us is an IDEA, not a speculation, and the success of our Physicians already has placed the Glen on an enviable basis as an Institution of HEALTH. Their reputation has already caused hundreds from a great distance to visit us. We invite the sick to remember that Glen Haven is a WATER-CURE—not a DRUG-SHOP, nor a water-cure post. Circulars will be sent free to all applications post-paid. Our address is Scott, Cortland County, N. Y. THE PROPRIETORS.

July 14.

HELP!

DETERMINED to make Glen Haven the best Water-Cure in the world, the Proprietors would like to secure the services of young women to work in the various departments of their Institution. We wish to secure the services of those who would like our mode of life, who are HEALTHY, and know how and ARE NOT ASHAMED to work. We will give pleasant employment, good home, and satisfactory wages. Such may address us. We want kitchen help, chamber help, and bath help. Our Post-office is Scott, Cortland County, N. Y.

July 24.

J. C. JACKSON & CO.

MUSGROVE & Young manufacture, and keep on hand, all kinds of Tin and Zinc Bathing-Tubs and Baths, including Hip, Sponge, Leg, and Children's Baths, Toilets, Water-Coolers, and a general assortment of Tin, Copper, and Sheet Iron Ware—Factory, Forty-first Street, near Ninth Avenue. Sales-room, 36 Maiden Lane New York. June 24

LYING-IN INSTITUTE, 201 West 36th St., by Mrs. C. S. BAKER, M.D., graduate. She will also consult with and visit patients at their residences.

The Book Trade.

ALPHABETICAL LIST OF BOOKS ON WATER-CURE,

PUBLISHED BY

FOWLERS and WELLS,

308 BROADWAY, N. Y.

When single copies of these works are wanted, the amount in postage-stamps, small change, or bank-notes, may be enclosed in a letter and sent to the Publishers, who will forward the books by return of the FIRST MAIL.

The Hydropathic Family Physician.—A Ready Prescriber and Complete Domestic Adviser, with reference to the Nature, Causes, and Treatment of Diseases, Accidents, and Casualties of every kind. The whole illustrated with upwards of 400 Engravings. One large volume of 800 pages. By **JOHN SHAW, M.D.** Price, prepaid by mail, \$1.50.

Accidents and Emergencies. By **Alfred Smee.** Notes by **Trall.** Illustrated. 15 cents.

Children; Their Hydropathic Management in Health and Disease. By **Dr. Shew.** \$1.25.

Consumption; Its Causes, Prevention, and Cure. By **Dr. Shew.** Muslin, 87 cents.

Domestic Practice of Hydropathy. With fifteen engraved illustrations of important subjects, from Drawings. By **Edward Johnson, M.D.** \$1.50.

Errors of Physicians and Others in the Application of the Water-Cure. 30 cents.

Experience in Water Cure in Acute and other Diseases. By **Mrs. Nichols.** 30 cents.

Hydropathic Encyclopaedia. A complete System of Hydropathy and Hygiene. Illustrated. By **R. T. Trall, M.D.** Two volumes, with nearly one thousand pages. Price \$3.00.

Hydropathy for the People. Notes by **Dr. Trall.** Paper, 62 cents. Muslin, 87 cents.

Hydropathic Quarterly Review; a Professional Magazine, devoted to Medical Reform, etc.; with Illustrations. Terms, a year in advance, \$2.00.

Hydropathy, or Water-Cure. Principles and Modes of Treatment. By **Dr. Shew.** \$1.25.

Home Treatment for Sexual Abuses, with Hydropathic Management. A Practical Treatise for Both Sexes. By **Dr. Trall.** 30 cents.

Hygiene and Hydropathy, Lectures on. By **R. S. Houghton, M.D.** 30 cents.

Introduction to the Water-Cure. With First Principles. 15 cents.

Midwifery and the Diseases of Women. A Practical Work. By **Dr. Shew.** \$1.25.

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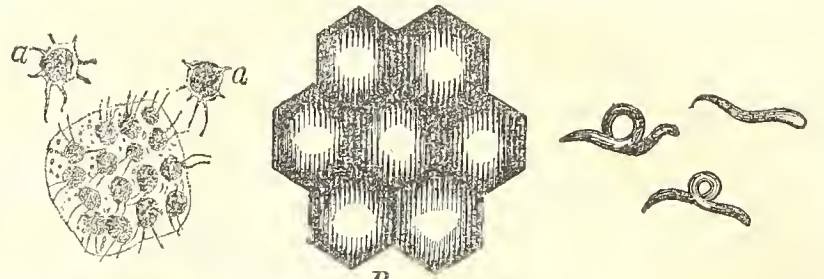
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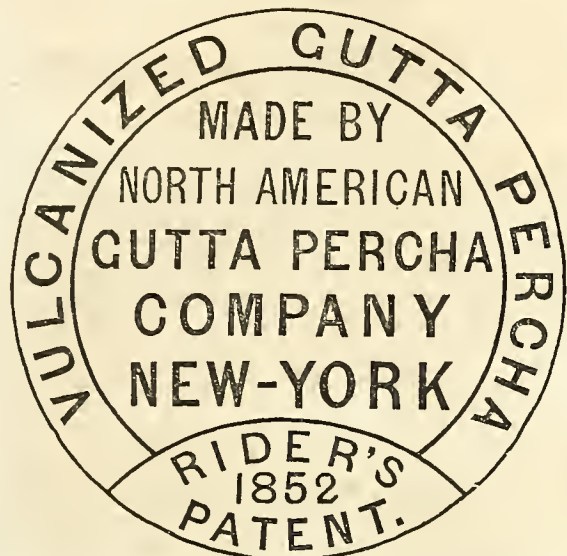
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Varieties.

HOMŒOPATHIC BROTH.

BY PHILOSOPHOS.

TAKE a robin's leg—
Mind, the drum-stick merely—
Put it in a tub
Filled with water, nearly.

Set it out of doors
In a place that's shady;
Let it stand a week—
Three days for a lady.

Dip a spoonful in—
To a five-pail kettle;
It should be of tin,
Or, perhaps, boll-metal.

Fill the kettle up,
Put it on a boiling,
Skim the liquor well
To prevent its oiling.

For thickening and salt,
Take of rice one kernel;
Use, to light the fire,
"The Salina Journal."

Let the liquor boil
Half an hour—no longer:
If 'tis for a man,
You may make it stronger.

Should you now desire
That the soup be flavory,
Stir it once around
With a stalk of summer-savory.

If of thyme you choose
Just to put a snatch in,
'Twill be flavored fine
If you dip your watch in.

When the broth is done,
Set it by to "jell" it;
Then three times a day
Let the patient smell it.

If by chance he die,
Say 'twas nature did it;
But if he get well,
Give the broth the credit.

[Now this may do for the *Homœopath*, but is by no means such a diet as is recommended in Dr. Trall's *HYDROPATHIC COOK BOOK*. Price, pre-paid by mail, *only 87 cents*, and should be read by everybody, sick or well; by sick folks if they would get well, and by well folks if they would remain so.]

A PLEA FOR THE MOUSTACHE.—SIR: A number of men are annually, or semi-annually discharged from Her Majesty's service, under the head of "skin disease." There is one kind (a variety of "acne,") which is mainly kept up by shaving; it afflicts the shaved parts principally. It is cured by desisting from shaving and inunction; but soon returns, thanks to a broken looking-glass, bad razors, and cold, hard water, the usual materials of a soldier's toilet. I never saw a cavalry soldier with it.

Now, if only as a matter of expense, ought shaving not to be abolished? The arguments of the moustache being a respirator, &c., I can quite confirm. Look at the number of men who come into hospital with affections of the respiratory organs, after one of the common weekly marches on a dusty day,

I am, Sir, your faithful servant,
FRED. A. SUPPLE.

FASHIONABLE YOUNG LADIES.—What is the life of a *would-be fashionable young lady*?

It is to go to a model boarding-school kept by an ex-French milliner; to be put into a room with four promiscuous young ladies, and to learn in three or four days more mischief than her grandmother ever thought of. It is to stay there at the rate of thirty dollars per week, for several quarters, and come home "*finished*" and superficial, with a taste of Latin, a touch of French, a smattering of Italian, German and Spanish, and a portfolio full of crooked horses, distorted houses, lame sheep, and extraordinary abortions of cattle and fowl in general, the types of which were never found in Noah's menagerie. It is to sit in the drawing-room in a flounced silk dress, with a waist half a yard in circumference, be-curved, be-scented, and be-jewelled; to receive morning calls, while Mamma looks through her spectacles, and tries to mend Mademoiselle's stockings. It is to have Mr. Fitz-Humbug some fine day get on his knees and request Mademoiselle to make him what she has all along been desiring, "the happiest of men." It is to wear a white satin dress, an orange wreath, a long fleecy veil, a diamond pin, and respond Amen to a quantity of things of which Mademoiselle does not understand the full import. It is to commence housekeeping where the "old folks" leave off; it is to patronize fast horses, ruinous upholsterers, operas, concerts, theatres, balls, and fêtes of all kinds. It is to bring a few sickly children into existence to be tortured into eternity by careless hirelings. It is to find, after a few years' probation, that Mr. Fitz-Humbug is just what his name imports. It is to have an "execution" in the house; it is for Madame to go into hysterics, and on coming to, find herself in sixth-story lodgings, with a "tight" husband and an air-tight stove, a loose wrapper and a crying baby.
—*Fanny Fern.*

REDUCED COFFEE.—The *Portsmouth Journal* tells the story of a man who directed his wife to reduce his coffee with burnt peas from day to day, until he should decide at what point the mixture was unpalatable. The first day, when he expected pure coffee, she gave him all peas. This was very good. Next half; then one-fourth. All very palatable and good. Then came a pot of the "pure and ground coffee," such as may be purchased at a cheap rate at the stores. He tasted it, and exclaimed, "There, wife, now you've spoiled it: you needn't reduce it any more."

Old tea-drinkers, when short of the Hyson and Bohea, sometimes mix the leaves of currant bushes, catnip, and other substances; while old tobacco-topers smoke poppy leaves and moss from trees, for they "must have the drink well steeped and the stuff well smoked." Oh, how foolish—how slavish—how like the savage! Then "hurry up the doctor;" for Aunt Tabithy's sick, and poor old Uncle Jonathan's got the rheumatiz, liver-complaint, or something else, and they want some physic. Then, without inquiring into the *cause* of the trouble, the doctor feels their pulse, reports "stomach out of order," pronounces them "doubtful,"—must be *very* careful—touch no water. Prescribes calomel, ransacks his saddle-bags, leaves nine doses for each, returns home and charges double. The patients get no better very fast. Doctor calls again: more medicine: tries an experiment. Uncle Jonathan no more. Aunt Tabithy almost dead. Neighbor comes in, gives her a bath; gets better, throws drugs out of the window; chicken picks up a pill, chased by the rooster, swallows it, dies in two hours: old lady gets well. Special providence and a wet sheet saved her. Will you take a smoke?

CHEAP FRUIT.—We hear continual predictions of a glutted market of fruit—*when*, we ask emphatically, will it come? At the present rate, with the millions of trees set out annually, it seems, on the contrary, to be constantly receding from us, the supply increasing actually less than the still more rapidly-increasing and enormous demand in every direction.

And so it will continue to be for *fifty years to come*. Fruit is yet to be substituted in part, if not mainly, for flesh-meat, as human food; and just in proportion to the plentifulness of fruit will the use of animal food be diminished. So plant fruit seeds, set out fruit trees. The "nursery business" is to become a great humanizing business, and for half a century, a very profitable business. No *possibility* of its being "overdone." Young men and young women!! here is a fair field for any amount of enterprise. A far more profitable investment than money in bank-stocks, horses, hogs or cattle. Will you not then set out an orchard? Try it. Set one thousand trees next spring, and as many more in the fall. More fruit is wanted, needed, and *must be had* for HUMAN FOOD!

PROSPECTUS

OF THE

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THE WATER-CURE JOURNAL now occupies a position and exerts an influence of which its editors and publishers may well be proud, being confessedly the *BEST*, as well as the *most widely-circulated Health Journal in the world*. It has attained this position and influence by an earnest and consistent advocacy of the great principles of Health Reform; a constant and fearless exposure of the errors and fallacies of the old systems of medical practice; and a faithful proclamation of the eternal laws of PROGRESS, in all spheres of human interest, as becomes its office as a JOURNAL OF HEALTH and HERALD OF REFORMS.

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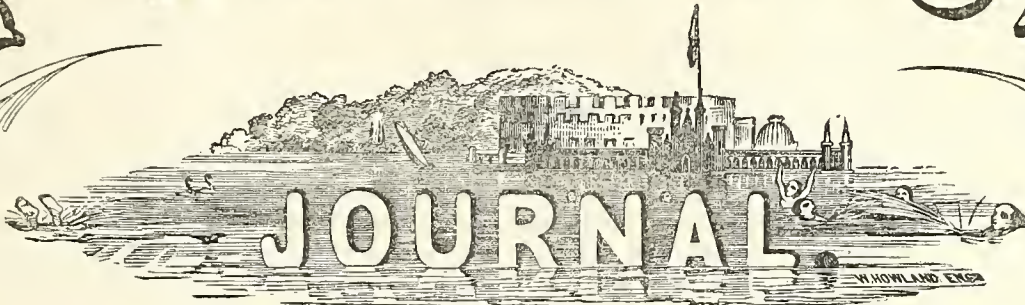
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WATER-CURE

Journal



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Physiology, Hydropathy, and the Laws of Life.

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Essays.

HERE each Contributor presents freely his or her own Opinions, and is alone responsible for them. We do not necessarily endorse all that we print, but desire our readers to "PROVE ALL THINGS" and to "HOLD FAST" only "THE GOOD."

CHOLERA.

ITS TREATMENT BY WATER.

BY JOEL SHEW, M. D.

It is a remarkable fact in the history of the existing medical art, that wherever WATER has been resorted to as a remedy for that dreaded plague, the Cholera, the success has been remarkable. This I assert on the authority of medical men themselves; and yet, notwithstanding this success, the profession generally appear to give no heed whatever to such statements, but continue on either in the practice of some routine method, or plunge only the deeper into the interminable labyrinths and uncertainties of the drug-school. I say this is remarkable; and to account satisfactorily for the fact is not so easy as might at first appear. It is a task, moreover, which I shall not in this place attempt.

I am led into these remarks by an article in a late number of Braithwaite's Retrospect of Medicine and Surgery, an English publication. According to this authority, it appears that Mr. E. M. Macpherson, late surgeon in the English army, during nine years' service in India, had several opportunities of seeing the valuable effect of cold water-treatment. He observes:

"At Cawnpore, in June, 1845, cholera broke out in the 53d regiment, to which I belonged, with the same virulence as attended it in various localities throughout India during that and the succeeding year. Two men, the last survivors of several who had been attacked within two days, were sinking under that fatal collapse which alone, without any other symptoms, marked all the cases that had occurred in the regiment.

"Every remedy that could be devised to produce reaction had been tried in vain; they might as well have been put into the patients' breeches' pockets, or applied to the bed-post. The exhibition of the nitrous oxide gas was not only fruitless, but far from encouraging. The breathing

under its use became more oppressed and hurried; there was no pulse, nor was it rendered perceptible by the gas; and as its continual exhibition distressed the patient, it was thrown aside as worse than useless. In despair at the utter want of the most trivial effect from the remedies employed, I made trial of the cold-water affusion. I desired the water-carrier to pour water from his leathern bag over one of the patients, and as the effect was good, then over the other patient, placed naked on a bedstead in the verandah. Attendants were at the same time employed in rubbing the limbs and trunk with their palms, and afterwards with dry towels. A refreshing sensation and comparative reanimation having followed each repetition of this operation, it was had recourse to at intervals, though only with the success of having prolonged life, which was ebbing fast for some hours.

"This success, poor though it was, seemed to warrant the conclusion that, had the remedy been applied while somewhat more of life remained, recovery might have been the result. To test this conclusion by experiment, an opportunity was not long wanting.

"On the same evening, as if by some fatal blast sweeping over the barracks, several men were suddenly struck down in a state of collapse. Some retained consciousness; (*cholera asphyxia*;) a few lost it, and were in a state of complete coma, (*apoplexia*;) with stertorous breathing; in three cases, attended with convulsions; others, especially towards morning, and during the two following days, were affected by vomiting, cramps, purging, with rice-water dejections, and the usual concomitants of cholera in Europe.

"How many came under treatment at this time, I cannot now venture to affirm; but believe I am correct in stating that, of all admitted, but two died—one of apoplexy; the other, who was allowed a warm bath, of cholera. The rest, all of whom recovered from the cholera, were treated by the cold affusion.

"Since the period above alluded to, I have not had an opportunity of treating cases of epidemic cholera. Several cases, however, of endemic cholera among Europeans, while it was, as often happened, epidemic among the natives, have been treated by me in every instance with success.

"One of the most remarkable of these endemic cases occurred at Meerat, in August, 1848. A corporal of the 9th Laneers, an atrabillious subject, was brought to the hospital at four P. M., almost pulseless, having been purged during the morning, and having passed several rice-water dejections on admission into the hospital. There were slight cramps, and occasional efforts to vomit. He was immediately placed in a hip-bath, and water was poured over him, while hospital attendants rubbed the limbs and trunk.

THE DOMINICAN REPUBLIC.—A conspiracy of a formidable extent has been discovered in Santiago, the principal town of the northern provinces of the republic. There is perhaps no country inhabited by a mixed population where, as in St. Domingo, the negroes enjoy in such a general respect the same liberties and privileges as the rest; all Government offices are open to them, and a great portion of the highest military grades are in their actual possession. Nevertheless, a few of the designing and dissatisfied of that race conceived a revolt for the massacre of the whites and colored, sparing only the young of the female sex for their lusts; and after having pillaged and burned Santiago, they proposed to carry flame and sword to the neighboring places, it being their ultimate intention to fraternize with the Haytiens, and to proclaim Emperor Soulouque their chief. The plot, which had already far advanced, was providentially revealed by a woman in whose house some of the conspirators used to meet. Martial law has been declared in Santiago, and five of the ringleaders are now before the Court, the finding not being as yet known in St. Domingo. There are upwards of forty persons that are implicated under arrest.

This was continued till he became chilly, and shivered. He was then removed from the bath, dry-rubbed, and placed in bed, much revived by the operation, as was shown by less oppression in breathing, and a more distinct pulse. After remaining in bed for about half an hour, he began to relapse; the pulse sank, vomiting, purging of rice-water, and cramps returned. He was replaced in the bath, and there was the same effect as before. Being again placed in bed, he again relapsed. The water was again had recourse to, and repeated at intervals as above, according to symptoms, until ten P. M., six hours after the first application. The respiration then became free, the pulse soft and distinct; the natural warmth was restored, and remained; and the patient slept until morning, when he awoke with a furred tongue, feeling weak and drowsy, but without that consecutive fever, so often more fatal than the disease itself, and which has always seemed to me to follow most in those cases in which brandy, opium, ammonia, or other stimulants have been freely administered."

With regard to the manner in which water was used in Mr. Macpherson's practice, it appears that what he terms the *douche* was the principal resort. He observes:

"The mode of applying the cold water *douche* merely consists in placing the patient in any convenient position, so that, while water is being poured over him, friction may be applied to the limbs. After the gasping has ceased, this process is to be continued until the depressing effect of cold, shivering, and shattering sets in, when the pulse will begin to fall. The patient is then to be placed in bed, having been well rubbed. In a short time, when warmth begins to return, relapse will take place. The water is to be repeated in the same manner as above, and persevered in as often as collapse returns. After each repetition, its effect will be found to be more palpable and more prolonged; until at length, through the agency of the imbibed oxygen, the system is restored to its wonted power."

In another connection Mr. Macpherson observes, "That under the water-treatment as described the vomiting, purging, and cramps in general subside on the first application, and seldom reappear after the third or fourth." He also remarks that, "As to internal remedies, water to drink pretty freely will be found the most agreeable to the patient's taste, less productive of nausea and depression, and not so prone to give rise to the often fatal consecutive fever."

Now, it is not pretended that water will cure all cases of cholera, as they are found in practice; the truth is, not a few are already in the jaws of death before we can have access to them; either we are sent for too late, or it is not possible to reach the patient in season, so rapid is the progress often of this monster disease. But if water could, from the very first of the attack, be employed faithfully and judiciously in every case of the cholera, I do not see how it would be possible for any one to die of it. True, an old inebriate, or other person whose body is already in a state of corruption, so to say, might sink under the effects of the shock; but as for the symptoms of cholera proper—the vomiting, the purging, and the cramps—they, doubtless, can all be subdued by a proper application of our powerful remedy, and in every case. And this surely cannot be said of any or all drug medicaments combined; for be it remembered that, from the beginning up to the present time, no course of treatment has been fixed upon by the faculty, no plan in which any general confidence is placed for the cure of this disease.

It is not my intention, in the present instance, to enter into any lengthy train of remarks on the philosophy of the action of water as a remedy for cholera; a simple statement of the facts relating to the subject is all that is necessary. In attempting this, I cannot, perhaps, do better than to quote the remarks which I have lately published in the *Family Physician*, adding, at the same time, every year of my experience in water-treatment only convinces me the more of its superiority and efficacy in bowel-complaints, as well as in all other curable diseases. The quotations I would make, then, are the following:

"The method of treatment adopted by the Persians, as given by Scoutetten, is a good one. 'The treatment commenced at the moment of the attack; from the first symptoms the patients were undressed, even in the streets, and then cold affusions were applied. The extremities, the trunk, and particularly the chest and the shoulders, were rubbed and shampooed, and the contracted limbs were extended.

"These manipulations were performed for two or three hours by a dozen persons on the same individual, while the affusion of cold water was continued. Having come home, he went to bed, and a warm tea was given him to produce perspiration; if this appeared, the patient was regarded as out of danger. A strict regimen was, however, enjoined for nine days; only light soups of rice and of tender meats were allowed, and he was recommended to take moderate exercise in the open air daily. Arrangements were made by the authorities so well, that vessels of water were placed at the corners of streets, and even on the roads. No one passed the night alone. When a person was attacked with the cholera in the street, all the bystanders attended to him; every one ran to him with vessels of water in their hands, and when one was tired of rubbing, another took his place. If a person was taken sick at his house, assistance was asked and immediately obtained."

"Priessnitz's treatment was, in effect, very similar to the one above described. In 1831 there was a good deal of the disease about Graefenberg, and he was called to treat upwards of twenty cases, all of which he cured. He commenced in the earliest stages of the disease, and treated the patients as follows: They were subjected to a rubbing with a wet linen sheet, in which the whole body was wrapped, and all the parts of the surface were energetically rubbed with it—that is, over the sheet. To counteract the violent fits of nausea, much water was drunk, so as to produce vomiting; after the rubbing, a cold-water injection and a cold hip-bath were employed to counteract the diarrhoea; and while undergoing constant rubbing of the surface, the patients remained in the water till the sickness and diarrhoea subsided. After the hip-bath and rubbing, a wet baudage or girdle was placed around the body, upon which the patients went to bed; after sleeping, they were again put into a cold bath. Cold drinks and cold food only were taken during the convalescence; and by these means the disease was overcome.

"This appears like a very simple treatment, but it may be made a most energetic one, as every physician acquainted with such applications can easily see. The dripping-sheet, with the brisk rubbing upon its surface, is, as I have before said, a powerful means of relieving spasms, arising from whatever cause. The dry-rubbing, which is not a tenth part as good as the wet, was found in Paris sufficient to render calm and quiet the poor sufferers when the terrible spasms were upon them. The water-drinking and vomiting in nausea cleanses the stomach, produces a tonic effect upon its internal surface, and thus forestalls the vomiting in cholera. It helps, moreover, to cleanse the bowels and prevent the diarrhoea. The deep, cold hip-bath (for it is such that Priessnitz uses) has a very powerful

effect in constringing the opening capillaries of the mucous membrane of the stomach and alimentary canal generally, and in arresting the vomiting and discharges from the bowels. Each and all of these applications, if energetically persevered in, tend most powerfully to keep down the inordinate burning and thirst.

"The Persian treatment, too, is admirably calculated to quell the spasms, and check the vomiting and discharges; in short, the disease. It is of the greatest importance that the treatment be commenced *at the very beginning of the attack*. In no disease is this more necessary. If every patient could, from the first of the vomiting and discharges, be treated with energy according to either of the plans above stated, I do not see how it would be possible for any one to die of the disease. A drunkard, with "brandy-liver," it is true, might be carried off with a low fever afterwards; but I am of the opinion that the spasms, vomiting, and discharges could in all cases be cured if taken at the earliest moment. I myself treated about fifty cases of cholera in and about the city of New York in 1849, and I could not be said to lose a single case. One old lady died of a slow fever afterwards, but not fully under my care. The cholera symptoms, although very severe, were readily subdued in her case. Others, however, who practised the treatment, were not so successful, losing almost every case, from the fact, probably, that they were called too late.

The profession generally in this country came to the conclusion that it is best to allow the cholera patient all the ice and ice-water he desired. In no disease is the thirst so great, probably, patients having sometimes drunk the urine from a chamber-vessel in their frenzy for drink. I myself preferred, in the latter part of my experience in the disease, to give tepid, or even warm water, rather than cold. It appeared to check the vomiting sooner. The same also was true of clysters. My plan was, when the patient felt that vomiting was about to come on, to aid it by giving largely of water to drink. The same method also was followed in regard to clysters. Both these and the drinking always prolonged the periods. At the same time cold water was used in the most liberal manner externally."

PHYSIOLOGY AND MEDICINE.

BY G. H. TAYLOR, M.D.

In a healthy condition of the body, its sensations are competent to settle all the questions pertaining to its needs; and when derangement occurs from any cause, or in any part, the fretting senses are loud in their monitory appeals. The *feelings*, however, soon cease to point out the true sources of health or enjoyment by their perversion, much less can they indicate any mode whereby the sway of health may be reinstated.

Hence a profession, not a little cultivated as honorable and profitable, has existed in all ages, whose ostensible purpose it is to take charge of these matters. The people have confided in it, as a true repository of science, or mysteries, or an unquestionable *something*, having a most potent control over mortal destiny. The determination of what is the essence of this mysterious science, has furnished a constant theme for wrangling and much dogmatic folly. The universal discrepancy of ideas on this subject, and the general inharmony prevailing among different partisans, give conclusive evidence of ignorance and error.

The medical profession, like parties, cliques, and professions generally, has been more intent on selfish purposes than in the study of God's various language, written in the nature and minutest parts of things. A trade in promises is profitable; their non-fulfilment is easily referred to Divine interference. Those who lack skill or knowledge, readily confide in those who have it, or profess it; and their confidence is in

inverse ratio to their ignorance, or the feeling of need of what others profess to have. Hence credulity is ever ready, with gaping mouth, to drink in absurdities of every quality; and even in medical science, which professes to deal in objects of sense, dogmas are adhered to with greater pertinacity than in those departments of thought that are confessedly metaphysical and abstruse.

The only means of correcting these follies is by a diffusion of correct knowledge pertaining to this department of science. Pompous pretensions should be distrusted, till found to bear the signet of truth.

The old medical profession, long as it has lived, has failed to learn, or at least to apply, a few plain and apparent principles pertaining to the laws of matter and of life, but has chosen rather to affect the possession of mysterious things as a basis for its practice. As there is generally no intelligible relation between the drug-remedy and the diseased condition, it may be truly called *empirical*.

When the qualities of matter and the functions of life are better understood, and when it is seen *how* all its endowments flow from qualities inherent in the matter of which the living thing is composed, set in action by certain suitable relations—then it may be more easily seen that neither the possession nor restoration of health can flow from any extraneous chemical agency, but always and inflexibly from the maintenance and restoration of the necessary conditions, and these are connected with the will and the deeds of him who craves the boon. It will be seen that no matter what may be the attending accidents or medicine, the *cure* is but slightly connected with them.

A blind adherence to any medical faith is unworthy intelligent beings. The Water and Hygienic practice grows out of an observation of the plainest truths, and so far as it is a system, is founded in the reason and nature of things; yet it suffers, and will continue to, from the inaccurate apprehension of some of its most ardent advocates. Antiquated medical notions are often provokingly mingled with the truths received, especially if one has been much sick and drugged. It would be amusing almost, to exhibit the different notions people have of the simple cure by Water and Hygiene.

Some appear to think it to be essentially a *cleaning* process, each successive bathing affecting the system more profoundly, till the filth of disease is quite washed away, as soiled garments are restored to pristine qualities and favor. Some, that disease is diluted by aqueous potations, and its intensity and virulence counteracted; or that it is cast out, in the way that medicine professes, by increased evacuations. Some, conscious that physiological sin has brought upon their heads its measure of punishment, devote themselves to a sort of refrigeratory penance, and wait with anxious hope the time when they may experience forgiveness. Judging from the acts of another class, respectable for members, the Hydropathic faith and practice is a sort of guaranty of immunity from the usual consequences of gastronomic indulgence. Whatever be the feelings or reasons connected with the adoption of the practice, it is too apt to be regarded as a substitute for usual modes of medication, or at least, like medicine, to be a plan of reconciling physiological inconsistencies with a desire of health and enjoyment; and they even talk of *sacrifices* when driven by disease to the true plan of life that they have so habitually swerved from.

In the old systems, the *disease* is the primal object of solicitude; an incomprehensible something must be neutralized, cast out, or outwitted by some professional legerdemain. The improved plan consists in attending to the *health*, to all those matters concerned in the production of *vital force*, and to all impediments to its exhibition, and consequently attempts to fulfil nature's intentions as witnessed in the *well*, by graduating them to the altered condition and wants of the *sick*. The chief agencies or circumstances con-

cerned in vital acts, are oxygen, nutrition, temperature, rest and motion; a modification of these acts, whether they are normal or perverted, is readily effected by altering these circumstances, abating or intensifying, according to the desire of the practitioner.

The most reliable resources of the old practice are *stupefacients*, which, from their chemical relation to certain parts of organized structure, annul its function—the capacity to *feel*, or to notice its diseased condition; or *rubefacients*, external or internal, which divert the organic attention from those processes, while the usual functions, though embarrassed, are continued, and through them, the patient recovers. The doctor professes it to have been a *curative* rather than a *recuperative* work, and receives the heartfelt benison of grateful friends, who regard him as holding the unruly strivings of pain in abeyance, and, by the touch of his magic fingers, regulating the discordant notes of life.

The physiologist, on the contrary, knows no power in the system to manufacture vitality from drug-elements, or to eliminate disease by them, but only the means whereby the system may be exhausted in a very unnecessary and wasteful manner; and he has further learned not to interfere with it, except in supplying elements for its use, and conditions for appropriating them. To manage the captiousness and ignorant whims of the sick requires much tact, but little deceit, and it is generally best to supply intelligence on these matters to displace incorrect notions, as fast as there is a will to receive it. This is the only true corrective of ever-recurring vital mistakes.

The aim of physiological Hydropathy infinitely transcends that of medicine; the one proceeds from a knowledge of the reason and nature of things, and is philosophical; the other sees no connection between the disease and the drug that is applied to it, and is empirical; the one depends for its success on the intelligence of those who adopt it; the other upon the faith that is ever a concomitant of ignorance.

The physiologist generally sees in symptoms evidences of vitality, and frequently the exhibition of a strong tendency to restoration. Pain gives notice of organic wrong; cramps and vomiting, of irritation, transmitted through nerve-centres, inducing muscular movements, tending to relief by removal of the cause, as a limb involuntarily starts when suddenly pinched. When acrid qualities are suddenly developed, or introduced into the blood, its containing vessels hasten to bring it into contact with the air, the calorific function is exalted, and fever ensues—a concomitant of freeing the blood rapidly of vicious qualities. Lymph is effused to circumscribe and confine local disease. Syncope puts a stop to hemorrhage—and in pure and healthy states of the body, all necessary and manifold safeguards are in action.

Matter, in the organized body or out of it, in health or in disease, acts in obedience to its inherent qualities, but several circumstances, as proximity, temperature, &c., determine its positions and motions, and are constantly varying the result. The observation of this fact is styled *law*, which only affirms that identical conditions are followed by the same result. The highest health as well as disease, is the result of affinities displayed in the minutest portions of matter; in the one case vitality is perfectly developed, and in other a diminished vitality is attended by a partial superseding of its force by that of ordinary crude chemistry; in either case the law of matter as respects the relation held by ultimate molecules is obeyed: these are a part of the laws of God, whom it is impossible successfully to oppose.

The direction of our investigations, then, in order to learn the science of life, and to promote the interests of health, is to study the usages of matter in the organized body, and the relation of matter endowed with life, to that which is extraneous: certain qualities of it establish a mutual affinity, and the acts of vitality are connected therewith, while all other qualities bear an antagonistic relation to the organic welfare, and are

only capable of bringing its forces out in defence of its integrity.

These laws, so intimately connected with our physical happiness, ought not to be conjectural, or of ambiguous signification. They are written out upon a scroll as broad as the face of nature, and are exemplified in all that breathes. But man has so long disregarded the true adaptation of matter to fulfil his organic wants, that one is scarcely to be found that is not embarrassed and debased by influences counter to his perfect development and highest good. Health, and the best means of promoting it, cannot be studied in the sick, but the usages of it in the most perfectly healthy, give a fair indication of normal wants. We never find such persons shrinking from the air they should breathe, nor the labor they should do, nor destroying the proportional elements of the bread they should eat, nor do they seek to obtain a fitful, sickly exaltation of their pleasures beyond the range of their real wants.

Water-Cure embraces, and seeks to embrace, truths in nature and their application, so as to embody a correct science applicable to the preservation and restoration of human health. It relies upon no favorable accident to result from manœuvring the body with foreign matters. It turns physiology to the account of therapeutics, and is exultant at the range of means open to it from this source, competent to secure the highest physical good.

MERCURY AND THE WET SHEET.

BY HENRY J. HOLMES, M. D., OF MISS.

THE following *thesis* was read to the class by the author at the termination of his course of study at the New York Hydropathic School. He is the son of an eminent physician (Allopathic) in Mississippi, and a graduate of one of the Philadelphia schools. But having received an Allopathic diploma, granting him all the rights, privileges, and immunities *to kill according to art*, he concluded to attend the Water-Cure School, and learn to *cure according to nature*. The result of examining both sides of the question, is seen in his thesis.

When we consider that mercury, in its various forms, is indiscriminately administered in every disease, and for every symptom or morbid manifestation; when we consider that in every apothecary, the *Hydrargiri sub murias* of the Pharmacopœia stands out in bold relief, with *Remedium Principale* stamped upon its brow; and when we consider that medical men acknowledge their incapacity without *it*, we must at once ascribe to *it* the importance of a philosopher's stone, or the venom of a dragon's tooth; and must conclude that medical apostles have been either great philosophers or miserable dupes.

The latter, we think, is demonstrable. We know that it is one of the great obstacles in the progress of humanity, that methods are so seldom changed. Each man patterns after his father. He never suspects or questions the method he is pursuing; that he takes for granted. And this, in a large proportion of cases, is the very source of his statu-quo condition and ill success. "That which has been tried, must be right," is a maxim usually adopted, and which gives the true solution of the cause of the tardiness of invention, and the repugnance to novel methods. Paracelsus discovered in mercury a potent agent, and in practice, found he could suppress chronic hepatitis, and diarrhœa, and phrenitis, and syphilis, and a number of other maladies, by the free administration of mercury. Why? Because nature takes cognizance only of the more dangerous poison present. His considerations stopped with the suppression of the combated disease. He contemplated not the ultimate effects of his anti-

dote. He did not follow his *ptyalized* patient, with his deranged liver, his mercurialized brain, with his ulcerated stomach and shattered constitution, and see him fall in a few months subsequently a victim of some organic disease, induced by the mercurialization.

So has it been with his followers, except a few who have given the subject a thorough investigation, and with whom it has fallen into discredit. For hepatic derangements it is principally administered. The *liver* becomes torpid, and the bile fails to be secreted; its elements course through the large vessels and the minute capillaries; the conjunctiva and the skin assume the tawny tint; the brain, feeling the presence of a poison, manifests it by pain; the stomach is deranged, and nausea, and languor, and auorexia, fret the invalid. Calomel, the hepatic balm, is given, and when it comes in contact with the duodenum, by continuous sympathy, the liver is brought to know that there is an enemy present; or perhaps it is absorbed and conveyed to the liver, and its lethargy is shaken off in expelling the administered intruder.

We doubt much that mercury is so effective in exciting the liver to action as it is reputed. We believe, in most cases, those large green discharges which succeed its use to be due to a modified and morbid condition of the secretions of the alimentary canal; for autopsy upon those treated with large doses of calomel, and who incidentally die, reveals the mucous membrane to be dark-colored and greenish, frequently black and streaked by black lines of gorged vessels. And we know that castor oil, ipomea, purga, and numerous other medicines, have fallen into disrepute as hepatic remedies. So that we are forced to doubt whether mercury acts in a specific way upon the liver. See the result of giving it for a derangement of that important organ. As before noticed, it is aroused, bile is again secreted, and we confess that in the expulsion of the mercury by the skin, the kidneys, the liver, and the alimentary canal, the elements of the bile are also expelled; hence the return from the tawniness to the natural hue. But to every abnormal stimulation there is a corresponding depression, as is illustrated evidently in the use of alcohol; and time shows that this struggle enervates, subsequently, the system and the patient, unless he subject himself to the decrees of Nature; unless he diet himself, and breathe pure air, and be cleanly, he is much more susceptible to a second attack, which, if treated as before, only deteriorates him the more, rendering him more and more liable to another and another attack, until chronic hepatitis supervenes, and the sufferer is maimed for life, which to him will indeed be brief.

Such is the career of the major part of those treated thus. We believe in no case where vitality is at or above par, would diet and pure air, and the girdle, and wet-sheet pack, fail to be sufficient subsidiaries to nature's capacity. The rest afforded by dieting and the wet sheet would rid the system of the already accumulated elements of the bile, and the wet girdle would rouse the liver to action and her duty, without involving all the sequelae and dire results of the use of calomel. As to these diseases, we are emphatic, for we believe if there be an affliction wherein the use of calomel is justifiable, it is in an hepatic affection. But we believe they will readily succumb to Hydropathic agencies. We know it: reason and natural laws suggest and sanction it. Now in regard to the host of other diseases in which it is administered, other means are as available and far more efficacious. And if you study the history of each disease for which it has loudly been proclaimed, you will find that after a course of time it has disappointed its dupes, when it would be advocated by another set, to be again denounced by them. For peritonitis, for cerebritis or phrenitis, for pleuritis and for pneumonitis, many have weighed it and found it wanting, and discarded it. Patients are bled, nauseated, purged and salivated, and appar-

ently recover, but permanent health is never restored. The mouth alone does not suffer in ptyalism; that is but a woeful expression that the entire mass of blood is poisoned, that the stomach is permanently irritated, the bones, the flesh, the brain, the liver and all the tissues are impregnated, so that the patient is liable, from the least imprudence, to an attack from prevailing diseases. Trace the history of the many who die weekly in this populous city. That man's consumption can be referred back to a little fever, or little headache, or little derangement of the liver, for which he was bled, nauseated, or salivated, when a little dieting and the wet-sheet pack would have sufficed to restore him to his former vigor, spirits, and manhood. That man's diarrhoea, dyspepsia, or cirrhosis, can be traced back to his being salivated for some little abnormality. The lancet is said to have slain more than *Horrida Bella*. I think mercury, as its chief general, could not number his victims. Is there a malady in which it is given that would not find the wet-sheet pack a more potent and salutary substitute? For pleurisy and its consequent effusion, it is all-sufficient; a ready disquietent and a potent antiphlogistic; for pneumonitis it is likewise sufficient; also for syphilis, in which mercury is given as a specific; but this has been found to be a sad mistake.

Hunter proclaimed it to be anti-syphilitic, and that venereal diseases could not get well without it, and condemned man for considering it problematical. Nothing, says he, "can show more the ungrateful and unsettled mind of man, than his treatment of this medicine. If there is such a thing as a specific, mercury is one for the venereal disease." But he was wrong in his opinion, for mau is as ungrateful and unsettled about every medicine.* Opium, which some term the "magnum donum Dei," is condemned by a host of others, equally talented and *considerate*. So with antimony, which has nauseated its millions, and destroyed its thousands. So with jalap, and podophyllum, and rhubarb, and iodine, and arsenic, and quinine, and others, whose name is legion. Each and all have their advocates, but each and all have their enemies, and are held in as great opprobriousness as in exaltation by those who recommend them. Again, in the last clause, he is part mistaken and part in the right—mistaken if he thinks mercury is a specific for syphilis; right in saying that if that be no specific, there is no such thing: which is quite true. We believe not in specifics. Mercury has been proven to be no specific by a Rose, a Guthrie, and a Hennen, "whose names, with the immortal few, were not born to die." After long experimenting in the army, (and you may imagine their field was an extensive one, and sufficiently large,) they concluded that all kinds of primary and secondary symptoms may get well without mercury. Out of 1,940 cases treated without it, 96 had secondary symptoms, and out of 2,827 treated with it, 51 had secondary symptoms; a result which, being considered abstractly, rather favors the use of mercury: but when we consider that those 2,776 who escaped secondary symptoms, did so, to meet a sadder fate; left their couches with months ulcerated, their teeth shattering and loose, their stomachs harassed, their liver distorted, their brain a mass of quicksilver, their bones impregnated, and every solid and fluid tainted with the dire poison, rendering them more susceptible to more obnoxious diseases,—I ask, when we thus consider it, do statistics suggest the administration of mercury? No! emphatically, no! I say, then, with Hunter,

* The falsity of the opinion that mercury is a specific for venereal disease, has been positively demonstrated in the published results of various European hospitals. The mercurial and the non-mercurial treatment has been experimentally tested in more than eighty thousand cases. And in every single instance, the patients treated without a particle of mercury have got well, have been less subject to relapses, and have been in better condition, often having been cured. Yet, in the face of this overwhelming evidence, we are still gravely and stupidly told that "mercury is the remedy for syphilis!"

if mercury be not a specific, there is none. I look upon disease, not as being a foreign entity, a subtle enemy, or a destructive poison in the system, to be exterminated, uprooted, or neutralized by another poison, but as a mere disturbance of nature's forces; a want of harmony and an irregularity in the nutritive processes, accruing from a violation of physiological laws, or perhaps from the presence of a poison, to be corrected by a submission to the decrees and instincts of nature.

Now, when we consider that for hepatic derangement mercury is recommended, and when weighed is found wanting; in fact, when we learn that it has engendered more liver distresses than impure air, highly carbonaceous food or malaria; and when we consider that in syphilis, for which it has been considered a specific, it is more injurious than useful; I ask, should we be slow to denounce it, to cry it down, and publish to the world that an infernal machine infests its argentine glossiness? See the host of diseases following the use of mercury, and wonder while you see: diarrhoea mercurialis, uorrhoea mercurialis, hydrosis mercurialis, eczema mercurialis, mercurialis malaria, angina mercurialis, ulcus membranæ fibrosæ mercuriale, ulcus glandularum mercuriale, neuralgia mercurialis, paralysis mercurialis, apoplexia mercurialis, amaurosis hypochondriasis, and cachexia mercuriale. Would it not startle the world, if they would but pause one moment and reflect, to contemplate such an array of maladies succeeding the use of but one of the numberless poisons that *Æsculapians* diffuse through the world's stomach? But now consider the proposed substitute in the wet-sheet pack. A volume could be written on its superiority and its virtues—but a few words will suffice. The skin is the great and most important emunctory, and is at once aroused and thrown into healthy action by the wet-sheet pack. The elements of the bile diffused throughout the system are thence ejected, and the torpid liver awakes, and health is restored. It is a potent subsidiary to nature's forces in expelling the syphilitic virus; it will banish pain in pleurisy, and relieve dyspnoea in pneumonia; it will allay the delirium in phrenitis, and it will cool and dispel the fever in peritonitis. Is there an indication it cannot fulfil or assist to fulfil? I would write more as to the direct effect of its use; how it excites the skin to healthy activity, and through that alleviates suffering in internal organs; how it purifies the blood, partly by its action upon the skin, and partly by the principle of endosmosis, and how it diminishes abnormal heat, and mitigates pain by its sedative property. But I could not do the subject justice in a number of pages. Let me conclude by trusting you will study the wet-sheet pack.

PROCESSES OF THE WATER-CURE SYSTEM.

BY SOLOMON FREASE, M. D.

WHEN we consider the circumstances which have surrounded, and the impediments which have been thrown in the way of the introduction and development of the Water-Cure system, its success is truly remarkable, and can only be accounted for by the intrinsic merits of the system itself.

From its first introduction into the world as a distinct system of medical practice, it has, with few exceptions, met with the sneers, ridicule, and persecution (arguments they had none) of those to whom the people had been in the habit of looking for all their medical knowledge and assistance. Through their influence governmental aid was invoked to crush out the life of the rising giant, whose inherent energies they saw would one day be able to grapple with and destroy the monster called medical science, whose hideous features had, by long familiarity, become endur-

able, and whose contaminating touch had corrupted, not only the pure instinct, but the reason of the great mass of mankind. Its poisonous tendrils were wound around all the social relations of society. It held within its grasp the weak and the strong, the learned and the unlearned, the wise and the simple, with apparently irresistible firmness. But thanks to the genius of a Priessnitz, the scattered rays of truth that had been shed over the world from time to time were systematized and improved, and a system of medical practice erected, founded on the relations man had with surrounding nature; which is destined in its onward march to sweep from existence the false and destructive systems that have for ages sat like an incubus on the energies of the race. Is it doubted? Look what has already been done in the short period of a quarter of a century—more, I venture to say, towards enlightening the people on the laws of life, and the conditions of health and disease, than had been done in twenty centuries before. The most enlightened countries of the world are already dotted over with Water-Cure establishments. Water-Cure publications are extensively circulated from Hindostan to California; and Water-Cure practitioners are following in their train. Some of the ablest and most conscientious physicians of other schools of practice have become converts to the system, and are laboring with zeal and energy in this glorious cause. In every part of the country its advocates are found, laboring for the overthrow of error and for the physical redemption of mankind.

But if our triumphs *have* been great, the next quarter of a century will witness still greater ones. Consider the circumstances under which it has attained to its present state of proud pre-eminence. A great majority of its patients have been long-standing, abandoned cases. These it has had to deal with—these are they who have flocked to its Water-Cures; generally after having gone the whole round of drug-medication; after having tried one physician after another—one system of practice after another—one box of Braudreth's pills or bottle of Townsend's sarsaparilla after another, till the constitution was prostrated and the system filled with drug-poisons, and about all hope of recovery abandoned. The Water-Cure is then thought of. But before resorting to an Establishment, it is recollected that some new patent medicine which had been advertised has not been used. This must first be tried. During this time some new doctor has settled in the vicinity or is heard of at a distance, who is celebrated for the cure of just such complaints as his. After continuing the use of his medicines for a longer or shorter time without benefit, he fixes up and goes to a Water-Cure.

This is a pretty fair description of a majority of the cases which Water-Cure physicians have had to treat, and with them have we achieved the most glorious results—confounding the advocates of false systems, astonishing the unthinking, and securing the confidence of the candid and enlightened. But we have not been able to cure all who thus come to us, and sometimes for the reason that a fair trial is not given even after it has been resolved upon. Many who have been sinning during the whole of a long life expect to be cured of the consequences of their transgressions in a few weeks. Others are not sufficiently convinced of the importance of some of the recommendations with regard to diet or otherwise, to carry out faithfully the prescriptions of the physician, and others have not the firmness to do so, even if they would. Under these circumstances we sometimes fail to cure our patients, and such failures are seized upon and heralded through the land to show the worthlessness of the system. But notwithstanding all these adverse influences, a great majority of those who resort to Water-Cures are partially or wholly relieved of their maladies, and they go forth as missionaries in the cause of truth, and monuments of the power of the Water-Cure system to heal.

But such is the prejudice and bigotry of some physicians and others, and so closely do they hug the chains of error that bind them, that they will wilfully refuse to believe, even though thousands are raised almost from the dead. I may here give a couple of instances in illustration of this. A gentleman came to our Cure last summer, apparently in the last stage of earthly existence. He had been under drug-treatment for three months, growing worse all the while. On writing home to his friends of his improvement and prospect of recovery under water-treatment, an old aunt of his coolly remarked that she would not believe the water-treatment did the good, even if he recovered his health, but would believe the cure was effected by the drugs taken before coming here! In another case a couple of Allopathic physicians gave up a patient to die whom they had been treating. A Hydropathic physician was then called, but the friends of the patient were assured that the application of water to the case would be instantly fatal. Water was applied nevertheless, and the patient soon improved. They were then told by the doctors that at the best she must be an invalid for life as the consequence of such rashness, such unscientific practice, even if death did not follow. The patient continued to improve, notwithstanding these ominous predictions, until complete recovery took place. It was then claimed by one of the doctors that the last blister he applied, five days before, had effected the cure!

But through all these difficulties,—through these huge mountains of self-interest, prejudice, ignorance, and bigotry, the Water-Cure has been steadily making its way, gaining the confidence of the people, and through them moving forward the medical profession to see beauties heretofore unperceived, to acknowledge virtues heretofore unrecognized, in those natural agencies which go to make up the *Materia Medica* of Hydropathic physicians.

If the Water-Cure is adequate to restore health to the class of patients above described—if in the treatment of these it has won most of its triumphs heretofore, we may expect still greater and more rapid progress when we secure a greater proportion of practice in acute diseases, which will be done as Hydropathic practitioners become more numerous, and locate in cities and villages to attend to home practice, which has heretofore been almost wholly neglected; partly from the fact that there were no Water-Cure physicians to occupy the places, and partly because public sentiment had not sufficiently advanced to sustain them. But the latter condition no longer exists in many places, and the efforts now being made by earnest men and women will obviate the former. The people are considering whether, if the Water-Cure has power to heal the chronic and severe cases that have resisted for years the influence of the drug-systems, except for evil, it has not also power to heal the more recent and less severe ones, when the patient is in possession of a good constitution and high vital endowment. "If the greater can be cured, why not the less?"

The successful treatment of a case of simple bilious fever will do more for the success of Water-Cure than the cure of long-standing rheumatism, neuralgia, or dyspepsia. In the former the symptoms are violent, and the patient is thought to be in imminent danger of death. The recovery is rapid, and the tidings are sounded through the land, to the honor of the physician and the system which achieved the triumph. In the latter there is generally no immediate danger of death; recovery takes place often slowly, with alternate ups and downs, and by the time the cure is effected, there is little said about it. Even the patient himself feels less enthusiastic than he would in the other case. This I know to be true, for I have had experience in the treatment of acute as well as chronic cases.

I have said that the progress of the people in this reform had made a favorable impression on the medical profession. It has done so, not only on the Allopathic, but upon other systems of

practice. We now not unfrequently see reports in Medical Journals of cases of different kinds of disease being treated almost, if not altogether, upon the Hydropathic system. They have learned that it is safe to give fever-patients water to drink when thirsty, and they do not even refuse to wet the patient all over at times. Twenty years ago this could not have been tolerated by the great mass of the profession. Many a mother on reading this article will call to mind when her child was sick with fever, how it plead for a drink of water—how her heart yearned to gratify the little sufferer, but she dare not violate the doctor's orders. Many a husband will recollect how his wife, suffering with fever, plead with all the eloquence of love for water to cool her burning lips, even though death should be the consequence. But it must not be done. The stern mandate of the doctor must be obeyed. And almost every one can remember cases where patients, becoming frantic with suffering, waited for the nurse to sleep, then stealthily crept to the water-bucket, or the nearest spring or brook, drank to satisfaction, and recovered, despite the orders and prognostications of the doctors. But these things are so no more—they are of the past. The spread of Hydropathic doctrines has so wrought upon the public mind, that patients suffering with febrile complaints *will* have water, and so the doctors have come to the conclusion that they *may* have it.

For years Hydropathic physicians have contended that water-treatment was as applicable to dysentery as to bilious fever; its good effects were demonstrated in hundreds of cases, and published to the world. *Now* the Allopathic and other Medical Journals are beginning to consider whether water may not be used to a greater extent than it has been in dysentery, and some physicians, more bold than others, even *recommend* its use, and feel very sure that it may be employed with safety and advantage.

It will thus be perceived that the whole medical profession are getting forward. Whether they move themselves or are moved, I leave to be decided by others. I have given my opinion.

But if there has been much accomplished, there still remains much to be done. Let us not sit down supinely and wait for the onward movement of events. The world is still cursed with drugs. The laws of health are still imperfectly understood. Disease and premature death abound. One-fourth of the race die in infancy, and few of the remainder live to old age. All this must be remedied. The Water-Cure system is the means by which it must be accomplished. Let us labor then to spread a knowledge of its truths before the world, and for our reward we shall have the gratitude of the present and the blessings of succeeding generations.

Sugar Creek Falls Water-Cure, Ohio.

HYDROPATHY FOR FOREIGN MISSIONARIES.

BY MRS. J. H. HANAFORD.

IN reading Dr. Wayland's "Memoir of Dr. Judson," I was forcibly struck by one paragraph from the pen of Dr. J., which reads as follows: "He would take this opportunity of saying to the friends of the mission, that no presents would be more acceptable than medicines—those of the most common kind. He would respectfully suggest to physicians and apothecaries, that any package or box of medicines, however small, would ever be highly prized."

To the believer in Hydropathy, methinks, this request for medicines would seem unnecessary, and the idea that such a gift would be the best possible for a pious physician to send to his brethren in heathen lands would appear preposterous. In order to benefit the sick in that far land, he believes *knowledge* only to be requisite;

the needed appliances being at hand wherever murmurs a rivulet or falls a cascade. To the question, What shall be sent to benefit the sick? there comes to his mind this reply: Send them the "Water-Cure Journal," the "Hydropathic Encyclopædia," and other works of a similar character. If this were done, many a valuable missionary's life might be saved, and years of labor and success be added to their otherwise short lives, which would amply repay for whatever expenditure was requisite to impart to them the principles and practice of Hydropathy. We know of no way in which money can be more profitably spent, in relation to missionary operations, than in providing those toiling servants of God, who, beneath a tropic sun, far from their native air, are peculiarly exposed to disease and early death, with the knowledge which hydropathists believe, and with reason, would prolong their days in the enjoyment of health. With "a sound mind in a sound body," missionaries could accomplish far more labor with far less expense.

A knowledge of physiology should be imparted to every person who designs to "go far hence to the Gentiles." The laws, by obedience to which health may be preserved, are as important to be known, as those methods by which it may be regained; and still more, are as important, as far as doing good is concerned, as a knowledge of any portion of that theology which they desire to impart. Dr. Judson remarks, with truth, "Beware of that indolence which leads to a neglect of bodily exercise. The poor health and premature death of most Europeans in the East must be eminently ascribed to the most wanton neglect of bodily exercise." There is much wisdom in this injunction, and we cannot fail to regret that the world-renowned missionary had not added to this knowledge that of other laws of health, for most religiously would he have obeyed them, if his obedience to the above law of exercise may be cited in proof. Says his widow, "He continued his system of morning exercise, commenced when a student in Andover, and was not satisfied with a common walk on level ground, but always chose an up-hill path, and then frequently went bounding on his way with all the exuberant activity of boyhood."

What a pity it was, to use a common expression, that Mrs. Ann H. Judson had not known the water-treatment most appropriate in her case, when attacked by a frequent disease in that country, whose debilitating effects might have been averted by timely use of the syringe and wet-compress, with an occasional sitz-bath, and a daily, or more frequent, sponge-bath of the entire surface of the body! A "Water-Cure Manual" would have been of far more service to her than the bottle of laudanum which she possessed and used with so little benefit. Perhaps the valuable life of that pioneer missionary who gave Burmah the Bible might have been prolonged, at least, to the completion of his Burmese Dictionary, had he been aware of the virtues of the "wet-sheet pack" when he received that sudden chill on rising in the night to aid in taking care of his sick child, and which is supposed to have hastened his decease. Hydropathists will not doubt the fact.

Dr. Judson advised consumptives not to seek a foreign field of labor, saying, "The idea that a warm climate is favorable to persons of consumptive habit, is correct in some cases, but not where a rainy season is to be encountered every year." Yet, though this may be generally good advice, the true physiologist cannot doubt the fact, that a far larger number of students might be fortified with bodily health for the Eastern missionary field, were they to understand and rigidly observe those rules of Hygiene and Hydropathy which are all-important to prepare them for arduous and various duties in a sultry clime.

Some of the wealthier Hydropathic believers should "take hold of this matter," methinks, and place a copy of the "Water Cure Journal" in the reading-room of every literary institution (male and female) in the land, and as far as possible place Water-Cure books in their libraries. They

would, undoubtedly, be read, and their truths being received, and practically illustrated by those who will exert a vast influence, the donors of those valuable works will thus render an essential service to the cause of God and humanity. *Nantucket, Mass.*

Practical Water-Cure.

FACTS are the arguments of God—the outworkings of his power. He who fights against facts fights against God.—Dr. F. LEES, F. S. A.

REPORT OF CASES.

BY DR. H. N. AUSTIN.

THE case of Mrs. B. of this State is an excellent illustration of the value of a strict diet in nervous dyspepsia. Mrs. B. inherited the scrofulous diathesis, with fine, white skin, light blue eyes, fair hair, and a decidedly nervous temperament. Early in life her nervous system was severely tasked by hard labor, both physical and mental; but it did not yield its elasticity, making her feel that she was a confirmed invalid, till after she married and became a mother. Then, exhausted and broken down, the legion of evil spirits which ever hovers about such organizations, watching for some weak point where they may commence their riot, took possession of her physical domain.

She became an inmate of the "Glen" in the latter part of June, 1853, at the age of twenty-seven. She was subject to severe attacks of sick headache; had sour stomach, flatulence, constipation, capricious appetite, chronic inflammation of the throat, with slight cough, palpitation, painful urination, cold hands and feet, with serious involvement of the uterine system.

During the first weeks of her residence with us, she was very excitable, being constantly in a state either of exaltation or depression. At times her exhilaration of spirits was such that she could scarcely refrain from dancing about her room, when perhaps the next hour she would be prostrated upon her bed, unable to move. As this wore away, and she gradually gained power to control her nervous forces, her stomach began to exhibit greater sensitiveness and irritability. Articles of food that she could take with perfect impunity before, would now cause the greatest disturbance. One after another, she was obliged to abandon the articles on our table, till her bill of fare was reduced to Graham pudding and dried bread, and of this she could eat but a small quantity. For months she lived in this way. At the same time, her appetite was voracious, and occasionally, in defiance of resolutions oft repeated, and established principles, and suffering certain to follow, she would yield to her craving for food, and go beyond the fixed quantity. But the punishment was ever sure to follow close upon the heels of the transgression, and entire abstinence for a time was the penance she had to pay.

During these long months of suffering, to all the physical pains and weaknesses which nervous dyspeptics feel, was added also their mental torture. Depressed, discouraged, despairing, and irritable, no ray of light illumed her weary days or sleepless nights. But we who took care of her could see, that out of all this disturbance she was to come purified and invigorated. The torpid vessels of the skin, aroused by the baths to energetic action, cast off through its pores large quantities of morbid matter. Every pain and ache which she had suffered from childhood up, and which was really curative in its tendency, she was made to suffer over again. Thin in flesh at first, she grew thinner, till she would scarce make a shadow on the wall, and her weight was considerably less than one hundred pounds.

But the food which she took being perfectly simple in its nature, small in quantity, and taken at long intervals, allowed the best possible opportunity to her stomach to convert it into

healthy blood. At length she perceived that she could take a larger quantity of food with less irritation of the stomach; then her strength began gradually to increase, and her walks were extended a little farther daily; flesh began to come upon her bony form, and warm blood circulated through her hands and feet; sleep and rest came to her by night, and sunshine by day. The pains which had haunted her, one by one took their flight, and in February we thought it practicable for her to go home and pursue the treatment.

In a letter to me, dated the 26th of April, she says:—"I am very well, and enjoying myself finely. I weigh one hundred and seventeen pounds, wear the Bloomer dress, live on Graham pudding mostly; have eaten no meat or butter since I came home. Remember me to those of my fellow-patients who remain, and tell them to keep up good courage, for there is a good time coming."

It seems to me that in cases like this, too much importance cannot be attached to every thing that belongs to the diet of the patient,—as well to the time and manner of eating, as to the quality and quantity of the food. Old poisonous matters resting in the system may be dissolved and washed away, and torpid organs excited to new life, by baths; but the tissues can only be changed to sound and healthy ones, from healthy chyme manufactured in the stomach; and when this is jaded and diseased, it is doubly necessary that, in every particular, the most favorable conditions should be supplied to it.

CASE II.—Mrs. —, of Jefferson county, came to the "Glen" July 15, 1853, aged 33. On examining her, we made the following record of her case:—"Mrs. — is of consumptive family; has been out of health three years; ill health commenced by pain in the shoulders, and general giving way. Head dizzy, and aches over the root of the nose; throat sore, not quite ulcerated, but pretty near it; dry, hacking cough; pain in the right lung; stomach weak, feels as if it were pulling apart, sometimes sour, pain in it at times, also trembling and palpitation of it; heart sometimes beats badly; liver sore and painful; very costive; right hip sore and swollen; urine dark-colored and too much, painful to pass it; strangury bad; feet and hands hot and burning; languor great; and low-spirited. Remark—a hard case: it is only possible that she can get well." And we were not alone in thinking thus. Her face and form and general bearing carried to all who saw her the impression that her resort to Water-Cure was too late.

Owing to her feebleness, our appliances had to be very light and gentle. We commenced by giving her, on going to bed at night, a dripping-sheet at 85°. This acted like a perfect charm, producing a pleasant, healthful glow on the skin, and quieting all present pains and discomforts. And thus apparent was the effect of every bath she took. Her improvement was uniform and perceptible to herself daily. From the day she entered the Institution her bowels were perfectly regular, and every organ commenced a more healthy action. As she grew strong, we added half-baths, packs and sitz-baths to her prescription. After two weeks it became necessary for her to visit home. She remained three weeks, and then returned and staid with us till the 20th September, when she left so much improved, it seemed certain that if she would pursue a wise course she might live. We have occasionally heard of her continued improvement, and in May received a letter from her, of which I give an extract: "All hail to Water-Cure! I am well and happy. As to myself, I am getting rough and rugged. All seem obliged to give up to Water-Cure when they behold the glow of health that adorns my cheek, and the sunken features restored to their natural fulness. I have left painting and sewing for the present, and stir about in the open air, work in the garden, and play on an organ which was bought me last winter. Low spirits have taken their flight to the four winds, and left me cheerful and happy, which

causes my husband to say he has got his wife back again, and greatly to rejoice that he ever sent me to a Water-Cure. He is advocating the Water-Cure everywhere he goes, tells of his little faith, and presents his subject cured. I heartily thank you for your patience with me in my home-sick hours, and for persuading me to remain with you and try the effects of water-treatment, of which I was so ignorant."

WATER IN ACCIDENTS.

BY D. W. RANNEY, M. D.

To show the superiority and availability of the Water-Cure practice in cases of accidents, which we are all liable to meet with and witness in these "fast" times, I will briefly state an example.

A few weeks since, while travelling in a stage-coach loaded with twenty-three passengers, besides children and baggage, we were upset, and three of the outside ones were seriously injured. After carrying them to a house near by, it was found that the least injured of the three had sustained a compound fracture of the ulna and radius, (the lower bones of the arm.) The others were senseless, and in a state of collapse, the result of concussion.

One, a large, elderly man, was evidently fast sinking, and the cry arose, "Was there a doctor present?" and as none answered, I proclaimed myself a Hydropathic physician.

I was immediately requested to take charge of their treatment, and as I did so, I inwardly rejoiced (though deeply regretting the unfortunate accident) that, untrammelled by "bleeders," &c., I could practically show the priceless value of water to restore those ready to perish.

As a first indication, after loosening body and limbs of tightened clothing, was to restore circulation, I requested quantities of hot and cold water to be immediately furnished. The man suffering from the fracture nobly refused attention while the others lay in their critical condition. One case of concussion was restored, somewhat readily, by cold affusions and friction; but it was long doubtful with the other. But *very hot* baths to feet, friction with hands by attendants, pure air, and continued cold affusions to head and breast, finally succeeded, after three-quarters of an hour, in restoring him to sensibility.

The murmur of applause which then went up for Water-Cure amply repaid me for the labors bestowed.

While using the cold affusions with electrical effect, a bystander asked if *whiskey* wouldn't be good? "No," said I; "water is God's best gift to man, and it will not fail the poor man in his hour of need."

An elderly lady, of old-school education and experience, often urged me to bleed; but not having time nor disposition for the perpetration of that relic and heir-loom of the past, I very modestly declined, being contented with the old adage of "doing well, leaving others to do better."

When I left, three hours after the accident, the worst sufferer from concussion could not plainly articulate a word; yet he finally recovered, and has since called upon me to personally acknowledge and reward for attention bestowed in his hour of peril.

There is a prevalent opinion that water is proper and available in the restoration of old chronic, dilapidated cases, but not for acute and critical ones, as above stated. To all who cherish that error I would say, if it is safe and reliable in times of security and sunshine, it is much more so in the tempest and storm, when the pulse is scarcely perceptible, when the extremities are cold, and the eyes have assumed their fixed gaze. It is also said by some that the Water-Cure can only be applied at the Establish-

ments; that it is not like medicines, available at all times, occasions, and circumstances. The reverse is my firm conviction.

Our "medicine" is found everywhere—in the springs sparkling in the dell, in the rivulet of the wayside, and in the flowing river. Cold affusions, hot and cold local baths, fomentations, enemata, whole and half-packs, dripping, sponge, vapor, and sitz-baths, are as effectual for the Water-Cure practitioner, for the removal of disease, with due hygienic and gymnastic regulations, as those appliances are for the destruction of human life possessed by a corps of flying artillery.

Water-Cure applications are portable, and everywhere available, and a diseased world needs many a Ringgold for the direction of Hydropathic batteries in acute and critical cases, to storm its strongholds of prejudice and bigotry.

REGULATIONS

FOR A WATER-CURE ESTABLISHMENT.

NOTHING is more important in public institutions of all kinds than system and order; and nothing more facilitates the doing of business satisfactorily and successfully. In the complicated details of the management of a large establishment for Water-Cure invalids, these considerations are especially important; as few persons can at first appreciate the many little matters which, unless duly regulated, or guarded against, tend to throw every thing into disorder, or at least into disagreeable perplexity. For the benefit of all persons concerned, we copy the following from the private circular of one of our principal city Establishments, as, with slight variations in the minor details, it will serve for all similar institutions:

PARTICULAR NOTICE.—The inmates of this Establishment are requested to make themselves acquainted with the regulations, immediately after registering their names.

BATHING.—The regular bath-hours are from 4 to 7 A.M.; 10 A.M. to 12 M.; 4 to 5 P.M.; and 8 to 9 P.M. Baths will be prescribed at other hours whenever emergencies require.

BATHING-ROOMS.—These must not be used for washing, nor any except bathing purposes. When the showers and douches are used, the strings must be pulled gently, and the curtains carefully closed. No one is allowed to occupy the bathing-rooms, unless by permission of the Physician or Superintendent. The douches are not to be used or disturbed after 10 P.M. Children must not play in the bathing-rooms.

MEALS.—Breakfast, from 6½ to 8 A.M.; dinner, 12½ and 1 P.M.; supper, 5½ and 6½ P.M. The 12½ will be strictly vegetarian. Meals are not furnished in the dining-saloon at any except the regular hours. Meals in private rooms, and at unusual hours, are matters for specific arrangement.

THE DINING-ROOM.—Patients and boarders will please occupy regularly the seats assigned them at the table. Whenever a change of company makes it necessary, other seats will be designated. Those who desire seats temporarily for invited friends, will please apply to the Superintendent or Head Waiter. Crockery and table furniture must never be taken from the dining-room.

THE SITTING-ROOM.—As order, decorum, and healthful example are especially important in such an institution, all lounging or sleeping on the sofas must be forbidden. Nor will any one be allowed two chairs at a time, nor to sit in uncouth and ridiculous attitudes, such as placing the feet on the tables, chairs, or sofas. When invalids are unable to sit up, they must retire to their own rooms. Those who are not invalids must sit erect or sit elsewhere. Those who have writing or private work to do must not take the parlor for it. Finally, the parlor must be used for no purpose whatever except sitting, conversation, music, and the reception of calls.

THE NEWSPAPERS.—The daily papers, with various periodicals, are provided for the accommodation of all: hence no one is expected to appropriate them; nor must they be taken from the sitting-room.

THE LIBRARY.—Each inmate of the Establishment, on the payment of one dollar, will be entitled to the use of the School and Office Libraries, during his or her sojourn.

PATIENTS.—All invalids under treatment are expected to be punctually in readiness for their baths at the times assigned. They are requested to report promptly to the Physician, or Assistant, any unusual effect or changes of symptoms: also, to report themselves regularly at the office as often as once a week. They will do well to avoid reiterating their manifold bad feelings to each other; and especially to refrain from seeking advice from servants, boarders, or fellow-patients. When advice or instruction is deemed necessary, they should apply directly to the Physician, or to the Assistant Physician having the case in special charge.

BOARDERS.—Those who desire the dietary of the Institution will be accommodated when there is room. Whatever bathing facilities they desire must be arranged for at the office, so as to avoid confusion between boarders and patients in the use of the bathing-rooms. Boarders are not allowed to draw off the hot water for bathing or other purposes without special permission. Those who do not approve the system, nor like the fare, are requested to seek accommodation elsewhere, and not remain and complain.

CHILDREN AND SERVANTS.—Young children can only be received on condition that they are at all times kept under the charge of their parents or nurses; and not allowed to play in the parlor, halls, or bath-rooms. The quiet indispensable to such an establishment, renders this rule imperative. Those who bring private servants should instruct them not to throw things in the bath-tubs or water-closets, as they will be accountable for all damages.

THE OFFICE.—All persons will please remember that the office-room is devoted exclusively to business purposes and professional consultations, and is hence strictly a private room.

ATTENDANTS.—The bath attendants and other servants will be under the exclusive direction of the Physician or Superintendent. Guests will please understand that the purposes of the Establishment are very different from ordinary hotel or boarding-house keeping; hence the servants cannot be called away from prescribed duties. All persons are requested to report promptly any neglect or misconduct on the part of the attendants. Those who are very helpless must provide private servants.

PERNICIOUS HABITS.—The use of alcohol and tobacco, in all their forms, is strictly prohibited. Profane swearing and drug-medicines must be religiously abstained from. Candies, lozenges, and similar trash, must not be brought into the house. Persons must not spit on the floors, nor in the bath-rooms nor water-closets, and thorough cleanliness in all personal habits is strictly enjoined. No patient under treatment is expected to use any form of alcoholic or medicated wash, liniment, &c., nor will any person be permitted to soil the bedding with hair oils, nor any greasy preparation applied to the hair or skin.

REST.—The house will be closed at 10 P.M., after which all loud talking and unnecessary noise must be avoided. Persons out later than the closing-hour must have a night-key, and, on entering, shut the door carefully and pass to their rooms as quietly as possible.

The terms will, of course, vary with the expensiveness of the locality and special accommodations. Usually there is but little difference between the city and the principal country institutions, as the former, though under higher rents, have a more steady business the year round. The scale of charges in the Establishment whose regulations we have copied above are thus stated:

NECESSARIES.—Each patient must provide a linen packing-sheet, two cotton sheets, six towels, one pair of flannel blankets, and two comfortables; or these may be hired at the Establishment for \$1 per week.

PRICES.—Each patient is charged \$5 examination or entrance fee. Full treatment, with board, \$7 to \$10.50; day-treatment, without board, \$3 to \$5. Single packing-baths, \$1. Warm-baths, 50 cts; other single baths, 25 cts. Transient boarders, \$1 per day. Permanent boarders, \$4 to \$7 per week, according to room. Meals per week, \$3; per day, 50 cts.; single meals, 25 cts. Meals sent to private rooms, 25 cts. extra, or \$1 per week. Boarders who order packing or warm-baths, will be charged 50 cts. each. Fires and lights in private rooms, \$1 to \$2 per week.

PAYMENTS.—All bills are payable weekly—every Saturday morning.

SELF-TREATMENT.—Prescription fee for self-treatment, verbal or by letter, \$5.

CASES REPORTED.

BY S. O. GLEASON, M. D.

CASE I.—Mr. —, age 31; a tall, slim man, with light complexion, high nervous temperament, came here last fall for treatment. He had some three months previous a very severe attack of dysentery which lasted seven weeks. This reduced him very much, and left a dull pain in the lower part of the back. It was an old complaint, for which he had taken medical treatment more or less for five years. He had also used as local applications, ointments and liniments of various kinds. He had been in the hands of as many as one dozen doctors, regulars and irregulars, and used at least *one hundred and fifty dollars' worth* of patent medicines. He suffered much all this time from pains in the back and limbs. There was great soreness and stiffness of the inferior extremities at times.

After he had been under treatment some four weeks, a crisis came out under the girdle, (wet bandage,) which was troublesome in the extreme, from the itching and pain which it occasioned. The odor emitted became almost intolerable, both to himself and others. For more than two months his girdle was stained, to use his own language, as "though it had been thrust into a tan-vat." He had also a series of boils. Both forms of crisis existed at the same time. It is now four and a half months since it first came out, and it still continues. He has gained in flesh and strength, and feels free from pain. One of the doctors in his neighborhood called the crisis *erysipelas*. Another said he had better keep it out—thought it would do him good. It is a matter of surprise to me still, that so much morbid material can be retained in the system, though I have the evidence in hundreds of cases.

CASE II.—Mr. —, of —, age 37, came here last fall, for the purpose of taking treatment. He had a fine constitution originally, a stout, strong frame, large, full muscles, well-developed chest, built for real service. He had been engaged in in-door business for twenty years. Some twelve years since, his health began to fail. He had taken a sea-voyage some years since, and improved some; still did not get the difficulty eradicated. He experienced oppression at the stomach; at times was gloomy and depressed. He was also costive, sometimes passing two to three days without any movement of the bowels. His head felt oppressed and full; his mind far from cheerful, and life seemed of but little value. He slept heavily, but did not wake refreshed, cheerful and invigorated. His tongue was white, throat red, pulse ninety-six. The whole digestive apparatus seemed impaired.

Soon after he began treatment, numerous boils came out, and continued for a month or more. Soon came a skin-crisis of great severity, giving

out not the most agreeable odor, and discharging freely morbid material. The crisis continued most of the time for *four months*. This patient pursued his treatment patiently and in good faith. He felt invigorated and improved in health and spirits. When he left, he expressed his entire satisfaction with the results of the treatment, and with the arrangements in the Cure.

CASE III.—Mr. —, age 35, a tall, slim man, spare in person, with light complexion, came here some ten months since for treatment. He had originally a good constitution, and was reared in active out-of-door habits. After he arrived at manhood, he began to study, changing his active habits for a sedentary life. He had not studied two years before he failed in health. He rose at *four* in the morning and did not retire until *ten* at night.

After he had somewhat recruited in health, he commenced teaching, and followed that employment for ten years. After he left this occupation, he became extremely drowsy; found it extremely difficult for him to keep awake in meetings and at lectures. He was so much annoyed by this feeling that he often pricked himself with a pin or penknife to keep awake when he was anxious to listen. He led the choir in church, and had often to be awaked, though he had *struggled hard* during service to overcome this disease.

His bowels were constipated for a long time, but for the last year had been inclined to a diarrhoea. He had a pain in the left side for some *fourteen years*, more or less severe and constant. His tongue was badly coated, and he had a bad taste in his mouth continually. He had a disagreeable, dull, heavy, "sickening pain" across the chest nearly all of the time; had some pain in the small of the back; a slight rash made its appearance upon the surface at times.

He had not taken treatment many weeks before two *large carbuncles* came out near the lower point of each shoulder-blade; they were the *largest ones I ever saw*. They were not less than three inches in circumference, and were raised in the centre from one to two inches above the surface surrounding them. They ulcerated, and large portions of the flesh sloughed out, leaving orifices three-fourths of an inch deep by one to two inches in diameter. They discharged (to speak within bounds) *quarts* of matter. He had some fever, and felt much reduced by the waste and drain from the system. But in a short time he began to improve, and made a most rapid recovery. He then left, and I have since learned that he is entirely restored, and that the sleepy, drowsy feeling is overcome.

CASE IV.—Last fall, Mr. —, aged 40, came here. He inherited a good firm constitution, and had more than an ordinary amount of muscular energy and will-power. He had for many years been an active, industrious man. Some years since, he had two severe attacks of bilious fever; one of them lasted many weeks. Had also the dysentery, which reduced him very much. From time to time he had been subject to acute attacks of more than ordinary severity. He had been bled and mercurialized after the most approved Western style, quite to his satisfaction. He had also been treated for an attack of jaundice, by a Botanic physician. So he had tried many doctors, and "dosed immensely," to use his language.

Some two years since, he noticed that the faeces or stools were streaked with blood—thought he had the piles. Soon large quantities of mucus and blood began to pass. He took two doses of some *powerful medicine*, from which he was *promised* a cure. But the result was like what occurs in most cases where such vigorous medication is pursued: he got much worse instead of getting better.

He continued to fail after the powerful medication, showing that the congestion of the mucous surface of the intestines was aggravated instead of benefited by drugs. This is the common result of drugging in diseased states of the mucous surfaces of the stomach or intestines.

Such was the irritability of the bowels that they moved from *two to three times in an hour*. Blood and mucus constituted the most of the material evacuated, and the discharges were attended with pains and griping. There was a great quantity of gas generated in the intestines. There was no natural passage at all from the bowels. All the stools were not natural. His skin was sallow, giving his complexion a muddy hue. He got a severe crisis which lasted him many weeks. He had also a slight attack of ague while under treatment. His skin assumed a healthy aspect; the evacuations lessened in frequency from the bowels; his strength increased, his spirits rose; his flesh became more firm, and he felt like a new man. He left after some four months, feeling grateful for his relief, and thankful as well as satisfied with his care and improvement.

DYSENTERY. INTERESTING CASE.

WATER AND DRUG-TREATMENT CONTRASTED.

BY DR. AMELIA W. LINES,
Of Williamsburg, L. I.

DURING the summer of 1852, the dysentery prevailed as an epidemic in the city of Cleveland, Ohio. Numbers were dying all around us, and the very air seemed to be infected by the disease. It was not without forebodings of evil that I went into the country, leaving my husband, whose business prevented his accompanying me, knowing his faith in Hydropathy was not as firm and unshaken as my own, never having experienced the powerful effects of the remedy I had so much confidence in. I feared, in case of an attack of the disease to which he was then exposed, he would resort to the use of drugs.

My fears proved too true. I had not left him but a few days when he began to experience premonitory symptoms of diarrhoea. His first thought was, "I will take some paregoric, and check these symptoms immediately." He followed these suggestions, which produced the desired effect; but it lasted only for a day, when the diarrhoea returned with increased violence, accompanied with vomiting. His friends becoming alarmed, wished to send for an Allopathic physician, to which he consented; but cautioned them not to inform me of his condition, as I would be unnecessarily alarmed and injured, being near my confinement.

When Dr. C. arrived, he prescribed a full dose of calomel, to be followed in a few hours by castor oil. He was very anxious to bleed, but my husband would not consent. He then ordered an opium pill every two hours; and that is the last my husband has much recollection of. For the ten succeeding days he was subjected to all the remedies an Allopathic nurse and doctor could devise; and then his attendants were informed by the physician that there was not much hope of his recovery, and that his wife had better be informed immediately. In a few hours I received a telegraphic despatch containing the sentence, "Your husband is very low with the dysentery." In a moment I knew why I had not heard from him during the last two weeks; but knowing his constitution to be full average, I had great faith that he could be soon cured by the judicious application of water-treatment.

In a few hours I was with him. Never can I forget his condition; it made such an impression upon me. His mental faculties much disturbed, weak pulse, tongue covered with a thick coat of the darkest brown, great heat about the head and abdomen, with cold extremities, and the dejections very frequent, attended with severe tenesmus.

My first act was to have the room thoroughly ventilated, and a stand covered with sundry bottles and papers of medicines removed. Then I bathed

his entire body with tepid water; applied warm fomentations to his abdomen, which was very tender and tympanitic; gave small cool enemata after each evacuation; warmed the extremities, and cooled the head.

When Dr. C. called, he was well pleased with what I had done; but remarked that a dose of calomel should be administered that evening.

I replied that I feared his drugs more than the disease he was trying to combat; that the means I used would produce all the good effects he wished to derive from calomel, and more; for, by exciting the skin, I should relieve the system of its impurities through its surface, and equalize the circulation; relieve the brain, if no opium was given to derange and stupefy; and, indeed, that I expected to change the symptoms entirely within twenty-four hours.

My expectations were not disappointed; but I shall never forget how, at the end of that period, he begged for just one opium pill—not that he was suffering any great local pain, but an indescribable nervous prostration produced by the opium he had been taking. A few hours' rest and a sitz-bath or two soon brought relief; and he made marked progress from that hour; the discharges changed in character, becoming free, of dark-green appearance, and gradually lengthening the time between each; until, on the fourth day of my treatment, every symptom was so improved, that I decided to return immediately to P., not fearing any bad effects from riding thirty miles on the cars.

Though somewhat fatigued, he rested well all night, and in three weeks was perfectly restored, so as to attend to business, as usual. He made no use of wine or brandy bitters during his convalescence, and gained strength faster than it would have been possible with their use; wasting vitality, as is ever their effect, and only exciting its manifestation, which, by the unphilosophical observer, is ever mistaken for its increase. The wet-sheet pack in the morning for ten minutes, and the sitz-bath in the evening for five, proved a much more efficient tonic. He ate freely of all kinds of fruit and vegetables as soon as his appetite demanded them, which was within a few days after the water-treatment was commenced.

General Articles.

INFANT MORTALITY.

BY MRS. FRANCES D. GAGE.

LOOKING over a newspaper this morning, I noticed the Report of Deaths for the week in one of the Eastern cities. The number is 121; of these, 101 were *infants*; the remaining 20, adults! Such statistics meet our eye almost daily, and startle us with the magnitude of the evil that is sweeping over our country, and leads us to ask: Why do children die? Why this tremendous waste of infant life? Why this agonizing outlay of woman's labor, only to fill the tomb? I have seen it estimated that one-half of all the children born, die in infancy. Yet how few of the many made to suffer in spirit ever pause to search for the causes of their sorrow and tears!

If the shepherd were to lose half the lambs of his flock, would he go on unthinking in his work, and make no effort to remedy the evil? If the balance were frail, diseased, dwarfed, and unmarketable, would he be satisfied to continue using the same food, the same pastures, the same system of culture? Certainly he would not. He would ransack creation for remedial agents, or quit the business. But the necessity of raising the children born in his household, of having them strong and healthful, perfect in form, brain and muscle, scarce enters his mind in a lifetime. The colts and calves engross his thought; and the poor feeble mother often has no thought to

be engrossed. It is "Providence," we are told, that ordains all this, for the moral good of the parents, "and it is a vulgarism to compare human beings, even for illustration; with the brutes of the field."

Christ, the great Lawgiver, drew all his parables from humble things. It was He that bade the disciples feed his lambs, and told the people they were of more value than the flowers of the field or fowls of the air. But really in these days we think we know men who take far more pains to inform themselves on the best method of raising "Shanghais," Berkshires, Southdowns, and Durhams, than they ever dreamed of bestowing on the Anglo-Saxons in their own households. We know more than one mother who consults the monthly fashion plate with deep, absorbing interest, and holds long and exciting interviews with Mrs. Mantalet, while Bridget takes the baby out airing, or stays with it in the nursery, feeding sweetmeats and confectionery—maybe a little paregoric or laudanum, to keep it quiet while she pleases her fancy. But does this mother ever think of searching diligently for the best interest of her child? Does she take a monthly to lead her aright in the duties of a mother, to give her the experience of others? Not a bit of it. And when the little one dies, and she looks upon its closed eyes, that answer not back her look, and kisses its cold inanimate lip, once so beautiful and warm and bright, now turning, even in its budding, back to dust, she cries out in despair, "O God, why hast thou laid this heavy affliction upon me?" and the clergyman answers, "Be resigned: whom the Lord loveth, He chasteneth." And the mourner is comforted. And turning away from the shrouded treasure, she orders another fold to her mourning-dress, another white rose to the inside of her bonnet, nor ever once entertains the thought that she has been the destroyer of her own child. Thus, one after another of the precious little ones are tortured out of life, human sacrifices to folly, ignorance, and fashion.

I sat not long since near two strange ladies who were conversing. One was a woman of forty, who had evidently been brought up in the country. She was full-sized, though not large, and dressed and looked as if life was worth something besides conventionalism. The other was taller, broader, but her waist like an hour-glass, her face pale and languid, her hands white as snow, her feet cased in the most delicate slippers, her whole dress an elaborate effort of the mantua-maker; a sickly-looking child, that she would not let leave her side, hung upon her lap, while a half-dozen red checked rowdies claimed the attention of the first one.

"How many children have you?" languidly asked the sickly mother.

"Ten," was the prompt reply.

"Have you ever lost any?"

"Not one."

"You have been greatly blessed," said the tall lady, while a deep sigh heaved with emotion the rich lace and brocade, that covered evidently an aching heart.

"I have had ten; but it has pleased my Heavenly Father, for His own wise purposes, to take all but this one from me; and I tremble at every step lest this one should go also, for she seems very delicate. I can't let her out at all, she takes cold so easily; she has had a cough all winter. I have had three doctors, and she is taking medicine constantly, but it don't seem to help her. Dr. B—— of —— recommended us to go to New Orleans with her, but the first day we came on board she took an awful cold, and has not been out on the guards since. I 'most wish we hadn't a-started."

"Las-a-me!" said the hearty woman, "my children would die to be shut up so." The strong mother spoke truth. Her children would die if shut up from the sunshine and air, and fed on drugs and confectionery. But this mother, who had spent all the best years of her existence preparing her nine loves for the torture and the tomb, had not learned one lesson of wisdom.

God took them from the servant who had been so untrue to her holy trust; not because He loved her more than others, not because He wished by punishing these little ones to bring the mother nigher unto himself; but because His wise and immutable laws had been violated, and the cause had produced its effect. Oh! when shall we learn the true wisdom of our Heavenly Father, and the love which "doeth all things well?"

St. Louis, Mo.

PHYSICAL EXERCISE

IN EARLY LIFE.

BY MRS. H. H. THAYER.

To fetter the active motions of children, as soon as they have acquired the use of their limbs, is a barbarous opposition to nature; and to do so under a pretence of more perfectly improving their minds and manners, and to enable them to appear *precocious* and *smart*, is an insult to common sense, and shows an entire disregard of the laws which govern our physical existence.

It may indeed be the way to train up enervated puppets, or short-lived prodigies of learning, but never to form healthy, robust, well-informed and accomplished men and women.

Every feeling person must behold, with much heartfelt concern, poor little puny creatures of eight, ten, or twelve years of age, exhibited by their silly parents as proficient in learning and wisdom, or as distinguished for their early proficiency in languages, elocution, music, drawing, or some frivolous acquirement.

Their physical training having been grossly neglected, the strength of the mind as well as the body suffers from this neglect; and both are exhausted, and their natural growth checked by such untimely exertions.

We are not inclined to discourage the early introduction of youth into the sweet and even moralizing society of the Muses and the Graces, but we would have them pay their court also to the Goddess of Health, and to spend the larger portion of their time in innocent exercises and amusements, such as will tend to develop and mature the physical system.

Many parents neglect the physical education of their children, not so much from any carelessness in regard to the welfare of the latter, as from an actual misconception of the effect such education, when properly conducted, is calculated to produce, and from an ignorance of the signs by which perfect health and vigor are indicated.

Thus, by one class, excessive fatness in an infant is looked upon as the perfection of health; by another, the amount of strong food it craves and consumes; others, again, can conceive of no more certain indication of health than the absence of positive disease, the early appearance of the teeth, or the premature efforts of the child to walk.

To correct such erroneous notions, and to exhibit the important results to be anticipated from a judicious attention to cleanliness, diet, exercise in the open air, and clothing during infancy and childhood, we present the following picture, not drawn from imagination, but in strict accordance with facts, and with the experience of every enlightened observer.

The body of a child whose physical education has been properly conducted, is straight and robust; its limbs are uniformly covered with flesh, and well proportioned.

The texture of his flesh is firm, the color of the surface fresh and rosy, and the body appears neither overloaded with fat, tumid and spongy, nor parched and haggard, or strikingly meagre. The skin is soft and flexible, and the complexion lively and fresh. The stages of growth or development in the different organs take place in regular succession; no power, no capacity outstrips another; the teeth do not appear so soon, nor at ir-

regular periods; the child does not begin to walk too early or too late; and the same is observable with regard to speaking. Even the mental faculties expand themselves more slowly—in other words, not until after the most important bodily changes have been effected. Every period from infancy to manhood, proceeds in a natural and gradual manner, so that the child, in a physical point of view, remains longer a child. He does not mature into manhood before he has completed the proper term of youth; and thus every stage, as well as the whole career of his existence, will be considerably prolonged.

The constitution, under such circumstances, becomes more hardy, and is less liable to be affected by the ordinary vicissitudes of climate and weather; and by its being possessed of a great degree of inherent vigor, the assaults of disease are more certainly repelled, the mental powers are enabled to assume their greatest development.

Parents have it in their power, in almost every instance, to realize, in their own children, the preceding picture, or by their neglect or ignorance, to present in them its opposite.

In conclusion, then, permit me to urge upon parents and guardians the great necessity of looking closely to the physical training of infancy and childhood. Let this be the most important aim and object, and all other acquirements can be easily added after a robust and healthy constitution has been established. [*Mt. Prospect Water-Cure, Binghamton, N. Y.*]

Dietetics.

DIETETIC REFORM.

ART. II.—MEAT-EATING.

BY A VEGETARIAN.

“Give us this day our daily bread.”

PROGRESS is an indelible characteristic of the age. New inventions, improvements and reforms are always rife, and from the nature of the human mind, they must constantly occur. No era of the world's history can be cited where man has arrived at the ultimate perfection of his existence. Nor will the human mind rest satisfied with what has been achieved. Having a standard of infinite perfection constantly before him in the works of the Divine Architect, man is constantly and commendably incited to new exertion of his powers, and in new directions. The field is vast, the variety endless. “The noblest work of God is man” himself. And “we are fearfully and wonderfully made.” To study man, his nature, powers, destiny, and the relation which he sustains to his fellow-man and to his Creator, becomes our primary duty. His present condition is certainly a mixture of happiness and misery, disease and health, strength and weakness, sin and virtue. He has fallen from the high estate in which he was originally created. But under all circumstances man is capable of improvement. He is never sunk so low as to be incapable of reformation, and he never in this world arrives at such a stage of perfection as to be beyond further improvement. In view of man's physical organization, not the least important subject concerning him is his dietetic character and habits. From time immemorial, the abuse of appetite has been a prolific source of disease, misery and crime. It was indeed, according to the Mosiac history, the instrumental cause of the fall of Adam. Of all animate nature, man seems to be comparatively the most frail and weak, and the most liable to disease and premature death. Why is this? It was undoubtedly designed by nature that every person should, unavoidable accidents excepted, live to at least

“threescore and ten.” Then why do we not fulfil our destiny? Sickness or premature death is not *natural*. It is a *violation* of nature. It is caused by gross infringement of the organic laws of our being.

Experience and observation afford abundant evidence that habitual meat-eating was not designed by nature. In emergencies, such as journeying through wildernesses and forming new settlements, meat-eating may become temporarily necessary. But when the country becomes settled, the soil cultivated, society organized and civilization advanced, it is then unnecessary and inexcusable. In view of the great diversity of farinacea, fruits, and vegetables which the soil abundantly affords, furnishing, as is proved by analysis, all the necessary elements of nutrition, and all the variety that can be desired by a healthy appetite, man is not satisfied, but is prone to neglect simple vegetable food and pure cold water, which alone have a healthy, refining, elevating influence, and he degrades himself by indulging in the *gross*, the *stimulating* and the *sensualizing*. Travellers in crossing deserts sometimes fall short of provisions, and they are obliged to eat their horses. Now, suppose that after having thus formed the habit, they should continue to eat horses from choice after having arrived at their destination in “a land flowing with milk and honey.” So it is with the meat-eating world at present. It is an analogous case. It is maintained that meat-eating is necessary to sustain physical strength and endurance of fatigue and cold. But the peasants of Europe, who live principally upon simple vegetable food, are far healthier as a class than the Americans, who are proverbially a nation of dyspeptics and a prey to fevers, which are caused in a great measure by our bad dietetic habits. Then compare the immense strength, patient endurance, docility and intelligence of the vegetable-eating horse, ox, elephant, reindeer, &c., with the fitful, spasmodic, soon-exhausted strength and unmitigated ferocity of the lion, tiger, panther, hyena, and other beasts of prey. Dogs, when fed principally upon meat, become more ferocious, ungovernable, less intelligent, and more apt to kill sheep. Patients with either chronic or inflammatory diseases, who have been habituated to eating meat and high-seasoned food, drinking tea and coffee, or using tobacco, liquors, &c., are much harder to cure than those who have been accustomed to a temperate vegetable diet.

No benevolent person of refined feelings and cultivated mind could be induced, except in a case of necessity, to butcher animals to eat, when enough food and to spare can be procured without bloodshed, by tilling the ground. Every one that eats meat does not butcher, but the task is devolved upon a few who follow it as a profession; and although the majority are thus saved the disagreeable task, yet they participate in the spoils, after the fact, by eating the carcasses. The butcher is not expected to become otherwise than comparatively coarse and unfeeling. He is not allowed in many countries to act as juryman in a case of life or death. This fact alone, from analogy, would suggest serious doubts as to whether meat-eating was designed by nature, because nature's laws never conflict with each other. It is absurd to suppose, while the soil affords a superabundance of food, that nature should require man to be under the necessity of brutalizing himself and blunting all his finer feelings by habitually killing animals to supply himself with other and more stimulating food to indulge a depraved appetite! Then what are the moral effects of slaughter-houses upon the community? Do they not constantly familiarize and suggest to the mind, especially of children, scenes of violence, cruelty and bloodshed? And is not *human* life cheapened thereby as a natural consequence? Does not meat-eating naturally encourage and foster those brutal and revolting scenes which generally disgrace the festivities attending the holidays, such as cock-fights, and the wilful shooting and torturing of tame, unresisting ani-

mals, turkeys, geese, &c.? The vegetarian finds himself become instinctively very sensitive upon this point, and very properly so, unless it will be contended that violence, cruelty, and bloodshed are useful (!) in their way, and that the world has never been cursed enough with them!

Vegetables are sometimes abused. Sourkroot—a disgusting, *putrid* concoction, a perversion of innocent cabbages—is a dish fit only for hogs, and starved ones at that. Its effects upon the human system cannot be otherwise than hurtful, degrading and demoralizing.

Before the world is a half century older, the fact will be more generally recognized and admitted, that there is a close and intimate connection between man's physical, moral, and religious advancement and—dietetic reform. But few, comparatively, ever give this subject a thorough practical investigation. We are prone to follow established habits and customs, without asking any questions.

Marietta, Ohio, Dec., 1853.

H. C. F.

Dress Reform.

A SHORT PIECE

ON LONG SKIRTS.

It was my fortune to be in the city of New York on the 14th of May last. The rain and mud did not prevent me, did not prevent many others of the ladies even, from attending church. A little after noon the rain ceased, and towards night there was considerable promenading.

The *beauty* (?) of long skirts was very manifest. It seems the fashion now is to have “the skirts long and *sweeping*.” Some ladies made a faint and altogether unsuccessful attempt to keep their skirts out of the mud. If they lifted them before, their fulness caused them to trail deeper in the filth behind. If they raised one side, the other was still dragging in the nastiness. Many seemed to consider it indelicate to hold them up at all, except where the mud was the deepest. When they did raise them, what disgusting revelations of street-mud were to be seen on clothes and stockings! And such sights belong to the class which one will look at, just because they are disgusting.

How many constitutions were weakened by mopping through the mire those heavy skirts, and by the dampness they gathered upon feet and ankles! What a mean waste and spoiling of costly garments took place on that one day! What moral debasement, from the attention of the whole street being turned to see how ladies would manage with their lower extremities in a different case! Oh! how long will women be so infatuated in relation to dress? How long will manufacturers, merchants, and milliners enslave and befool them? How long will respectable publishing-houses furnish villanous fashion-plates for them to look at? If I were publishing a periodical or sheet of any kind, I would as soon advertise a drinking-saloon or house of ill-fame, as to herald one of the customary fashion-plates.

Too TRUE.

DEATH FROM LONG SKIRTS.—A few days since, as the persons employed in the Union Steam Factory, corner of Twenty-second street and Second Avenue, were about leaving off work, Miss Catharine Nolan, of No. 31 City Hall Place, engaged in the establishment, as she was coming down stairs, was tripped up by a portion of her gown. She was precipitated thence through the hatchways, which were, as usual, open at the time, and falling from the fourth story to the ground, she was dashed with such violence against each loft that she expired in four or five minutes after the occurrence.—*N. Y. Tribune.*

Literary Notices.

ALL Works noticed in this department of the JOURNAL, together with any others published in America, may be procured at our Office, at the Publishers' prices. EUROPEAN WORKS will be imported to order by every steamer. Books sent by mail on receipt of the cost of the work. All letters and orders should be postpaid, and directed as follows: FOWLERS AND WELLS, 308 Broadway, New York.

SMITH'S FRUITS AND FARINACEA. With Notes and Illustrations, by Dr. TRALL. [Price, prepaid, \$1 25.]

This invaluable work has been issued by FOWLERS AND WELLS. It is, in the language of the author, "An attempt to prove, from History, Anatomy, Physiology, and Chemistry, that the original, natural, and best diet of man is derived from the vegetable kingdom." The Scripture argument or evidence is candidly stated and critically examined, and the whole subject of vegetarianism is thoroughly discussed in all its scientific and experimental aspects.

The work is published in beautiful style; and if the subject itself is not attractive, it is only because men's appetites have become perverted, and their natural sensibilities have gone astray. It is, however, embellished with a superbly-engraved and colored "Vegetable and Fruit Piece," representing a combination of cereal grains, esculent roots, and luscious fruits—things "good for food"—a single look at which ought to raise a presumption, at least, in the mind of the lover of the beautiful, "that feasting on the carcasses of dead animals is no part of man's duty or destiny, except under circumstances of extraordinary necessity."

The pictorial illustrations not only exhibit the anatomical relations of the digestive organs of the carnivorous, omnivorous, herbivorous, and frugivorous animals—their similarities and discrepancies—but demonstrate the relations which the entire organization of all these classes of animals bears to their natural dietetic character.

It will be difficult, we think, for the opponents of an exclusively vegetable diet to resist, much more to gainsay, the inferences deducible from the considerations here presented. However, the whole subject is now fairly before the world. Let us examine all things, and hold fast to whatever is satisfactorily proven. Address FOWLERS AND WELLS, 308 Broadway, New York.

FARM IMPLEMENTS, AND THE PRINCIPLES OF THEIR CONSTRUCTION AND USE. With 200 engraved illustrations. By JOHN J. THOMAS. New York: Harper & Brothers. Cloth, pp. 267. 87½ cents.

How many farmers are there who ever think whether there is any such thing as a principle connected with their agricultural implements? They never stop to see *why* Jones' plough is any better than Smith's, but they really believe it works easier. If they would read this work, they would learn more about every-day affairs than they could imagine. It is here shown that there is not a principle in natural philosophy but is applied every day on every farm; and if the laborer but knew how to apply it to the best advantage, it would save him both time and hard work. We learned enough from it in five minutes to repay twice the cost of it, and are sure if you buy it you never will be sorry.

YOUTH'S MANUAL OF GEOGRAPHY COMBINED WITH HISTORY AND ASTRONOMY. By JAMES MONTEITH. New York: A. S. Barnes & Co.

If the books for children, in our school-boy days, had been got up in a style half as pretty as they now are, we verily believe we should have learned more. This Geography is full of brightly-colored maps, and has a fine picture on almost every page to present attractions to the eyes of the little folks. The matter is judiciously arranged, and the whole well adapted to the purpose intended.

THE COUNTRY GENTLEMAN.—Readers are referred to the Prospectus of this sterling agricultural paper, advertised in our columns. The Country Gentleman is edited and published by the proprietors of the Albany Cultivator, known so well throughout the States. May success attend the publishers, as it surely will the readers, of the Country Gentleman!

DANIEL BOONE AND THE HUNTERS OF KENTUCKY.

By W. H. BOGART. Auburn and Buffalo: Derby, Orton, & Mulligan. New York: R. T. Young, 140 Fulton street. 12mo, cloth, 400 pp. \$1 25.

Who that has read the history of the Western portion of our country has not been astonished and amused by the anecdotes of this remarkable man? We have heard of his success as a hunter and an Indian-fighter, his daring adventures and hair-breadth escapes; but never before has an opportunity been given to know him as he was. In the work before us, it has been the object of the compiler to give us a sketch of the man, his career as a pioneer, and his connection with the first settlement of Kentucky and the adjoining States. The work is neatly got up, and embellished with several illustrative engravings.

FARMINGDALE. By CAROLINE THOMAS. New York: D. Appleton & Co. 1854. [Price, prepaid by mail, \$1 25.]

This is said to be a story of great interest, quite equal in its delineations of character to the "Wide, Wide World." We have not found time to give it the examination it deserves. The name of its fair author is a sufficient guaranty for the purity of its literary style and moral tone.

FASQUELLE'S COLLOQUIAL FRENCH READER. New York: Iverson & Phinney. 1854. [Price, prepaid by mail, \$1.]

This is an excellent work, both in plan and in execution. It is accompanied with idiomatic and grammatical references to Fasquelle's New French Method, but may be used with any other grammar.

PERSONAL NARRATIVE of Explorations and Incidents in Texas, New Mexico, California, Sonora, and Chihuahua. By JOHN R. BARTLETT, U. S. Commissioner. 2 vols. 8vo. With map and illustrations.

We have been favored by the publishers, D. Appleton & Co., with a copy of this truly valuable work. Among such a number of histories, sketches, travels, and notes, relative to the conquest and settlement of this portion of our country, with which the market is flooded, it is truly gratifying to find something one can read with a feeling of confidence in the truth of the statements it contains. Such a work we have in the volumes under notice. It is written in an easy, instructive style, containing much important information, occasionally interspersed with a lively anecdote, and is beautifully illustrated with lithographic and wood engravings. It is by far the best work we have seen.

SABBATH MORNING READINGS ON THE OLD TESTAMENT. By Rev. JOHN CUMMING, D. D. Boston: John P. Jewett & Co. 1854. [Price, prepaid by mail, \$1 25.]

The reputation of Dr. Cumming, both as a writer and as a Christian, is too well established to need our endorsement, and his name will be a sufficient commendation of the book before us. The design of the work is to give brief popular expositions of Scripture passages as an aid to the ordinary Christian reader. It is a capital work for those for whose use it is intended—Scripture-readers, city missionaries, and plain men of business and hard work.

THE TENT AND THE ALTAR, or Scenes from Patriarchal Life. By Rev. JOHN CUMMING, D. D. Boston: John P. Jewett & Co. 1854. [Price, prepaid by mail, \$1 25.]

This is a companion to a former volume noticed by us, unfolding Christianity before the Flood. In the work now before us, the distinguished author sets forth the same glorious faith as developed under the shining and irradiating the holy altars which the world's gray fathers raised in the desert. It is written in Dr. Cumming's usual glowing and eloquent style.

We have received from Bunce & Brother "THE DESERTED WIFE," by EMMA D. E. N. SOUTHWORTH, published by T. B. Peterson, Philadelphia; and "A YEAR AFTER MARRIAGE," by T. S. ARTHUR, published by the same.

From Partridge & Brittan we have "NEW TESTAMENT MIRACLES AND MODERN MIRACLES," by J. H. FOWLER, published by Bela Marsh, Boston.

Miscellany.

THE GLORIOUS FOURTH AT OUR WATER-CURES!—

The Glorious Fourth was gloriously celebrated at many of our Water-Cures. Desponding patients forgot their pains and entered into the spirit of the occasion. Rational amusements were provided, and men and women diverted from themselves to enjoy that ever-living, never-ceasing theme, LIBERTY, FREEDOM, INDEPENDENCE, PATRIOTISM, and—less the objections—Our Glorious Country! The day was duly celebrated by the guests and patients at Glen Haven, N. Y., Orange Mountain, N. J., and at Oyster Bay, L. I. We have received a report of the proceedings at the latter place, as follows:

MR. S. R. WELLS—Dear Sir:—It may be interesting to your readers to hear that the Fourth was duly celebrated at Dr. Shew's Water-Cure Home, Oyster Bay, Long Island, by a most unique entertainment.

Scarcely any preparations had been made until Monday morning, when one and all went to work right earnestly. It was proposed and agreed that a dinner be given in a shady orchard, in close proximity to the bay, and that every one contribute, in such manner as best pleased him, something towards enhancing the interest and happiness of the occasion. Notwithstanding the extremely warm weather, invalids, boarders, and others connected with the Home, exerted themselves, in anticipation of the event.

On the morning of the Fourth, "old Sol" rose in unclouded splendor, and made us feel sensibly his presence. Save the report of fire-crackers, a pleasing stillness pervaded the village, rendered delightful by the unceasing warbling of the birds in the leafy trees.

At 1 P.M. the company repaired to the orchard, and the exercises commenced by singing the National Hymn, "America," accompanied on the melodeon by Mr. White, of Indianapolis, late student at the Union Theological Seminary, New York. In order to obviate the necessity of a repast at the house, and observe due regularity of time as to eating, on account of the patients, they then sat down to dinner. There were two long tables spread with cloths of immaculate white, bordered with myrtle, and laden with Hydropathic viands and beverages, with vases of odoriferous flowers, while in the centre stood a towering pyramid of beautiful roses, intertwined with wild flowers, and surrounded at the base with myrtle. The elegant manner in which the table was arranged, reflected no little credit on the artistic taste of Mrs. and the Misses Shew.

The dinner was discussed with a great deal of gusto, all vivaciously joining in conversation, while one genial spirit pervaded the assemblage. Sallies of wit and spicry remarks were made, and at the close of the dinner, Mr. Bloom, of New York, the chairman of the Committee of Arrangements, rose, and remarked that it was to be regretted that Dr. Shew, who had provided this delightful repast, and at whose hospitable Water-Cure Home they were sojourning, was not among them. Owing to his recent recovery from a severe attack of sickness, and wishing to avoid all excitement, he had thought best not to be present. However, though the Doctor was absent in body, he was with them in spirit. And now be wished to present the following sentiment:

"JOEL SHEW—The father of Hydropathy in America, a bard worker and a whole-souled man; lately prostrated by disease, but now convalescent, we congratulate him on his recovery. May he live long to proclaim and practise the blessed principles of the Water-Cure, and witness the fruits of his labors. And when at last his mission shall have been fulfilled, may he be received among those to whom it shall be said, 'Well done, thou good and faithful servant, enter thou into the joys of everlasting peace.'"

Heartily applause followed the presentation of this sentiment. The company now withdrew from the table, and Miss Gunderson, of Boston, read, in a masterly manner, the Declaration of Independence; after which the chairman gave this sentiment:

"THE FOURTH OF JULY, 1776!—A day ever to be remembered by Americans—an epoch, from which dated the disestablishment of our forefathers and the establishment of a republic, whose national flag—the star-spangled banner—floats in all waters and in all lands, everywhere respected; whose progress is unprecedented in the annals of history. May all sectional differences be amicably adjusted, and may the Union ever be one, and Onward and Upward its never-ending motto."

Mrs. Bloom then sang, "Come where the Violets blow," accompanying herself on the melodeon; and was succeeded by Miss Stearus, who thought she could do no better than to read an article from the New York Tribune, of July 1st, on the Fourth of July. Miss Gunderson then read, for the amusement of the company, a Caudle Lecture, which was rendered in a very artistic style, and produced much laughter.

Here an intermission ensued, and the chairman gave a recitation, "My Mother's Voice;" preceded by some very feeling remarks; after which was sung, "Wait for the Wagon." We were then diverted with one of the mirth-provoking scientific discourses of Julius Caesar Hannibal, by one of the company. Miss Gunderson now favored us with the beautiful recitation of "Samson," which was followed by a song, "'Tis not on the Battle Field," by Mr. Wheeler, of Brooklyn; and succeeded by the pleasing recitation of "Man and Woman," by Mr. McGarrity, of Louisiana.

The company here engaged in merry conversation, which was continued some time, but finally ceased, when pre-

sently the chairman rose and addressed the assemblage, in substance, as follows:

"LADIES AND GENTLEMEN: I have a sentiment to offer which I wish to preface with a few remarks. My theme is Woman. Much has been said and written in praise of woman, and generally, at social gatherings, she has been eulogized and toasted, and one would suppose that gentlemen really honored her. But, Ladies and Gentlemen, while she has thus been praised and flattered, she has been kept within certain circumscribed bounds, beyond which, if she dared go, she was looked upon with suspicion by the gentlemen, and frowned upon by even her own sex. I love and respect woman, and would honor her, not by fulsome flattery, but by placing her on an equal footing with man, by extending to her all the rights and privileges to which she is entitled.

"Referring to biblical history, and going back to the period of Mother Eve, we find it recorded that woman was made to be the *companion* of man—not his ruler nor his slave. And to those who reject the claims of the Bible, I would say that I think there are other strong enough evidences *out* of that book to corroborate this statement. But woman has not been treated as the companion or equal of man. On the contrary, she has been treated as his inferior, and subjected to many wrongs. Man is governed by reason; woman by affection. Hence, she has patiently borne her wrongs and endured her sufferings in silence. Read history and behold how universally the character of woman is noted for affection; while man, the world over, is known to be ruled by reason. And, stronger in body and less yielding in feeling, he has ignored her as a companion and an equal, and treated her as a mere assistant, who must come and go at his bidding. But now a brighter day dawns upon woman. She has been silent long enough—the time has come for her to speak and to act. And she has spoken and is now acting.

"I rejoice that her voice is heard and her action felt. And all honor be to those noble women who have dared to act upon the poet's motto, 'Who would be free, himself must strike the blow,' and have unfurled a banner on which is emblazoned their rallying-motto, 'Woman's Rights.' Entering upon a new and untried field of action, they will be liable to run into extremes; indeed, they have already done so, in permitting their reason to exert an undue weight in their proceedings. And hence, we have strong-minded women; whereas, we want strong-minded, *all-loving women*, who, while they speak and act, will ever avoid harshness and *speak the truth in love*; realizing, that truth, when spoken and acted in love, is an all-potent agent.

"Neither the time nor the occasion will admit of my entering upon any extensive remarks about woman's rights. But as there are husbands and wives here, I am disposed to mention an instance in which woman, as a wife, is wronged. Notwithstanding the great hue and cry that ninety-nine marriages out of a hundred are unhappy ones, yet I believe the majority of husbands and wives love each other. And when first married, the husband converses with his wife on all topics, keeps her informed of the condition of his business, and for a while, mutual happiness prevails. But unfortunately this does not always continue. The husband generally grows less communicative, seldom touching upon any thing save common-place affairs; and finally, husband and wife become accustomed to exclusiveness, and he leaves her to enjoy himself in his own selfish way, while she remains at home and grieves over the change that has taken place. She is still expected to know his every wish and anticipate all his wants; and is blamed for not doing this thing that way and that thing this way. And yet she uncomplainingly essays to please him, although sadness broods over her spirit, when but one approving smile or an affectionate kiss would relieve her heart and illuminate her countenance with joy. Now this is all wrong. Husbands should seek to keep their wives on an equal footing with themselves, and what they don't know, why, teach them. Then would wives be happy and better prepared for all the emergencies of life. Don't think that wives, because they do not murmur, are satisfied with being left alone and debarred from the society and confidence of their husbands. Did husbands know how keenly their wives suffer from these causes, and how sore a trial it is to suppress their grief and wear a smiling face, it seems to me they would love their wives more dearly, and seek to make them truly companions, and thereby supremely happy. Well it is for you, husbands, that woman is endowed with a great amount of endurance and self-sacrificing love; for, were she not, you would have been roused to your duty by her positive demands of her rights. But shall we take advantage of her endurance and faithful love, and enslave her? No! gentlemen and husbands, let us look on woman as our companion, having equal rights with us, and entitled to all those prerogatives which her nature and her position demand.

"To woman I say, Go on in your efforts to obtain your rights; but avoid all harsh wrangling and mere intellectual pugilism. While you proclaim your wrongs and demand and insist upon your rights, do not, I beseech you, throw aside your own weapons and take up man's, and thereby unsex yourself. But be wise—ever speak and act *from the heart in tones of love*—and you will be heard, man will be convinced, and God will speed your cause. To you belongs, not only your own redemption, but that of man's—yes, the world must be redeemed through you.

"Here permit me to address you in the language of one of our poets:

'O thou sweet being! brightest char'n of life!
The loving sister, friend, maid, mother, wife,
And all in one world—Woman!—hear the call
Which bids you rise and break the selfish thrall!
Man has foregone his trust! Man has denied
The God of LOVE, and self is deified!
Rise thou! and in thy strong affection prove
The might of grace, the majesty of LOVE!
Win back the souls from truth have gone astray,
Direct man's heart to heaven, and lead the way.'

"Here I draw my remarks to a close, and I now present my sentiment:

"WOMAN—the *companion* of man, sharer of all his joys and a never-failing sympathizer in his troubles. May her wrongs be righted, and she be elevated to that position which God designs she should occupy. And there enthroned, may she, as an angel of mercy and love, go forth, and by an ever-active life of universal love, seek to redeem the world."

Owing to the excessive heat, it was now proposed and agreed to, that the assemblage adjourn till the evening, and meet in the parlor at half-past seven o'clock.

The evening was passed, by some, in sociable conversation, while others entertained themselves with vocal and instrumental music. At a seasonable hour, all sought repose, highly pleased with the manner in which the day had been spent.

M. L. B.

NEW YORK HYDROPATHIC AND PHYSIOLOGICAL SCHOOL.—The following testimonial has been handed us for publication, with the assurance that it was the unsolicited and unanimous expression of the Medical Class, at the closing of the second term:

Resolved, That we, members of the second term of the New York Hydropathic and Physiological School, tender to Dr. TRALL and his associate professors our heartfelt thanks for their able and persevering endeavors to instruct us in *true* medical science.

Resolved, That this School is no longer an experiment, but a fixed fact, founded in the wants of the people, and supported by the people.

Resolved, That this School affords unsurpassed facilities for moral and intellectual improvement and refinement, and for the acquisition of true medical science; and we earnestly recommend those (especially females) who are seeking to qualify themselves for teachers and practitioners of the laws of life and health, and of the healing art, to avail themselves of its advantages.

Resolved, That the history of this School proves that our sisters are equal to their brothers in the acquisition of medical knowledge.

Resolved, That the Secretary of this meeting be requested to present to each member of the Faculty a copy of this expression of our regard.

A. SMITH,
C. C. CHASE,
FINETTE E. SCOTT, } Committee.

By order of the meeting:

FINETTE E. SCOTT, *Secretary*.

We are reminded by the above resolves of a few grave errors in the names of the graduates, as reported in our last. Thus, Mrs. Amelia W. Lines, who is now engaged in a successful and rapidly increasing business at 50 South Eighth street, Williamsburg, L. I., was printed Mrs. M. D. Lines; and Miss Finette E. Scott was typographically transposed to Miss Finette Smith. There was also an omission of the name of Miss Joanna Fisher, who was one of the graduates, and whose thesis, "Female Physicians," was an admirable argument for the capabilities of her sex to discharge the responsibilities of a physician, and a defence of her against the charge of "incapacity," so often preferred by the "old foggy" Allopaths.

The "commencement," which took place on the afternoon and evening of June 23, was one of the most agreeable and rational, intellectual and moral treats—a "feast of reason and a flow of *ideas*"—that we have ever attended. The afternoon was devoted to hearing the theses, and examining the candidates for "M. D." Several members of the Junior Class, who were not candidates for the "degree," also presented theses which would have been creditable to the graduates.

In the evening, the teachers and pupils, with a select party of friends, partook of a Hydropathic supper in the dining-saloon of the Institute, where sentiments were drunk in sparkling Croton, and responses made over strawberries and "bran bread."

After a repast, whereof stimulating viands, irritating seasonings, and enervating beverages formed no part, the parties adjourned to the Lyceum Hall, where a large company of ladies and gentlemen had assembled. Some of the theses, selected for the occasion, were read by their authors, and commented on by the professors and other friends of the cause, and the diplomas conferred in due form by Dr. Trall. Addresses were also made by Drs. Taylor and Snodgrass, Prof. L. N. Fowler, Mrs. Lydia F. Fowler, M. D., Rev. W. L. Parsons, and others.

The following were the most prominent subjects of the theses:

Enos Stevens, "The Two Systems."
Mrs. Jane A. Stevens, "The Female Medical Student."
Mrs. Amelia W. Lines, "Variola, or Small-Pox."

Aaron Smith, "Consumption and its Treatment."
Mrs. H. F. Field, "A Glance at Anatomy and Physiology."
Miss Finette E. Scott, "Ourselves, or what we are as Physicians."

— Wise, "Sound Minds in Sound Bodies."
Miss Joanna Fisher, "Propriety of Female Physicians."
Henry J. Holmes, "Mercury and the Wet-Sheet."
Mrs. E. B. Howard, "Intermittent Fever."
C. C. Chase, "Disease; its Cause, Rationale, and Cure."
Darius M. Hall, "Thoughts for a Physician."
Miss A. S. Cogswell, "Valedictory."

It is neither flattery nor exaggeration to say that the majority of the above compositions evinced a degree of talent and an earnestness of purpose which may be taken as "premonitory symptoms" that the world will, ere long, hear more from the same source.

LIFE ILLUSTRATED.

OUR NEW NEWSPAPER.

WITH the present number we issue a Prospectus for a NEW WEEKLY NEWSPAPER.

It is not our purpose that this shall take the place of our Monthly Journals. Those have become intimately connected with our special business, and too much beloved by our subscribers to be dispensed with. But in these days of railroads and telegraphs, monthly visits seem insufficiently frequent. Our noble ocean steamers cross the Atlantic and return between every issue. Besides, we have not sufficient space in these Journals to convey information of the doings of the world. We therefore have concluded, in addition to our Monthlies, to make *weekly* visits to those who may desire it.

In these more frequent calls we shall not confine ourselves so strictly to professional matters; but will talk of the crops, the markets, schools, lectures, amusements, &c., and try to make our visits as agreeable as possible.

"The world moves;" life is ever active, ever struggling—onward and upward. It shall be our endeavor to direct the steps of the traveller by the light of science.

Our contributors, stationed at all the important places—at every point of the compass—will keep us "posted up" upon all important subjects.

New inventions in mechanics, improvements in agriculture, horticulture, architecture, commerce, and in all the industrial arts, will be served up promptly and in the most desirable manner.

The various movements of societies, corporations and individuals will be recorded, and every thing of interest having a good tendency will be laid before our readers.

The initial number will be published in October next. Subscription books have already been opened. Agents, Postmasters, and others, who may be interested, are solicited to cooperate with us and procure subscriptions. A more complete statement of the plan of this new enterprise may be found in our Prospectus in the advertising department.

FOWLERS AND WELLS,
No. 808 Broadway, New York.

The Month.

NEW YORK, AUGUST, 1854.

"HYDROPATHY is not a reform, nor an improvement, but a REVOLUTION."
DR. TRALL.

By no other way can men approach nearer to the gods, than by confer-
ring health on men.—CICERO.

AUGUST ITEMS.

BY R. T. TRALL, M. D.

CHOLERA REMEDIES.—The "blue disease" is now prevailing more generally over the country than it did in 1849 or 1852. Though the number of cases is much less than in the former cholera seasons, owing doubtless to the less abundant supply of cholera material, the ratio of mortality is just about the same.

The medical profession does not seem to have become wiser, nor Boards of Health more enlightened in respect to the nature, cause and cure of cholera, from the extended and lengthened experience they have had in relation to its phenomena and management. And our newspapers are, as usual, full of ridiculous theories concerning its character, and worse than ridiculous remedies—*alias*, combinations of counter-poisons—for its treatment. One fact, however, seems clearly enough deducible from all that has been said and done in the way of drug-doctoring, viz., those physicians have had the best success who have done the least.

There is but a single measure of medication in which there is any thing like a general agreement; which is, that occasional sips of iced-water, or bits of ice swallowed occasionally, are refreshing, and *don't do any harm*. Nothing positively remedial has yet been discovered.

One of the latest medical scribblers has revived the doctrine of "negative electricity," and proposes to envelop the whole body in non-conducting plasters; a "remedy" we would deprecate more than we would the disease itself.

Another set of panic stricken paragraphists make a terrible hue and cry about the streets, as though it was the duty of the "corporation" instead of their own to keep the cholera from them. 'Tis true the streets are dirty, shamefully so; and 'tis true the "authorities" ought to keep them clean; but it is the business of individuals, each for himself, to have the cholera or be let alone by it. Filthy streets are bad, but filthy

stomachs are much worse; foul gutters are eminently disease-producing, but foul blood is preëminently so. And herein lies the great secret of life or death with us. Be the streets and gutters clean or foul, if we keep ourselves clean internally and externally, no cholera will ever trouble us.

But thousands there are, exceedingly neat and cleanly externally, who are full of corruption within.

One of our papers says:

THE CHOLERA.—This terrible disease has manifested itself in a new manner this summer, but not in a new type, for its symptoms are the same as they were on its first appearance, and it is hardly less rapid and fatal in its effects. But the new aspect of the disease is its universality. There is not a section of the whole country in which it has not appeared, and the telegraphs are reporting to us cases from places where it had never been heard of before. It is no use attempting to move away from the disease, for the cleanest and quietest folks in the country appear to be as subject to it as the most crowded parts of the city. From the East, West, North and South, there come reports of the cholera, and mountains, plains, sea-sides, and rivers are alike subject to its fearful visitation.

But *why* are the "cleanest and quietest people in the country" so subject to this pestilence? We have known dysentery, diarrhœa, cholera infantum, and typhus fevers prevail extensively in the most salubrious localities in this country, or in the world; where the people, in fact, were apparently surrounded with all the circumstances which would conduce to uniform and vigorous health, and afford exemption from disease. Indeed, this is the history of every season. But why?

The physiologist has only to sit down to their tables for a single day, to find a full exposition of the mystery. While fastidiously careful to prevent external cleanliness, the people were full of rotteness within, from constipating food, or the flesh of unhealthy animals.

Another city paper more rationally comments on the appeals of our citizens *to be protected* from the cholera:

In the mean time, the people have something themselves to do. Foul gutters and heaps of garbage are bad enough; but extraneous filth never killed one man where recklessness in eating and drinking has slain its thousands. Personal cleanliness, moderation of appetite, and the exercise of common sense in selecting food, are of more importance and value than the best of city government, backed by armies of learned doctors. The regular poisoners of children are now in full operation, and every public corner has its vender of green apples and candies; but even these are of little consequence in comparison with the frequently unwholesome manner of eating, drinking, and sleeping at home. While we are justly holding the government responsible for the lives of the emigrants thrown upon our shores, let us not forget the victims to late suppers, heavy dinners, ardent spirits, and suffocation in hot garrets, who make so large a proportion in the records of mortality.

Our Health Commissioners have as yet issued but a single officially advisory document, which is as follows:

THE CHOLERA.—In view of the progress of the cholera, the following official recommendations have been promulgated:

The Commissioners of Health, in their efforts to mitigate the evils, and if possible to prevent the cholera, deem it proper to suggest to their fellow-citizens the importance of caution in regard to diet, and the avoidance of all unusual ex-

citement or excess. The observation of the Commissioners of Health has convinced them that in almost every case that has occurred, the exciting cause may be directly traced to excess in eating, drinking, or unusual fatigue, exposure, or excitement. With such conclusions, we most earnestly request the citizens of New York to avoid those exciting causes. We are most confident that with these simple precautions no one has cause for alarm. The Commissioners of Health therefore hope and trust that these conclusions and facts may have their proper influence and effect in this community.

JACOB A. WESTERVELT, Mayor,
NATHAN C. ELY, Prest. Board of Aldermen,
EDWIN J. BROWN, Board of Councilmen,
WILLIAM ROCKWELL, M. D., Res. Physician,
JEDEDIAH MILLER, Health Com.,
THOMAS K. DOWNING, City Inspector,
Health Commissioners.

New York, July 6, 1854.

The only idea about dietetic errors with our Health Commissioners seems to be "excess"—eating or drinking, or being exercised or excited *too much*. There is vastly more danger in kind or quality of food, or drink, or exercise, or excitement, than in quantity; for if the former be correct, the latter will rarely be dangerously wrong. Good fruits, unbolted and unfermented bread, and ripe vegetables, constitute a dietary in itself infallible in the way of prevention. When such a "vegetarian" dies of cholera, we will confess that our views of its "cause, nature, and treatment," are as egregiously wrong as are those of the medical profession and its "Boards of Health."

STAMMERING.—At length something new and useful has been developed for the relief of this class of sufferers. Hardly any affliction costs the victim more of mental agony than an impediment in the speech. We have been written to recently by several persons whose inquiries we were not then able to satisfy. But we have since been made acquainted with an improvement on all previous plans of treating these affections, which seems well calculated to effect a radical cure in the very worst cases of stammering. We allude to the mechanical instruments invented by Mr. Bates, late of Philadelphia.

Mr. B. had been an inveterate "stutterer" for thirty years, and after expending a small fortune unavailingly, he applied his mind to the study of the subject philosophically, and the result was, a cure in his own case and the means of curing others.

One of the teachers of our Hydropathic School, being personally acquainted with Mr. Bates, invited him to deliver a lecture before the medical class, in explanation of his theory of the cause and cure of stammering. He did so, and illustrated satisfactorily to a large audience the utility of his instruments.

But other doctors of stammering happened to be present, and one of them—"Professor French"—challenged the lecturer to a trial

of skill in the application of their respective methods of treatment. The result was, a committee, consisting of Dr. Trall, Dr. Snodgrass, Dr. Briggs, C. B. Le Baron, Mrs. H. F. Field, and Miss A. S. Cogswell, were appointed to investigate the whole subject, and report.

The committee accordingly, after having given a public invitation to all persons interested as patients or professors of stammering, met in the Lyceum Hall, and found "Professors" Bates and French present, with their testimonials.

Mr. Bates explained his system and exhibited his instruments. He showed that stammering essentially depends on one of three conditions, or on all of them together. In attempting to pronounce the labial sounds, the lips spasmodically close; in an attempt to utter the linguals, the tongue spasmodically cleaves to the roof of the mouth; and in attempting to enunciate the gutturals, the glottis closes spasmodically. And to remedy these conditions, he has invented instruments which, placed in the mouth, effectually prevent the spasm by allowing the air to escape through a tube whenever the spasmodic effort commences. They thus compel the stammerer to speak properly or not speak at all; and, of course, will in time overcome the spasmodic or stammering tendency.

"Professor" French produced certificates of cures he had made, but refused to explain his theory. The committee, however, easily satisfied themselves, after witnessing one of his cures, of the *modus operandi*. It is a modification of the plan adopted, and sometimes successfully, by many other professors in the same line; and consists mainly in fixing the patient's mind (by counting, beating time, &c.) on some object or subject, whilst he is speaking or reading. He employs an instrument to press upon the glottis, somewhat similar to one of those employed by Mr. Bates.

The objection to the method of Mr. French is, that the success depends very much on the intensity of the mental effort; hence many patients will sooner or later relapse more or less completely into the stammering habit, after having been nearly or quite cured.

But with the method of Mr. Bates, there is no tendency to relapse; and the relief which comes gradually by practice, would naturally be permanent. With the aid of all these measures, which are neither expensive (necessarily) nor difficult, we are

of opinion the worst impediments of speech known (provided there is no organic or structural defect) can be permanently and completely relieved.

JOKING EXTRAORDINARY.—An eminent divine of our city, in a recent sermon on the "nature, cause and cure" of sin, remarked that it was now pretended by some, that "the Hydropathic treatment of diseases and a vegetable diet," were to reform the world altogether. Of course, the utterance was intended as a pleasant witticism at the expense of the Water-Cure and vegetarian fanatics. But, good Mr. Minister, there is a thousand times as much truth in this jest as was ever dreamed of in your philosophy!

There is also a serious as well as a joking aspect to this matter. It is a serious truth that the reformatory influence exercised by the clergy and the Church bears no reasonable comparison to the immense means at their disposal, and the immense power they wield over public sentiment. It is a serious truth, too, that a clergyman, full of aches and pains, tormented with dyspepsia and constipation, laboring under bronchial and rheumatic affections, and manifesting in every organ and function disease and infirmity, is not the *best* representative of the All-Perfect that the case admits of. He is not the best teacher of God's moral laws who lives in continual violation of God's physical laws, nor is he the best exponent of eternal truth who is himself ignorant of the simple laws of his own existence.

It is very easy to demonstrate that more than one half of the mental energies, labor, and wealth of these United States, are devoted to flesh-eating, liquor-drinking, and tobacco-using, neither of which is essential to health or strength. The waste of moral power, the sensualization of the whole nature, and the stupefaction of the moral sense, consequent on these habits, is beyond all power of computation.

Now, if these premises are sound, is there any thing very extravagant, Dr. A., in putting forward the "Hydropathic system of treating diseases," which sweeps away all the aches, and pains, and diseases, and infirmities of the race, and the "vegetable diet," which at once purifies society from the grossness of riotous living, and exterminates from earth those maddening and depraving agencies, liquor and tobacco, as the true basis or starting-point of all the reforms contemplated by good men, whether medical or clerical?

A TRUANT ANTAGONIST.—Where is Dr. Wilson, of Airmount, Alabama? For six long months we have waited in expectation of his promised continuation of "the discussion." We have always replied to his articles as soon as received; and with his last communication we had the assurance that he would "go on." And besides, all that has passed between us thus far has been merely preliminary; we had just reached the merits of the questions in issue; and now for him to dodge, or back out, or run away, or take a dose of calomel, or get a spell of intermittent, or in any way subject our readers, who have borne with us patiently through the uninteresting skirmishes which brought us "face to face" in the argument, to disappointment—it is too bad. Will not some of his Allopathic brethren help him; or take up the subject where he has left it? We pause for a reply, but in great fear that we shall never get it!

THE GREAT WATER-CURE PROJECT.—We are not disappointed that our article in the May number has elicited many responses and suggestions. That an institution on the plan there shadowed forth is one of the demands of the age, we well know. And if a proper location can be agreed upon, we can hardly doubt that capital can be had, and professional force enough enlisted to construct and conduct what the world has yet to know—"a model Water-Cure."

A number of places have been suggested to us by friends of the cause, and by land-proprietors. Among them are Glen Cove and Glenwood, on Long Island; Wassaic, on the Harlem Railroad; Biddle's Grove, Staten Island; Perth Amboy, N. J.; and Glenn Park, Westchester Co., N. Y. A correspondent in the July number gave satisfactory reasons why Elk county, Pa., was an excellent point for a large institution. But the whole country is large enough for two or three or a dozen; and one of them we of course desire to see near this city.

If any of our friends contemplate embarking in this enterprise near the city, we would recommend them to take a thorough survey of Glenn Park. It is sixteen miles from the City Hall on the Harlem Railroad; and but two miles from the Hudson River Railroad, at Yonkers. Besides, it is contemplated to connect all the city railroads with this section of country by a track running through or near Glenn Park itself.

The proprietor, George J. Mankin, Esq., has laid out 363 acres in building-lots and

avenues, parks, groves, lawns, meadows, promenades, lakes, ponds, cascades, a botanic garden, &c., so that whoever buys a lot and builds a cottage thereon, has the benefit of all the improvements, which are to be public. They are planned on a magnificent scale, and will cost altogether \$200,000 or \$300,000. There are on the premises two or three building-sites of eight or ten acres, which would answer for a summer boarding-house or Water-Cure, and there ought to be both establishments there.

Perhaps there are other places still more desirable. Several others have been named to us, and we shall visit them and report progress, whenever we can find time. It is also possible that some owner of a good location will put in a tract of land at a reduced rate, for the sake of the benefit it will be to his remaining property, or take the amount of the land in the stock of the institution.

To Correspondents.

Be brief, clear, and definite, and speak always directly to the point. Waste no words.

Professional Matters.

QUERIES which come under this head should be written on a separate slip of paper, and will be answered by Dr. TRALL.

PAINTED PAILS.—A correspondent sends us the following slip from the *Scientific American*, and asks us what kind of vessels may be used instead of the common painted pails.

DANGER OF PAINTED PAILS.—I would desire to direct the attention of the readers to the danger of using pails which are painted inside for containing water for domestic purposes. The oxide of lead with which they are painted is a dangerous poison, and I know that it is productive of evil in many cases. Last week, having occasion to drink of water from a painted pail, which had been in use for some months, I was convinced, from the taste of the water, that it had taken up a portion of the paint; and having analyzed the water, I found it to contain a very minute quantity of it, sufficient, however, if a large quantity of the water were taken, to produce those fearful diseases peculiar to lead poisonings.

Where water is allowed to stand in a pail painted on the inside, it should never be drunk. Earthen or stone pitchers, glass, or even wooden vessels when not painted, are suitable for containing water that is to be drunk.

DEBILITY WITH MENTAL DESPONDENCY.—H. N. C., Raysville, Ind. Write us a full account of your history, with a full description of your habits of life and symptoms, and we will advise you what to do.

CHANGING CLOTHES DURING MENSTRUATION.—T. J. R., of N. C. "As people in this section of country regard your Journal as the only reliable authority in all that relates to health, you will oblige us by stating whether there is any physiological reason against changing the dress during the menstrual period. The notion is quite prevalent here that it is injurious." The same notion prevails elsewhere. It is, however, a mere *whim*. The clothing or dress may be changed then as usual, without the least regard to menstruation.

GELATINE.—W. S., Milton, Mass., sends us a sample of Swinborne's gelatine, and asks us if it is a good diet for dyspepsia, to which we answer No.

PLUGGING TEETH AND SALTING CATTLE.—D. F. D., Leroyville, Pa. "Would you advise (as a preventive of decay) plugging the teeth when they commence decaying? Do you think persons with tolerably good constitutions may always have good sound teeth if properly attended to? How can you condemn salt? Do not cattle do better, (keep fatter,) when fed regularly on salt than without it? If cattle, sheep, and other domestic animals and wild game, fat on salt, why shouldn't human beings?" 1st question. Yes. 2. Yes, if the constitution be tolerably good in a tolerably strong sense. 3. Because it isn't healthy. 4. It is no sign that cattle do well because they grow fat; besides, they will get remarkably and healthfully fat without it. 5. Human beings should, provided their chief end and aim were to get fat. But we apprehend that there is a higher destiny and better condition for either man or beast than just to swell up with adipose accumulations. We do not think a fat creature or fat person has either strength, beauty, or utility because of its fatness.

STAMMERING.—Two or three correspondents, whose address we cannot now recollect, have written us for advice on this subject. We have lately seen some mechanical contrivances, the invention of Mr. Bates, which are better adapted to overcome the difficulties of the worst cases of stammering than any thing we have hitherto seen. We recommend bad stammerers to come to the city and try them.

COUGH, WITH URINARY DISEASE.—R. B. J., Cuba, O. The cough and viscid expectoration indicate a diseased liver, as also does the acidity of the stomach. The urinary difficulties arise from gravel or chronic inflammation, or both. Use tepid hip-baths, the wet-girdle, and occasional packs; drink only pure *soft* water, and adopt a very plain vegetable diet. The details of all these things you will find in our standard books.

HEART DISEASE.—A. S., Bytown, C. W. The young lady whose symptoms you describe has not, probably, any organic affection of the heart. She is severely dyspeptic, and doubtless has the complication of some uterine difficulty. She should go under full treatment, or rather management, at a Water-Cure.

EXCESSIVE SALIVARY SECRETION.—J. M. H. "What is the cause of the secretion of a profuse amount of saliva or spittle, and what will diminish or cure it?" It may arise from bad bile, acid stomach, the use of narcotics, the habit of chewing tobacco, or other stuff; and is to be cured by a simple, rather dry vegetable diet, with such bathing appliances as the general health indicates.

RUSH OF BLOOD TO THE HEAD.—W. S. "Is nose-bleeding beneficial or otherwise in cases of tendency of blood to the head?" Otherwise. The remedy is found in a proper diet, and free excretions.

ENLARGED TONSILS.—S. H. M., Painsville. A strict vegetable diet, with due attention to bathing and the general health, will generally overcome this affection in time, or the glands will cease to be troublesome.

LEPROSY.—M. S. "In 1852 I had an attack of dysentery, which lasted two months. The doctor said there was ulceration of the intestine. Since I have got about costiveness has troubled me, with pain in the bowels. Some eight months since, the skin on my neck began to turn dark, and spread to my stomach, and frequently it peels off. Now there are white spots appearing on the neck, like leprosy. What is the cause, and how can it be cured?" The causes are a diseased liver, in connection with the poisonous effects of some drug or drugs. You ought to have Hydropathic treatment; of which the wet-sheet packings and a plain unconcentrated vegetable diet, with a good proportion of ripe fresh fruit, are the leading measures.

BRONCHITIS.—J. L. B., Conn. "I have been troubled with the bronchitis for about one year. Please inform me through the JOURNAL what I must do for it." Treat it Hydropathically, of course. Describe your symptoms and condition, and we will answer any distinct questions you may ask. We cannot here go into a general treatise; you will find that in our books.

WEAK EYES.—J. N., Omar. The case of your wife is evidently one of nervous debility, connected with or caused by a diseased liver. She must bathe the eyes occasionally in tepid water, wear the wet-girdle, and live on a plain, opening fruit and vegetable diet.

SCROFULOUS SORE EYES.—J. W., Boston. "Is cold water good for all cases of sore eyes? My mother has applied it for some time, but her eyes are now worse." Cold water is not proper in all cases. Perhaps the patient you speak of used it *too* cold. In scrofulous affections of the eyes, water is of little service unless the general regimen, the diet particularly, is well attended to.

INTESTINAL WORMS.—S. A. W., Androscoggin, Me. "I read in a newspaper, not long since, that persons who abstain from the use of salt are apt to be troubled with intestinal worms. Will Dr. Trall say if this is so?" No. Did you never see salted hams full of worms?

GOOD BREAD.—P. H. J., South Hadley. The Hydropathic Cook Book contains a variety of recipes for making this article.

HARD WATER.—A. S., East Douglass. "I learn that in what is termed *hard water* there is a quantity of lime, or earthy matter. Now, if one wishes to avoid taking these ingredients into his system, and yet is obliged to use hard water, what can he use as a corrective?" Nothing. There is no "correcting" what one is obliged to do. The only way to avoid the bad effects of hard water is not to drink it. Your other questions are too diffuse to admit of a definite answer.

HEAD BATHS, &C.—A. E., S. Framingham, Mass. "In cases of sores in the head discharging at the ear, do frequent tepid injections of soft water into the ear endanger the hearing either in children or adults? Is it advisable to wet the *entire* head, *hair and all*, in the ordinary daily bath?" To the first question we say No; to the second Yes.

CURLY HAIR.—E. G. P., of Conn., informs us that he is afflicted with a remorseless desire to have his hair curl; but the hair being straight and stiff, refuses to curl, or be curled. Accordingly he wants us to prescribe a remedy. We can assure him, with the utmost confidence, that if he will adopt the vegetarian system, with Hydropathic accompaniments, his malady will in due time disappear; for either his hair will curl exactly right, or he will outgrow all desire to have a curly head. Jonathan will be older one of these days.

GENESIS AND GEOLOGY.—T. N. A. "I would refer Dr. Gleason to the first chapter of Genesis, when he may correct an error which he set forth in the July number of the WATER-CURE JOURNAL, in asserting that 'an untold period of time passed away before the earth on which we live was made a suitable habitation for man,' &c." Without intending the least disparagement to Genesis, we are inclined to think Dr. Gleason is already correct. The evidence is found in geological science. How long were the periods of time which the Bible calls "days" of creation, is not yet settled by geologists nor theologians. If *you* can settle it, do so.

SWINE AS FOOD.—T. N., Indiana. The enemies of the vegetarian system urge that every thing was made for man, and ask, "What were hogs made for, if not for food?" The question is too silly for serious refutation. No one who has ever entertained two thoughts on the subject, would ever bring forward such arguments; and on one who has never had two thoughts on the subject, we should only spill our ink unavailingly. Every thing made for man, indeed! A rook, a tree, a horse, an elephant, a tiger, a rhinoceros, a whale, a sea-serpent, a dog, a hog, a woodchuck, and even a woman, were created for man. But must he eat 'em all up?

SORE LEG.—M. S., Erie, Pa. The "fever sore" you mention is no doubt a caries or ulceration of the bone. If the patient adopts a simple vegetable diet, bathes daily, and wears wot bandages on the leg, the diseased bone will eventually be cast off, and the part heal; otherwise we cannot tell what will become of his lower extremity.

CALOMEL STATISTICS.—J. D., Vincennes, Ind. "Have you any authentic reports as to the amount of misery entailed upon the human family by the use or abuse of calomel?" Those who cannot measure the calamity by the rotting bones of the living and the decomposing bodies of the prematurely dead, will find ample testimony in all the standard Allopathic works on *Materia Medica*. The latest author, Perelra, mentions nearly two scores of diseases which calomel induces.

CATARRH IN THE HEAD.—M. S. The Encyclopedia, which you say you have ordered, will give you the plan of managing such cases. Here, again, the diet is the most important part of the treatment. They must abandon meat, tea, coffee, and warm bread.

WEAK EYES.—M. G. You are managing the eyes very well. They should be freely exposed to the light every morning, and that sun-bonnet discontinued. She ought to use no animal food, unless it be milk or cream. The moderate use of sugar or molasses is not objectionable. If she is scrofulous, the bread she eats ought to be *unfermented*.

E. W. You will find your queries answered in full in the *FAMILY PHYSICIAN*. [Price, prepaid, \$2 50.]

STRAWBERRY SEED.—J. G. K. These berries can be raised either from the seed or plant. The seed can be had in this city, and may be conveniently forwarded by mail. The price is twenty-five cents per *very small* paper.

S. M. H., Franklin, O. We have a supply of July numbers of both the *PHRENOLOGICAL* and *WATER-CURE JOURNALS*. We printed an extra edition for the purpose of supplying new subscribers that wished to commence with the volume in July.

The book named has been mailed.

Home Voices.

EXTRACTS FROM LETTERS.

Miss L. E. H., South Reading, Mass.—I am a reader of the *WATER-CURE* and *PHRENOLOGICAL JOURNALS*, and can truly say, there are no papers or periodicals in the world that I value so highly; they are full of practical instruction. I have read your works on Religion, Self-culture, Memory, Matrimony, Love and Parentage, Materlity, &c., &c., and the amount of benefit that I have gained from them is not to be computed; indeed, there are no books in my library that I love so well, and of which I am more choice. Please accept my heartfelt thanks for all your good books.

J. J. D., Raymond, Miss., writes us as follows: Though I am not usually styled a reformer, I am a warm admirer of your valuable Journal, and earnestly desire more light on that science which, I think, is soon destined to supersede all others in the cure and prevention of disease. It is already beginning to command some attention with us; but its advancement will necessarily be slow: the people of our State having been so long the dupes of the vendors of quack nostrums, wooden nutmegs, and other Yankee notions, they are slow to lay hold of any new theory. If we had some thorough practical man, who is well posted up in the theory and practice, he would do more than all your books and Journals towards arousing people's minds.

I must acknowledge I had little or no faith in Hydro-pathy until I had suffered eight or ten months with diarrhoea, and was treated most of the time by my family physician, and part of the time by a Botanical doctor. I grew no better; the doctor said it had become chronic, and advised starving as a dernier ressort, and said, if that did not help me, death was inevitable. One of my neighbors who had read some works on Water-Cure, and felt the good effects of it himself, advised me to make a trial of it. I laughed at him, and asked him if he, too, had invented some humbug, and told him he was going crazy, and would be in a strait-jacket in a little while. I thought, however, it would not hurt me much to wash and use a little water after the directions. I did so, and found immediate relief, and in two months had

gained twenty pounds in weight. My little boy, an only child, was affected in the same way. I lost my wife when he was at breast, and a change of food brought on the disease. I used the same treatment with him. He had become so feeble, I had despaired of raising him; but he commenced to mend immediately, and he is now as fine a three-years'-old chap as any father can boast. We continue the morning bath regularly; it has become a considerable luxury.

FROM Z. W., Grass Valley, Cal.—By chance, one of the *WATER-CURE JOURNALS* has strayed away into this part of the world, and we are determined to know more about it. Having suffered almost every thing but death, (from drugs, &c.) my wife has taken up the "Cold Water-Cure," or "treatment," as it is called, and is now in better health than she has been for nearly two years. And nothing will do but sending for the "Cold Water-Cure and Journal." Having seen one number, I judge from that, it must be one of the best family papers in the world.

FROM D. P. C., Wisconsin.—My boy, ten years old, had whooping-cough four years ago; has had bronchitis every winter since; has taken some bloodroot, one bottle of Jayne's Expectorant. But the past winter he has taken nothing; has adopted a vegetable diet, a towel-wash on rising, and for about three weeks a hip-bath in the evening and a chest-wrapper part or all of the day. His cough is gone, and soreness of the pipes and throat, and his general health is improving. Others of my family are improving in health under moderate water-treatment. We have paid about thirty dollars for doctors and patent medicines for three years past, but we have had little use for either in six months past. Success to Water-Cure!

FROM A. H. B., McGrawville.—There's a dollar for your *WATER-CURE JOURNAL*, for the present year. Last year I had it cheaper, because I went with the *crowd*: but this will never do. Your Journal is worth a dollar, the world over. By the way, I have lent my last number to so many of my neighbors, (and our neighborhood is pretty large, extending, to measure it by the circulation of said number of the Journal, to the distance of six miles,) that it is not in a fit condition to be bound with the others. Now, if you can procure me the January number, please do; and I'll keep the old one in circulation as long as it shall hang together.

I trust you will prosecute the war vigorously against the fearfully increasing practice of tobacco-using. I can have no patience with the man that claims to be an advocate of temperance, and yet indulges in the filthy, cursed, abominable, barbarian usage of smoking or chewing. We must keep the subject before the people, and, in time, get a statute enacted prohibiting the horrible nuisance.

FROM J. H., Lebanon, O.—I have no disposition to do without your valuable "*WATER-CURE JOURNAL*." I find it better by far than any other investment that I can make. Since I have read the Journal and Dr. Trall's *Encyclopædia*, our expense for physician's fees has fallen off "badly," and the consequence is better health by far.

Varieties.

THE CHIEF EVIL OF WAR.—What distinguishes war is, not that a man is slain, but he is slain, spoiled, crushed by the cruelty, the injustice, the treachery, the murderous hand of man. The evil is moral evil. War is the concentration of all human crimes. Here is its distinguishing accursed brand; under its standard gather violence, malignity, rago, fraud, perfidy, rapacity, and lust. If it only slew man, it would do little. It turns man into a hoast of prey. Here is the evil of war—that man, made to be the brother, becomes the deadly foe of his kind—that man, whose duty it is to mitigate suffering, makes the infliction of suffering his study and end—that man, whose office it is to avert and heal the wounds which came from nature's powers, makes researches in nature's laws, and arms himself with her most awful forces, that he may become the destroyer of his race. Nor is this all. There is also found in war a cold-hearted indifference to human miseries and wrongs, perhaps more shocking than the bad passions it calls forth. To my mind this contempt of human nature is singularly offensive.—*Obannsing*.

ELECTRIC CLOCKS.—It is stated that there are already fifty-one public electric clocks in the city of Ghent, and that the number will be considerably increased. Most of these clocks are placed on the lamp-posts in the streets, so that they are very useful to persons who are out during the night. In a few days we may expect to see an electric dial at every railway station in Great Britain, and every town in the United Kingdom will be enabled to have all its public dials kept in unison with each other by means of electricity.

MUSK.—The Empress Josephine was very fond of perfumes, and, above all, of musk. Her dressing-room at Malmaison was filled with it, in spite of Napoleon's frequent remonstrances. Forty years have elapsed since her death, and the present owner of Malmaison has had the walls of that dressing-room repeatedly washed and painted; but neither scrubbing, aquafortis, nor paint has been able to remove the smell of the good Empress's musk, which continues as strong as if the bottle which contained it had been but yesterday removed.

FRUIT CROP IN THE WEST.—The citizens of Wisconsin are interested in the fruit crop of Eastern States while the supply for consumption must principally come from that direction. Probably no State of the Union does more to supply fruit for Wisconsin than Ohio, and therefore, an abundant crop is considered fortunate for the consumers of this State as well as for the producers of that. From all the information we can gather from our exchanges, the crop this year will be abundant.—*Fond du Lac Union*.

It is a source of congratulation that fruit promises to be abundant this season, in most all of the States. This will encourage the planting of fruit trees more widely than ever before. Wisconsin will yet become a fruit-growing State, especially of all the more hardy varieties. Apples and pears, cherries, plums, &c., &c., will thrive abundantly there.

BEAUTIFUL WINDOW-SHADES.—Those of our readers who may wish to obtain neat, cheap, and durable shades, may find the most tasty and elegant patterns at Washburn and Company's, No. 4 East Broadway, New York. These cheerful, ornamental, and exceedingly beautiful shades are made after patterns and designs "from nature" by our old friend and fellow-citizen, D. L. P. WRILEY, who is an artist every way competent to suit the tastes of the most fastidious.

EXPRESSIVE.—A tavern-keeper out West advertises a young lawyer, who has left his house without paying his bill, under the following expressive caption: "Ahsquatulum damum et Swartwoutaudibus in transitu, non est inventus ad libitum scapegoatum, non comeatibus in swampo."

MOLIERE'S PHYSICIAN.—Though an habitual valetudinarian, Moliere relied always on the temperance of his diet for the establishment of his health.

"What use do you make of our physician?" said the King to him one day.

"We chat together, Sire," said the poet. "He gives me his prescriptions; I never follow them; so I get well."

TWO OF A FAMILY.—"How well he plays for one so young," said Mrs. Partington, as the organ boy and his monkey performed near her door; "and how much his little brother looks like him, to be sure!"

OUR d--l (young satan) is a good deal of an imp. In speaking of the late eclipse, he said it was a very good one, but he could see nothing to brag of.—*Barry County Pioneer*.

The young "Icehouse" representative should have been supplied with "a glass." It would have improved his vision.

A LADY well known in the fashionable circles of New York, was seriously injured, day before yesterday, by the accidental discharge of—her duty.

A "BEARD UNION" is in course of formation at Edinburgh, its object being "to forward by all legitimate means the cause of the beard, and by a union to overcome the prejudice against that manly ornament."

Business.

OUR BOOKS ABROAD.—We have recently shipped cases and packages of our various publications to places named below. Our friends and patrons in those vicinities may now obtain supplies at New York prices.

- London, England, Horsell & Shirrefs.
- Darlington, Wis., D. W. Chapman.
- San Francisco, Cal., Marvin & Hitchcock.
- Princeton Station, C. W., Seth L. Cowan.
- Wilmington, Ohio, John A. Parrett.
- Canton, Illinois, Moses Jared.
- Scott, Cortland Co., N. Y., W. H. Alford.
- Thomas Scott.
- Adrian, Mich., John J. Geddes.
- Pleasant Hill, O. T., James A. Wallace.
- St. Louis, Mo., G. S. Weaver.
- San Francisco, Cal., La Count & Strong.
- Warsaw, Ind., John Rogers.
- Union Bridge, Carroll Co. Md., Evan Ogle.
- Troy Centre, Waldo Co., Me., B. S. Mitchell.
- New Orleans, La., J. C. Morgan.
- Chicago, Illinois, W. B. Keene.
- St. Louis, Mo., E. W. Woodward.
- Fetterman Depot, Taylor Co., Va., James Smith.
- Kingston, Jamaica, W. I., Jas. D. Ford.
- Rockford, Illinois, Tickner & Brother.
- London, C. W., Robert Reid.
- Sheldrake, Seneca Co. N. Y., A. W. Morehouse, Jr.
- Lavaca, Texas, F. Beaumont, Jr.
- Astoria, O. T., Dr. Braman.
- Clinton, Maine, John Reynolds, Jr.
- Griffin, Geo., Samuel Irwin.
- Cassopolis, Mich., B. McCutcheon.
- Jonesboro, Tenn., J. E. Murphy.
- Farmington, Maine, J. S. Radcliffe.
- Rockford, Illinois, Rev. Wm. P. Potts.
- Farmington, Iowa, George Wilder Smith.
- Bucyrus, Ohio, John J. Applebough.
- Leesville, Ind., G. Millraps.
- Van Clevesville, Va., J. L. E. Varmetre.
- Corvallis, O. T., Wm. Willson.
- Joliet, Illinois, Snoad & Logan.
- Carthage Depot, Ohio, James F. Powers.
- Covington, Geo., H. J. Bates.
- Blackstone, Mass., Chas. S. Brownell.
- Parkersburg, Va., James Smith.
- Louisville, Ky., Henry C. Morton.
- Underhill, Vt., Newell Mathews.
- Forestville, N. Y., Charles Parker.
- Station 14, C. E. R. Ga., M. K. Wood.

EMPLOYMENT.—After harvest the dwellers in the country usually enjoy a respite from their labor, which many improve by selling books. In this way they not only find a pleasant and profitable occupation, but have an opportunity to travel and learn of men and manners from observation. By public conveyances we are whirled so rapidly through the country, we can see very little of it, and we return from a journey of a thousand miles but little wiser than when we started. With a few good books with which to oblige purchasers, one need not heed the injunction to "put money in thy purse," but can set out on a trip through the country or State, combining pleasure with profit, and return after a week, a month, or a year, a wiser and a richer man.

Public attention is at present awakened to the subject of Hydropathy and the laws of life, and the demand for works on these subjects, now great, is rapidly increasing. We will send, on application, post-paid, our list of books and terms to those desirous of engaging in their circulation. Address, FOWLERS AND WELLS 308, Broadway, New York.

Matrimony.

COMMUNICATIONS deemed by us suitable for this department will be inserted on the following conditions: They must be carefully and legibly written, must be accompanied by the true name and address of the writer, (not for publication,) and an INSERTION FEE, at the rate of \$1 for one hundred words. Unless all these conditions are strictly complied with, no attention will be paid to them.

The name and address of each writer will be registered in a private ledger, and will in no case be divulged except to persons whom we believe duly authorized, according to the terms of the communication, to receive them.

Any person applying for the name of a writer, must give his or her own true name and address, and enclose a prepaid envelope or a three-cent postage-stamp. The number of the communication referred to should always be carefully stated; also whether old or new series, and the number of the Journal in which it appeared.

Candidates becoming "engaged," or declining for any reason further introductions, will do well to notify us (prepaid) to that effect, that we may refuse their name and address to later applicants.

As we may receive more communications for a given number of the JOURNAL than we can find space for, even in this small type, we shall adopt and strictly adhere to the rule of "First come, first served." Those desiring the privileges of this department will therefore do well to send in their favors at as early a day as possible.

MATRIMONIAL CORRESPONDENCE, NEW SERIES.

WILL MELVINA (No. 5, New Series) please send us her address?—we have mislaid it.

No. XII. R. says: I am alone in the world, and want a wife. I want one who is acquainted with Hygienic laws—a Hydropathist and a Vegetarian, in principle at least, and one who can love, and appreciate the love of another. She must have a well-developed physical system; be accustomed to domestic duties, and be able to make her home such as Mary Earnest describes in No. 38, (Old Series.) I am not acquainted with such a one in the West. As for myself, I am a widower of fifteen months' standing; have no children; am doing a profitable business as a mechanic, and think myself capable of making a kind and affectionate husband. I should prefer a wife about twenty-five years of age.

No. XIII. H. C. V. presents the main points of his character from a written description by Mr. Fowler, as follows:—You will never be satisfied with an ordinary amount of knowledge; you will eventually work into a pretty high state of mental development, but you will never be so brilliant, showy, and fascinating, as you will be thorough, strong, steady, and persevering; you are more than ordinarily affectionate in your disposition, are strongly attached to home and children, and capable of being decidedly affectionate in your feelings towards women; you will not become popular through serving public opinion; if you ever become particularly so, it will be from the strength of your mind; you are not dictatorial, or inclined to exercise authority over others; are passionately fond of reading; and you might make a better scientific farmer than one in fifty.

The size of my organs is full or large, except Continuity, Approbation, Spirituality, Imitation, Mirthfulness, and Language, which are average or moderate; my motive and mental temperaments predominate; my age is twenty-two years; am a farmer, and intend that shall be my vocation for life, in the cultivation of a vegetarian fruit farm somewhere in the West.

Now, if any Hydropathic lady thinks such a disposition would prove congenial to her own, and is disposed to become further acquainted with me through the medium of a private correspondence, she can learn my name by addressing H. C. V., Lodi, Seneca county, N. Y.

No. XIV. R. MILO WAYLAND wants a wife who is a Vegetarian, Hydropathic Bloomer, not over twenty-seven years of age; of mild disposition, honest, intelligent, fair health, constitution, education; no worshipper of custom as such. He is a Vegetarian farmer under thirty. Please address R. Milo Wayland, Newport, K. I.

No. XV. E. is a young farmer, fond of mathematics and the physical sciences, and intending to practise the healing art hydropathically as a profession; desires an intelligent, industrious wife, of a gentle and loving disposition, under twenty years of age, who can join him in advocating the great principles, Hydropathy and Vegetarianism, and cook my dinners hydropathically. He is much pleased with the author of No. 23, and would be happy indeed to make her acquaintance. He is of medium size, reserved manners, exquisite domestic tastes, and a Vegetarian in principle and practice.

No. XVI. CLAUDE has a reasonable anxiety to find a good wife; one who can love him devotedly, one who has a quick wit, bright intellect, and who is possessed of any quantity of happiness and sociability. She must not be older than twenty-three, nor younger than fourteen. I would like a wife my equal in judgment; would prefer one who can use her head as well as pen in writing, one who is fond of music, and capable of acquiring that accomplishment. "She must be economical, though not avaricious, liberal, but not prodigal." She shall consult her own mind as to religious doctrines, politics, and her own taste as to dress. She must be good-looking, of a sound mind, and a perfect physiological development. Claude is twenty-three years of age, a printer by trade, and an editor by profession and practice; am five feet seven inches in height, built proportionably, light hair, fair skin, small fingers. Is of true American parentage, and would wish a wife of the same. He is a Vegetarian in theory, not wholly in practice; uses neither tea, coffee, nor any spirituous liquors, no tobacco, except occasionally a cigar. He is a man of quiet habits, refined feelings, affable and kind disposition, and thinks he could love the lady of his choice with the warmest affection. He would want her to reside (after marriage with him) in Oregon Territory. He will expect any lady who is inclined to hear from him, to write first. She can procure his full name and address by applying, by letter or otherwise, to Messrs. Fowlers and Wells.

No. XVII. HERMIONE, author of No. 8, (Old Series,) writes: I intended writing long ago, to inform you that uncle L. is whole once more. I also thought I would write a few consoling words to the gentleman who was kind enough to take a fancy to No. 8. I am certain it was disinterested benevolence that prompted the kindly feeling, and I am deeply grateful. But circumstances prevented, and now it is too late.

No. XVIII. VENTURE thus sets forth his qualifications and wants: I am five feet eight inches high, weigh one hundred and fifty-four pounds; aged thirty-two, dark hair and eyes, hair fine and slightly wavy; have good form, features, constitution and activity—rather spare. Phrenologically speaking, have a full-sized head, no striking excesses or deficiencies; temperament, nervous-bilious-sanguine. Have been a reader of "Fowlers' Works" twelve years, "Water-Cure" five. Have also read most of A. J. Davis' works. Do my own thinking; am a Reformer, and religiously inclined. Am a Hydropath, and bathe regularly in cold water; am vegetarian in theory, not wholly in practice. Never take medicine, tobacco, or intoxicating drinks.

I think I have lived long enough without my other half, and want a congenial helpmate, capable of appreciating and reciprocating true affection, about medium height and stature, good form and features, and physical organization, full or large-sized brain, active temperament, cultivated mind; have no objection to its strength, if truly feminine. May be one, and the better half, if capable. A Hydropath in practice, and, in theory at least, a Vegetarian. In dress, independent enough to consult health and comfort more than fashion, and a Reformer. Although Letter XV. is written with a sharp stick, yet I am almost in love with its fair author. If any of the Journal's fair readers desire my acquaintance, they can apply to Fowlers and Wells, or address B. S., Box 226, Rock Island, Ill.

No. XIX. A TEACHER; is thirty-three years old almost; liberally educated. Professedly pious. Principal of a village Academy. Sandy hair and complexion; descended from a healthy family, never much sick himself. His Phrenological developments are as follows:

Vital temperament, 5; Mental temperament, 6; Constitution, 5 to 6; Present state, 6 to 6; Motive, 5 to 6; Excitability, 6; Organic qualities, 6; Size, 2 3/4; Amableness, 6; Inhabitiveness, 6; Combativeness, 6; Acquisitiveness, 4; Appropriativeness, 6; Conscientiousness, 6; Veneration, 6; Ideality, 5; Mirthfulness, 6; Size, 6; Order, 6; Eventuality, 4; Parental Love, 6; Continuity, 6; Destructiveness, 6; Secretiveness, 3; Self-Esteem, 5; Hope, 5; Benevolence, 6; Sublimity, 5; Individuality, 5; Weight, 6; Calculation, 6; Time, Language, each 6; Adhesiveness, 6; Vitativeness, 6; Alimentiveness, 6; Cautiousness, 6; Firmness, 6; Spirituality, 3; Constructiveness, 5; Imitation, 6; Form, 6 1/2; Color, 5; Locality, 6; Causality, Comparison, and Human Nature, each 6; Agreeableness, 5.

He wants a wife, physically and phrenologically adapted to him.

No. XX. SALLY ANN is nineteen years of age; a little above the medium size, black hair and eyes; and were I to judge, I should say I was smart. I am good at least, and "can appreciate the good qualities of a husband." I am a woman's rights, temperance, cold water, vegetarian, country girl, and can do 'most any thing. Of course I am poor.

No. XXI. JUVENIS says: I am a native of Maine, six feet two inches high, strong, straight, and full-chested, with dark hair and gray eyes. I am a free-soiler in politics, and a free-thinker in every thing. I am between twenty and twenty-five years of age. In diet, I am a thorough-going Vegetarian and Hydropath, a working advocate of moral and physical reform, and a whole-souled hater of hypocrisy, humbug, and quackery, under every guise. I am opposed to the use of the razor, and a mortal enemy to tea, coffee, tobacco, and alcoholic liquors, and strongly in favor of the Maine Law. I am an artist by profession, but intend becoming a preacher and lecturer.

For a wife, I want a strong-minded young lady; one who will have independence enough to wear what she believes most conducive to health, without regard to the sneers of the tight-lacing, long-skirted portion of the community. One with strong affections and a sweet amiable temper, will be loved in return as much as I am capable of loving. One with Ideality, Sublimity, and Veneration large, and Acquisitiveness full, preferred. Must not be very homely. Beauty not required, but no objection. Property no objection.

Should this meet the eye of any of your readers among the fair sex who think they would suit me and I would suit them, please furnish them, on application, with my name and address, as I should be happy to correspond with them.

No. XXII. LILLIE is an independent Bloomer, and a woman's rights woman. She likes to understand politics, and take part in debating societies; is a Spiritualist, and wishes a companion in soul, as well as in body. She does not require a Spiritualist, but one not opposed; yet in other things, wishes his mind not to be greatly at variance with hers. Does not wish a master, but an equal; wishes to be a companion, not a slave. If any gentleman between twenty-one and thirty-five fancies the above description, he can obtain my name and address by applying to FOWLERS AND WELLS.

P. S. No tobacco-smoker or chewer will be acceptable.

No. XXIII. SISTER thus apostrophizes her unknown: Beloved, nearest and dearest to my heart, and yet a stranger to my longing eyes, what shall I say to you? Being by nature so nearly connected, to describe my feelings would be useless, as you doubtless already know better than I can tell. This much I will say, I long to see you. Come, my right, my true, my own beloved, I long to lay my weary head and anxious heart on that dear breast of thine, to call you mine. Perhaps some of your readers may think this a little mysterious; but let me tell you, that to an honest man there is no mystery about it. I hope and trust there will be no mistake, as I think there can be but one to answer this description. And now, gentle reader, can you tell—is this the will of fallen man, or is it the will of Him who ascended on high, and now sits upon his Father's throne?

No. XXIV. *** A young man, a Hydropathist and Vegetarian, is in want of a good wife, of a benevolent, loving disposition. She is not wanted as a drudge, but to occupy the position of an intelligent, sensible, confiding companion. She must be between the ages of eighteen and twenty-five years. If she is pretty withal, so much the better; if rich, none the worse; if poor, just as well. If any of the fair readers of the Journal are desirous of forming a matrimonial alliance, they will please direct to Box No. 17, Keene, Coshocton county, Ohio, giving full particulars, and they will receive answer by return of mail, with name and description.

No. XXV. FLORA is a young lady, desirous of forming a matrimonial alliance, who would be happy to become acquainted with a Vegetarian gentleman, who is refined, intelligent, affectionate, enterprising and religious.

No. XXVI. I AM six feet in height, twenty-four years old, possess good health, and a common self-acquired education. Have been a Vegetarian in theory and practice for the past two years, and intend to remain so. I have always lived a temperate life; neither chew tobacco, smoke, nor use intoxicating liquors. I am now in search of a home in the West, where I intend to spend my life as a farmer. I want a wife to help make my home happy. My phrenological description reads: "You want a wife who is pliable, easy, affable, prudent, and domestic in her disposition, affectionate in her feelings, moral in the tone of her mind, and possessed of good common sense." I wish her to be a Vegetarian, and a thorough reformer. She can be a Bloomer or not, as she chooses. I wish her disposition to be congenial with mine, that home may be a joy to both.

As for property, I shall only say I am possessed of enough to provide a good home, and shall not require any with a wife. ART.

Advertisements.

A LIMITED space of this Journal will be given to Advertisements, on the following terms:

- For a full page, one month, \$75 00
For one column, one month, 20 00
For half a column, one month, 12 00
For a card of four lines, or less, one month, 1 00

At these prices the smallest advertisement amounts to LESS THAN HALF A CENT A LINE, or forty cents a column for EVERY THOUSAND COPIES, our edition being 55,000 copies.

Payment in advance, for transient advertisements, or for a single insertion, at the rates above-named.

Copies of this JOURNAL are kept on file at all the principal Hotels in NEW YORK CITY, BOSTON, PHILADELPHIA, and on the STEAMERS.

ALL ADVERTISEMENTS for this JOURNAL should be sent to the Publishers by the first of the month preceding that in which they are expected to appear.

Water-Cure Establishments.

HYDROPATHIC AND HYGIENIC INSTITUTE. R. T. TRALL, M.D., PROPRIETOR. This commodious establishment, 15 Laight St., can now accommodate one hundred or more persons.

- 1. GENERAL PRACTICE, in which Dr. G. H. Taylor and Miss A. S. Cogswell assist.
2. OFFICE CONSULTATIONS, by Dr. Trall, personally.
3. DEPARTMENT FOR FEMALE DISEASES; assistants, Drs. Taylor and Hosford.
4. SCHOOL DEPARTMENT, for the education of physiological teachers and lecturers, and Hydropathic physicians.
5. PROVISION DEPOT, for the manufacture of pure and proper articles of wheatena grits, hominy, oatmeal, farina, crackers, &c.
6. BOARDING, for those who desire the dietary of the institution.

A CARD.—It being a well-known fact that the hot season is, on the whole, the least favorable for water-treatment, the part of wisdom for those who would regain health is to pursue the Hydropathic course much longer than the majority of patients are in the habit of doing.

DR. TAYLOR'S WATER-CURE, SIXTH AVENUE, CORNER THIRTY-EIGHTH STREET, NEW YORK.—This Hygienic resort combines, as far as possible, the advantages of both country and city.

GLEN HAVEN.—Persons wishing to consult us for medical advice will please observe—our Fees are as follows:
1. For advice, as to the propriety of water-treatment, \$1.00
2. Examination at our office, and prescription for home-treatment, 2.00
3. Prescription by letter for home-treatment, 5.00
4. No examination fee for patients.
5. Circulars sent free to all who wish for them.
6. All letters must be post-paid.
7. Fees must be enclosed, or good reasons given for not doing so.
8. Address Scott, Cortland Co., N. Y., J. C. JACKSON, M.D., Mrs. L. E. JACKSON, Miss HARRIET N. AUSTIN, Physicians.

NEW MALVERN WATER-CURE.—This new Institution is now completed and ready for the reception of patients, with accommodations for treating every variety of disease. It is situated in Westboro, Mass., twelve miles from Worcester by R. R.

MOTORPATHIC CARD.

Dr. H. HALSTED, formerly of Halsted Hall, Rochester, N. Y., well known as the author of the System of Motorpathy, and by his great success in the cure of Chronic and Female Diseases, has recently purchased and removed to the celebrated ROUND HILL WATER-CURE RETREAT, at Northampton, Mass., where, with improved facilities, he will continue the practice of his peculiar System, in connection with the Hydropathic Treatment.

Dr. H. was one of the earliest advocates, and has long been, and still is, one of the most successful practitioners of the Water-Cure System. Nevertheless, in the treatment of Chronic Diseases, and especially those incident to Women, experience has taught him that MOTORPATHY combined with the Water-Cure Treatment, is in all cases much more effectual, and will restore many patients who are beyond the reach of Hydropathy alone.

Dr. H. is confident in saying that in many long-standing diseases, Motorpathy is the only available remedy. More than seven thousand persons have been successfully treated at his former Institution; and with the improved facilities of Round Hill, Dr. H. looks forward to increased success.

As a summer retreat for the friends of patients or others seeking relaxation and pleasure, Round Hill stands alone and unrivalled. Its mountain air, limpid water, and delightful scenery have given it a world-wide reputation.

His former Institution at Rochester is for sale. His work on Motorpathy can be obtained by remitting tea postage-stamps. Address H. HALSTED, M.D., Round Hill, Northampton, Mass. June 3d.

CLEVELAND WATER-CURE ESTABLISHMENT. The above Establishment is now commencing its seventh season. The number of patients treated at the establishment has been on the increase from year to year, for the past six years, until the last season, when the demands of the public far exceeded our power to accommodate them.

June 1st. T. T. SEELEY, M.D., Cleveland, Ohio.

MERCER WATER-CURE, MERCER, PA.; Dr. J. and Mrs. M. V. R. Catlin, Physicians.—A fine building, a noble spring, and beautiful scenery—just opening for the season. Letters of inquiry answered without charge. Written prescriptions for home treatment, \$2. W. C. Books constantly on sale. Terms—\$5 to \$7 per week. May 1st.

COLDWATER WATER-CURE is in successful operation. Address, for particulars, Dr. J. B. GULLY, Coldwater, Michigan. Aug 2d *

CANTON WATER-CURE—Canton, Ill.—Address JAMES BURSON, M.D., Mrs. N. BURSON, or Dr. G. Q. Hitchcock, Canton Ill. June 1st

YELLOW SPRINGS WATER-CURE, GREEN Co., Ohio.—This Establishment, situated on the Little Miami Railroad, one mile south of the town of Yellow Springs, and in sight of Antioch College, is unequalled in the beauty of its location, and offers inducements to the invalid, not surpassed by any similar establishment in the United States.

The buildings were erected for their present purpose, and possess every convenience for comfort and successful treatment, with a Gymnasium and Ball Alley attached, for exercise and amusement.

Resident Physician, A. Cheney, M.D. Consulting Physician, G. W. Bigler, M.D., Cincinnati. TERMS, \$5 to \$8 per week (paid weekly) for all ordinary attention. Further particulars on application. Address Dr. A. CHENEY & Co., as above. June 6th.

DR. HAYES' WATER-CURE INSTITUTE, AT WYOMING, N. Y.—For a full advertisement of this Institution, see April number of the Water-Cure Journal. A report embracing nearly 400 cases treated at this Establishment will be sent free to all post-paid applicants. Address, P. H. HAYES, M. D., Wyoming, June, 1854.

THE SUGAR CREEK FALLS WATER-CURE is situated 12 miles south of Massillon, from which point, on the O. and Pa. Railroad, it is passed daily by stage. It is supplied with pure, soft SPRING WATER. Terms \$5 per week. For further particulars address S. FREASK, M.D., Deardorff's Mills, Tuscarawas Co., O. Apl 1st

CONCORD WATER-CURE.—Dr. Vail's Establishment at the Capital of the "Granite State" has met with continued and uninterrupted success from its opening to the present time, both in Winter and Summer. For circular containing particulars, address the Proprietor. June 1st.

CHICAGO WATER-CURE RETREAT, cor. of Randolph and Sagamon sts., Chicago, Ill., where patients are received, afflicted either by chronic or acute diseases, summer and winter. Also, general practice, either in or out of the city, receives prompt attention. July 1st. J. WEBSTER, M.D.

WORCESTER HYDROPATHIC INSTITUTION, No. 1 GLEN STREET.—This Institution is well arranged for treatment at all seasons. Terms, usually from \$7 to \$9 per week. For treatment without board, \$3 to \$4 per week. July 1st. S. ROGERS, M.D.

DR. E. A. KITTREDGE continues to receive patients at his Establishment, 24 Franklin Place, Boston, and visits the sick anywhere in New England.



CRYSTAL FOUNTAIN WATER-CURE.

THIS Establishment for the cure of CHRONIC DISEASES, is conducted by Dr. B. L. HILL, (Professor of Surgery in the Cleveland Homoeopathic College,) and Dr. N. G. BURNHAM, both experienced Physicians and able Hydropaths.

The facilities in this "Cure" for the successful treatment of Chronic Diseases, and especially the different forms of Dyspepsia, Diseases of the Liver, Spine, and Nervous System, Rheumatic Affections, Neuralgia, Female Diseases, General Debility, Bronchitis, and Incipient Consumption, as well as diseases caused by improper or excessive medication, are not surpassed by any Establishment in the country.

THE FEMALE DEPARTMENT is under the special charge of a skillful FEMALE PHYSICIAN, who will also have the aid and counsel of the other professional attendants. Her experience in one of the most successful Water-Cures of the East, and her devotion to the suffering of her sex, we trust, will recommend her to the favor of those who seek restoration to health.

Patients will have the benefit of the most skillful Homoeopathic or specific prescriptions—an advantage enjoyed in but few "Water-Cures" at present, in this country.

The Rooms are large, airy, and well ventilated. The Bath-rooms are ample, and supplied with an abundance of soft water, of the purest quality, flowing from sandstone rocks, free from any calcareous or other mineral substance.

The SOIL is dry and sandy, the air pure, and free from fogs. This locality is celebrated for healthfulness—no epidemic disease ever having prevailed here—its parallel in this respect is unknown in the West. It is on the highlands, 4 miles from, and several hundred feet above Lake Erie—is very accessible, being 2 1/2 miles from the Berlin Station, Cleveland and Toledo Railroad, via Sandusky; 4 miles from Townsend Station, Southern Division C. and T. Railroad, via Norwalk; 8 miles from Norwalk, and 14 miles east from Sandusky, via C. & T. Railroad.

The prices for residence at this Cure, including board, treatment, and nursing, will vary from \$6 to \$12 per week.

Address, "CRYSTAL FOUNTAIN WATER-CURE," BERLIN HEIGHTS, Erie County, Ohio. Aug. 1st.

PAWTUCKET WATER-CURE, No. 7 Spring Street. Open Summer and Winter. For particulars address ISAAC TABOR, M.D., Proprietor and Physician, Pawtucket, R. I. July 6th *

PHILADELPHIA WASHINGTON SQUARE WATER-CURE ESTABLISHMENT, No. 81 South Sixth Street.—Dr. H. F. MEIER and T. D. REA, Proprietors. Surgery, Obstetrics, and general practices attended to by Aug 1st *. DR. H. F. MEIER.

HYDROPATHIC AND MOTORPATHIC ESTABLISHMENT of Dr. F. PENTZ, at Dublin, Wayne County, Indiana. Terms from \$4 to \$6 per week. Aug 1st. *

CAPE COD WATER-CURE.—An Establishment for natural treatment (Hydropathic and Psychological) has commenced at Harwich—Gilbert Smith, Proprietor; W. Felch, Physician, and Ellen M. Smith, (a young lady of medical education,) Assistant.

As a scientific and successful practitioner in nervous and other diseases, Dr. Felch is extensively known "from the mountains of Berkshire to the sands of Cape Cod."

Capt. Smith's residence is in a pleasant, healthful locality, near the shore of Vineyard Sound; where, besides other delightful scenery, we enjoy one of the finest maritime views in the world! Price, from \$6 to \$9 per week. Address, Dr. W. FELCH, Harwich Port, Mass. July 1st.

DR. BEDORTA'S WATER-CURE ESTABLISHMENT is at Saratoga Springs. Aug 1st

CINCINNATI WATER-CURE, five miles from the City, on the Cincinnati & Dayton Railroad, and but a few rods from the Carriage Depot. This large and flourishing Institution is open Summer and Winter, for the reception of patients. Terms, from \$8 to \$10 per week. For further particulars address D. A. PEASE, M.D., Carthage, Hamilton Co., Ohio. July 1st.

H. KNAPP, M.D., Water-Cure Physician and Surgeon, Lockport, Niagara Co., N. Y. Dr. K. keeps constantly on hand and for sale, Water-Cure and Physiological Books, at New York prices. Jun 1st

LEBANON SPRINGS WATER-CURE, Columbia Co., N. Y., is open for Spring and Summer treatment. For terms and other information address WILLIAM A. HAWLEY, M. D., Physician. May 1st

ATHOL WATER-CURE, MASS.—For healthfulness of location, purity and softness of water, variety and beauty of scenery, and the large proportion of CURES it has witnessed, this establishment is deemed unsurpassed. TERMS: \$6 to \$7 per week. For particulars address GEO. FIELD, M.D. Mech. 1st.

NEW GRAEFENBERG WATER-CURE.—For full, printed particulars, address R. HOLLAND, M. D. New Graefenberg, N. Y. Aug 1st

GEORGIA WATER-CURE — At Rock Spring, near Marietta, Georgia, is open, summer and winter. C. COX, M. D., Proprietor. Sept 1st.

AUBURN WATER-CURE, Auburn, Mass.—Dr. Wm. G. REED, Miss L. A. ELY, Physicians. Apl 1st.

THE BROWNSVILLE WATER CURE opens on the 1st of May, considerably improved again. Dr. BAELZ pledges himself to do his best for those that may put themselves under his charge. Terms—\$6 00 per week, payable weekly. May 1st.

FORESTVILLE WATER-CURE, at Forestville, Chautauque Co., N. Y., eight miles from Dunkirk, on the New York and Erie Railroad. For Circulars address the Proprietor, C. PARKER, M.D. July, 1st.

HARLEM SPRINGS WATER-CURE, Carroll County, O., is now in successful operation. R. T. HARMAN, M.D., resident Physician. For particulars, address JNO. HILBERT, Proprietor. Aug. 1st. *

HELP!

DETERMINED to make Glen Haven the best Water-Cure in the world, the Proprietors would like to secure the services of young women to work in the various departments of their Institution. We wish to secure the services of those who would like our mode of life, who are HEALTHY, and know how and ARE NOT ASHAMED to work. We will give pleasant employment, good home, and satisfactory wages. Such may address us. We want kitchen help, chamber help, and bath help. Our Post-office is Scott, Cortland County, N. Y. July 2d. J. C. JACKSON & CO.

LYING-IN INSTITUTE, 201 West 36th st., by Mrs. C. S. BAKER, M.D., graduate. She will also consult with and visit patients at their residences.

PHILADELPHIA. DR. WEDER'S CITY WATER-CURE ESTABLISHMENT, No. 80 NORTH ELEVENTH STREET. Aug 2d. *

PENNSYLVANIA WATER-CURE reopened.—The well-known Hydropathic Institute at Phillipsburgh, Beaver County, Pa., (formerly Dr. Acker's,) is now in successful operation, with improved facilities for the cure of disease. Apply to the Principal, Aug 1st. J. B. CAMPBELL, A.M., M.D.

ELMIRA WATER-CURE.

THIS Institution has entered upon its third year of successful life. It has been so abundantly patronized that the Proprietors have deemed it necessary, in order to meet the demands of its increasing patronage, to make enlargements and improvements, thus affording better facilities for the comfort and treatment of invalids.

The Bath-rooms have been DOUBLED in size, while convenience and comfort have been consulted. Patients can go on a LEVEL from the second and third stories direct to baths. We have 200 feet of Verandah, from which one of the most charming landscapes is seen. We are reached in all directions by railroad.

Dr. S. O. and Mrs. R. B. GLEASON, M.D., opened the first Cure, west of the Hudson river, in the United States, and the fourth one in this country. They have been pioneers of the great cause of Hydropathy. Have had charge of THREE Cures, before building their present home, where they intend now to remain. Their long experience has enabled them to construct a Cure not excelled in this country for comfort in taking water-treatment. From their large experience in the use of water as a remedy, in the treatment of 4,000 cases, they trust that they are entitled to public confidence, and a large share of patronage. Mrs. G. has eminent success in the treatment of female diseases, having had hundreds under her care. Address, S. O. GLEASON, Elmira, N. Y. Aug. 1st.

DANSVILLE MODEL WATER-CURE, at Dansville, Livingston Co., N. Y., presents accommodations for patients and boarders. An extended account of it may be found in the WATER CURE JOURNAL for June. For further particulars, address as above. DR. W. M. STEPHENS, Resident Physician. July 2d.

FOR WATER-CURE ESTABLISHMENTS.—The finest sorts of Fruit and Flowering Trees and Plants at the lowest rates. Catalogues gratis. Carriage paid to Boston or New York. B. M. WATSON, Old Colony Nurseries, Plymouth, Mass. Aug. 9th.

WILLIAM WEST,
133 HUDSON STREET, NEW YORK,
Manufacturer of Sitz-Baths, Bathing-Tubs, Shower-Baths, Pumps, Water-Races, and every description of Plumbing work. Aug. 11.

Mt. Prospect Water-Cure, Binghamton, Broome county, N. Y. For beauty of location, purity of water, and general adaptableness for hydro-pathic purposes, this institution is unrivalled. We continue, as heretofore, to treat all diseases that "flesh is heir to." Particular attention paid to diseases of the throat and lungs, for which we have adopted a new mode of treatment (inhalation) which has proved very successful. We also treat obstinate cases of Spermatorrhoea and Nocturnal Emissions effectually, by a mild and nearly painless operation. (Something new.)

Terms, from \$5 to \$8 per week.

Patients will please to bring the necessary "fixings" for treatment.

P.S. Dr. T. can be consulted as usual, and prescriptions sent free of charge to any part of the United States.

O. V. THAYER, M.D., } Resident Physicians.
MRS. H. H. THAYER. }
Aug. 11. H. M. RANNEY, Proprietor.

RAIN-WATER FILTERS.—I continue to make Filters, which have been in constant use in hundreds of families for many years. They will make rain-water, of whatever color, taste, or smell, as clear as crystal. They are durable, and easily repacked, with proper directions: can be sent to any section of country in safety. I make four sizes, at \$5, \$6, \$8, and \$10 each. Orders for Filters, or Rights of Territory, will be answered at No. 5 State street, Rochester, N. Y. June 31. JOHN KEDZIE.

The Book Trade.

THE NEW BOOK FOR SUMMER TOURISTS.

"UNLESS we are greatly mistaken, this will prove the best Summer Book of the season."—Oneida Herald.

Now ready, the Second Edition of

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"It is so attractive, that he who opens it will reluctantly relinquish it till he has followed the writer over the hills, across the lakes, and among the forest streams."—Rochester American.

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"All the lovers of the country and country life, of rural scenery, and of nature in its wild grandeur, of the sports of the forest and the stream, should buy this book and read it."—Troy Times.

"A book that will be eagerly read by the lovers of romantic adventure. Such readers will envy the author's happiness, when they find him pulling up the simple, uneducated trout from those secluded lakes, tipping over the deer at every shot, sniffing the fresh breezes of those old primeval mountains and hills, and listening to the music of the wild, wild woods."—Anburn Journal.

"This is a charming volume. One almost feels the bracing freshness of the lakes and forests as he turns over its graphic and sprightly pages. They are absolutely so bewitching that to read them is not to be content without rusticating."—Phila. News.

"His descriptions of the forest, the stream, the lake, the meadow, the birds and the blossoms, are spontaneous gushes—warm feelings set to the simple music of Saxon words."—Buffalo Express.

"It is a book to keep awake even in summer afternoons and evenings, conveying one most glibly across hills, lakes, and forest streams, and pointing out all that is worth seeing or feeling. There is much to warm up by wit, and to thrill by daring, in the book; and he who reads it and don't want to be straight off in the country, may—read it through again and see how mistaken a man he is."—Boston Bee.

Copies sent by mail, postpaid, on receipt of price; or it can be ordered through any Bookseller.

J. C. DERBY, Publisher,
Aug. 11. No. 8 Park Place, New York.

WEBER'S ANATOMICAL ATLAS OF THE ADULT HUMAN BODY, lithographed and republished by ENDICOTT & Co., No. 59 Beekman street, New York, from the German edition by Prof. M. J. WEBER, consisting of eleven entire figures, natural size, with a comprehensive explanation. For sale, in sheets, or mounted. Sets in sheets, \$15. Mounted, \$25. May, 11

FRUITS AND FARINACEA,
THE ORIGINAL
AND
Proper Food of Man.

PROVING THAT THE NATURAL AND BEST HUMAN DIET IS DERIVED FROM THE VEGETABLE KINGDOM.

BY JOHN SMITH.

From the Second London Edition, with Notes and Engraved Illustrations,

BY R. T. TRALL, M. D.

Published by FOWLERS AND WELLS, 308 Broadway, New York. Complete in one volume, substantially bound, price \$1 25.

It discusses the question of Dietetics in all its aspects and bearings. The philosophy of the subject is presented in a remarkably clear and comprehensive manner. Reason, Revelation, Human Experience, Natural History, Chemistry, Anatomy, and Physiology, have been searchingly investigated, and their evidences lucidly recorded; while an immense amount of important statistical data has been compressed and presented in an admirable systematic manner. It is precisely such a text-book as the age, the times, and the state of the public mind in reference to diet demand. We give a brief abstract from the TABLE OF CONTENTS

Introduction—Fruits and Herbs bearing Seed appointed to Man for Food—Longevity of the Antediluvians—Man created in the Divine Image—Opinion that Man is progressive in Mental and Moral Qualities—Natural Food of Man not determined by Climate but by Structure—General Characteristics of Carnivorous and Herbivorous Animals—Intermediate Character of Man's Digestive Organs—The Gastric Juice varies according to the Food—Organs in which Man differs from other Animals—Opinions of Linnæus, Cuvier, Lawrence, Bell, and others—Objections answered—Animals trained to live upon and relish improper Food—Difference between Adaptation and Adaptability—Slaughtering of Animals opposed to the Exercise of Benevolence—Cruelty to Animals—Demoralizing Influence of Torturing and Killing Animals—Cases in which Man is justified in Destroying Animals—Processes of Decay and Nutrition—A Mixed Diet—Food should vary according to the Character of the Digestive Organs—Time in which various Articles are converted into Chyme—Experiments—Variety of Food not so necessary as a due Admixture of Nutritious and Innutritious Matter—Best kind of Bread—Vegetable Diet—Opinions of Pythagoras, Plutarch, etc.—In what Health consists—Food Nutritive and Stimulative—Stimulation not Strength—More Oxygen re-

quired when Animal Food is taken—Protracted Labor endured better on a Vegetable than on an Animal Diet—A greater Degree of Cold may be sustained on Vegetable Diet—On what the States of Health and Disease depend—Opinions of Medical Writers on the Production of Disease—Recent Origin of Certain Diseases—Direct Injuries caused by the Flesh and Milk of Animals—Decay of the Teeth—Dyspepsia cured by a Fruit and Farinaceous Diet—Extreme Debility no obstacle to the adoption of this Diet—Effects of different kinds of Food on the Lower Animals—Development most regular when the Processes are Slow—Effects of a Full Meal of Animal Food—Temperaments and Dispositions of Carnivorous and Herbivorous Animals—Nations living principally on Flesh more Cruel than others—The Propensities prematurely Developed by Animal Diet—Injurious Effects of Animal Diet on Children—Period of Perfect Development the only one that can be indefinitely extended—Chyle and Blood from Vegetable Food more Pure—General Comparison of the Effects of Animal and Vegetable Food—View of the Subject as regards Economy—Immense Resources of Food in the Vegetable Kingdom—Best Mode of commencing Vegetable Regimen—Rules for the Preservation of Health—Fruit, Grain, Tubers for Human Food.

CONTENTS OF NOTES.

Abund Experiments on Animals—A Clergyman on butchering—All Nutrition formed by Vegetables—tating Invigorates the Skin—Bible Authority—Common objections to Vegetarianism—Diet in relation to toothache—Digestive Apparatus—Effects of Cooking on Flesh—Effects of Tea and Coffee—Experimental Evidence—Food in relation to Animal Heat—Frauds in Flesh and Poultry—Herbivora taught to eat Flesh

—Illustrations of the Teeth—Iron in the Blood—Making Food into Blood—Milk-Sickness—Modus Operandi of Stimulants—Nutritive Quality of Fat—Organization in relation to Diet—Permission to eat Flesh—Physiological Cook Book—Pictorial Illustrations—Prevalence of Consumption—Salt as a Dietetic Article—Treatment of Gout and Rheumatism—Vegetarians best endure Fasting—Hard Water.

This work will be prepaid by mail. Complete in One Volume, handsomely bound, for \$1 25. Address, post-paid,

Fowlers and Wells,
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Home Cyclopaedia, in 6 vols., embracing—World's Progress—Fine Arts—Literature—Useful Arts—Biography—Geography, and Architecture. Price \$2 00 per copy.

P.S.—A. S. BARNES & Co.'s Descriptive Catalogue of all their publications, furnished gratis.

July 11.

A. S. BARNES & CO., PUBLISHERS.

A GREAT AND GOOD BOOK OF HUMOR.

MRS. PARTINGTON'S LIFE AND SAYINGS.

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MORE GOLDEN OPINIONS.

"Mrs. Partington—God bless her for many a hearty laugh she has given us, many a pain-easer, many a side-acher, and the many flashes of sunlight she has thrown upon the weary waste of life." [Scioto Gazette.
"Seasoned with that quaint and irresistible flow of genuine wit, which 'loves to play, not wound,' and spontaneously exciting the quibbles of an overpowering and inexhaustible mirth." [Journal of Useful Knowledge.

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NEW BOOKS will be carefully and critically reviewed; and from our columns a correct idea may be formed of their merits.

THE MARKETS will be carefully reported to such an extent as the general public may require.

MECHANICS. As the strong right arm of our country's prosperity is the mechanical skill and ingenuity existing among us, we shall endeavor to record every discovery, invention, or improvement tending to benefit and interest this class of our citizens.

TRAVELS. To those whose love of variety induces them to "go abroad" for pleasure or profit, we will give an epitome of all their discoveries, and of the world at large. There is no region so remote, no temperature so extreme, no danger so hazardous, but "Young America" will undertake its exploration, and the results shall be published for the benefit of those who stay at home.

DOMESTIC LIFE.—While following distant adventurers, we will not forget the cheerful fireside of "sweet home," and will furnish the wherewith to gratify each faculty of our social nature. Thus life, in all its phases, shall be amply illustrated.

PHILOSOPHY.—It shall be our endeavor to investigate the causes of all phenomena, whether of mind or matter, to explain the results arising from obscure sources, to ascertain facts and truths, to enlarge our views of nature, and to render our knowledge practically useful and subservient to human happiness.

EDUCATIONAL INTERESTS will be specially considered. With the aid of those engaged in teaching in shop, school, or college, we shall try to render the "pursuit of knowledge" less difficult and more pleasurable.

THE FINE ARTS.—Matters of interest relative to painting, sculpture, music, and the fine arts generally, will receive due attention; and it will be our aim to create a taste for the beautiful in nature and art.

AMUSEMENTS.—The desires of the human mind are numerous and varied, and with improvement still in view, we shall sometimes change "from grave to gay, from lively to severe," and leaving thought of care and business for the time, gratify that portion of our organization which craves and requires rational amusement, discriminating between its follies and its felicities, its pleasures and its perils, in the enjoyment of that which is recreating without enervation, and amusing without levity.

CHILDREN will not be forgotten, but in a "snug corner" we shall store a variety of choice things for their amusement and improvement.

Thus we shall endeavor to furnish a newspaper in which every one may find something to approve and commend. It is our desire and intention to make a FIRST-CLASS FAMILY NEWSPAPER under the title of "LIFE ILLUSTRATED."

The first number will be published in October. Subscription-books are now open. Terms, Two Dollars a year, in advance. No paper will be continued longer than paid for. Postmasters and others will oblige by acting as agents, in obtaining subscriptions.

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308 Broadway, New York.

THE COUNTRY GENTLEMAN.

A Journal for the Farm, the Garden, and Fireside.

THE COUNTRY GENTLEMAN has now been published eighteen months, making three large and beautiful quarto volumes of four hundred and sixteen pages; and the gratification with which it has been received by the public, and the liberal circulation already extended to it, show that its general plan and object have met with the hearty approbation of those whose interest and improvement it was intended to promote. It combines in one large sheet, an AGRICULTURAL, HORTICULTURAL and FAMILY JOURNAL, furnishing, besides its large amount of practical matter on Rural Affairs, in its FINESTOCK DEPARTMENT, a choice collection of articles peculiarly adapted to interest and exalt the views and aims of the FAMILY CIRCLE, together with a careful digest of the NEWS OF THE WEEK, and a full report of the PRODUCE and CATTLE MARKETS; and it will be the constant aim of the Publisher to make it indispensable to the Farmer, and desirable to every one who has a rod of ground to cultivate, or a home to beautify; and by devoting its columns to IMPROVEMENT IN AGRICULTURE, ELEVATION IN CHARACTER, and REFINEMENT IN TASTE, to render THE COUNTRY GENTLEMAN the standard in its sphere.

It is illustrated with superior engravings of Houses, Farm Buildings, Domestic Animals, Implements, Fruits, Flowers, &c., and printed in a neat and attractive style, forming two handsome quarto volumes of 416 pages each per year.

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THE CULTIVATOR, which has now been published for twenty years, is still continued by the subscriber, and is too well known in every part of the Union to need commendation. It is believed that it is not too much to say that it has always enjoyed the reputation of ranking as the first of our monthly rural journals. It is now published at FIFTY CENTS a year, and to Clubs of eight or more, at 37½ cents.

All letters to be addressed to LUTHER TUCKER, Ed. Co. Gent. and Cultivator, Albany, N. Y.

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A gentleman in Massachusetts, distinguished for his scientific attainments and his practical skill as an agriculturist, writes us: "I cannot close without expressing the gratification I feel in reading the COUNTRY GENTLEMAN from week to week. If the hearty approbation of a single reader is of any worth to you, you have mine most heartily, I assure you."—Another, in sending in his subscription, says: "I cannot refrain from expressing to you the great satisfaction I have had in reading the COUNTRY GENTLEMAN. I consider it the most valuable family paper for the farmer that I know of."—From a gentleman in Western New York: "I consider the COUNTRY GENTLEMAN the best paper for our farmers I have yet seen."—A subscriber at Pittsburgh, Pa., says: "I read the COUNTRY GENTLEMAN with much pleasure and profit; and I think there is but one sentiment among its numerous readers, and that is, that it is the leading agricultural periodical of our country, useful and practical."—A subscriber in Tennessee writes as follows: "I confess my admiration of your weekly Journal, the COUNTRY GENTLEMAN—the beau ideal of the denizen of the soil."—From a subscriber in Dutchess county: "I have taken the COUNTRY GENTLEMAN since it was first published, and I think it the best agricultural paper I ever took, if not the best published in the land."—From a subscriber in Ohio: "Let me say to you, that I think the COUNTRY GENTLEMAN decidedly the best agricultural paper in the country, and I have seen and read many, for their name is legion."—From another subscriber in Ohio: "I value the COUNTRY GENTLEMAN as the best of SIXTEEN agricultural papers which I take."—The Hudson Gazette pronounces it "DECIDEDLY THE BEST AGRICULTURAL PUBLICATION IN THE COUNTRY."—The Winstead Herald says: "On all matters pertaining to the occupation of the Farmer and Horticulturist, as well as to Domestic Architecture and the country Fireside, IT IS WITHOUT A RIVAL." Specimen numbers will be sent on application. Aug 16 x.

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THE NEW YORK WEEKLY TRIBUNE entered upon its thirteenth year on the 3d of Sept., when it was in like manner enlarged to the size of the Semi-Weekly and Daily, adding more than one-fourth to its capacity—also without increase of price. This enlargement adds at least \$20,000 per annum to our expenses, in addition to the previous cost of our Daily enlargement already effected. Our Steam Cylinder Presses are not surpassed by any in the world. Our Weekly Edition is now over 110,000 copies, and we are prepared to print and mail every copy on the day (Thursday) that the form is put to press, without interrupting or retarding the regular issue of our three Daily editions, amounting to Twenty-seven Thousand copies. We stand ready to adopt any improvements, however expensive, which will enable us to disseminate intelligence more freshly and effectively, and shall especially hail, as we labor to effect, a radical improvement in the celerity and reliability of the mails.

THE TRIBUNE has not now its character to make or proclaim. It has not been and never can be a mere party organ. It has supported the Whig party because the distinctive principles of that party appeared to favor the great end which it had labored to subserve; it never advocated a measure because it was proposed or sustained by the Whig party. It holds itself at all times as free to condemn unsound principles, unwise measures, or corrupt acts, should the two former be propounded or the latter perpetrated by Whigs, as though they had emanated from the hostile camp. In so far as Peace, Liberty, Education, Temperance, Internal Improvement and Industrial Development may be subserved by acting with the Whig party, it must continue to be, as it has been, Whig.

Though never acting with any Abolition or other one-idea party, THE TRIBUNE is and must be the relentless foe of Human Slavery, as of whatever else tends to degrade Labor and obstruct the intellectual and social development of any portion of mankind. Were it able to perceive that a vote in New York could abolish Slavery in Carolina, it might attach itself to some one of the expressly Anti-Slavery parties; lacking that light, it declines to abandon the substance for the shadow of political good. But, while it does not see its way clear to any effective political action against Slavery in the States which now cherish it, it regards the defeat of whatever effort to extend the giant wrong under the Flag of our Union, or to obstruct by its power the progress of Abolition in other lands, as among the most urgent and sacred of public duties, not to be subordinated to any party consideration whatever. And, while it does not propose to make Anti-Slavery the basis of political action, other than defensive, it will neglect no opportunity, remit no effort, so to diffuse Light and Truth as to render the continuance of Slavery impossible in a land irradiated by the sun of Christianity and boasting itself the great exemplar of Political Justice and law-guarded Freedom.

For Temperance in all things, but especially the disuse of Intoxicating Beverages and the legal suppression of the Liquor Traffic, we shall struggle, as we have struggled, unflinchingly and untiringly. We regard the Maine Law as essentially the most beneficial statute of our day, and confidently hope to see it soon prevail universally.

The Congressional Reports and Washington Correspondence will, as heretofore, be both reliable and satisfactory.

The Markets for Grain, Cattle, Cotton and other products of the country, will receive proper attention and be reliably reported in THE TRIBUNE.

On our correspondence with the most important points throughout the world we need not here dilate. Briefly—we shall spare no expense to keep our readers well advised on every subject of interest, and doubt not that the same generous measure of patronage hitherto accorded to us will continue to repay our exertions.

We rarely employ Travelling Agents, as so many impostors are habitually prowling in the assumed capacity of solicitors for journals. We prefer that our subscribers shall pay their money to persons they know and of whose integrity they are assured. Any friend who believes he will do good by increasing the circulation of THE TRIBUNE is authorized to solicit and receive subscriptions; and, on due proof that money has been mailed and postpaid to our address, we take the responsibility of its safe transmission. Specimen Copies will promptly be sent without charge to those requiring them, and we trust many friends will be moved to ask their neighbors and acquaintances to join in making up a Club to commence with the new year.

A limited amount of space in THE WEEKLY TRIBUNE will be appropriated to Advertising.

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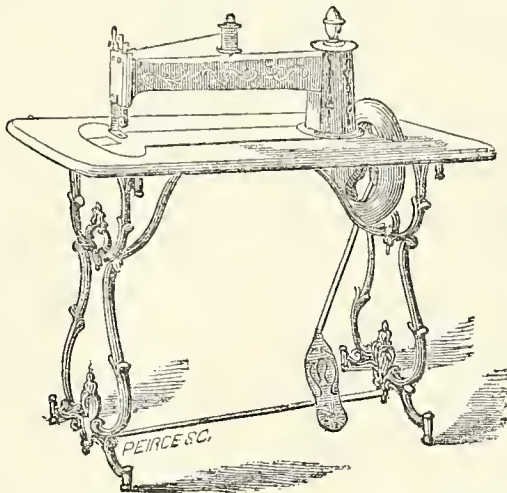
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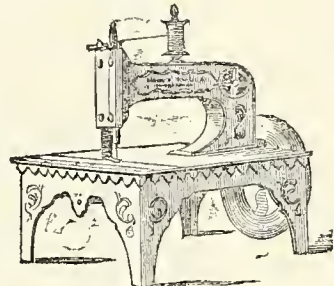
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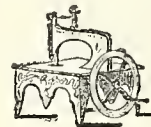
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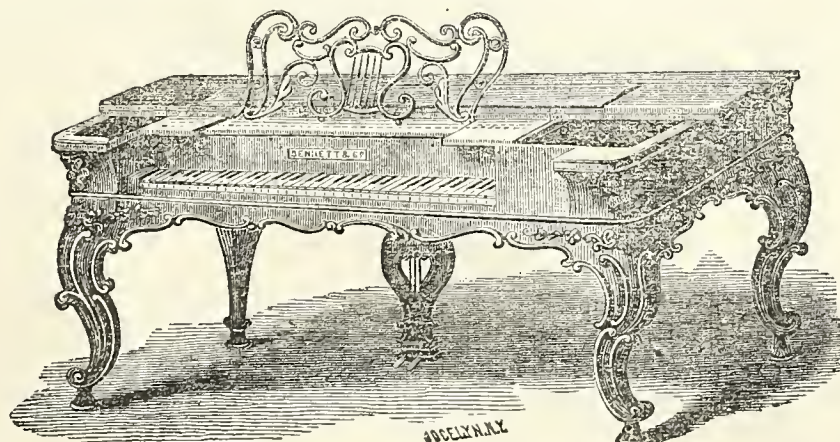
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ART AND LITERARY ASSOCIATION,

Organized for the Encouragement and General Diffusion of Literature and the Fine Arts, on a New and Original Plan, under the Management of Private Enterprise and Honorary Directors.

This new Association is designed to encourage and popularize the Fine Arts, and disseminate pure and wholesome literature throughout the country. For this purpose a Gallery of Art is to be permanently founded, which will each year contain a choice and valuable collection of Paintings, Statuary, &c., for free annual distribution.

The Association will publish and issue to its members the best Literature of the day, consisting of the most popular Monthly Magazines, Reviews, &c.

The Officers of the Association for 1854 have the pleasure of announcing that the subscriptions books for the current year are now open, and the first annual distribution of Works of Art contained in the above Gallery will take place in January next; on which occasion there will be distributed among the members of the Association, free of charge, several hundred superb Works of Art, among which will be the original and world-renowned statue of

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purchased at an expense of over five thousand dollars; also a large and choice collection of magnificent Oil Paintings—consisting of the best productions of celebrated American and Foreign Artists—among which are the works of REED, KENSETT, GRISWOLD, MEEKER, SONTAG, CLOUGH, FRANKENSTEIN, and other eminent American Artists; which, with the constant additions made through an Agent now in Europe, will make by far the most complete Gallery of Art in the United States. The Literature published for disseminating among the Members of the Association for 1854, will consist of the following popular Monthly Magazines, Reviews, &c., viz: HARPER'S MAGAZINE, PUTNAM'S, KNICKERBOCKER, BLACKWOOD'S, GRAHAM'S, NEW YORK MONTHLY, GODEY'S LADY'S BOOK. Also, the following Reviews reprinted in New York, viz: WESTMINSTER, LONDON QUARTERLY, NORTH BRITISH and EDINBURGH REVIEW. The Association is open to all. Any person can become a Member by the payment of three dollars, which entitles him to a membership and to any one of the above Magazines or Reviews for one year, and also a free ticket in its annual distribution of Paintings, Statuary, &c. All persons who take five memberships will be entitled to any five of the above periodicals one year, and to six tickets in the distribution.

The wide-spread fame of the above periodicals renders it needless to say any thing in their praise; it being universally conceded that, as literary organs, they are far in advance of any other in the world. The publishers' price of each of the above works is invariably Three Dollars a year; but by becoming a member of this Association, it secures to all the two-fold benefit of three dollars' worth of sterling literature, and a ticket in the distribution of the most magnificent collection works of Art in the country, EQUAL, if not superior to that of the American Art Union.

The net proceeds derived by this Association from the sale of memberships will be devoted expressly to the purchase of Works of Art for the ensuing year.

The Gallery of the Association will be located at Sandusky City, where superb Granite Buildings are now being erected for it, and which will soon be opened for visitors.

Eastern and Western offices are located in New York and Sandusky.

Memberships can be obtained from the Hon. Secretaries in all cities and towns where located.

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The increasing interest felt in the advancement of the Fine Arts, warrants the belief that this Association will,

WITH THE POWERFUL AID OF LITERATURE, BECOME AT ONCE UNIVERSALLY POPULAR;

as it not only cultivates and encourages the Fine Arts, but disseminates sterling Literature throughout the land; thereby adapting itself to the present wants and tastes of the American people, ennobling both rich and poor to make their homes pleasant and attractive, by the aid of Sculpture, Paintings, and the best reading-matter which the wide range of American and Foreign Literature affords.

The Managers have determined that all which energy and industry can do, combined with judicious and liberal expenditure, shall be done, in order to extend the usefulness of the Association, and to augment its power in advancing the true interests of Art in the United States.

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New volumes of the Magazines commenced in July last, presenting an excellent opportunity for persons to become members and commence the volume.

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ICE-HOUSES.

We deem no apology necessary for introducing this subject to the attention of our readers. In no other way can the expenditure of a small amount of money be made to bring in return so much real enjoyment as in the erection of a suitable building for the preservation of ice. All who appreciate well-kept meats, berries, milk, butter, and the various commodities of the table, and who like a cooling draught amid the sultry heat of summer, will need no arguments from us showing its merits, and the utilitarian and economist will find after a short trial that it *saves* more than it costs.

As in the case of all other buildings, the expense of an ice-house can be graduated according to the means and tastes of the builder. The great object to be attained in their construction being to keep the heat out, there has been considerable discussion as to whether this object was best attained by having the building above or partly below the ground; and as this matter is not conclusively settled, we shall give directions for both styles of building, merely remarking that if well built, either way will serve the purposed required.

The first object aimed at is to place the ice in a position where it will be surrounded by something which is a non-conductor of caloric or the principle of heat. This property is possessed to great a degree by tan, saw-dust, straw, and, in fact, by almost any thing whose particles or parts lie so loosely together that a great quantity of air is held in them.

Another object is to secure perfect drainage; for in those houses most perfectly constructed, some water is accumulated by the condensation of the atmosphere and by the unavoidable melting of some portion of the ice. These two ends being attained, the rest is unimportant.

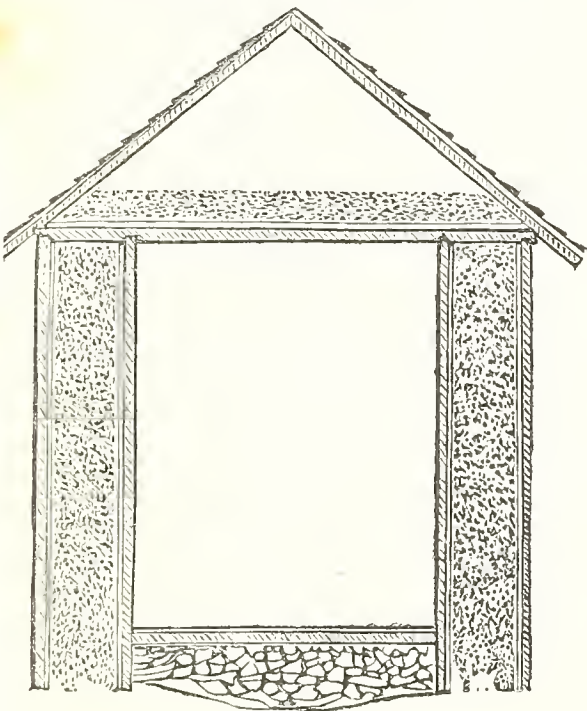


FIG. 1.

A style of ice-house which we are told is very common in Virginia, is as cheap as any we know, and serves a good purpose. It may be described as two houses—one within the other—the distance between the walls being about twelve inches. The supporters, or posts, are poles driven into the ground; the walls are of straw thatched. A parcel of stones covered with straw constitute the floor, and the ice is laid on the straw. The stones aid in draining, and the walls, with the dead air in the space between, prevent the admission of the heat.

A more common style of building in the Northern States is shown in Figure 1; the general plan of which is similar to the one described, but it is built more substantially. The walls form a double partition, which is filled by some non-conducting substance.

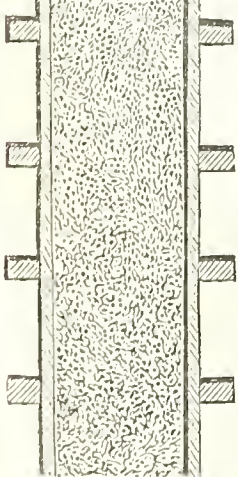


FIG. 2.

The frame or sides should be formed of two ranges of upright joists about six by four inches; the lower ends to be put in the ground without any sill; the upper to be morticed into the timbers which are to support the upper floor. The joists in the two ranges should be each opposite another. They should then be lined or faced with rough boarding, which need not be very tight. These boards should be nailed to those edges of the joists nearest each other, so that one range of joists shall be outside the building, and the other inside the ice-room, as shown in Fig. 2. Cut out or leave out a space for a door of suitable dimensions on the north or west side, higher than the ice will come, and board up the inner sides of this opening so as to form a door-casing on each side. Two doors should be attached to this

opening—one on the inner side, and one on the outward, both opening outward. The space between these partitions should be filled with charcoal-dust, tan or saw-dust, whichever can be the most readily obtained.

The bottom of the ice vault should be filled about a foot deep with small blocks of wood or round stones; these are levelled and covered with wood-shavings, over which a plank floor to receive the ice should be laid; some spread straw a foot thick over the floor, and lay the ice on that. A floor should also be laid on the beams above the vault, on which place several inches of tan or saw-dust. The roof should be perfectly tight, and it is usually best to give it considerable pitch. The space between the roof and the flooring beneath should be ventilated by means of a door or lattice window in each gable. The drain can be constructed in accordance with the situation, the only things requiring attention being to have it carry off all the water settling at the bottom, and not be so open as to allow the passage of air into the vault.

Should an underground house be preferred, the plan of building can be the same as above described; or a less expensive method may be used. A side hill having a northern exposure affords a desirable location. In such case one end of the house is usually above ground. The boards can be of the cheapest description, and the space or air-chamber filled in with straw; the ground forming the support to the whole. No less attention should be paid to draining than in the other case; and when in use, the space between the ice and the peak of the roof should be filled with straw.

Another plan we copy from the "Hydropathic Cook Book," by Dr. Trall. Fig. 3 shows the construction. A well

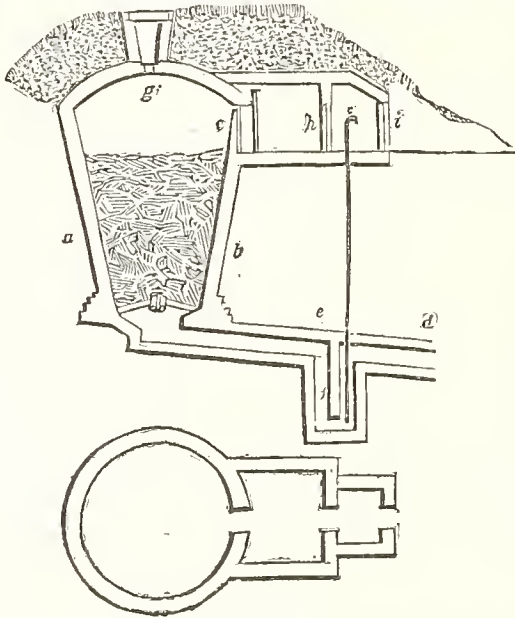


FIG. 3.

is sunk in the form of an inverted cone, *a, b*, which is lined with cement or brick-work of a brick and a half in thickness, and arched over. The ice is put in through the opening *g*, at the top, and taken out at the side door *c*; a drain, *d, e*, at the bottom, carries off the water of the melted ice. The conical form of the well is for the purpose of having the ice keep compact by sliding down as it melts. The walls of the cone should be built with good hard mortar or Roman cement; at the bottom, the ice should be supported on a thin wooden grating, or an old cart-wheel, as represented in the cut. Where the situation will not admit of a drain, the bottom of the ice-well may terminate in a small well sunk still deeper, and this emptied by a pump. The passage to the ice-house should be divided by two or more doors, so as to keep a current of external air from reaching the ice.

In putting in a store of ice for summer use, it is advisable to have it clear, dense, and in as large cakes as possible. It should be packed in the most solid manner; and if the situation is suitable, and the day sufficiently cold, buckets of water should be poured on as it is packed, to freeze the slabs together. When filled, cover with straw, close the door, and await the warm weather to enjoy the luxury.

BITE OF THE RATTLESNAKE.—Some time last summer I was called to see a child, about four years old, who had been bitten in the right hand by a large rattlesnake. The bite was a slight scratch, less than the fourth of an inch long—just enough to make the blood start. I first saw the child twenty-four hours after it had been bitten. Its hand, arm, shoulder, and across its breast, were swelled almost to the skin's utmost tension; several blisters extended in circular rings round its arm, and one at the shoulder. These were opened, and a large amount of greenish water spouted from them. The parents had boiled cuckold burrs in sweet milk, and given it to drink, and they then bathed the swollen parts with sweet oil. They next applied a plaster of honey and flour; but all this appeared like adding fuel to the fire. The child appeared in extreme agony. With considerable difficulty, I prevailed on the parents to remove the plaster, and cleanse the parts. I then applied cloths of several plies, wet in tepid water, and in less than five minutes the patient went to sleep, which it

had not done for the last twenty-four hours. I then poured spring water slowly on all the parts. In about three hours these cloths were removed, and fresh ones applied. There was a large quantity of greenish matter on the cloths. The child slept well until morning. The cloths were again renewed, when there was nearly the same amount of matter. The swelling had greatly abated, and the dark purple color had nearly disappeared from the arm. The cloths were often changed, and kept wet with cold water; and on the sixth day the child was nearly well, with one small sore on the hand, less than a five-cent piece. Its recovery looked more like a miracle than any thing I ever saw. This can be attested to by numbers, if necessary.

In 1833, while pulling weeds in my garden, I was bitten in the first joint of my right thumb by a yearling rattlesnake. The pain was so intense that I thrust my thumb into my mouth. The thought struck me that I would injure my mouth; but when I did not feel the sensation in my mouth that I did in my thumb, I continued to suck as hard as ever did a yearling calf, for half an hour, when nearly all the pain had ceased, and I did not lose a single day. My mouth was affected with scurvy so badly, that I spit out mouthfuls of blood from my gums. There is not the least danger of sucking out the poison from any snake or insect bite. By suction and the water application, I believe the very worst cases may be cured; or by either of them alone, if judiciously applied.

If you think this will be of any use to the public, you are at liberty to use it as you think best. w. c.

Hazel Green, Ark.

THE TRUE MISSIONARY SPIRIT.—The following communication, addressed to a brother in Wisconsin, exhibits a spirit which argues well for the speedy triumph of our cause:

"You cannot realize how happy it makes me to bear that you have become so well acquainted with the use of water as a remedial agent. It is one of God's best gifts to man. I have not had to take to my bed a single day on account of sickness for more than two years, and I believe I owe it to a knowledge of Hydropathy. I would to God that all the world understood and appreciated it. I have not yet 'stuck out my shingle,' but I might as well, for I have to prescribe almost daily in Dr. R.'s [her husband's] absence, and frequently visit patients. If I am spared, I shall go North and take a course of Hydropathic lectures, that I may have more confidence in myself, and be better prepared to give instruction to others.

"We have now been in this country about three years. My husband has been very successful, both in lecturing and practising. You are well aware, I presume, that no professional man can go into a new country, an entire stranger, and carry his reputation with him, no matter how high he may have stood in the place he left. And when a medical man has taken a position like that of Hydropathy in this country, in direct opposition to the prevailing practice of the day, and not only that, but contrary to the received opinions and experience of almost the whole world, you may be well assured that the way to fame and *bread and butter* is an up-hill business. Were it not that we feel it a duty we owe to the world to make known the *blessed news* of Hydropathy, we should long ere this have given them up to 'hardness of heart and reprobacy of mind,' and let them swallow poison to their hearts' content. But we feel convinced that we have been 'called' to be *medical missionaries* to the world; and having put our hands to the plough, we dare not look back. Our success has been beyond our most sanguine expectations in the cures we have made. We have enabled the deaf to hear, the blind to see, the lame to walk, and have almost brought the dead to life. Almost every case my husband has had has been from those given up to die by all the old school physicians in the neighborhood. P. A. R."

Hickory Creek, Coffee Co., Tenn.

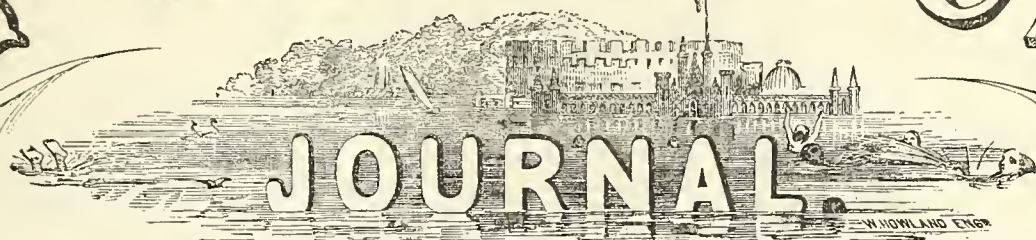
CRYSTAL FOUNTAIN WATER-CURE.—Readers in the West will notice the advertisement of this new Establishment, situated on Berlin Heights, Erie county, Ohio. Though new, and but recently opened, we are informed that the expectations of its physicians and proprietors are more than realized. A more beautiful spot cannot be found in the county—if, indeed, in the State. Lake and land views, extending more than fifty miles, are spread out in splendid magnificence; whilst the water, air, and diet are all that can be desired. We shall look for the most favorable reports from this interesting quarter.

WATER

and

and

JOURNAL



AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

VOL. XVIII. NO. 3.]

NEW YORK, SEPTEMBER, 1854.

[\$1.00 A YEAR.

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Essays.

HERE each Contributor presents freely his or her own Opinions, and is alone responsible for them. We do not necessarily endorse all that we print, but desire our readers to "PROVE ALL THINGS" and to "HOLD FAST" only "THE GOOD."

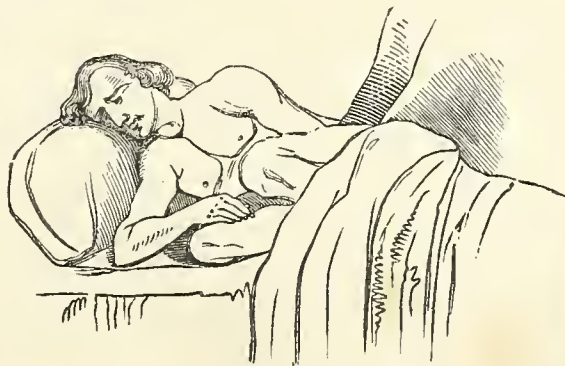
RUPTURE—HERNIA.

BY JOEL SHEW, M. D.

RUPTURE—HERNIA.

From the Hydropathic Family Physician.

THE term hernia, as commonly employed, signifies a protrusion of some portion of the abdominal viscera. The young and the old of both sexes are liable to this ailment. The infant may be born with it. About one in eight of adult males are found to have a rupture of more or less consequence.



POSITION IN RUPTURE.

Hernia is said to be *umbilical*, *inguinal*, *ventral*, etc., according to the position it occupies. It is said to be *reducible*, when it can be returned into the abdomen; *irreducible*, when it cannot be; and *strangulated*, when the protruded intestine is constricted in such a way as not only to preclude its return into the abdomen, but also to prevent the passage of feces through, and the proper circulation in it.

Causes.—The *remote* cause of rupture is a weakness of the abdominal muscles, attendant upon a state of general debility; or there may be a malformation of the parts. It is a singular fact that hernia is very apt to be transmitted

from the parent to the child. The *exciting* causes are, excessive crying, as in cases of children; coughing, sneezing, vomiting, lifting heavy weights, straining at stool or otherwise, running, jumping, etc., in adults.

Symptoms.—These will be found to vary, according to the nature of the protrusion. Usually, the larger the rupture, the less liable it is to return into the abdomen. It usually appears of a sudden, in the form of a swelling at or near the groin, after some violent exertion. If it is but a small swelling, it usually disappears when the patient lies down. It is apt to fill out if he coughs. There is often a dragging sensation at the pit of the stomach, and an inclination to throw up the food, especially if the hernia be of the irreducible kind. If the hernia become strangulated, there is flatulency, colic, tightness across the abdomen, and a desire to evacuate the bowels, with little or no power to do so; vomiting, also, of foul matters from the intestines takes place. "If this state of things continue, the inflammatory stage comes on. The neck of the sac becomes tender, and tenderness diffuses itself over the tumor and over the abdomen, both of which become very painful and much more swelled. The countenance is anxious, the vomiting constant, the patient restless and despondent, and the pulse small, hard, and wiry. After a variable time the constricted parts begin to mortify. The skin becomes cold, the pulse very rapid and tremulous, and the tumor dusky red and emphysematous; but the pain ceases, and the patient having, perhaps, expressed himself altogether relieved, soon after dies." In some cases death takes place in a few hours after the protrusion; in others not for many days.

Treatment.—In cases of children there is generally a good prospect of curing hernia, provided the proper means be taken. With good general management, there is always a strong tendency in the young to outgrow the difficulty. If the hernia is at the navel, a pad larger than the aperture should be fastened over it by long strips of adhesive plaster extending in different directions, but which should be removed daily to allow of the parts being washed with cold water to strengthen them. If the protrusion is at

MATRIMONIAL.—The Matrimonial Department will be continued in the next number.

We have not yet received the address of "Melvina," No. 5, New Series,—and as we have as many letters for her as we should suppose she would care to answer, would suggest that no more be sent.

MANIKINS, SKELETONS, DRAWINGS, PAINTINGS, etc., etc., for Lecturers on Physiology, Anatomy, and Hydropathy, may be had at wholesale prices, of FOWLERS AND WELLS, New York.

OUR NEW ALMANACS FOR 1855!—In order to supply the demand of Agents, Booksellers, and others, residing at great distances, it becomes necessary for the Publishers to print their Almanacs some months in advance of their dates. They will, therefore, have ready, on the 20th of September, for the Mail or Express, the New Water-Cure and Phrenological Almanacs, for 1855. Price, single copies, 6 cents, or \$4 00 per hundred. Address FOWLERS AND WELLS, New York.

another part of the abdomen, it will often be advisable to put a truss upon the child, of which the physician will be the best judge. This should be continued for some time after the difficulty appears to be perfectly cured.

Whenever an adult finds a swelling at the groin, he should at once send for or go to his physician. Many a one has lost his life in these cases, simply by a little delay. Females, from motives of false modesty, have concealed the fact of their having a rupture till it was too late. True, in many cases, the patient by lying upon the back will be able to return the protruded bowel; but I repeat, *if there should be the least difficulty, lose no time in getting medical advice.*

But it sometimes happens that a physician cannot be had, or if so, not so soon as would be desired. It is proper, therefore, that something be said of the modes of procedure necessary on such occasions.

In the first place, if possible, get the rupture back. The method of doing this by the *taxis*, as surgeons call it, is easier conceived of than explained. Suffice it to say, that gentle and even pressure is to be made upon the tumor—the patient lying down always—and this is to be continued a considerable length of time. If this does not succeed, the legs and lower parts of the body should be elevated; in short, the patient should be hung up, or nearly so, by his heels. This plan is recommended latterly by French surgeons, and it is said to have succeeded in some desperate cases. The reason is plain. The mass of the bowels is made to draw downward, that is, when the patient is inverted, which must tend materially to bring the protruded part back into the abdomen.

Another means which has been universally recommended is, to apply ice to the abdomen, especially about the protrusion. The cold contracts the fibres in such a way as to make it possible often to reduce the hernia. But in the use of ice, care must be taken not to freeze the flesh, else it soon mortifies. A better plan is to use cold water generally. In this way we produce even a more powerful effect—by sympathy—upon the local part than when we use ice. The use of *hot* water ought never be allowed. How plain it is that heat tends to rapid mortification—the thing of all others most to be dreaded in hernia. Not only are the Allopathic, but the Hydropathic works—some of them, at least—wrong on this subject. I repeat, cold is the better application; for it tends not only to the prevention of inflammation and mortification, but at the same time constricts the protruding mass in such a way as to give it the best possible chance of getting back into the abdomen; whereas heat does not produce any such constriction, but expands it, on a natural principle, and, what is worse, increases the inflammation. Bleeding, likewise, is a doubtful measure in these cases, and certainly not a tenth part as effectual as the cooling plan. “A delicate person,” says the learned Druitt, “will not be very likely to bear the shock of an operation, if bled or boiled to death’s door first of all.”

In a medical journal published a few years since in this city—Dr. Meikleheim’s—I find the following cases and remarks:

“In the *Journal de Chirurgie*, (Journal of Surgery,) a French periodical, June, 1845, there were published three cases by M. Moreau Boutard, in which irrigation with cold water enabled that surgeon to reduce the hernial tumors, after the taxis alone had totally failed. The first case was that of a woman four-and-twenty years of age, laboring under crural hernia, the result of an effort. The hernia had existed for ten hours, and all the symptoms of strangulation were present. The taxis not succeeding, a small stream of cold water was made to fall from a height of three feet on the tumor. The contact of the cold water produced a general chill; the muscles of the abdomen contracted, the nausea ceased, the respiration was momentarily suspended, and in less than five minutes from the time the irrigation was commenced, the hernia had

escaped from the hands of the operator, and returned into the abdomen.

“The second case was that of a man of thirty-five, of robust constitution, who had labored under inguinal hernia for some years. During defecation, the hernia, which was not restrained by a bandage, escaped, and became strangulated. Dr. Boutard was called eleven hours afterwards. The intestine had descended into the serotum, and formed a considerable tumor. The taxis was repeatedly tried; the patient was twice bled from the arm, and was placed in a warm bath, but all without success. He was then taken from the bath and placed naked on an inclined plane, without being rubbed dry. While shivering from the effect of the cold produced by the evaporation of the water with which he was covered, a stream of cold water was directed on the hernia, as before, the taxis being at the same time restored to. In the course of five minutes the tumor became softer, its pedicle moved, and it escaped into the abdomen.

“The third patient was a young man of twenty-five, likewise laboring under strangulated femoral hernia, the result of an effort. The hernia had existed for eight hours only, but the symptoms of strangulation were beginning to manifest themselves. The taxis alone had been tried, and had failed. Irrigation with cold water, as before, was restored to by Dr. Boutard along with the taxis, and after fifteen minutes the intestine returned suddenly into the cavity of the abdomen.

“M. Boutard also quoted a case narrated by J. L. Petit, of a robust young man, twenty-one years of age, who had been bled eight times in two days, and with whom all the other means of reduction had been employed without success. A pail of cold water having been thrown over him, the hernia suddenly returned.”

These cases speak for themselves, and need no comment. Fortunate would it be for the world if we should after all find that simple cold water will cure strangulated hernia.

Prevention.—In regard to the prevention of this formidable difficulty, we see how necessary it is that the patient should do all in his power to promote a good state of the general health. He should commit *no errors* in either exercise, diet, or drink. It is exceedingly important that the bowels be kept habitually in a free and open state.

A LETTER.

GLEN HAVEN WATER-CURE, }
Scott, August 1st, 1854. }

J. GREENE, *Castile Water-Cure, N. Y.*

DEAR SIR:—I have received your pamphlet, have read it, and am in the main pleased with it. Wherever you may send it and by whomsoever read, it will do good. It states plainly and in unmistakable language, the *fundamental* idea of Water-Cure—the idea as all Water-Cure Physicians hold it—and so adds your name and influence to the number of those who publicly protest against the monstrous absurdity so prevalent, of attempting to cure disease by agents whose natural action on human structures is destructive. In this respect your testimony cannot be overrated. At the head of a Water-Cure, exercising your influence on the public mind, the conviction that drug-medication is at least *useless*, at worst very injurious, will be felt. I rejoice, therefore, at the courage and good sense you display in putting yourself right on the record at so early a day, as to the inutility and wickedness of drug-poisoning. I say *wickedness*, because, for the life of me, I cannot draw the distinction as to the culpability of the transaction, between drug-poisoning myself, and my being poisoned by a doctor. Sure am I, that arsenic or calomel will just as certainly work its natural effects when prescribed *formally*, as when taken

unprofessionally. So that to poison one’s self, or to be poisoned, so it is *done*, amounts to the same thing. This being a doctor and doing the deed according to *law*; this being a patient and dying according to usage and custom, though

“It sugars over the spider,”

makes the offence none the less heinous.

Your pamphlet comes out in good time also, because it is but fair that the COMMUNITY should clearly understand your position. Institutions for healing the SICK are springing up rapidly. Most, or many of them, designate themselves as Water-Cures, whilst, at the same time, as you and I understand it, they are *not* Water-Cures. They do not deserve the name, *because* their physicians do not illustrate the idea. They do not put themselves into harmony with it. They do not yield themselves gratefully and in full faith to it. They do not *believe* it as Doctor Shew, as Doctor Trall, as Doctor Taylor, as you and I, and some others believe it. They do not *believe* it so as to *live by* it. Belief in an idea is *by life* of that idea. It is being controlled by that idea; giving one’s self up to the idea; and contemplates a course of action on one’s part exactly the counter of those who attempt to control and guide ideas. For in the one case the *power* is in the IDEA, and is reflected to the man; in the other, it is assumed to be in the MAN, who gives lustre and life to the idea. It constitutes the difference between being possessed *by* an idea and following it to its “ultima thule;” and possessing it and using it for one’s convenience and profit. It is, then, from no mean, low, base, or sordid motive, that I deny the *right* of any medical gentleman to call himself a Water-Cure Doctor or his establishment a Water-Cure, whilst he believes in the curative power of poisons, or administers them in his practice; but for the reason that I feel bound to give my supremest love and respect to the great truth, that God has made the *law* of CURE to be correspondent to and coincident with the *law* of CREATION; and that therefore those agencies, or influences, or materials, or means only, which are useful to preserve health, are powerful to *cure* disease. Right or wrong, this is my belief, chosen after the profoundest investigation, and wedded to which I am more and more earnestly every day, by reason of its successful application. Right it is therefore to me, and so its opponents are wrong. Right it is to me, and so, as an honest man, I am bound to honor, plead for, and defend it. I cannot consent to demean so glorious a *truth*, by seeming to approve of those who connect in their practice its exposition and illustration, with the exposition and illustration of the drug-system. These gentlemen, unwittingly perhaps, constitute a class of “go-betweens.” They take for their motto the old Latin aphorism,

“In medias res tutissimus ibis;”

“The safest road is the middle path.”

Or, translated another way, reads, “Truth lies between extremes:” a poor, pitiful sophism, all of whose force lies in its adaptation to such only as seek *first* and *last* their own success, and mostly at the expense of the TRUTH.

All great revolutions (and the Water-Cure is the greatest of the 19th century) have been beset by this same conservatism (not conserving) influence, whose object ostensibly is to take care of and preserve from ruin the *new idea*. These friends are afraid of *extremes*. Dear deluded souls, do they not know that the home of the TRUTH is on the border of her empire, just at the line of demarcation between her and Falschhood? That it is not at the *heart* of her domain, but at the extremities of it, that the egg is laid which hatches into TREASON, and so TRUTH does not live or lie *between* extremes, but *in* or *at* extremes? Whether they know, or see, or feel it, it is so; and thus from considerations of caution, of self-respect, of self-preservation, or of success, the Water-Cure practice—that which the public acknowledges as such—must be as radical as the

idea it illustrates. Its physicians, to entitle them to the name, should in their *lives* and *practice* set forth its claims to belief, to general public confidence, and to individual trust; as earnestly, as truthfully, as sincerely, and undoubtedly as one feels called on to show forth the principles of Christianity to entitle him to the name and character of a Christian.

I am glad, doubly glad, therefore, at the publication of your little work, inasmuch as it communicates the fact to the public that in Western New York there is the Castile Water-Cure, whose physician gives *no* drugs or medicines, and that those of us who, in the WATER-CURE JOURNAL and elsewhere, have been sedulously laboring to keep for THE PEOPLE the idea which belongs to them, to keep it above ground, so that they could see it, and seeing could appreciate it, have one more out-spoken co-worker. From this hour, Sir, I grasp your hand, as that of a brother's. I do not know you personally. No matter for that. You may not be the most learned of men. I care not a whit about that. You have surrendered to an idea, so you say, "rescue or no rescue;" an idea of such magnitude, such glory, such strength and life, that it must vitalize *you*. I know what I am talking about. I know what it has done for me; that notwithstanding the croaking of friends and the sneer of foes, the prophecies of priests and the prating of physicians, it has made me a better man, a truer Christian, and a more *successful* physician, than it were possible I ever could have been without it. It took me up at the grave's green edge, and carried me off in its great, strong arms, and as we travelled it breathed into me the breath of life, and I became a living soul. For seven years I have followed it. Where it went I have gone, confident, trusting, humble. Three years of the time, I assiduously sought to restore myself, well-nigh put to death by the drug-doctors. The four remaining years I have wrought for others, with what success others may judge. One thing is certain, reputation or no reputation, success or failure, out of 1400 men and women who have been at the Glen in the last four years, not one has had at my hands, by my advice, and with my consent, one particle of medicine. They have come to us from far and near, afflicted with every possible variety of disease known to our country in its chronic form, and at least 95 of each 100 have been well satisfied. Under such circumstances, can one offer a *reason* why I should have fed these sick with medicines? To have done so, would have been to drop from the heights of common sense into the sphere of the *fool*. I prefer to soar, to make that descent.

Doctor Greene, the majority of physicians occupy the stand-point of faithlessness, in the matter of curing disease. And this scepticism has led to all the intricacies so manifest in the art of healing. They have no fixed principles. The theory of to-day is supplanted by that of to-morrow, and the remedies follow suit. Those which are greatly in vogue in one generation, are sturdily condemned by the succeeding. And thus doubt envelops the whole question. May not Water-Cure physicians rejoice that they are not thus troubled? To them there is no doubt; they know that the law of Water-Cure is supreme; that Hippocrates and Galen are not their authority, but a greater than these, who is *God*. HE is *their* authority. They study the human organism from His point of view, and of course have *faith* in their means. They stand to this matter, where they can, as it were, summon Almighty Force to their aid; for whoever corresponds in his actions to the demands of a law, by so doing secures the strength and force of that law on his side. How far this view may be extended I do not pretend to say; but *I am prepared* to say, that the extraordinary cases of cure in the various Establishments over the country, whose practitioners give no medicine, have demonstrated the fact that some agent, or force, or power, or influence, new, strong, and strange to on-lookers, did the work. It is not exaggeration to declare

that the people in very many localities have been *astonished*, made dumb at our success. They know not what it means. They cannot comprehend it. They reason from the seat of SCIENCE, we from the platform of FAITH. They scout nature and adopt art. We subordinate art to the authority of God. They combine the *wisdom* of man as it has descended through the ages, and use it as a guide. We take God's wisdom, as at the beginning, and test man's wisdom by it. As a consequence, we look for just such results as are wrought out in our Cures, whilst they stare at them with eyes as large as goggles, and are only saved by the general intelligence of the present day from preferring formal complaints against us of having dealings with the Devil. In my own neighborhood some of the less intelligent of my fellow-citizens have been so astonished at some cures which have been made, as nearly to upset their common sense. They cannot understand how a true art of healing must be marked by simplicity of means. The Scriptures, though full of illustration on the point, help them not at all. They cannot see that as the physician adjusts himself, in his relations to his patient, to the use only of those means which the Creator has established, he approximates to the "gift of healing." His own faith makes him strong, and his strength is communicated to those under his care. I know that my success in some of the most difficult cases I have ever treated, has depended on my unswerving confidence in the foundation-principle of Hydropathy, a confidence that knows no abatement, that deepens by time, and that teaches me that in the department of healing, the wisest and most skillful are yet as babes. Beyond our present knowledge lies an *Arcana* whose powers will yet astound the dullest comprehension. What we *now* know, is but a sand-grain to the sum total which is yet to be known on this subject. The *revolution* has begun: the people are awaking as from a deep, sickly, unpleasant dream. The doctors are watching us. Let all of us who have faith in Water-Cure, honor our idea. Under no temptation let us swerve. Let those who have faith in *poisons* use them, but not for a moment should we consent to have it go abroad, that Hydro-druggists and Hydropathists represent one and the same cause.

It is not needful that we should speak harshly of them, but we must *keep before the people* the fact that *Water-Cure* physicians use no medicines, for the reason that they have found a more excellent way. Oh, what a glorious work we shall achieve, if we bring the masses to be conscious of the injurious effects of drug-medication! What falling off of pain, of wearisome watchings, of heart-breaking, of newly-made graves, and of weeds of woe! We talk of the healthful effects of ceasing to use intoxicating liquors as a beverage; a great reform truly. But I know one that would run parallel with it in all respects as a great redemptive measure, and that is ~~the~~ The ceasing to take POISONS as medicine.

Doctor Greene, in saying what I do against drug-giving, I am in conflict with my interest. To be selfish, I must keep silent on this point, letting THE PEOPLE remain uninformed, and the physicians remain unrebuked. For to the popular modes of treating the sick, do I owe my extensive practice. My larger half of guests are those who have been smitten by poison, till life is scarcely left. Weak, feeble, cadaverous, irresolute, suffering hourly agonies from the effects of poisons lodged in their tissues or in their circulation, or from the effects of poison on their tissues, they come great distances to seek relief. When we part as physician and patient, we generally part *for ever*. They go home forsworn of medicines, to live as God commaudeth them, in conformity with common sense, and their latter end will be the days of their rejoicing. It is then from the promptings of humanity that opposition to drug-giving arises, and not from selfishness. So long as people take medicines, so long will the Water-Cure doctor have all the business he can do.

But I must close; I trust that all good Water-Cures will be filled the coming winter, and that those having the sick in charge may restore them, and send them home to preach glad tidings of great joy to those who have not heard them.

I am, yours truly, J. C. JACKSON.

CHRONIC POISONING.

BY SOLOMON FREASE, M.D.

THE medical profession have for hundreds of years been endeavoring to find out and explain the action of medical poisons on the human system, but as yet, those who use them seem to know but little of the philosophy of their action, or their ultimate effects on the animal economy; though of the latter many of them are by no means ignorant, as will be seen. But as a general rule it is enough that, after a certain substance has been administered, the patient is relieved of the particular symptoms of which he suffered; whether he die in six months or in ten years, as a consequence of the remedy, seems not so much to have engaged their attention. Says Dr. Christison, in speaking of corrosive sublimate, "the immediate and prominent properties of corrosive sublimate have received some elucidation. But its qualities as a *slow* poison, as well as the less active compounds of mercury, have not been examined with the same care." What is here said of the compounds of mercury as a slow poison, might be said of all the other medical poisons as well.

We should expect that, after the best-educated minds had been philosophizing over and experimenting with these so-called remedies for so long a time, there would be some agreement among them as to their action, if there was knowledge on the subject, and that in case of the failure of such agreement, or the demonstration of such knowledge, after such long and fruitless efforts, they would begin to think there was some fundamental error, and that, consequently, the whole superstructure might be false. But we see little evidence of this condition of mind among our medical brethren who advocate the use of poisons. Notwithstanding they will quarrel among themselves about the action of almost every substance in the Pharmacopœia, the moment any one not orthodox ventures to suggest that the whole thing may be a mistake, the fraternity almost with one accord are down upon him, loading him with terms not the most flattering or respectful; as "presumptuous upstart," "quack," "ignorant pretender," &c. It does seem presumptuous, I know, to question the fallibility of their creed, but there have been and are other errors and hoary-headed abuses that have stood through long ages, and have employed in their defence talent, learning, and every thing claimed by the regular profession of medicine, yet they have crumbled or are crumbling away beneath the light of reason and science. So it will be with medical delusions. The signs of the times indicate it. The Homœopaths have demonstrated that small doses do more good, or less harm, than large ones. The Eclectics following, have abandoned bleeding, calomel, antimony, and other of the more destructive agents of the Regulars, and their success has been, comparatively, quite gratifying. Their statistics show a much larger per centage of cure than do those of the old school. Judging from these facts, and the success of the Water-Cure, we cannot doubt but that the monstrous delusion called medical science, which recognizes as most malignant poisons as remedial, will be swept away, and be succeeded by the Water-Cure system, founded as it is on Hygiene, and embracing as it does the eternal principles of all true medical science.

Let us now proceed to call attention to some of these pretended remedial agents, and

their effects on the organism. The following quotation from the United States Dispensary will serve to show the extent of their knowledge of the leading agent of the Regulars, which has so long played a conspicuous part in the annals of medicine: "Of the *modus operandi* of mercury we know nothing, except that it probably acts through the medium of the circulation, and that it possesses a peculiar alterative power over the vital functions, which enables it in many cases to substitute its own action for that of disease." It may do very well to cover one's ignorance to say that a substance substitutes its own action for that of disease, but after all it amounts to just about this, that "of the *modus operandi* of mercury we know nothing." To say that it subverts diseased action by substituting its own is a bold assumption, and not warranted by facts. If the action subverted is diseased action, that substituted is no less diseased. One manifestation of vital resistance to destructive agencies is subverted, others, often more dangerous to life, are set up. Admit that, in some cases, this mercurial action does not manifest its destructive tendency immediately; there is no room to doubt but that its deadly action commences immediately, and will sooner or later develop itself in some form of disease, though we may not always be able to trace the effect of its cause; for, owing to the multitudinous forms in which its action manifests itself, this is not always an easy task. Dr. Druitt, in his *Modern Surgery*, a standard Allopathic work, bears testimony as follows:—"The consequences of such reckless (mercurial) medication present themselves to the physicians in dyspeptic affections, chronic headaches, pains in the limbs called rheumatic, &c.; and to the surgeon in the more striking forms of alveolar absorption and adhesions, inveterate ulcerations of the fauces and nostrils, where no specific taint has been suspected; and in various degenerations, malignant and semi-malignant, of glandular organs. "Moreover, the evil does not stop with the individual, for where important elementary tissues are so deteriorated in the parents, a constitutional infirmity will be set up in the offspring, which, if it may not be called scrofulous from birth, is the most favorable condition possible for the development of that diathesis, whenever cooperating influences shall assist the unfortunate subject."

Here is an admission from an advocate of its judicious (?) employment, that mercury in its different preparations tends, not only to produce a variety of diseases in those to whom it is administered, but manifests itself in the offspring of those who have been subjected to its baneful influence. And the language used is not too strong. Mankind have come to dread it, not only instinctively, but from observation and experience of its effects; and very often the first sound that meets the ear of the physician as he enters the sick room is, "Doctor, I don't want you to give me calomel."

Even if we admit, for sake of the argument, that patients who use it sometimes recover from the particular form of disease with which they are afflicted, sooner than they would without it, its ultimate as well as its present effects should be considered. I have a man in view now, a large muscular man, who at the age of 25 years was robust and healthy. He took the bilious fever. Calomel was administered. He recovered from the fever, but he was shorn of his physical strength and beauty. His bloated legs and sightless eyeballs reveal the direful effects of this Sampson of the old-school physicians. Those who have had experience in treating this disease by the Water-Cure system, need not be told that these are necessary consequences of fever. They are the consequences of poisoning.

Whether these results are produced by the mercury remaining in the system, or by its passage through it, matters not; its destructive tendencies are alike unmistakable. I know it is now claimed that poisonous medicines enter the system, cast out disease, and then pass off them-

selves. Says Dr. Headland, "Mercury, being unnatural to the blood, passes at length out of the system through the glands, and acts as an eliminative." We have no evidence that it all passes out of the system in the summary manner here indicated; nay, we have very strong evidence to the contrary, in the feelings of those who have been unfortunate enough to take it, at every change of the atmosphere, if we had no other proof. On the introduction of poisons, the system will do the best it can to rid itself of their presence, and often succeeds in throwing all or a portion of them off by vomiting, or through the excretory organs of the body; hence it may be found in the saliva, the urine, &c. But it has also been found in nearly all the fluids and solids of the body. The organism, when unable to expel it, protects itself from its destructive influence as well as it can, by "sliming it up." We know that when poisons, as arsenic, calomel, &c., are taken into the stomach, that organ immediately secretes an increased quantity of mucus to protect itself, in which the poison is enveloped; and when they once enter the medium of the circulation in quantity not large enough to produce immediate death, they may be carried out with the excretions, or remain in the solids of the body as foreign substances. But I cannot now pursue the investigation of this subject, though it is full of interest. At some other time I may do so, as I am in possession of ample proof of its truth, as are all Water-Cure physicians of experience. But as it does not particularly concern my present argument, I postpone it,

But it is not mercury alone, in its different preparations, that is destructive to the system; but as it is more frequently administered and does its work more insidiously than many others, it has undoubtedly done more to undermine the health of mankind in those countries where it has been extensively used as medicine than any other substance. Still it alone should not be made to bear the whole burden of the disease and degeneracy of a drug-smitten world. Its sins have been many and grievous, but there are other and great sinners besides it. Let them be responsible for their own actions. Arsenic is considered a good medicine in intermittent fevers, convulsive disorders, skin diseases, &c. Well, what are its actions? Does it, after entering the stomach and being absorbed, go the rounds of the circulation, carrying the disease before it; or, driving it out in some other way, pass off itself, leaving no bad consequences behind? We shall see. Arsenic is one of the most deadly in the catalogue of poisons. More persons are said to be killed by it than by any other poison, but I doubt it. If the truth were known, calomel would be seen to have killed ten to one, not perhaps on account of its greater incompatibility with health and life, but because of the greater quantity which finds its way into human stomachs.

Arsenic often produces death suddenly; but it does not always do so. It can be given in small doses for a long time, doing its work effectually but insidiously; giving rise to symptoms of other diseases, and thus lead the mind astray. How often are we thus deceived in the examination of cases, attributing the disease to this, that, or the other cause, when it is a case of slow poisoning from the action of "medicine."

Dr. Alfred Taylor, in his work on poisons, page 258, says: "I believe this mode of poisoning (chronic) to be more frequent in this country than is commonly supposed; and it behooves practitioners to be exceedingly guarded in their diagnoses, for the usual characteristics of arsenical poisoning are completely masked. The symptoms might easily be taken for chronic inflammation or ulceration of the stomach, leading to perforation. I have lately had to examine a case of this kind, where the death of a person had been caused by his housekeeper, under somewhat similar circumstances. The crime was not discovered until after the lapse of two years; and from the small doses given, and the repeated vomiting during life, no arsenic could be detected

in the body." What is the inference to be drawn from this quotation? Is it not a key to unlock the entrance to a knowledge of the cause of much of the chronic disease and misery with which the world is filled, rendering life, which would otherwise be a condition of exalted happiness, a burden, and death not unfrequently a welcome visitor? By these small doses—the very plan pursued in the treatment of disease—the victim is poisoned without knowing it. The characteristics of acute poisoning are masked, and those of the chronic form—among which are inflammation of the stomach, enteritis, inflammation of the conjunctiva, exfoliation of the cuticle and skin of the tongue, salivation, jaundice, &c.—are set up. Suppose a physician finds a patient suffering with intermittent fever, and administers Fowler's solution, or some other arsenical preparation, for a longer or shorter time, in small doses. The patient finally recovers from the fever; but three months, or two years, or ten years after dies of inflammation of the stomach, gastro-enteritis, jaundice, or some other form of disease to which this medicine is known to give rise; does the physician know, does anybody know but that death resulted from the arsenic? Is it not likely that it did? Is it not likely, yea, absolutely certain, that thousands die annually by this slow poisoning; not by arsenic alone, but by the thousand other poisons of the *Materia Medica* as well, given by physicians, not to kill but to cure? To the organism it matters not what the intention may be of the one who administers the poison. It will work out its legitimate results upon the system. Sooner or later the body will feel its destructive influence, and perhaps moulder in the grave; while the physician may be reaping honors and rewards for having suppressed the original malady for which it was given.

Death has been known to result from sulphuric acid many months after it has been administered. I quote from Taylor on Poisons the following case, which is full of instruction: "A young woman swallowed about a tablespoonful of sulphuric acid on the 4th of January, and died from its effects on the œsophagus on the 14th of November following, from innutrition. This was *forty-five weeks or eleven months* after she had swallowed the poison. *There is no doubt that the acid may prove fatal at all intermediate periods, and at intervals much longer than this, but the longer the event is protracted, the more difficult will it be to ascribe death to its effects.*" If sulphuric acid may produce death eleven months after being taken, why not in eleven years? and if the difficulty of tracing the effect to its cause is increased by the length of time, who can say how many have been poisoned by it without a knowledge of the fact?

Dr. Richmond, in his discussion with Mr. Brittan in the *Spiritual Telegraph*, mentions the case of a man in Nelson, Portage Co., O., who was bitten by a rattlesnake, and died in consequence 17 years after. The virus of the rattlesnake has lately been recommended by some medical men, as a highly valuable medicine—a specific in fact for some diseases.

I have shown that the symptoms of poisoning with a single agent are not always uniform; that they correspond with those of other diseases, and are sometimes so completely masked, even in acute poisoning, as to baffle the skill of the most experienced. The following case, taken from Taylor, which occurred to Dr. May, will serve to illustrate this more fully. A child ate some paste containing arsenic, which had been prepared for destroying rats, and died in about eight hours after; and so completely were the symptoms of arsenical poisoning masked, that Dr. May observes, that had not the child been seen to eat the paste, there was not a symptom, nor after death any morbid appearances, to indicate the true cause of its illness. In chronic poisoning, of course the difficulty of making a correct diagnosis is greatly increased.

But if it is so difficult to ascertain the symp-

toms of poisoning by a single agent, how vastly is the difficulty increased when poisons are administered in combination, or different ones singly, or some singly and some in combination, every few hours or every day, sometimes for months, as is usually the case in disease. It would defy the wisdom of all the toxicologists in the world to give the symptoms of this kind of poisoning. It should not be concluded, therefore, that persons are not poisoned by the opium and arsenic, calomel and quinine they have taken, because there are no well-defined symptoms corresponding to those given in the books.

Many think poisons are dangerous only when taken with intent to kill, or by accident, or perhaps when administered by ignorant physicians! This is a great, and to many, no doubt, a fatal mistake. They are just as much poisons when administered by the most skilful, with this difference, that the dose is so graduated as not to produce immediate death. The former is acute poisoning, the latter chronic. In the one case the symptoms are generally well marked, and easily traced to their cause; in the other they are obscure or masked, and generally attributed to some other than the *real* cause. In the former, death generally takes place speedily; in the latter, it is often prolonged for many years.

It is a fact that the best-educated physicians, those who have devoted much of their time and talents to the subject of poisons, differ widely as to the mode of action and the effects of some of the leading ones that have long been in use as medicines. Take calomel, for instance. They do not agree as to the diseases in which it is proper to be used, the doses to be given, its action, or the changes it undergoes in the system, when taken in any quantity. It was for a long time regarded as a very valuable and almost the only reliable agent in syphilis and chronic hepatitis. But latterly M. Ricord, Dr. Hays, and others, have proved that it is unnecessary in syphilis; and Dr. Chapman, Tweedy and others agree that it is a potent cause of inflammation of the liver. By some; it is contended that calomel, (chloride of mercury,) when in the stomach, is changed into corrosive sublimate (bi-chloride of mercury) by the free muriatic acid of the gastric juice, or any of the alkaline chlorides with which it may come in contact. Others deny it.

To show their agreement as to the quantity proper to be given at a dose, I cannot do better than quote from Christison on Poisons. A man was arraigned for poisoning his wife. He had purchased in a suspicious manner four doses of calomel varying from 30 to 60 grains each. "On the trial, Dr. Cleghorn and other witnesses gave their opinion that the dose purchased by the prisoner, if administered, would cause the symptoms and morbid appearances observed in the case. On the other hand, Dr. Gordon deposed to the effect, that all the symptoms of the case might arise under the operation of natural disease, and that such doses of calomel were by no means necessarily injurious; the late John Bell deposed that it had even been given in much larger doses without injury; and the profession are now well aware, though not at the time of the trial, that in the very malady alleged by the prisoner to have carried off the deceased, namely, dysentery, calomel, in repeated large doses, is accounted by many a proper method of cure."

They differ with regard to the operation of arsenic. Some, as M. Flandin, maintain that it is an accumulative poison; that is, that one dose after another may be taken without any perceptible effect, till the combined influence of the whole is felt; others, as Dr. Taylor, do not so consider it. Is it not all-important that before agents so deadly in their nature are recommended by medical authors, they should have a correct knowledge of their mode of operation on the system? And if the most learned cannot agree—those who have had extensive opportunities for observation and study—what must be expected of the thousands of half-educated physi-

cians scattered all over the country, and dealing out those deadly agents with a liberality proportioned to their ignorance?

A recent trial before the police court of Cincinnati will further illustrate the condition of medical science in the hands of those who claim to be its exclusive guardians and depositaries, and show clearly their knowledge of the action of the agencies they employ to combat disease.

Dr. W., a German physician and medical author of age and experience, was called to prescribe for a child two and a half years old. He ordered one-third grain nux vomica, which produced no perceptible effect. He then ordered four-fifths of a grain four times a day, which likewise failed to produce any obvious effect. He then ordered several doses, each containing one and one ninth grains, the first dose of which proved fatal, according to the testimony. Medical witnesses—professors of medical colleges and others—were examined; some testified that such results should have been expected under the circumstances. Others, equally learned, deposed that such consequences should not have been looked for. On the question coming up, whether it was an accumulative poison, no one of the medical witnesses would venture an opinion, though without doubt they had all used it "scientifically" in their practice. Judge Stallo, one of the most thoroughly-educated men in Cincinnati, who had been himself a professor of chemistry and toxicology in the leading medical college in that city, acting as counsel for Dr. W., said, "If this physician is put in the penitentiary for what has been done in this case—if every error or mistake is thus to be inquired into, in two years not a physician will be left out of prison in Ohio."

If the reader will bear in mind the leading points proved in this article—that the symptoms of poisoning by a single poison are not always uniform—that when different ones are administered periodically, as is usually the case in disease, it is still more difficult and often impossible to tell whether they result from the medical poisons or not, and that they may remain in the system, or produce effects that lead to death, years after their introduction, the patient or victim being ignorant the while of the cause of his maladies—that the most learned physicians are yet undecided and disputing about the qualities and actions of the medicines that have been in use for ages—by bearing these things in mind, you will be less likely to swallow their death-dealing potions, whether under their true name of poison, or their more seductive one of medicine.

Sugar Creek Falls Water-Cure, O.

HYDROPATHY AND PROGRESSION.

BY H. KNAPP, M.D.

THAT this is a world of progression, and the present age one of steam, will not be questioned by those who have eyes and ears. Hence, he who expects to find things the same at two different periods of time, will assuredly be disappointed. *Change* is a law of nature which is in daily operation; and hence the man who would keep pace with the times must not slumber. He must be a student, both of persons and things. *Truth* is alone unchangeable. In nothing is change more frequent than in the new sciences and systems of reform, which, though imperfect at first, are calculated to benefit the world, and elevate it to the highest position of intelligence and purity of which mankind is capable of attaining.

It is not the nature of things to spring into perfection at once, yet there is a class of persons known by the name of "old fogies," whose ease is very hopeless, since they imagine that what *they* don't know, is not worth knowing. They are found connected with all societies and all systems of reform. Even the Water-Cure is not

without those who imagine that Priessnitz comprehended all the science and experience of Hydropathy; and hence, in their opinion, any one who differs from his practice is *wrong*, and knows but little of the treatment of diseases by water. The Water-Cure system is, comparatively speaking, in a state of infancy, and many new truths are yet to develop themselves.

Eight years' experience in Hydropathy has suggested to me many changes in the use of water, that I have found improvements on the early methods of using it. The first change I would mention, and which I deem the most important, is the use of *tepid* instead of *cold* water. I am certain that injury has been done, not only to individuals, but to the Water-Cure system, by the too free use of cold water.

Many seem to think the only virtue or remedial agent there is in water, consists in its coldness, and its application in cold rooms. I have frequently heard persons boast that they have taken a sponge-bath of *ice-water* in a cold room every day during the winter.

There may be those who can thus use water and live, but most persons would *die* under such treatment. *No* person can do it with impunity. Patients often come into my office to inquire if the water-treatment will agree with them; and after being assured that it will, they will look wonderfully wise and say: "It does not, for I have tried it." Ask them *how* they have tried it, and the reply is usually, they have bathed as above described. My reply is, "that such treatment will not agree with *any* person." Such kind of treatment is the prevailing idea of the Water-Cure; and hence the mere mention of it is enough to give invalids the ague in August.

Drug-doctors are continually harping upon being frozen up in a butt of water, or packed away in *ice* sheets, &c., which so terrifies the people that they have the greatest dread of the Water-Cure.

These physicians know no better, as is shown by their occasional use of water, when they not only fail of success, but produce positive evil. Then they are very loud in denouncing it, assuring the people that they have tried it and found it a humbug.

With as much consistency might the *professed* mathematician pronounce the science of mathematics a humbug, because, forsooth, he failed to solve a problem. By erroneous applications of *cold* water to the system, one of two evils must follow, viz.: it produces too great and protracted chill, or if there is vital power enough to react, the reaction is so great that inflammation ensues, which makes sad work on the nerves. In either case much injury is done. Nervous persons suffer more from the use of cold water than others; yet no one can use it long and not be nervous. The shock, as well as the inflammation produced by the reaction, is very deleterious to the nervous system.

We should bear in mind that heat and cold are relative terms; and that the *individual*, not the thermometer, is to be the test. If we follow instinct more in this matter, we shall choose nearer the right temperature than we do now. I very seldom use *cold* water, since tepid answers a better purpose, securing the desired object without involving the dangers and evils of the cold.

Requiring patients to bathe in cold water, or to follow one cold bath with another before reaction of the first has taken place, is bad policy. I find that patients do much better to take a warm sponge-bath when they have a dread of the tepid bath, and *immediately* on getting through with the warm sponge, take the tepid. I never allow them to wash in cold water, nor in a cold room. The great evil in washing in a cold room is, the cold air abstracts a certain amount of the animal heat, which, in addition to that abstracted by the water, leaves the system minus vital power and animal heat.

But if parents *will* use *cold* water on their own persons, let me entreat them to have mercy on their helpless children. Do heed their cries and

entreaties to *warm it just a little!* Nothing is more heathenish and barbarous than to bathe children in cold or nearly cold water. I believe it injurious to wash our hands and faces in cold winter water. Those who do it, will find that they have rough and cracked skins.

The suffering of children while being washed is but small compared with the evil effects that often follow the application of cold water to the head, viz.: congestion of the head or lungs, especially the latter. True, cold water so applied will make precocious children, and it will also fill the graveyard with the opening buds of infancy. I think it will be found that more children die with head diseases since the use of water has been in vogue, than before; and for the reason already given.

The fact is, the brain requires and receives more blood than any other organ of the system. The application of cold water to the head increases the amount, and hence it is no uncommon thing that children, especially "smart ones," die as above stated with head disease. Indeed, it has become a proverb among our mothers at least, "that such children are too smart to live," and it is so.

By such treatment the brain becomes too active and large for the body, and, like a powerful engine in a small boat, soon shatters it to pieces and sends it to the bottom. I cannot close my remarks without entreating mothers in the name of humanity not to attempt to toughen, as it is called, their children by half-clothing them in cold weather. My heart has ached as I have seen them thus exposed to the piercing winds of a northern winter. Many a mother has thus sown the seeds of premature death in her offspring, for which she has solaced herself by calling it a "mysterious Providence."

If you would have healthy, robust children, see that they are warmly clad, especially their extremities. In connection with cold bathing, I would utter my disclaimer against the prevailing practice of rubbing the skin with coarse rough towels or horse-brushes. No error in the water-treatment is more injurious. A healthy skin is smooth, soft, and velvet-like; and any thing that irritates it and makes it rough is injurious.

But few of the people understand the functions of the skin, or the importance of a healthy skin to a healthy body. My limits will not allow of my discussing the matter here. At some future time I may take it up. I approve of gentle rubbing of the skin with *soft* cloths; or, better, with the bare hand. But it should never be rubbed any way to produce unpleasant sensations.

If we credit the reports of patients who have taken treatment at our Water-Cure Establishments, the heroic or cold treatment is too much in vogue in them for their good.

NUMB PALSY AND THE WATER-CURE.—Having employed the services of Mr. Duncan in a case of "numb palsy" with which our aged parent was afflicted, and who had been given up by several eminent physicians as incurable, he commenced the Water-Cure, and in two weeks from the first application of water we had the unspeakable pleasure of seeing the patient walk across the room—a thing which we did not expect ever to witness again. At the time Dr. Duncan took the patient in charge, she was entirely helpless. But, thanks to the doctor and a Higher help, she is now quite well, and has the free use of most of her limbs.

The above is only *one* case of several that have come under our notice, equally successful. We would recommend the above physician to any of our readers who are tired of Allopathists.—*Pa. True American.*

[We have the testimony here of an impartial witness, an intelligent witness, editor of an influential paper, who speaks from *positive knowledge.* Is the water comparable to "pure genuine cod-liver fish oil?" We pause for a reply. Where is *Old* Dr. Jacob Townsend? Where is the "pepsin" man? And where is the "North American Double Back-action Rat-trap and Hen-persuading Company?" Are there no new patent all-healing ointments, cure-alls, and "all-fired annihilators" to be trumpeted abroad? The world is going quite too slow. "Only 25 cents a box. Warranted to put anybody through before daylight."

Practical Water-Cure.

FACTS are the arguments of God—the outworkings of his power. He who fights against facts fights against God.—DR. F. LEES, F. S. A.

CHRONIC INFLAMMATION OF JOINTS.

BY O. V. THAYER, M.D.

THE following cases I have selected out of my "Note-Book," from a list of others of the same character, to show the superior value of water-treatment in chronic inflammation of joints, consequent upon *sprains*. There are, at the present time, many persons suffering from lameness of years' standing. They have no doubt tried blisters, setons, moxas, liniments, and lotions, without number, which have done more to increase the disease than to relieve its action, until they have come to the painful conclusion that their disease is incurable, and the remainder of their days must be spent hobbling about upon crutches. But to all such permit me to say, there is hope yet. Water, when properly applied, will cure lameness of long standing, even where all other remedies have failed, and no case should be given up as incurable, until a thorough course of water-treatment has been tried.

CASE 1.—Miss H—, at the age of sixteen years, sprained the joint of the knee, as she jumped from a fence. She felt "something snap or give way in the knee," as she expressed herself. At the time of the accident the pain was so severe, she fainted; the joint swelled immediately very much. A physician was sent for, and then commenced the *routine* treatment, by counter-irritation, with blisters, setons, moxas, liniments, plasters, lotions, etc., etc. The inflammation and swelling continued in spite of all their remedies, and for eight years she was unable to walk without the use of crutches.

A number of the first physicians of this State were consulted, and no pains or expense were spared, that she might have the advantage of their large experience and skill; but all their prescriptions proved abortive.

Finally, as a last resort, she concluded to try water-treatment, and came to our Cure for that purpose. At the time of commencing treatment, her knee was very much swollen, painful, and tender. She could not bear her weight on the lame limb without suffering much pain afterward. The flexor muscles were somewhat contracted, and it required a great effort to extend the leg.

She took a thorough course of treatment, viz.: packing, shallow, half, sitz, douche, and all other baths generally used at similar institutions; changed from time to time as circumstances required, with local applications to the knee; hot leg and knee-baths, hot and cold douches, hot fomentations, followed by a cold dash; wet compresses, with mild friction with dry hand after each bath. She continued the treatment six months, at the end of which time the lameness and inflammation had disappeared, her limb was restored to its wonted activity, and this female changed from the disheartened invalid to a young lady of buoyant spirits and bright anticipations. Four years have elapsed since her sojourn at our Cure, during which time she has had no return of her lameness.

CASE 2.—Mrs. B—, aged about thirty-eight years, some time last spring slipped and sprained her ankle. Inflammation set in, and for a week she was unable to bear her weight or use the limb in walking. Then she began to use the ankle in walking, but with difficulty. She persevered in the use of the lame limb until the pain compelled her to resort to the use of crutches. These she continued to use for eight months, or up to the time she came to our institution for treatment.

During all this time the inflammation continued, although much had been done to subdue it—liniments, lotions, plasters, galvanism, etc., etc., were used in vain. She visited a Water-Cure and received a prescription for home treatment, which she continued faithfully for six weeks without any perceptible benefit.

A great mistake is very often made in advising cold treatment exclusively in cases of chronic inflammation of joints, and to this reason I refer the cause of her not receiving benefit from her prescription for home treatment. I am in the habit of advising the use of hot water in these cases almost exclusively.

The treatment in Mrs. B.'s case consisted of general treatment, to improve and strengthen the recuperative energies of the body, and local treatment to the diseased joint. The applications to the ankle were hot douche, pour, and ankle-baths, followed by a cold dash, hot fomentations, wet compresses worn most of the time, with mild friction with dry hand a few minutes after each bath. Advised moderate use of ankle daily by walking, increasing the exercise as the disease subsided. She returned home after seven weeks' treatment with us, with what improvement the following letter will show:

UNION SPRINGS, February 22d, 1854.

DR. THAYER:

DEAR SIR:—My wife has reached home in safety, and so improved as to her lameness, that I cannot do justice to my own feelings without expressing to you the gratitude I feel for the benefits she has received at your institution. After the use of crutches some eight months, it seems strange enough that a residence at your Cure of only seven weeks has enabled her to lay them aside entirely. You have my best wishes for your success, as I am satisfied your patients are treated with much care and skill.

Respectfully, yours,

REV. E. BARBER.

AN INTERESTING CASE.—A sweet little child, (an only son,) about nine weeks old, was attacked with pneumonia. The family physician, an Allopath, was called in. Calomel, the alpha and omega of the Allopath, was administered once in four hours. Other remedial agents (or instruments of death) were used, until enteritis set in, as the result of calomel. Consequently the little innocent sufferer was fast sinking into the arms of death.

The physician was again called at a late hour of the night. He said he was sorry he gave any encouragement at his previous visit, as he saw no possible chance for the child to live. Deep anxiety was depicted in the countenances of the sorrow-stricken parents; and by the advice of the sister of the child's father, a Hydropath was sent for, although the parents had no faith that the life of the darling could be saved by any treatment, especially after the family physician had exhausted all his skill.

The physician said it would be lowering the dignity of his character to counsel with the Hydropath.

The father said the child would not live until the physician arrived, (as the distance was about eight miles,) notwithstanding he wished to use every means within his power. He said if the boy could be saved, he would willingly give one-half of his farm.

The Hydropath arrived, found the child suffering much from the disease, and far more from the former treatment. Within four hours after the water-treatment was commenced, the child fell into a sweet sleep. This astonished some; they thought mortification had taken place; but the child had so far recovered when the physician made his third visit, that he dismissed his patient as being out of danger; and the father had only \$5 to pay, instead of half of his farm.

The cure has opened the eyes of the parents, and as the result, they have subscribed for the WATER-CURE JOURNAL. Many of the neighbors "see men as trees walking;" soon they will "see every man clearly." Water is opening the eyes of the blind in this section to an extent quite alarming, especially to the drug-doctors, who quail before the limpid stream.

PREVENTION OF CHOLERA AND OTHER BOWEL COMPLAINTS. By JOEL SHEW, M. D.

"An ounce of prevention is worth more than a pound of cure."—
OLD ENGLISH SAYING.

[The following remarks on the prevention of cholera and bowel complaints generally were noted down, as will be seen, at an earlier date—to wit, in 1849—at a time when cholera was raging as an epidemic in New York. The advice, however, is not any the less appropriate at the present time.]

Long ago the great Doctor Rush observed that there was uniformly an increase of attacks of acute diseases on the 5th and 6th days of July; and he attributed these to the excesses committed on the 4th. Do we not now, in the city of New York, observe, week by week, that there is uniformly an increase of cholera cases after the profanation and excesses so much practised on the Sabbath day?

At the village of Oyster Bay, situated about thirty miles from the city of New York, on Long Island Sound, one of the most beautiful and healthful localities anywhere to be found, there lived, in 1832, fifty colored persons of various ages. These were all, or nearly all of them, very intemperate. Some clothes of a colored woman who had died of cholera in the city were taken to the place. Upon this the disease broke out in the house to which the clothes were taken. After a few days' time, thirty-one or thirty-two of the fifty had been attacked with cholera, and of these twenty-one died. These people were so degraded in their feelings and habits, that they could be induced to bury the dead only by being offered a gallon of rum as a reward for each burial. The authorities gave this because no white persons could be induced to undertake what was considered a most revolting and dangerous task. The whole community believed the disease to be contagious, yet the poor negroes would do any thing for the sake of the rum.

Go into the cholera hospitals of this city, and see upon the register how large a proportion of the cases are put down as intemperate; and of this number, too, nearly all die. If there is in the world any *one* strong argument in favor of Temperance, it is that which has everywhere been afforded by the facts in regard to the awful ravages of the Asiatic cholera. Thus much for the effects of strong drink.

But there are yet other forms of intemperance. We often see persons cut down, as it were, in a single hour, who have never been addicted to habits of intemperance, in the common acceptation of the term, and who are among the best people of the land.

A few days ago only, the cholera broke out at Rahway, N. J., a beautiful town of about four thousand people, and regarded by the inhabitants generally as being healthy. There are there, as in all towns of that size, the poor, the miserable, and the intemperate; but the cholera did not come first among these. It cut down those among the very first of the place; and notwithstanding the well-acknowledged worth and intelligence of these persons, they had lived—as indeed people in this country of abundance generally do—in a state of perpetual intemperance; or, in other words, in perpetual violation of the laws of health. The first of these victims went to excess in the use of tobacco, tea, and coffee, and lived, in short, upon the "fat of the land." At the same time their habits were sedentary, and they took habitually but very little exercise in the open air. It is not at all strange that, in a season like this, when such persons get a bowel complaint upon them, and yet go on freely indulging the appetite, they should soon be struck down with this dread disease.

Only a few days since, a young man died suddenly in this city who was said, in our ablest papers, to have been strictly correct and temperate in his habits. Late of an afternoon he took a hearty dinner of flesh-meat, vegetables, green peas, oysters, cherry pudding, strawberries, and ice-cream. The next day he was a corpse.

One man eats a crude pine-apple or radishes, or some other indigestible vegetables, and before morning he is dead of the epidemic. Now, although such a man may be a very model of temperance, in the common acceptation of the term, he violates the physiological laws as effectually as if he were a votary of strong drink.

From all that has been observed in regard to cholera, as well as bowel complaints generally, it is very evident that the truly temperate—those who obey Nature's laws in every thing—are by far the most likely to run clear of an attack. The diet should be plain and simple, and composed mostly of the vegetable productions of the earth. Pure soft water should be the only drink; the exercise should be regular,

but moderate; and the mind should not be overtaxed. The course of life should, in short, be one that is even and consistent—a course that is comprised under the head of "Temperance in all things."

WATER-CURE IN YELLOW FEVER.—Dr. V., of New Orleans Hospital, bound to New York, happening to take the train of cars in Illinois in which I was circulating the Hydropathic Family Physician, called me to him, and expressed a lively interest to examine the system of Hydropathy. He remarked: "When treating the yellow fever last season in New Orleans, I found that of those patients to whom I administered no medicine whatever, but gave them a little water treatment, about four out of five recovered!"

G. P. M.

Literary Notices.

LECTURES ON ROMANISM; being Illustrations and Refutations of the Errors of Romanism and Tractarianism.

By the Rev. JOHN CUMMING, D.D. Boston: Jewett & Co.

This is a volume of 700 pages, intended to prove that the Roman Catholic is not the true Church, and pointing out the errors therein. Dr. Cumming is widely known as a talented divine of the Scottish National Church. He writes with vigor, and in these Know-nothing days we predict an extensive sale for the work. It has already passed through several editions, and is generally very highly commended.

THE WOMEN'S TEMPERANCE PAPER is the name of a pretty quarto sheet published in this city by the Executive Committee of the Women's New York State Temperance Society; Mary C. Vaughan and Angelina Fish, Editors. It contains much valuable information, is neat and comely in appearance, and deserves the support of Temperance friends everywhere. Published monthly at 50 cents a year.

GAN EDEN, OR PICTURES OF CUBA. Published by Jewett and Co., Boston.

In these "Pictures," which are drawn from nature, we find much to interest, instruct, and amuse. The author has not undertaken to give a statistical account or a history of the Queen of the Antilles, but has photographed men and manners as he met them. Written in a lively, entertaining style, without the stereotyped forms usually found in works of this description, it cannot fail to please the intelligent reader.

OUTLINES OF HISTORY; Illustrated by numerous Geographical and Historical Notes and Maps: embracing—Part I. Ancient History. Part II. Modern History. Part III. Outlines of the Philosophy of History. By MARCUS WILSON. New York: Ivison and Phinney, 1854.

Too much care cannot be exercised in selecting works for the use of the young, whether in school, in college, or at home, but we do not hesitate, after a pretty careful examination, to commend this work as admirably adapted to the purpose for which it is intended. We like both the plan and the execution. We trust that it will receive the attention it deserves, and be widely adopted not only in our colleges but by private students.

BERTHA AND LILY; or, the Parsonage of Beech Glen. A Romance. By ELIZABETH OAKES SMITH. New York: J. C. Derby, 1854. Price, prepaid by mail, \$1 25.

Mrs. Smith's new volume has been looked for with great interest, and will now be eagerly sought for and read. The reader who takes it up with a true appreciation of the writer's purpose, and in a candid, truth-loving spirit, will not be disappointed. The faith of the author, that it possesses a deeper interest than a mere fictitious narrative, and contains some significant words on questions of vital import to the growth of humanity, is well founded. "The main purpose of the work, is to show that one lapse from purity in a woman may be atoned for by an after-life of irreproachable usefulness and benevolence. This is done with much skill and delicacy, and the error of the heroine is communicated by as ingenious intimations as could well be devised." We are sorry that time and space forbid us to give it an extended notice at present. Buy it and read for yourself. For sale by FOWLERS AND WELLS.

MYSTERIES OF A CONVENT. By a noted Methodist Preacher. Price, prepaid, 30c.

BUNCE AND BROTHER, 134 Nassau street, have sent us a copy of this work. We have not had time as yet to peruse it.

OFF-HAND TAKINGS; or, Crayon Sketches of the Noticeable Men of our Age. By GEORGE W. BUNGAY. Embellished with twenty portraits on steel. New York: De Witt and Davenport.

This volume contains brief personal sketches of some seventy-five of the most prominent men of our country, embracing all professions and callings—clergymen, lawyers, poets, editors, authors and politicians. The writer has seemed to choose those men most talked about, without regard to station or morals; so we find S. A. Douglas and Jas. G. Bennett alongside of Horace Mann and Edward Everett. The engravings are good; we think we never saw a collection of more accurate *portraits*, so far as we know the individuals, than are here shown. Those of Greeley, Beecher, and Chapin alone are worth the price of the book, and you have seventeen more just as good, besides the reading for nothing. Altogether it is a spicy, entertaining, instructive, beautiful book.

INAUGURAL ADDRESS of Hon. Horace Mann, at the Dedication of Antioch College. For sale by FOWLERS AND WELLS, 308 Broadway, New York. Price, prepaid by mail, 37c.

We have no words adequate to express our admiration of this masterly production. We do not remember ever to have met with any thing of the kind worthy to be named in comparison with it. It is no mere flourish of words, no ambitious display of scholarship for the sake of the display, (though the author's thorough and liberal culture is apparent enough in every page,) but an earnest, eloquent and logical discussion of the vital questions which should lie at the base of all educational effort. We congratulate Antioch College on its good fortune in having secured such a president as Horace Mann, and the country on the possession of such a college as he will make it. We have no space in which to give an analysis of the address, but we most earnestly commend it to our readers. It should be circulated through the length and breadth of the land. *Everybody* should read it.

KNICKERBOCKER GALLERY.—Samuel Hueston announces a miscellany of literature and art, to be published in October as a complimentary tribute to Louis Gaylord Clark, editor of the Knickerbocker Magazine, from his brother authors of America. It will be a splendid octavo volume, comprising original literary papers by the most eminent living American authors, with forty portraits on steel, from original pictures. It will unquestionably be the finest work of the kind ever issued from the American press, and form an appropriate and we hope a substantial "benefit" to the talented, witty, and genial editor of "Old Knick." The tribute is richly deserved, and we are glad to see the fellowship of letters thus expressed. See advertisement for terms, &c.

NOW-A-DAYS. New York: T. L. Magagnos and Co. 1854. Price, prepaid by mail, 87 cents.

A story of Maine backwoods life, by a lady who sketches her pictures from nature, and with a free and graceful touch and considerable graphic power. She aims at naturalness rather than at any thing marked and startling, and those who delight in the tragic and the horrible will find nothing in her volume to feed their morbid taste, but the lover of nature, truthfulness and simplicity will read it with much pleasure and profit. See advertisement.

FAMOUS PERSONS AND PLACES. By N. PARKER WILLIS. New York: Charles Scribner. Price, \$1 25.

In making an announcement of the recent issue of this new volume, we deem it useless to speak of its merits. Willis always writes in an off-hand, lively, pleasing style; saying every thing he says in a way to make one think it strange they have never said the same things themselves—and we don't remember when Scribner has published any thing that was not worthy of public notice.

The work before us contains notes of a trip to Scotland: a second visit to England; talks over travels in various other portions of Europe and America; articles from the journal of which he was the editor, comprising many things of interest about Jenny Lind, Kossuth, Ole Bull, Lady Blessington, Barry Cornwall, Moore, Jane Porter and other celebrities—all done up in as readable a style as one could desire.

BOOK OF ONE HUNDRED BEVERAGES for Family Use. By WILLIAM BERNHARD. New York: C. S. Francis & Co. 1854. Price, prepaid by mail, 25 cents.

This is a little cloth-covered brochure of 64 pages, designed to answer the question, What can I drink, instead of the beverages hitherto used? The hundred beverages, recipes for which are here given, are all of an un-intoxicating character; and though we cannot commend them all as wholesome or even harmless, the reader will find some of them, on trial, to be very good.

PUDDLEFORD AND ITS PEOPLE. By H. H. RILEY. New York, Samuel Hueston: 1854. Price, prepaid by mail, \$1 25.

This is a story, or rather a series of sketches of life in a western village, written in a vein of inimitable humor, and in a most laughter-provoking style. Its portraiture of character are life-like and most effective; indeed, its word-paintings are fully equal to the capital engravings with which it is illustrated. The reader who can get through the volume without laughing fifty times till his sides ache, must be sadly deficient in Mirthfulness. But to make you laugh is not the only mission of this history of Puddleford and its inhabitants. It has lessons—much-needed lessons—for the people of this country, and particularly of the West, which will be all the more efficient from the fact that they are sent home on the keen shaft of satire. Reader, buy the book, laugh at its capital hits, and then think seriously of the follies at which they are aimed, and ask yourself what can be done to put them away from among us. The book is printed and bound in a style of neatness and beauty which does credit to its publisher. See advertisement.

Varieties.

SOME one gives the following capital advice for these hot days:

Don't gormandize. We hate a glutton at all times, but especially in the summer. It is monstrous to see men, when the mercury is up to 90, cram a pound of fat meat down their throats. Don't you know that animal food increases the bile? Eat sparingly, and be sure to masticate what you eat. Don't bolt your food like an anaconda. Take exercise early in the morning. Ah, what fools we are to sweat in bed, when the cool breezes of the morning invite us forth, and the birds and the streams are murmuring, in their own quiet way, pleasant music, which arouses a kindred melody in the soul.

Be good-natured. Don't get into any angry discussion on politics and religion. There will be time enough to talk the former over when the weather gets cooler, and as for the latter, the less you quarrel about it, the better. Religion is a good thing, but when you fight in its name, you show yourselves ignorant of its principles, and unswayed by its influence.

Bathe often—three times a week—every day. The exposure is nothing to the benefit derived. If you would enjoy health, have a clear head, a sweet stomach, a cheerful disposition, put your carcases under the water every day, and when you emerge, use the brush vigorously for five minutes. There is nothing like pure bracing water.

A GOOD MEDICINE.—"An ounce of prevention" is the best medicine ever administered. We have long sung the praises of pure water. It cleanses the inner and outer man, reduces fever and removes dirt, gives hardness to the muscles, strength to the nerves, vigor to the brain, and purity to our thoughts. Shakspeare's man who had no music in his soul was not half so dangerous a fellow as he who never bathes. We have often commended the efforts and publications of MESSRS. FOWLERS AND WELLS, New York, in this regard, because their spirit commends itself to one's common sense. We like the general principles they advocate, because they are in conformity with nature, and opposed to one-idea quackery—for they are far from teaching that indiscriminate water-drinking and bathing is a *suro panacea* for multitudinous ills. Rest, fasting, exercise, air, inhalation, all come in for their full share of cooperation with nature. When the wheels of the curious human machine are clogged by gluttony, what more safe and natural means of restoring healthy action than by fasting? When the muscles are shrivelled, the blood poor, the lungs weak, from deficiency of air or poisonous gases, what quackery is there in looking to deeper and purer draughts of the vital element for oxygenized blood and the bloom of health? Is not exercise made essential to health of mind or muscle? the condition of growth or perfection in any living being? the quickest and safest means of working impurities from diseased systems? And what better than ice-water will reduce an external inflammation or subdue internal heat? or what better pain-killer than hot fomentations? The publishers above named are furnishing, in their books and Journals, an immense amount of practical and invaluable matter at a very cheap rate. Read, and emancipate yourselves from prejudice; separate the chaff from the wheat, and fatten upon the wholesome kernel of truth.—*New Hampshire Oasis.*

The good cause progresses. Our editorial friends, who have become familiar with the facts and philosophy of our great reform, thus commend it. Let us be duly grateful to all co-workers, who will help to hasten "the good time coming," when life, health, and happiness shall prevail throughout the world!!!

HENRY WARD BEECHER says that "Dress does not make the man, but when the man is made, he looks better dressed up."

THE *Detroit Inquirer* tells the following story of a dog that belongs to a gentleman in that city:

THE DOG FOR WARM WEATHER.—"Watch" saw the man leave the usual daily supply of ice at the door, which, not being observed by the servant, lay melting away upon the area boards. Watch observed this wasting process with concern, until he could bear it no longer, when he commenced pushing the ice to a shaded place, and having been a short time absent, returned with a piece of old carpet, which he threw over it as he had seen the servant do. "There was ice in that!"

A CHANCE FOR POETS.—It will be seen by reference to our advertising pages that the Cosmopolitan Art and Literary Association have offered a premium of one hundred dollars for the best Ode to the Statue of the Greek Slave. The ode not to exceed fifty lines. Here is an opportunity for somebody to distinguish themselves and get paid at the same time.

"THE baby is sick, my dear," said an anxious mother to her lord.

"Well, give it castor oil. Dennis, bring up that castor oil."

"It's all gone, Sir; divil a drop is left."

"Gone! why, we have not yet opened the bottle."

"Sure you have had it every day, and I've seen you use it, myself, upon your salad."

"Why, you seoundrel, you don't mean to say that I've been eating castor oil every day during the salad season?"

"Sure you have, Sir."

"Did you not see the bottle was labelled 'castor oil?'"

"Sure and I did, Sir; and didn't I put it in the 'castor' every day?"

EFFECTS OF CLEANLINESS.—It is estimated that the improvements introduced into the sanitary regulations of London, during the last two years, have caused a saving of nearly eight hundred lives a year.—*The Papers.*

So much for the advent of our glorious Water-Cure. All first-class hotels, hospitals, and private dwellings in the cities of England and America, are now provided with facilities for washing and bathing. This is *one* of the "new things under the sun," and should be hailed with a thankful heart. An improvement in the PRESERVATION OF HUMAN LIFE, is certainly no less important than the invention of patent medicines, revolving pistols, etc., etc.

A NEW LECTURER IN THE FIELD.—We are glad to enroll the name of our zealous and intelligent friend, H. Knapp, M.D., of Lockport, N. Y., among our public lecturers on Hydropathy, Phrenology, Physiology, and other reforms. Dr. Knapp has been successfully engaged, for some time past, in the practice of his profession, viz.: "Healing the sick." He now professes to teach the people the laws of mind and matter, and how to *avoid* sickness and premature decay, and how to make the most of the talents and faculties they possess. Dr. Knapp will obtain a hearing, and being heard, he will be *heeded*.

Apostles of truth, light, and *life*, are no less needed in the world *now*, than in past ages, and we glory in every new accession. Wherever preachers go, there let the lecturer also go. He is wanted in every school district, every parish town, or village. Shall the demand be supplied?

"AN OLD DOG WITH A NEW TRICK."—A Philadelphia paper has the following, from a New York compounder of a new "gull trap," which he is trying to spring on the Quaker City. Hear him:

I hereby most solemnly swear that no mineral or poisonous drug or article of any injurious kind whatsoever is contained in its composition; that I have myself taken pounds of the sugar, and gallons of the syrup, and find (although over 50 years of age) that the more I take, the more perfect is my health, strength, and vigor, both mentally and physically; and am ready at any time to take any reasonable quantity, for the satisfaction of sceptical patients, they please to administer.

If so perfectly innocent and harmless as he swears—like a pirate—and so free from "mineral or drug," and if "the more he takes the better he is," we motion that he be "headed up" in a barrel of h's slops, where he may be kept as an evidence of the efficacy of his sworn swindle.

ONLY A VARIATION.—Some one having lavishly lauded Longfellow's aphorism, "Suffer and be strong," a matter-of-fact man observed that it was merely a variation of the old adage, "Grin and bear it."

Mechanics.

J. T. KING'S PATENT WASHING APPARATUS, AND THE PHILOSOPHY OF WASHING.

This apparatus is not only unlike any other washing machine, but works on principles directly opposite. There is no rubbing, pressure, or friction, and consequently no hard labor required. Any quantity of dirty clothing, (depending only upon the size of the apparatus,) no matter how dirty, can be washed thoroughly in five to ten minutes.

These facts are so contrary to the experience or preconceived opinions of all persons nearly, that it will be requisite they should understand the operation of these machines and the true philosophy of washing, to convince them of the truth of the above.

Whether an article may be washed with ease or difficulty, depends not so much on the *quantity* as the *kind* of dirt on it.

All kinds of dirt are fastened to the fabric by some oily or vegetable particles of matter, which, when neutralized, offer no further impediment, and the dirt may be rinsed off without trouble or difficulty.

Now, to understand thoroughly how to wash any article, a person should know what substance attaches the dirt to the fabric, and what other substance or ingredients to apply to neutralize it. In the common process of washing, it is not to be presumed that every washerwoman understands chemical affinities, nor is it necessary they should, for almost all articles in general use are soiled by some oily or vegetable substance dropped upon them, by perspiration or other matter from the human body, by something in the atmosphere, or in some other manner, almost all which can be neutralized by the application of soap, or any similar alkaline preparation. These oily, vegetable or glutinous particles being imbedded with the dirt in the fabric, it is to open the fibres and allow the alkali to operate upon them that rubbing is done in the ordinary mode of washing, and not, as many persons suppose, to rub the dirt out. To prove this, let a person attempt to wash a greasy, dirty article in clean water without soap. Instead of rubbing the dirt out, it will rub it in, except great friction or pressure be applied, when a portion of the dirt will be removed, but the fabric will be injured and look dingy. The common process is to wet the dirty article in warm water, put soap upon it, and rub open the fibres of the fabric, when the soap neutralizes the grease, &c., and the dirt rinses out. This process is not only injurious to the fabric, but requires much time, labor and expense, and after all is very imperfect in its results, proved by the fact, that most washerwomen, (especially those who wish their clothes to look well,) after rubbing open the fibres of the fabrics as much as possible, and using all the soap requisite to cleanse them, put them into water and *boil* them. The result then is, the heat expands the fibres of the fabric, and the soap left on the clothes and in the water neutralizes the grease, &c. (which could not be accomplished by rubbing only,) and the dirt afterwards washes out by rinsing, without further trouble. It is the application of these principles that constitutes the difference between King's Washing Apparatus and all others that have been invented.

All others have sought, by imitating as near as possible the common process of washing, to accomplish the object by rubbing, friction, pressure, &c., and various methods of applying friction have been used for that purpose, without success. No one will dispute that rubbing the dirt from the fabric by force will undoubtedly injure it, just in proportion as it accomplishes the object; consequently, as the principles on which these inventions were founded were wrong, the machines were good for nothing, and were thrown aside as useless. King's apparatus is constructed on principles entirely different, as any person at all acquainted with it will see at a glance.

The clothes, while undergoing the process in his machine, are alternately in steam and suds, the former opening the fibres of the fabric and the latter removing the dirt, which accounts for the great rapidity with which they are washed by his machine. Its construction and operation are very simple.

There is no complicated machinery to get out of order, no rubbing, rollers, dashers, or pounders to wear out the clothing, but a simple cylinder, so constructed as to generate or let in steam under the suds and clothing, and out over them, whether the cylinder is revolving or stationary. The cloth-

ing being put into the cylinder, the lower half of which is full of suds and the upper half full of steam, which is constantly escaping at the top, and raising the clothes into the upper half; as the cylinder is turned over occasionally, the position of the clothing is changed; so they are alternately in steam and suds. The steam does just what a wash-woman rubs the clothing for—opens the fibres of the clothing, which allows the alkaline properties of the suds to neutralize the oily or vegetable particles of matter which hold the dirt to the fabric, when the dirt rinses off without rubbing, and the constant escape of steam carries off all volatile matter, so that no matter how much the clothing may be soiled or filled with contagion, they are, after being washed in the machine, not only perfectly clean, but as thoroughly purified as when new.

They also construct Drying Apparatus, calculated to dry any description of clothing, &c., even the most delicate fabrics, in a few minutes, without wringing, pressure or friction of any kind, but the simple application of certain principles in natural philosophy, mechanics, &c., and the rapid use of common atmospheric air, to complete the process.

See advertisement, Water-Cure and Pnenological Journals, August and September.

PREMIUM PUMP.—

For all purposes where not more than 20 or 30 gallons a minute are required to be raised, Warner's Patent Suction, Forcing, and Anti-Freezing Pump, is doubtless equal, if not superior, to any other in use. We copy from the Journal of the New York State Agricultural Society, the statement of the Judges, at the Annual Fair at Saratoga, last autumn, as follows:

It is of cast iron, and will raise with ease 27 gallons per minute, at the ordinary rate of leisurely pumping; in cases of emergency, with rapid action, it could be made to raise double that amount. It has a movable air-chamber, carries a steady continuous stream, is durable, and unaffected by frost. Where a farmer desires to have a pump in his well, which, besides supplying his family and stock with water, will answer for a fire engine, when connected with a hose and pipe, he cannot have a pump better suited to his purposes than this one.

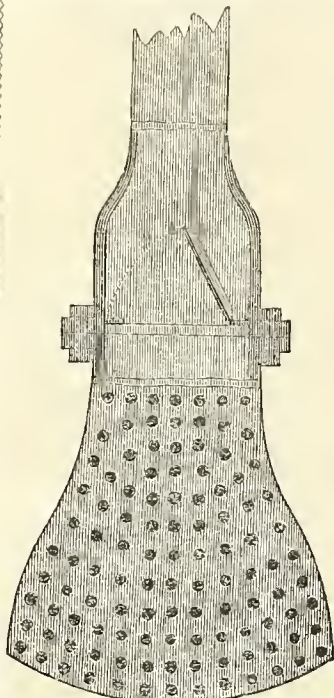
A Diploma and Silver Medal were awarded for it. The *New England Farmer* thus speaks of it:

We have used this pump on our own premises, and can therefore speak of it with personal knowledge of its value. With two persons at the handle, it threw water ninety feet, through twenty feet of hose, with a 3-8 nozzle. A child, of six or seven years of age, would keep a continuous stream running with ease. Water may be thrown over any ordinary building with it.

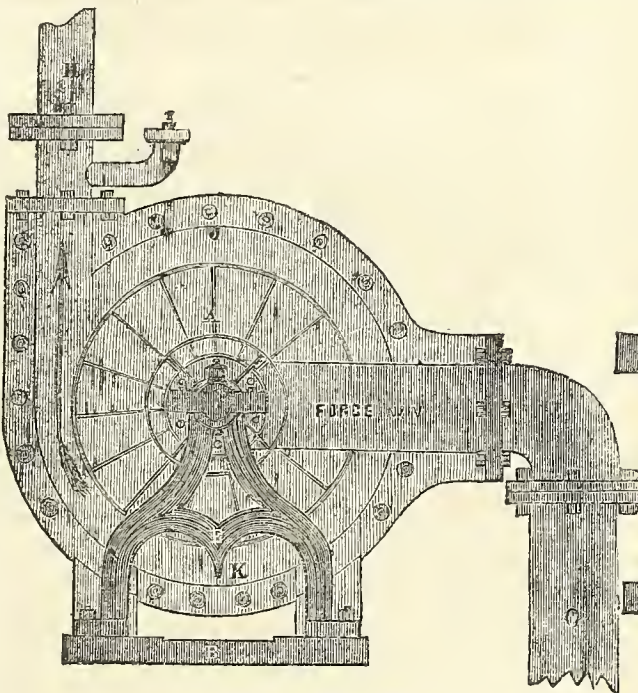
Manufactured by A. W. Gay & Co., of 115 Maiden Lane, New York.

THE NEW POCKET INJECTING INSTRUMENT, for private and professional use, is by far superior to any other syringe yet introduced. It is thus described:

This instrument has been manufactured to order, to meet the wants of Hydropathic physicians, patients, and families. It is more convenient and portable than any apparatus of the kind in use, occupying, with its case, but little more space than a common pocket-book, while its durable material will last a life-time. It is ready for use at any moment, without the trouble of adjusting a single screw, and is not liable to get out of order. It enables the individual to inject any desirable quantity of water without interruption, and is preëminently superior as a "SELF-SYRINGE," inasmuch as it may be worked with one hand, thereby leaving the other hand free to direct the terminal tube. It may be used for injecting the bowels of an infant or an adult, or for any of the purposes of a "Female Syringe." With each Syringe, the publishers will send a copy of *DR. TRALL'S ILLUSTRATED MANUAL OF DIRECTIONS*, in which are full particulars as to how, when, and where to use it. The Manual (sold only with the Syringe) contains articles on The Digestive System, The Pelvis or Basin, Abdominal Regions, The Alimentary Canal, The Stomach, The Intestines, Physiology of Digestion, Chymification, Chylification, Defecation, Fecal Accumulations, Flatulence, Origin of the Gases, Indications for Injections, Water Boiler, Quantities of Injections, Temperature of Injections, Position for Injections, Introduction of the Tube, Injection of the Fluid, Cleansing the Syringe, Particular Diseases, Vaginal Injections, The Uterine System. The price of THE NEW POCKET SYRINGE, including the MANUAL OF DIRECTIONS, is only Three Dollars and a Half, and may be sent by Express to any place desired. All orders should be prepaid, and directed to FOWLERS AND WELLS, 308 Broadway, New York.



[Foot of Suction Pipe, with valve and strainer.]



[Fig. 1. Side view.]

PUMPS.

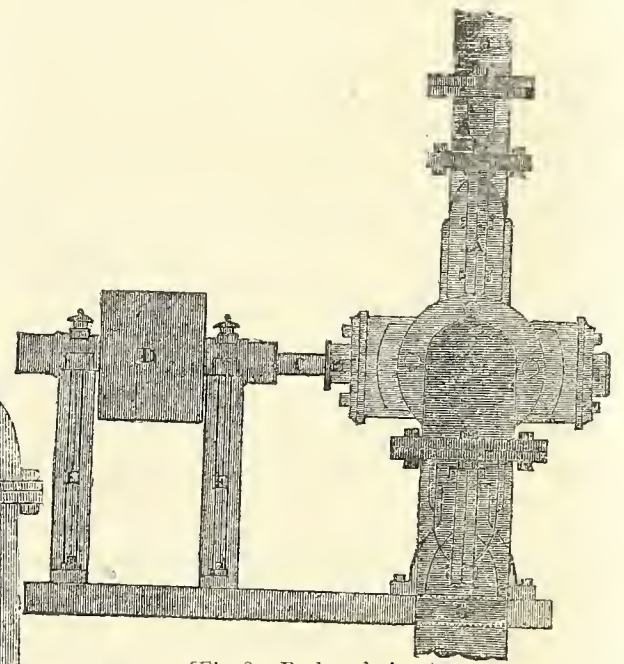
In presenting to our readers an illustrated description of *Gwynne's Centrifugal Pump*, we can do no less than say, that no other has received so many flattering testimonials from individuals and companies who have become acquainted with its merits by practical tests. To boast of what a machine can do, and to tell what it has done and is doing, is different; and from what we can learn by observation and the accounts given by others, we are forced to believe that for manufactories, mines, draining quarries and other places where great quantities of water are used, it is infinitely superior to any other ever offered to the public.

The principle upon which these pumps operate, is that of centrifugal force. The water is let in at the centre of a disc or piston, somewhat resembling in form two plates with their edges placed in contact. The rapid revolution of this disc throws off the water through openings upon its periphery. In simplicity of construction, durability and economy, they stand unrivalled. Working without valves, they are exempt from the constant liability to derangement to which all other pumps are subject. Having but the merest trifle of contact surface, they work with the greatest possible economy of power. Their peculiar construction admits the free passage of impurities and obstructions, without injury. In short, they are the only pumps that seem capable of fulfilling the purposes for which pumps are constructed, without subjecting their possessors to the most annoying and vexatious interruptions, and correspondingly costly expenditures of time and capital, for further experiments and constant repairs.

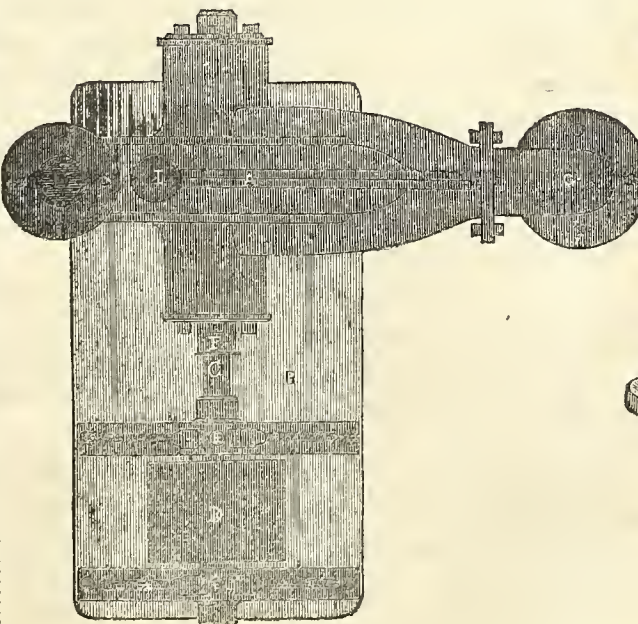
For a clear understanding of the construction of this pump, reference is made to the following engravings, numbered 1, 2, 3, 4. The same letters upon the different engravings refer to corresponding parts.

DESCRIPTION.

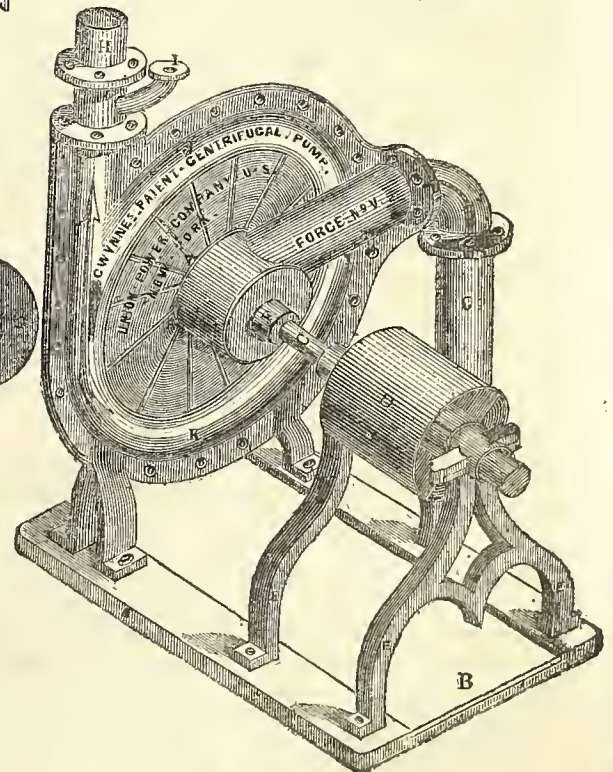
A, the stationary water-case or chamber, (bolted fast to the foundation plate B,) in which the piston or disc rotates, motion being given to it by the shaft C, on which is keyed fast the pulley or band wheel D, and supported on its outer end by the standards or pedestals and boxes EE. This shaft, where it enters the water-case, has a stuffing-box or gland, F. G is the suction or entrance pipe; H the forcing or discharge pipe; and I a branch pipe, fitted with a screw cap, for the purpose of charging the pump previous to starting it. J is a small plug or vent-hole, and K a cock to let out the water when the pump is exposed to frost.



[Fig. 2. Back end view.]



[Fig. 3. Top view.]



[Fig. 4. Perspective view.]

Miscellany.

LIVING ON AIR.—The *Sunday Times*, in reply to a correspondent, collates the following data :

PISCATOR.—“Cau you inform me how it is that gold-fish will survive in a glass globe filled with water, where they receive nothing whatever for food?”—Incapable as water may seem to be of affording any thing like solid nutriment, yet there are some tribes of animals that appear capable not only of subsisting upon this, but upon even the still less substantial diet, air. Leeches and tadpoles, besides various kinds of fishes, (among which is the gold-fish,) will live upon water alone. Numerous experiments have been made by philosophers to test the truth of this matter beyond peradventure. Rondelet kept a silver-fish in pure water alone for three years, and at the end of that period it had grown as large as the glass globe that contained it. Several species of the carp kind, it is said, have a similar power: and even the pike, one of the most voracious of the finny tribes, will thrive upon water in a marble basin. All kinds of amphibious animals are particularly tenacious of life; and not only frogs and toads, but tortoises, lizards and serpents, are well known to have existed for months, and even years, without other food than water, and in some cases, only air. It is stated on good authority that a person once kept two horned snakes in a glass jar for two years, without giving them any thing: it was not observed that they slept in the winter season, and they cast their skins as usual, about the first of April. Lizards have been found imbedded in chalk-rocks, and toads have been discovered in wood, blecks of marble, and other situations where, to all appearance, they must have been entombed for many years. Snails and chameleons, it has been repeatedly asserted, will live upon air alone. It is also said that spiders will live on the same light diet, and that, though they will devour other food, they really do not need it to support life. Latreille confirms this statement by an experiment which he made with a spider, by sticking it to a cork, and precluding it from communication with any thing else for four successive months; and at the end of that time it was as lively as ever. A writer in the *Philosophical Transactions* states that he kept a beetle in a glass confinement for three years, without food. The larvæ of ants are not only supported on air, but actually grow in bulk. It would appear, however, from experiments made by M. Goldberry, in 1786, that the usually received opinion that the chameleon feeds on air is a vulgar error. He subjected seven of them to this ordeal, and they all died, save one, in three months and twenty days. So it would appear that they could survive, like many other animals, for a time upon the oxygen the atmosphere affords, but could not subsist upon it continuously. The instances we have cited, however, prove that some animals require very little, and in some cases not any, of what we usually denominate food, to support existence. Numerous instances might be cited where persons have survived for many days without nutriment. A woman condemned to death, in the reign of Richard III., lived forty days without food or drink. A young lady, sixteen years of age, is mentioned in the “*Edinburgh Medical Essays*,” for 1720, who was thrown into such a violent tetanus, or rigidity of the muscles, by the death of her father, that she was unable to swallow for fifty-four days; and when she came into the natural state again, she declared she had no sense of hunger or thirst. A still more extraordinary account is related of a man who, upon recovering from fever, had such a dislike to food of all kinds, that for eighteen years he never tasted any thing but water. All will recollect the case of the sleeping man from Rochester, who was exhibited in this city last summer, and who had not partaken of food for a long time. Cats have been known to live over two years without drinking. From all the statements we have made, “Piscator” will, we think, be ready to believe that fishes may not only survive, but actually grow, upon water alone.

SOME SENSIBLE HOGS.—Some years ago I made a visit to the Bay of Fundy, and finding a cozy place there, quite to my mind, I spent a week or more in that vicinity. While there I had occasion to notice the movements of certain hogs, who came down to the beach at low tide to feed upon the clams which abound in the sand. You are aware that the tide rises thirty or forty feet in that part of the country. The consequence is, that it must come and recede very rapidly; so swift, indeed, does it rise, that cattle

unacquainted with this state of things, not unfrequently get overtaken by the water and drowned. The old hogs in those parts, however, get accustomed to the tide. They find out not only that it “waits for no man,” but that it waits for no hog. One day while I was on the beach, I saw a regiment of hogs as busy as they could be, rooting for clams and feasting on them. Watching them very carefully, I could not help noticing that several of their number ever and anon placed one ear in an attitude of listening. They would remain a moment or two, and then go on digging clams. Finally, one cunning old fellow, after listening an instant, uttered that well-known note of alarm, and off he and the whole regiment ran at the top of their speed out of the reach of the tide. When I placed my ear as near the ground as did the hogs, I immediately discovered what they discovered, and what I did not know before, the roar of the incoming tide; and I found it necessary to retreat as speedily as they had done. What do you think of that, reader? Is not a hog, as well as a man, a *reasoning* animal?

WASHING A LITTLE SWEARER'S MOUTH.—The *California Christian Advocate* says: An intelligent lady of our acquaintance, whose little boy was beginning this strange talk, anxious to express to her child her horror of profanity, hit upon the novel process of washing out his mouth with soap-suds whenever he swore. It was an effectual cure. The boy understood his mother's sense of the corruption of an oath, and the taste of suds, which together produced the desired result.

We can heartily commend the ingenuity of the mother. She is about as famous for inventions in our eyes as those steam-gods, Watt and Fulton.

Certainly two of the most singular histories on record are of the grandmothers of Louis Napoleon and the present Sultan of Turkey, Abdul Medjid. These two worthies, the Emperor and the Sultan, are grandsons of American Creole girls! As this seems incredible, their history will not prove uninteresting. We give it on the authority of the *Pittsburg Post*. These two Creole girls, were Mademoiselle Josephine de Tascher and a Miss S— who were born and raised in the lovely West India isle of Martinique. They were of French origin—their fathers being planters and near neighbors. At the death of her father, Josephine went to France, and was married to M. de Beauharnais, by whom she had one son, Eugene, and a daughter, Hortense. Some time after the death of Beauharnais, Josephine was married to Napoleon Bonaparte, and became Empress of France. Her daughter, Hortense, was married to Joseph Bonaparte, then King of Holland; and the present Emperor of France is her son by that marriage. The history of Miss S. is more wildly romantic and singular. This lady quitted the island of Martinique some time before her friend. The vessel carrying her to France was attacked and taken by the Algerine corsairs, and the crew and passengers made prisoners. But this corsair ship was in turn attacked and pillaged by Tunis pirates, and Miss S. was carried by them to Constantinople, and offered for sale as a slave. Her extraordinary beauty and accomplishments found her a purchaser in the Sultan himself; and she soon became the chief lady of the Seraglio, and Sultana of Turkey. Mahmoud II. was her son; and the present Sultan, Abdul Medjid, is the son of Mahmoud. What a history! Can its parallel be found in any true record? The Sultana died in 1811; the Empress Josephine in 1814. Their grandsons now rule over two wide and powerful empires, and are entering, as friends and allies, upon one of the most momentous and sanguinary struggles in which Europe was ever involved. How little could it be guessed by those two lovely Creole girls that their early friendships were to result thus!

It is said that many of the relatives of this Sultana left the island of Martinique, and settled at Constantinople, where their descendants still reside, and enjoy the favor of the Sultan. Those whom Josephine elevated to power are almost numberless, and to this day their influence almost guides the destiny of France.

WATER vs. SUN-STROKE, *alias* RUM-STROKE.—The *New York Reformer* (Watertown, Jefferson Co.) states that 60 to 90 workmen on the water-works of that place have suffered less and lost less time than almost any others, while they have accomplished more work than any other set of hands ever employed in that village. The reasons are briefly these: 1. They work with a will ten hours each per day, and no more. 2. They drink no ardent spirits, whether

at work or at leisure. 3. When the heat is oppressive, a boy is constantly circulating among them pitcher after pitcher of cool, fresh water. 4. They are paid full wages in cash every Saturday night. 5. They are always treated as men, not dogs, by their employer, Mr. J. Ball, and all his subordinates, in the direction of their labor. No profane or petulant language is allowed. If a man proves incapable or inefficient, he is simply paid off and discharged. They have been at work through the late extraordinary heat in the public square, where the rays of the sun were concentrated on their heads by the reflection from the surrounding fronts and roofs, yet nothing like a sun-stroke has been known among them; and while they have drank cold water in abundance, none of them has suffered therefrom.

These facts (and there are thousands more to corroborate them) are worth considering. “Died from drinking cold water,” is uniformly a lie with circumstance. We doubt whether a dozen persons in all were ever killed by cold water, unless they had previously at least half killed themselves with hot liquor. Sun-stroke is very often rum-stroke; that is, liquor eats out the victim's life, and leaves the sun or the pitcher to take away his breath. Oh that things could but be called by their right names!—*N. Y. Tribune*.

SINGING CONDUCIVE TO HEALTH.—It was the opinion of Dr. Rush that singing by young ladies, whom the customs of society debar from many other kinds of healthy exercise, should be cultivated, not only as an accomplishment, but as a means of preserving health. He particularly insists that vocal music should never be neglected in the education of a young lady; and states, that besides its salutary operation in soothing the cares of domestic life, it has a still more direct and important effect. “I here introduce a fact,” says Dr. Rush, “which has been subjected to me by my profession; that is, the exercise of the organs of the breast by singing, contributes to defend them very much from those diseases to which the climate and other causes expose them. The Germans are seldom afflicted with consumption, nor have I ever known more than one case of spitting blood amongst them. This, I believe, is in part occasioned by the strength which their lungs acquire by exercising them frequently in vocal music, which constitutes an essential branch of their education.” “The music master of an academy, says Mr. Gardner, “has furnished me with an observation still more in favor of this opinion. He informs me that he has known several instances of persons strongly disposed to consumption, restored to health by exercising their lungs in singing. In the new establishment of infant schools for children of three or four years of age, every thing is taught by the aid of song. Their little lessons, their recitations, their arithmetical countings, are all chanted; and as they feel the importance of their own voices when joined together, they emulate each other in the power of vociferating. This exercise is found to be very beneficial to their health. Many instances have occurred of weakly children, of two or three years of age, who could scarcely support themselves, having become robust and healthy by this constant exercise of the lungs. These results are perfectly philosophical. Singing tends to expand the chest, and thus increases the activity and powers of the vital organs.”

THE NEW YORK SCHOOL OF DESIGN FOR WOMEN.—We are happy to be able to inform our readers of the complete success of this school, instituted for the purpose of instructing women in the arts of designing, drafting, wood engraving, and lithography.

These are all branches of labor which are unquestionably as well adapted and as appropriate for the sphere of woman as man. The work is light, pleasing, and remunerative. To succeed in either of the branches requires, of course, not only application and study, but a mental organization adapted to the business. This adaptation is not less frequently met with in female than in male heads; and we have now among us many ladies in whom the artistic talent is sufficiently developed to enable them to rank with the first painters in the land.

We hope in a future number to be able to give an account of the establishment and progress of this school, not only as a matter of general information, but as an inducement for friends of reform in other cities to go and do likewise. Nor need it be confined to cities. Wherever there is work of this kind to be done, let girls learn to do it.

The lady managers of the New York school have given notice that they are ready to receive orders for wood engraving.

ings, and to furnish original designs for calico and delaine prints, paper hangings, &c. As soon as it can be obtained, we shall use some of their work to illustrate our Journal.

BELL BEECHLEAF.—(*A New Correspondent.*)—

NEWTON, MASS.—MESSRS. FOWLERS AND WELLS.—“Bell Beechleaf,” the writer of the accompanying epistle, is my daughter, a little Hoosier of ten years, who is rustiating here for a while, before returning to the Water-Cure at Elmira, whither we went from Hoosierdom to “wash out” chills and fever. She wrote it without hint or help from any but her own active brain, and if you think it worth a corner of the Journal, so be it. Though so young, she has read your Journal for several years, and with much interest, and is water-cure to the bone.—Respectfully, E. M. D.

“DEAR JOURNAL:—It is a hot summer’s day, and I am nearly melted. Whether it will rain, I cannot tell. Those clouds look like it. But every thing wants water—only water—to-day. It seems to me the summers are intolerable in Massachusetts, only when the wind is east; at least to me they are, for I’m a downright Hoosier. Scarcely a breath of wind is here to cool us. How in the world folks can ever pass the summer without bathing is a wonder to me. How can they exist? They positively can’t. Oh, the idea of living with all the fith and refuse of the body, clinging to the skin, day after day, is sickening and disgusting.

“The white water-lily I love, for its cleanliness as well as beauty—bathing its pure form for ever in the water, and resting its broad leaves on the surface. So, belles that would preserve your fair complexions, spare not *water*; it was Eve’s only cosmetic, and it will send the glow of health to your skin, and cause the faded lip and cheek to be the color of the rose or the ripe strawberry. It will sweeten your tempers, too; and when a woman studies and enforces the laws of health, it is her own fault if she be an ugly vixen.

“The cherries and strawberries are now ripe, and glad am I of it. I believe that the most celebrated cook in the world could not, with all his skill, make any dish taste better to an unperverted appetite than good brown bread, strawberries, wheat and cream. The tempting fruit dissolves in your mouth as you eat it.

“I have a volume of ‘Fern Leaves, No. 2,’ near me, and Fanny says ‘men are wanted.’ Truly they are. Those miserable pieces of inhumanity at Washington are a disgrace to the sex, and to America also. What with their eight dollars a day, champagne, a little plotting, &c., the sonators have a pretty easy time of it, all but the gallant few there who will defend Liberty to the last. A while ago I saw the counterfeit now current. His hat was of glossy black felt, not a *mussed* place in it; his shirt and standing collar were most immaculately stiff; his cheeks and chin seemed innocent of any thing like whiskers as an infant; his cheeks were of an exquisite rose color; in short, he had a perfect *baby face*. His cravat was of green satin, and tied in a very large bow, that was wider than a silver dollar, and not a wrinkle in it. Coat and pants of black broadcloth, and his vest blue satin, with very large flowers. His hair was curled, and he flourished a white cambric handkerchief. Once in a while he would look, as though to say, *I’m somebody*. But my sheet is out. Good bye.

“BELL BEECHLEAF.”

[Verily a child of promise, a genius of the “first water.” We think it safe to predict astonishing revelations and results from this inspired writer. She surpasses in descriptive power any thing of her age. If she lives long enough she will “make a noise in the world,” and set some folks to thinking. But we must warn Bell Beechleaf *not to live too fast*. Winter apples keep longer than those which ripen in August. Early ripe, early decay. But, with the WATER-CURE JOURNAL before her, she will live in accordance with the laws of life. We hope to hear from her often.]

“PREACHING THE GOSPEL AND HEALING THE SICK.—A New England clergyman sends us the following encouraging epistle:

“Notions that belong to the school of Water-Cure are spreading in the eastern part of Massachusetts, and down on to Cape Cod. This is not strange, for they are rapidly spreading over all the civilized world! Multitudes who are not prepared to adopt them in full, are trying them in part, both to preserve and to recover health.

“I have been a pretty close reader of the WATER-CURE JOURNAL, and general student of water-cure literature. As a consequence, I have received information that I esteem of priceless value to me, as an individual, and as a husband and

father. Not unfrequently, when visiting relatives and friends, or the people of my parish, I have been able from such reading, and some reflection of my own, to give advice and directions that led to the recovery of the sick, and the dying even. What thrilling joy thus accrued to others and to myself!

“Frequently I find individuals disposed to doubt whether such great cures as are reported in Water-Cure books to have taken place, did or could occur. But my experience demonstrates to me their credibility. In every difficult case where I have seen water-cure remedies applied, the happy results have produced absolute astonishment. Oh, how blessed it is to labor for one fundamental reform, and see pain, helplessness, despair, and transgression depart, like night for the coming day of strength, freedom, hope, joy, and obedience.

Sippican, Massachusetts.

L. H.

[The writer has our thanks for his good efforts in behalf of our Journal and of humanity. He has set an example to modern preachers, which we hope will be followed by others, viz., “Healing the sick,” as well as preaching.]

RESISTING A DISPOSITION TO COUGH.—We copy the following, which we cannot trace to its source, partly for its own sake, and partly as corroborating that general principle of curing disease by mental resistance to it, brought forward in our article on *Vitaliveness*.

COUGHING IN CONSUMPTION.—The *Herald* of July 10th, states that during the week preceding, fifty persons died of consumption in New York city. *Per contra*, a gentleman called upon us yesterday, who actually escaped from the fangs of this disease some years ago, and we are induced to present the circumstance.

“You speak of coughing considerably. Let me suggest to you the query, whether this is not unnecessary and injurious. I have long been satisfied, from experience and observation, that much of the coughing which precedes and attends consumption is voluntary. Several years ago I boarded with a man who was in the incipient stages of consumption. I slept in a chamber over his bed-room, and was obliged to hear him cough continually and distressingly. I endured the annoyance night after night, till it led me to reflect whether something could not be done to stop it. I watched the sound which the man made, and observed that he evidently made a voluntary effort to cough. After this I made experiments upon myself, from coughing, sneezing, gaping, &c., in case of the strongest propensity to these acts by a strenuous effort of the will. Then I reflected that coughing must be injurious and irritating to the delicate organs that are concerned in it, especially when they are in a diseased state. What can be worse for ulcerated bronchia, or lungs, than violent wrenchings of a cough? A sore on any part of the body, if it is continually kept open by violent usage, or made raw again by contusion just when it is healing, (and of course begins to itch,) will grow worse and worse, and end in death. Certainly, then, a sore on the lungs may be expected to terminate fatally, if it is constantly irritated, and never suffered to heal; and this, it seems to me, is just what coughing does for it. On the strength of such considerations as these, I made bold to ask the man if he could not stop coughing. He answered no. I told him what I thought about it as above. He agreed to make a trial; and on doing so, he found to his surprise that he could suppress his cough almost entirely. The power of his will over it increased as he exercised it, and in a few days he was mostly rid of the disposition to cough. His health, at the same time, evidently improved; and when we last saw him, he was in strong hopes of getting out of death’s hands.

“This occurred eighteen years ago, and the man comes round now, an active business man, averring that he has not had a sick day since.”

SEA-SICKNESS.—A writer in the *London Times* says: “Having noticed in the public journals a recent instance of death from sea-sickness, under very painful circumstances, I am induced to hope that the mention of a remedy which was entirely successful in a case which came under my own observation, may be useful to other sufferers from this distressing malady. A lady of my acquaintance was landed at the Cape of Good Hope, on her voyage home from India, in such a deplorable state of debility and exhaustion from sea-sickness, that she was obliged to be carried into the house by men, and would certainly have died if the ship had been a week longer at sea. The danger of renew-

ing the voyage under such circumstances was very great; but a simple contrivance enabled her to continue it, and to reach England in perfect health. A swing cot was constructed, with a top or frame over it, fitted with curtains, so as effectually to screen the deck overhead, and other parts of the vessel, from the view of the recumbent invalid. The motion of the ship was thus rendered imperceptible, and the invalid being relieved from the dizzying effect of the vessel appearing to roll one way, and the cot the other, no longer felt any nausea or inconvenience. She soon gained sufficient strength to leave her cot for short periods, except in bad weather; and the confinement, such as it was, was a trifle compared to that which persons who have lost, or dislocated limbs, are compelled to endure in pain for months. At all events, life was saved and health restored by this simple means.”

[We have no doubt of the efficacy of the method above proposed; but we are also satisfied, from much observation, that all dangerous, and nearly all distressing sea-sickness, can be obviated by a proper attention to regimen during the first part, and for a short time before commencing the voyage. An abstemious and coarse vegetable and fruit diet, with a daily bath, will very soon fit almost any person to buffet the turbulent waves, with very little suffering from sea-sickness.

TOOTH-WASHES.—On this subject the *American Agriculturist* gives the following cautionary chapter of history:

Several years since, while at work at the chemical laboratory, a man brought us a little vial holding a half ounce, and bearing the following or a similar label:

“Tooth-Wash—warranted to remove all dark color, &c., &c., from the teeth immediately, and give them a pearly whiteness. It preserves the teeth from decay, renders the breath sweet, prevents tartar from forming upon them, and being carried into the stomach, thus improves the general health of the system. A single vial will last for years. Price only 25 cents.”

We examined this VALUABLE AFFAIR, and found it to consist only of water, with a little common muriatic acid, (hydro-chloric acid.) Its only action upon the teeth was to *dissolve* off a portion of their surface, which of course removed the dark coating. The continued use of this wash would soon entirely eat away the teeth and destroy them. We estimated the cost of a *barrel*-full of this wash to be about 75 cents, and that this would fill about 7,500 of the 25 cent vials, at a cost of about one cent for one hundred vials full. The cost of the vials, including the labels and filling, was about one and a quarter cents each. This “Tooth-wash pedler” offered us a shining gold eagle to tell him how to make it, (which of course we declined doing;) “for,” said he, “I pay \$15 a hundred for these vials, and I sell thousands of them, and am now going to the New York State Fair, and can sell them like hot cakes to the green country chaps. Last year I made over \$100 selling this same wash at one fair, and I want to make it myself.” We told him how injurious it was to the teeth, and he left us. We heard no more of *him*, till a few days since we met him at one of our Southern State Fairs, driving a brisk business. He had a boy on a stool before him, and was performing his dental operations (anti-dental, rather) upon a dark-colored set of teeth, and showing to a wondering crowd “this black tooth by the side of that white one, made so by his incomparable tooth-wash.” A dozen or more of the ambitious crowd immediately walked up and paid their quarters, and carried home the prize. We stepped up to the pedlar and reminded him of our former remonstrances; but he replied, “It pays too well to give up the business; I make \$1,500 a year clear, and pay \$50 a year to the State for the privilege of selling. A hundred others are selling it all over the country. I got it for \$10 a hundred after telling the manufacturer how cheaply you said it could be made.”

We will only say, in regard to tooth-washes and tooth-powders generally, that, whether dry or liquid, they usually contain some acid which destroys the teeth.* It is safer to avoid them all. A good tooth-brush and water, or some pleasant kind of soap, is the best and safest tooth-cleaner we know of. The teeth should be brushed before going to bed. Food remaining upon and between them during the night is apt to turn to acid, which eats away the surface.

We have little hope of putting an end to the sale and use of these not merely useless, but positively injurious articles; but we shall continue to do our best to expose them. We have several more to bring forward as we have opportunity.

* An intimate relative used one of these dry powders, and at twenty-five years of age was obliged to get a new set of teeth.

Home Voices.

MESSRS. FOWLERS AND WELLS: Perhaps you will herald to the world a reform which has been made in this place.

About the 15th of January last, a few of us old tobacco-users met and formed an Anti-Tobacco Society, pledging ourselves never more to use the "weed" in any form. We have held meetings once a week, or once a fortnight at most, at which each one has told his experience, on the old Washingtonian plan. Gen. Chaplain and Dr. Jackson, from Glen Haven, have each given us a lecture on the effects of tobacco upon the system. This is a small place, but our Society numbers near two hundred members, about fifty of whom are reformed ones. Respectfully, JOSEPH ATWATER.

Scott, N. Y., June 4th, 1854.

[This is "a good beginning:" an example worthy of adoption by the people of every county, town, and neighborhood. Fifty reformed men are enough to begin a revolution which shall sweep through the universe, and, like a shower of bright water, with lightning and thunder, purify the atmosphere! Buckle on the armor; a great battle is to be fought. This tobacco nuisance must and shall be broken up, destroyed, and the poor victims saved from a filthy life and a miserable death. Down with tobacco, and up with humanity!

WATER-CURE IN THE WEST.—[A practical co-worker in the cause of the great Health Reform, writes us from Indiana as follows:] For a hundred miles or more, in nearly every direction from this city, I have travelled within the past year, and have been surprised to find so many reading and inquiring about Water-Cure. There is one thing peculiar to this reform, the most intelligent are the most interested. The flashy codfish aristocracy, and the superstitious bigot, are always found on the side of the opposition. For example, there are thousands who, after dressing an infant in the morning, take it by the skirts, or heels, and, holding it head down, shake it furiously for a moment or so, "to keep it from being liver-grown," i. e., to keep its liver from growing to its side. To cure croup in its last stage, "draw the child through a horse-collar." It must be the collar of a gray horse, or it will have no effect.

To cure the "shingles," or "hives," take three drops of blood from a black cat; no more must be taken, or it fails to cure.

I might multiply similar superstitious whims, but it is not worth while. Such notions are entertained by people who like to be thought intelligent, and do move in fashionable society. I ask you how truths so simple as the great truths of Water-Cure can find a lodgment in such minds? Add to this class the interested M.D.'s, and their friends, and those who never think of or read any thing outside of their limited field of investigation, and you have the daguerreotype of the opposition.

Dr. Wood, of Evansville, has done much to set people thinking. He has lectured in most of the towns in this vicinity, in many instances to large audiences. He has in that way awakened a spirit of inquiry. I have been surprised to find that the WATER-CURE JOURNAL was to be found in almost every town. It shows enterprise on your part, and seekers of truth on the part of its readers. We always find its readers enthusiastic in the work. One family who reads it always lends, more or less, to the whole neighborhood. Dr. W. has circulated, also, the *Friend of Man* widely, which has also done much to awaken a spirit of inquiry, and, I am informed, has led to the purchase of many of your works.

On the whole, I feel satisfied that the cause is rapidly progressing in this vicinity. The people have taken hold of it. The doctors' hearts tremble. They have done all that could be done to put down the spirit of inquiry—all to no purpose. Instances are every few days occurring that tend to open the eyes of the people to the beauties of this God-given blessing.

A few days since, Dr. W. was called to save the life of a man who had been drugged for six days for inflammation of the lungs. All had given up. A friend suggested that he thought Water-Cure would save him. Dr. W. was sent for, and in less than an hour after he arrived, the man was better. It was talked of all over town. The friends of Water-Cure rejoice at his triumph over the disease and one of the professors in our *defunct* Medical College. The learned professor denies that he gave him up, while others declare

that he had. Another patient, a lady, had been burning for several days with fever. She finally begged that Dr. W. be sent for. Her friends opposed, and her doctor took the alarm, and all at once "knew all about Water-Cure," and ordered "a bath about the temperature of river-water." As might be expected, it helped her.

And so it is; I hear of more bathing, and know of our M. D.s prescribing more water than ever before in my life. The fact is, THE WATER is going to triumph. The M.D.s have got to yield to the demands of the people. The work is progressive and will conquer. VANDERBURG.

FROM CHARLOTTESVILLE, VA.—MESSRS. FOWLERS AND WELLS: Gentlemen,—The writer has been for some time past anxious to be instrumental in procuring the location, at or near this place, of an experienced and skillful Water-Cure physician. He has made several efforts in that way, but so far without success. He is a thorough believer in the Water-Cure himself, as the greatest curative as well as hygienic agent yet known to the healing art. And he knows that there are many, very many persons in this section, who would most cheerfully and gladly have experiments made in their sick families of the efficacy of the Water-Cure in fever and other diseases, if they could have recourse to a physician who had sufficient experience in the practice of the system to justify them in doing so.

Charlottesville is a most delightful village, situated on the eastern side of the Blue Ridge mountain, some fifteen or twenty miles from it, in the midst of what are called the South-west Mountains. The University of Virginia, which has about five hundred students, is situated within about a mile of it. It is surrounded by a most delightful region of country, with unsurpassed beauty of mountain scenery. It is regarded as a very healthy region of country; but, as in all other places, we have occasionally our epidemics and seasons of prevailing fever, such as typhus, pneumonia, &c., which are decidedly fatal with us, or to somewhat an extreme. At least it seems to the writer that this may be said, that whenever an individual is attacked with one of these fevers, there is not an even chance for him to escape with his life, after a long and tedious case of sickness and convalescence. The writer would be extremely glad if a Water-Cure physician were here, to see if the Water-Cure could not be made to reverse this fatality to a valuable extent. I will add, that this village is situated immediately on a railroad leading from the metropolis of the State, Richmond, to the far west; and another railroad leading south-west and north-east, now under way, is to pass through it, so that the place will become a very prominent one on the Virginia map, and quite accessible. It will be a most admirable location for a Water-Cure Establishment. An act of incorporation of a Joint-Stock Company has already been obtained for the purpose; and if a Water-Cure physician of experience and skill, duly attested to be such, would come on to it, I have no doubt the Joint-Stock Company would be soon given up. Yours, respectfully, J. TIMBERLAKE.

FROM J. W. L., Fayette, Me.—I have been making a little stir in the direction of Water-Cure away down East, and have treated (and with good success) several diseases with water, which would haffle the skill of drug-doctors. Oh, the blessings of cold water; were it not for that, and the valuable information I have gained from the WATER-CURE JOURNAL my wife and children and many other friends whom I could name, would now be beneath the cold elod. I have raised a club of seven, which is a beginning of sorrows for drug-doctors in this place. PROPHET.

FROM N. P., Sparta, Ala.—I have just saved myself from a course of chill and fever, by the timely application of water. My practice was that laid down by the "Encyclopedia," by which the chill was drowned out after the second attack. I used the warm and cold bath alternately, as my feelings indicated, and in the hot stage of fever resorted to the "Lientuck" with the most happy, and, to my friends, astonishing results. All hail to the Water-Cure!

FROM GRIFFIN, Geo.—I fear that the citizens of your great metropolis may assume to themselves too much consequence, to the neglect of other aspirants after fame. In the midst of so much genius and invention, you will be apt to forget the humble claims of the far-off town to consideration. There is such a thing as "metropolitan arrogance."

Now, there is, away down here in Georgia, a little town that glories in the name of Griffin. Though we "be little among the tribes," yet have we some astonishing "big men." Among these are several "big doctors"—men of regular scientific knowledge and surgical skill. Nearly half of all their patients get well. They would cure every single case, if the disease did not get the upper hand. They are possessed with admirable fortitude. They continue "to cure the patient until he dies." Albeit men of such admirable

virtues, their modesty even surpasses their merits. Provided their fees are fully and regularly paid, they make little noise to proclaim their renown. Lest these worthies should never be known to fame, or the "city of Griffin" fail of achieving immortality, I beg the assistance of your widely circulating Journal. I write in the greatest haste, lest some greedy, aspiring mortal is even now endeavoring to snatch the "laurel of renown" from the brow of Griffin and Griffin's doctors. Let your great metropolis and all the minor thousands bewail the oblivion of future generations, while Griffin shall attain a renown equal to that of Graefenberg.

I claim for Griffin and her doctors the grandest invention of modern times. It is a new treatment of croup. When the breathing of the little "sufferer" becomes difficult or obstructed, one of our "regulars" stands ready, scalpel in hand; "he cuts the throat of the dear innocent" a little below the larynx. By inserting a small tube—a goose-quill, for instance—the breathing continues several hours, after which, the patient quietly dies.

You will perceive that by this happy invention of "our wise ones," the brief span of infantile life is prolonged. They have thus solved the problem of lengthening life by the very means that ordinary mortals use for destroying it. I trust, dear Sirs, you will duly chronicle this great invention, and entitle yourselves to renewed gratitude from GRIFFIN.

FROM L. L. H., Drytown, California.—I have read but a few numbers of the WATER-CURE JOURNAL, but heartily coincide in all of the "reforms" it advocates, so far as I have learned their principles.

With my mother and sisters I crossed the plains last summer, and found the Bloomer just the dress we needed. I could walk and climb mountains with perfect ease, although I had been accustomed to walk scarcely any at home. When I put on long dresses, I found them not only inconvenient, but very cumbersome, and was soon glad to don my Bloomer again—or, rather, my short dress, as I have never had an opportunity of learning how a regular Bloomer is made.

We live near the mines. The people are generally intelligent, but careless and dissipated in their habits. I think the Water-Cure would wield a mighty influence on the morals of the people, if it could but find its way to all the hearts and homes of this truly interesting country.

L. L. H.

Two ladies, writing from Nelsonville, O., say:—"You may consider us life subscribers to your valuable Journals; we should not know how to do without them, and only regret we did not subscribe many years sooner."

M. S., Slatersville, N. C., writes:—"Water-Cure is about to take the sway in this country. Allopathy is fast vanishing, and I hope the day is not far distant, when water will be appreciated as a curer of disease."

W. T. T., Shelbyville, Tenn., sends fourteen dollars, with a list of subscribers, and says:—"I have been a reader of your Journals for many years, and lately had an opportunity of testing the Water-Cure, in successfully treating five cases of measles and whooping-cough, to the utter astonishment of the wise ones."

C. E. D. says:—"To you I must express my gratitude for the untold benefit I have received from reading some of your physiological publications, as well as for the instruction I receive from your excellent Journals. Oh that others, who are now ignorantly violating all the laws of health, would appreciate the proper study of mankind!"

E. A. H. G., Hudson, writes:—"The Water-Cure has been to me a true Evangel, saving me from long years of agony and suffering. God speed it onward!"

FROM STARK COUNTY, Ill., a voluntary agent sends eleven dollars, and says:—"I consider your Journals almost indispensable, and would not do without them for twice their cost."

S. M. H. P., Pleasantville, Pa., says:—"I have been a constant reader of your valuable Journals for the past year, and would not be without them for twice the cost of them. They are always welcome here. We have abandoned drugs and drug-doctors, for ever. You may consider us as life subscribers to your Journals."

The Month.

NEW YORK, SEPTEMBER, 1854.

"HYDROPATHY is not a reform, nor an improvement, but a REVOLUTION."
DR. TRALL.
By no other way can men approach nearer to the gods, than by confer-
ring health on men.—CICERO.

SEPTEMBER NOTES.

BY R. T. TRALL, M. D.

FEMALE PHYSICIANS.—One of our city papers, a few years ago, expressed the opinion that, if there were five hundred competent and well-educated female physicians, they could all find profitable employment professionally in this city alone. This statement was evidently predicated on the supposition that we have no great surplus of male doctors, and that female physicians of equal competency would—as the majority of all medical practice is in diseases of women and children—be preferred by the suffering sick in a majority of cases.

We do not believe so many doctors, either male or female, would be to the benefit of community. But we do believe one hundred female physicians are really demanded in this city, and could, on acquiring a proper education, find ample employment.

There are about one thousand male doctors of all sorts and pretensions, who agree in the general plan of treating disease by drug-poisons, in New York and its suburbs. We believe, most conscientiously, that, taking all together, they are a curse and pest to society. One hundred male physicians, of proper attainments in the healing art, should be amply capable of supplying all the needs of our people and our public institutions, leaving twenty-five of the number for the speciality of operative surgery. And this principle of calculation applies to the country and to the world, as well as to this city.

The facts that diseases of women and children are the main sources of professional business and revenue, and that female physicians in these cases have more natural tact and adaptedness in ascertaining, understanding and managing them, are conclusive that society needs a greater number of female than of male physicians. And when the people generally become a little better educated in physiological science—in the laws of life and health—diseases will be comparatively few; most of the practice of the healing art will be where it should, in the hands of educated female physicians, and nearly all that men have to do with sick folks will be surgically.

These remarks are intended partly in answer to several correspondents who, contemplating attending our Hydropathic School next fall and winter, have inquired "how it works" to educate males and females as one class in all the departments of medical science? It "works" well. It insures a class to be more circumspect in deport-

ment, more attentive to study, more emulous of real improvement, and in many ways better informed. Of either class of our first and second term, we can select the names of half a dozen females whose aptitude to understand and progress in every department of a professional education, was not equalled by the six best male students.

Another fact is significant. One of our city papers, notoriously and rancorously opposed to every thing in the shape of a new notion, so far as "woman's sphere" is concerned, made an editorial statement a few days ago, that every female in this country who had been professionally educated and gone into practice, was doing a business worth over *one thousand dollars a year!* This fact, and fact it is, speaks a volume. It shows that the demand is ample, but the supply deficient; that the women of our country are not so ignorant as to prefer male physicians, when equally-qualified females can be had. It only requires a competency in numbers as well as in capacity of female physicians, to drive nine-tenths of our drug-doctors, alias poison-vendors, into some more useful calling, and sweep all the expensive and worse than useless array of nostrum depositories and apothecary-shops away from the face of the earth.

NEW ARRANGEMENTS—A NEW PAPER—THE QUARTERLY REVIEW.—Our readers have already been apprised that the publishers of this Journal propose soon to commence the issue of a weekly family newspaper, to be called "Life Illustrated," and this scheme has presented the opportunity for making new and better arrangements for carrying out our grand project, *the education of the people*. By transferring the more popular and miscellaneous matter of the WATER-CURE JOURNAL to the weekly, and the more elaborate and professional articles of the Review to the Journal, we can be in more frequent communication with our subscribers, give a greater amount and variety of matter, and still preserve all the best features of the present periodicals. Annuals, semi-annuals, and even quarterlies are of necessity dull teachers. Their visitations are too seldom to awaken and sustain the interest of monthlies, weeklies, and dailies; nor can they so well reflect the "spirit of the age," by mingling with, and to some extent shaping and controlling the course of current events. For these reasons it has been concluded to discontinue the Quarterly after the publication of the next number, which will complete the first volume. The plan, however, contemplated when the Quarterly Review was commenced, will be carried out in the manner already intimated.

Life Illustrated! For many years, Boston, New York, and especially Philadelphia, have supplied our country with immense editions of heavy, massy family weeklies. They were nearly all good papers, some very good; but none of them were such as would suit our idea of a "model." They were filled with prettily-written

stories, copious extracts from the circulating libraries, news, summaries, riddles and rebuses for the juveniles, &c., &c. But none of them, to our mind, represent, much less illustrate *life*.

We want, or rather the people want a paper—every family on the broad area of civilization ought to have a paper—that will not only represent and illustrate life, but *teach* it. "The science of life"—and this implies the laws of health as well as politics, legislation, agriculture, the mechanic arts, new discoveries, &c., &c.—should be a prominent department in a "people's paper," but, unfortunately, the majority of our newspapers teach the people more ignorance than wisdom in this respect.

A correct mental philosophy, a knowledge of the bodily constitution, their reciprocal relations and dependencies, a true system of hygiene, the relations of the human being to those elements of external nature which for ever and incessantly act upon it, and are in turn acted on by it, are the essentials of a really useful and progressive education; and should be not only prominent topics of a family newspaper, but have a prominent place in every system of common-school education. With these observations we commend "Life Illustrated" to all who, with us, see the need of a newspaper which shall not be content to follow and echo public opinion, but assume to guide, instruct, and direct it.

CHOLERA MATTERS.—Those who have carefully watched the progress and phenomena of the cholera, throughout the country, during the present season, can hardly fail, we think, to come to the conclusion that, though cholera is a very bad malady, drug-medication is a much worse one. It is strange how many times a "new theory" or an "improved practice" must be tested and exploded before it will stay exploded. And it is passing strange, that, with all the experience our physicians have had with the cholera, they still insist on salt pork, hot mustard, warm flannel, "more animal food," and a little "schnapps" or brandy as preventives, and some sort or combinations of drug-poisons as curatives.

At the Franklin Street Hospital, large doses of calomel—thirty to forty grains—are the leading measure of treatment; and we are told the result is *highly satisfactory to the attending physician*. At the Mott Street Hospital this practice is repudiated, and very small doses of calomel are given—one or two grains; and the result, we are told, is very satisfactory to the attending physician there. In both places one-half the cases die; and where the satisfaction comes from, we are not able to perceive. But this is of no consequence. If the doctors are "satisfied" with their own dosing, no matter what becomes of the patients.

In a case to which we were called up town, of supposed cholera, the doctor in attendance (Allopathic) had given a dose of salt and vinegar. During the interview we referred him to the practice of the physicians at the two hospitals, but he didn't believe in *either way of treating*. So it is

all over. Some give opium; others condemn it: some give calomel; others of the same school denounce it: some declare the stimulating practice essential to the patient's safety; others declare it always injurious. Now as ever, they can agree upon no single point in its pathology or treatment.

The Medical Academy has again discussed the contagiousness of the cholera; but, as ever heretofore, they can't agree whether it is contagious or isn't.

Our "up-town" doctor above alluded to thought that some kind of poison, "we couldn't tell what," floated about in the atmosphere, and struck people down—"we can't tell how." We replied, "Doctor, how is it that the cholera never happens to hit us Water-Cure folks, or Vegetarians?" The doctor marvelled, but answered nothing. We asked again, "Doctor, how is it that when people are struck down with this poison, you can remove it or its effects by another poison—calomel, opium, salt, brandy, vinegar?" The doctor mumbled, but made no answer. We asked thirdly, "Doctor, how is it that you cannot so live yourself, nor can so advise your patrons to live as to be exempt from all liability to the cholera, whilst we Hydropaths and Vegetarians can and do so live ourselves, and instruct our followers so that they won't have the cholera and can't get it?" The doctor mildly answered, that no one ought to pretend to know so much about these things.

Some one of the persons present then asked if we never ate any flesh-meat. We replied, no, and that we eat freely and promiscuously cabbage, cucumbers, green corn, and very much other green trash, without either salt, pepper, or vinegar, or seasoning of any sort.

Then it was that the doctor spoke out from the very depths of his—stomach. Said he, "I would rather have the cholera than to live so." The doctor spoke honestly. He spoke the sentiments of the majority. He has no conception, no thought of eating, save to gratify an existing appetite, be that appetite natural or depraved. The people are generally like unto him. They would rather be sick and infirm, they would rather rot alive or be struck down by death, than to eat and drink healthful nutriment; and die they and their doctors do.

One of our city clergymen has taken up the prevailing theme, and delivered a sermon on the history, predisposing causes and treatment of cholera. The theological professor made almost as bad work in handling the subject as our medical professors do. He gave very good but very commonplace maxims on the prophylaxis, such as casting off fear, temperance in all things, regulation of diet. But on the subject of remedies he was as befogged as the Eseeulapians. He advised employing a *competent* physician, but didn't tell us where to find one. He was "death" on nostrums, but advised, in case one was going to travel away from the physician in whom one had confidence, to take along the *best nostrum*

he could get; but he forgot to tell us what that *best nostrum* was, or where to be found. He was particularly severe on acid fruits, and anathematized cucumbers with particular emphasis, as though cholera and cucumber were synonymous terms.

We made a practical application of this part of the reverend gentleman's exposition. The next day it so happened that we took a trip to a beautiful little village in Connecticut, where farms are thriftily cultivated, and where gardens yield "green trash" in tempting abundance and variety. For three days we luxuriated on peas, beans, cabbage, parsley, apples, pears, beets, potatoes, huckleberry pies, blackberries, etc., etc. Green corn we enjoyed twice every day, and *cucumbers three times*. Yes, we fairly *feasted*, morning, noon, and night, on as fresh, sweet, luscious cucumbers as ever grew above ground. Isn't it a miraele, Parson W., that we are alive?

A GOOD SUGGESTION.—One of the practical difficulties in the way of Vegetarianism is, the little attention paid to the proper cultivation and preparation of vegetables and fruits. A correspondent, writing from Cohasset, represents, we doubt not, the sentiments of many who, in case a fair beginning could be made, would enter into the proposed project with alacrity:

Last year I noticed in your valuable WATER-CURE JOURNAL, several communications from your correspondents in regard to forming a company to settle by themselves, and live on vegetarian principles, in which project I took a great interest, hoped an association of that kind would be formed, and had some idea of joining it if I could obtain admittance into that chosen band. But the enterprise seems to have been abandoned; at least, I have heard nothing of its being carried into effect.

Now, living, as I do, in a community where human improvement is little thought of, where the principal conversation of neighbors and friends is about the weather or everyday business, and village gossip in general; where the people live as their appetites suggest, if their means will allow it, without much regard to its effect on their constitutions, I long for the society of those who take an interest in the progress of mankind; not only in the means of acquiring riches, but in the improvement of body and mind, in the advancement of family comforts, and in raising the standard of social intercourse; and if an association were formed upon the principles of Phrenology, Physiology, Hydropathy, and Vegetarianism, I should be willing (if my circumstances would admit) to settle with them in almost any mild climate; there we might live in the enjoyment of the society of congenial spirits, and adopt such reforms in food, dress, and modes of living, as we thought best adapted to our happiness and comfort.

But for my part I know not how to get up such a company; but if, through your Journal or otherwise, the project could be fairly started, I doubt not a small band might be collected for the enterprise; but I leave it for others to begin, being willing to follow, but not capable of leading.

TERRITORIAL EXTENT OF THE UNITED STATES.—The final report of the seventh census of the United States, is now through the press. It consists of a single quarto volume of twelve hundred pages. This volume is filled with valuable statistics, not the least interesting of which are those in reference to the Territories of the United States. Even Young America may pause in its annexation enthusiasm to admire the expansiveness of the republic, the total area of which, including the Territories, is set down at 2,781,123 square miles. The territorial extent of the Republic is nearly ten times as large as France, Great Britain, Prussia, Austria, Spain, Portugal, Belgium, Holland, and Denmark put together! one and a half times as large as the Russian Empire in Europe; only one-sixth less than the area covered by the fifty or sixty empires, states, and republics of Europe; of equal extent with the Roman Empire, or that of Alexander, neither of which is said to have exceeded 3,000,000 square miles. The total area of North America is 8,373,648 square miles. Verily, this is "a great country."

To Correspondents.

Be brief, clear, and definite, and speak always directly to the point. Waste no words.

Professional Matters.

QUESTIONS which come under this head should be written on a separate slip of paper, and will be answered by Dr. TRALL.

DICTIONARY OF TECHNICAL TERMS.—J. B. L., Mt. Carmel, Ind. The work you suggest has already occupied a portion of our thoughts for some time. Probably it will be published before long.

GREASING AND WETTING THE HAIR.—A. S., Richfield Springs. "Please inform a subscriber, through the columns of the Journal, if the frequent use of oil injures the hair, when the scalp is kept clean? Also if it is a good plan to wet the hair and head daily with cold water?" To the first question, we say Yes. The second we answer affirmatively as a general rule. The exceptions, however, are few.

SCROFULA.—M. H. A., Boundbrook. "What is the proper treatment of scrofula in a babe four months old, very small and weakly? There are large swellings under each ear, and small lumps can be felt in various parts of the body; also, offensive discharges from her ears, and boils on various parts of the body." A wash in tepid water—about 75°—morning and evening, with a wet girdle to the abdomen for an hour or two daily, whenever she has diarrhoea, will be all the bathing such a susceptible infant can require.

WEAK EYES.—J. N., Omar. You state that your wife is troubled with "nervous debility," with weak stomach, lame back, disordered vision, &c., and ask us "how to use water in her case?" You must attend to the general regimen, or water will be of little service. She must adopt a hydropathic method of eating, drinking, exercise, &c., with such bathing as is recommended in all our books, for the renovation of the general health. Recollect, this place is devoted to answering questions, not writing dissertations.

OBESITY.—C. C., Lancaster, Pa. "I am troubled with fulness, ringing in the ears, dimness of sight, double vision, neuralgic pains in the head, full and hard veins, cold extremities, drowsiness, &c.—weigh over two hundred pounds—age sixty." There is too much of you, or rather about you. Eat less, and use plainer food; exercise moderately; avoid grease, seasonings, and stimulants; bathe daily in tepid water; and before you die, set an example of "eating to live," that your children or grandchildren (if you have any) may profitably imitate.

TAPE WORM.—J. W., Wellersburg, Pa. The best plan of treating the tape-worm is, to confine the patient for several weeks to a very plain and coarse, as well as abstemious diet, and then employ copious injections.

SITTING IN A DRAUGHT.—W. H. O., Canada West. "Is it injurious, as some suppose, to sit or sleep in a draught of air?" Not for healthy persons. Very susceptible invalids may be injured in this way.

PAIN IN THE SIDE.—W. H. O., Bowmansville, C. W. "Is pain in the side, while running, a sign of ill-health, and if so, in what respect?" The answer must depend on the primary question, how fast the individual runs.

AN OVERWORKED BRAIN.—B. S. C., Avon. "My case is simply this: I am a student, and have destroyed my health by study. My head is in the condition we may suppose Jupiter's was before the advent of Minerva, with a bad stomach and an entire prostration of strength." A head stuffed to a plethora, which the *stuffee* can make no use of for want of bodily health, is no uncommon condition with college-bred and college-killed individuals. Of course, brain rest and bodily exercise are the leading features of a remedial plan.

CRUSTS OF BREAD.—W. H. O. "Are crusts of bread more wholesome than the soft part?" This depends on how crusty the crusts are. If burned or overdone, they are less wholesome than the soft part, provided the soft part is baked and fermented just right. If the crust is cooked exactly right, and the soft part also, each will be equally wholesome.

A TRIO.—M. T. H., Canada West. Question 1st. Is it necessary to use mechanical means, or shape and press the infantile head to prevent the improper or too sudden closing of the sinuses? 2d. Is it not a relic of tradition founded upon error, and conflicting with mother Nature, who is quite capable of forming the sinus properly if the child's food and other requirements are legitimately supplied? 3d. In case of scabies or itch being medicated with mercurial ointments, will the disease make its appearance together with the poison used, "upon water treatment?"

1st. Question—No. 2d.—Yes. 3d.—It will in a majority of cases.

SPRING WATER.—J. J., Berlin, N. C. "Is water just as it comes out of a spring, the right kind for water-cure purposes? and if so, is it best to use it as cold as it comes from the spring?" The water should be *soft* and *pure*, no matter where it comes from. Some spring water is very good; and the water from other springs may be very bad. The temperature must depend on the condition of the patient who uses it. See Hydropathic books.

GRAHAM BREAD.—C. E. D., Noblesville, Ind. "Is the *genuine* Graham bread sweetened? Is sweetening injurious?" No, a *very little* sugar would not harm *fermented* Graham bread—provided it is well made in all other respects. Unfermented bread is better without it.

PARALYSIS.—J. H., Suffield, Conn. "What would be the prospect of a cure, at a Hydropathic Establishment, of a case of paralysis of the lower extremities of fifteen years' standing? It is supposed to have been caused by over-exertion. The patient has been bled, leeches, blistered, drugged, took nuxvomica a long time, &c. The limbs have perished, the muscles are somewhat contracted, and the general health has been poor for the last eight months." The chance of recovery is very slight.

FLESH STRENGTH.—A. D. "Dr. Trall; You say that animal food is not proper for man to eat. If so, why do those persons who train themselves for any feat requiring great physical strength, always eat beefsteak, mutton, &c., and drink Scotch ale or porter? Capt. Barclay, in his feat of walking 1000 miles in 1000 hours, Tom Hyer's encounter with Sullivan, &c., are proofs of the state a man can be brought to by the proper use of animal food."

Can't see the force of your reasoning. We never said that "animal food was not proper to eat." We have said and do say that vegetable food is man's natural food and his best food. We agree that training on raw flesh and grog develops the fighting propensity, but we deny that it affords superior and muscular strength. The cases of Barclay, Hyer, Sullivan, and other pugnacious creatures, prove nothing one way or the other as to the relative merits of animal and vegetable food. They only show what was done by one kind of training, not what could be done by a different system of diet.

CONTRACTED MUSCLES.—J. C. B. "What is the best treatment for a person whose legs have been contracted four years from rheumatism?" Warm and cold douches, friction, with occasional packs, and a vegetable diet.

COD LIVERS, &c.—S. P. "Do not animals (brutes) in their natural state live in accordance with the laws of their being? Why then are they ever diseased, as you say cod's livers are?" Those animals whose natural state it is "to worry and devour each other," as seems to be the case with the carnivorous brutes, may both live according to the law of flesh-eating, and have diseased livers. Fishes also are liable to injuries and accidents, inducing wounds and bruises, and consequent fevers and inflammation, with diseased livers. Carnivorous animals also often eat other animals in a state of active pregnancy, which diseases them all through.

SORE EYES.—C. B. M., Indiana. "Is the practice of opening and shutting the eyes repeatedly under water, proper or improper?" Proper, if so managed as not to cause pain. "Shall I recommend the practice?" Yes. "Should I sleep with wet cloths on them?" Only when they are painful and the cloths are soothing.

EPILEPSY.—A. H. B., Burns, N. Y. "Please say, from this description of my case, whether the fits are caused by organic disease of the heart, or the heart difficulty caused by the fits." Probably neither; but both may be occasioned by disease or obstruction of the digestive organs. Hydropathy offers you the best, and probably the only chance of recovery.

COTTON BREASTPLATES.—A Reformer. "Mr. Editor, can you suggest to your fair readers any benefit that can be derived from wearing a 'breastplate' of cotton (weighing perhaps one-fourth of a pound) during this warm weather, and in 'this time of peace?' Certainly we can. A preparation to resist hostilities is the surest way to prevent an attack. We know some females so impregnably imbedded in padding, that Cupid's arrows could never penetrate the surface, much less reach the heart; hence, in view of such a formidable impediment, the said arrows would all be sent off in other directions.

HEMORRHOIDS.—W. L. H., Lairdsville. "I have been disabled three years with inflammation of the bowels, protrusion of the fundament, with thirty or forty motions daily," &c. You have a bad case of pile tumors, probably requiring the ligature or other surgical treatment. You had better go to an Establishment.

PURIFICATION.—M. S. C., Trumansburg. "Can any one hope to purify his blood while in the daily use of tobacco, salt fat pork, and all kinds of stimulants used in eatables? Will sweet-fern or any or all the roots and herbs in creation purify the blood quicker or better than water? In regard to coffee, I have noticed in myself and others it *seems* to cause action of the bowels immediately after eating, at least if used only once a day. Is it not beneficial? It *seems* to relieve piles." To these questions we say No, No, No. Every thing that one is accustomed to "*seems*" to relieve for the time, for the reason that its effect has become the habit of the bodily functions. This is as true of alcohol and tobacco as of coffee.

COLIC.—W. H. B., Racine, Wis. "Would you consider an unnatural soreness and apparent hemming, which alternate with colic pains, indicative of inflammation? and if so, what is the Hydropathic treatment?" They usually indicate an inflammatory state of some part of the mucous membrane—frequently *duodenitis*. Treat it as a diseased liver, from which it arises; spare diet, packs, wet girdle, half-baths, &c.

DOUBTFUL.—W. E. N., St. Anthony's Falls, Minnesota. "Inform me through the columns of the Journal the cause and remedy for the following symptoms of disease: An uneasiness or heaviness, sometimes amounting to a dull pain in the left side, near the region of the heart or lungs; the teeth on rising in the morning are stuck or gummed over with a bloody substance, and generally spitting blood for a few minutes after rising, although it does not appear to rise from the stomach at the time. If you could judge any better of the nature of the disease, I might give the dimensions of my form, which is rather slim, about five feet ten inches in height, light hair and skin, rather dark eyes, small vital organs, &c.; in fact, a complete predominance of the mental temperament: age twenty years." We can't tell any thing about your case from the size or shape of your body, the size of your eyes, or the color of your hair. But tell us how you live, what you eat and drink, how you act, what you do, your occupation, your personal relations, &c., and then we will undertake to say what ails you, and what you must do or cease from doing, in order to recover health.

RUNNING AT THE EARS, WITH PARTIAL DEAFNESS.—M. D., Greenfield. "In this case partial deafness followed scarlet fever, and is occasionally attended with discharges from the ears, &c." Attend strictly to the general health until the running subsides, then syringe occasionally with warm water.

HOT WEATHER, SALT WATER AND BAD AIR.—An Inquirer. "During this hot weather we frequently return from our shop wearied and hot and uncomfortable; may we just before going to bed take a dip in cold water safely?" Yes. "Or if, excited to a sort of temporary fever, we are unable to sleep, may we still jump out of bed into our bathing-tubs?" Yes. "You never tell us any thing about salt-water: do you call the salt it contains an impurity?" Yes. "And on your reasoning, that 'the water is absorbed by the skin,' does the salt also enter the system?" Very little. "We have been taught to believe that there was peculiar virtue in salt-water, is it not so?" No. "We find our tubs of rain-water get had very quickly this weather; the water gets a slippery feel about it and a bad smell; can this be prevented?" Yes. "And is it better to bathe in bad water than not to bathe at all?" Yes, if not awfully bad. "One more question and I have done. I am bound to a shop which might be well ventilated were it not that the yard at the back has an incurable stench; now I want to know whether no air is better than bad air?" Certainly not. Bad air induces disease; no air produces death. Choose ye between the two evils.

CATARRH.—J. W. H., Brockville. "I am troubled with running in my nostrils, severe pains in my eyes, pains in my shoulders, am very weak, &c." You have chronic catarrh, originating from a diseased liver. Wash all over every day; wear the wet-girdle; sniff tepid water carefully up the nostrils, and adopt a strictly vegetable and very abstemious diet—provided you are anxious to get well.

ICE IN TYPHUS FEVERS.—J. T., Charlottesville, Va., informs us that physicians in his vicinity apply ice constantly to the head in fevers until the pulse and fever are reduced, and asks an opinion of the practice. We consider it incomparably better than the common drug routine, but much less valuable than the application of water to the whole surface—in other words, general treatment.

Business.

THE WATER-CURE JOURNAL will in future contain the *professional* articles, while the miscellaneous matter may be transferred to the paper. The *Quarterly* will, therefore, be discontinued, and a new Family Paper started. For particulars, see Prospectus of LIFE ILLUSTRATED.

COMPLETED.—One number more will complete the *Hydropathic Quarterly Review*, making a volume of about eight hundred octavo pages.

The last number (IV) will be sent to subscribers as soon as it comes from the press: when it may be bound, and placed at once in the library. Though not *popular*, the Review will always be regarded as a most profound and valuable work. But the publishers yield to the demand for a "medium" of communication *more frequent* than hitherto. They announce elsewhere, in Prospectus, A NEW FIRST-CLASS WEEKLY NEWSPAPER, devoted to *Literature, Science, and the Arts, to Entertainment, Improvement, and Progress*: to be commenced on the first of October, 1854, at \$2 00 a year.

LIFE ILLUSTRATED.—A gentleman, well and favorably known to our readers, whom we have succeeded in engaging as a regular contributor to our new Weekly, writes us as follows:

"The matter which I will send you for LIFE ILLUSTRATED shall be such as you desire, hopeful, encouraging, industrial, and practical in its character or bearing. No man ever held a lasting claim upon the regard of his contemporaries, or the remembrance of posterity, who did not utter words of encouragement and hope, who did not teach men to bear the ills of the present in order that the future might yield to them a more perfect reward. As this regard and this grateful remembrance I am anxious to possess as the wages of my toil, I shall address men's intellects through the ever-open avenues of Faith and Hope, of Ideality and Sublimity, of Comparison and Mirthfulness: do with my might that which it is appointed me to perform, and then trust to the providential working of a 'higher law.'"

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MOTORPATHIC CARD.

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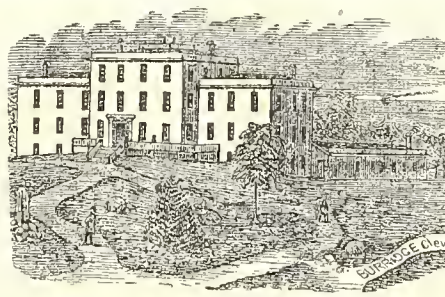
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CHICAGO WATER-CURE RETREAT, cor. of Randolph and Sangamon sts., Chicago, Ill., where patients are received, afflicted either by chronic or acute diseases, summer and winter. Also, general practice, either in or out of the city, receives prompt attention. July 14. J. WEBSTER, M.D.

WORCESTER HYDROPATHIC INSTITUTION, No. 1 GLEN STREET.—This Institution is well arranged for treatment at all seasons. Terms, usually from \$7 to \$9 per week. For treatment without board, \$3 to \$4 per week. July 14. S. ROGERS, M.D.

DR. E. A. KITTREDGE continues to receive patients at his Establishment, 24 Franklin Place, Boston, and visits the sick anywhere in New England.

NEW GRAEFENBERG WATER-CURE.—FOR full, printed particulars, address R. HOLLAND, M. D. New Graefenberg, N. Y. Aug 14



CRYSTAL FOUNTAIN WATER-CURE.

This Establishment for the cure of CHRONIC DISEASES, is conducted by Dr. E. L. HILL, (Professor of Surgery in the Cleveland Homoeopathic College,) and Dr. N. G. BURNHAM, both experienced Physicians and able Hydropaths.

The facilities in this "Cure" for the successful treatment of Chronic Diseases, and especially the different forms of Dyspepsia, Diseases of the Liver, Spine, and Nervous System, Rheumatic Affections, Neuralgia, Female Diseases, General Debility, Bronchitis, and Incipient Consumption, as well as diseases caused by improper or excessive medication, are not surpassed by any Establishment in the country. Especial attention will be given to diseases commonly known as SURGICAL CASES, such as Hip-Diseases, Fever Sores, White Swellings, Fistulas, Cancers, (in the early stages,) Diseases of the Eye, Spine, &c.

THE FEMALE DEPARTMENT is under the special charge of a skillful FEMALE PHYSICIAN, who will also have the aid and counsel of the other professional attendants. Her experience in one of the most successful Water-Cures of the East, and her devotion to the suffering of her sex, we trust, will recommend her to the favor of those who seek restoration to health.

Patients will have the benefit of the most skillful Homoeopathic or specific prescriptions—an advantage enjoyed in but few "Water-Cures" at present, in this country.

The Rooms are large, airy, and well ventilated. The Bath-rooms are ample, and supplied with an abundance of soft water, of the purest quality, flowing from sandstone rocks, free from any calcareous or other mineral substance.

THE SOIL is dry and sandy, the air pure, and free from fogs. This locality is celebrated for healthfulness—no epidemic disease ever having prevailed here—its parallel in this respect is unknown in the West. It is on the highlands, 4 miles from, and several hundred feet above Lake Erie—is very accessible, being 2½ miles from the Berlin Station, Cleveland and Toledo Railroad, via Sandusky; 4 miles from Townsend Station, Southern Division C. and T. Railroad, via Norwalk; 8 miles from Norwalk, and 14 miles east from Sandusky, via C. & T. Railroad.

The prices for residence at this Cure, including board, treatment, and nursing, will vary from \$6 to \$12 per week.

Address, "CRYSTAL FOUNTAIN WATER-CURE," BERLIN HEIGHTS, Erie County, Ohio. Aug. 14.

PAWTUCKET WATER-CURE, No. 7 Spring Street. Open Summer and Winter. For particulars address ISAAC TABOR, M.D., Proprietor and Physician, Pawtucket, R. I. July 6. *

PHILADELPHIA WASHINGTON SQUARE WATER-CURE ESTABLISHMENT, No. 81 South Sixth Street.—Dr. H. F. MEIER and T. D. REA, Proprietors Surgery, Obstetrics, and general practice attended to by Dr. H. F. MEIER. Sept. 14 *

CAPE COD WATER-CURE.—An Establishment for natural treatment (Hydropathic and Psychological) has commenced at Harwich—Gilbert Smith, Proprietor; W. Felch, Physician, and Ellen M. Smith, (a young lady of medical education,) Assistant.

As a scientific and successful practitioner in nervous and other diseases, Dr. Felch is extensively known "from the mountains of Berkshire to the sands of Cape Cod."

Capt. Smith's residence is in a pleasant, healthful locality, near the shore of Vineyard Sound; and, besides other delightful scenery, we enjoy one of the finest maritime views in the world!

Price, from \$6 to \$9 per week. Address, Dr. W. FELCH, Harwich Port, Mass. July 14.

DR. BEDORTHA'S WATER-CURE ESTABLISHMENT is at Saratoga Springs. Aug 14

CINCINNATI WATER-CURE, five miles from the City, on the Cincinnati & Dayton Railroad, and but a few rods from the Carriage Depot. This large and flourishing Institution is open Summer and Winter, for the reception of patients.

Terms, from \$8 to \$10 per week. For further particulars address D. A. PEASE, M.D., Carthage, Hamilton Co., Ohio. July 14.

H. KNAPP, M.D., Water-Cure Physician and Surgeon, Lockport, Niagara Co., N. Y. Dr. K. keeps constantly on hand and for sale, Water-Cure and Phrenological Books, at New York prices. Jan 14

LEBANON SPRINGS WATER-CURE, Columbia Co., N. Y., is open for Spring and Summer treatment. For terms and other information address WILLIAM A. HAWLEY, M.D., Physician. May 14

ATHOL WATER-CURE, MASS.—For healthfulness of location, purity and softness of water, variety and beauty of scenery, and the large proportion of cures it has witnessed, this establishment is deemed unsurpassed. Terms: \$6 to \$7 per week. For particulars address Mch. 14. GEO. FIELD, M.D.

GEORGIA WATER-CURE—At Rock Spring, near Marietta, Georgia, is open, summer and winter. C. Cox, M. D., Proprietor. Sept 14.

AUBURN WATER-CURE, Auburn, Mass. Co., Ala.—Dr. WM. G. REED, Miss L. A. ELY, Physicians. Apt 14.

THE BROWNSVILLE WATER CURE opens on the 1st of May, considerably improved again. Dr. BARLZ pledges himself to do his best for those that may put themselves under his charge. Terms—\$6 00 per week, payable weekly. May 14.

FORESTVILLE WATER-CURE, at Forestville, Chautauque Co., N. Y., eight miles from Dunkirk, on the New York and Erie Railroad. For Circulars address the Proprietor, C. PARKER, M.D. July, 14.

LYING-IN INSTITUTE, 201 West 36th st., by Mrs. C. S. BAKER, M.D., graduate. She will also consult with and visit patients at their residences.

PHILADELPHIA. DR. WEDER'S CITY WATER-CURE ESTABLISHMENT, No. 80 NORTH ELEVENTH STREET. Aug 24 *

PENNSYLVANIA WATER-CURE re-opened.—The well-known Hydropathic Institute at Philipsburg, Beaver County, Pa., (formerly Dr. Acker's,) is now in successful operation, with improved facilities for the cure of disease. Apply to the Principal, Aug 14. J. B. CAMPBELL, A.M., M.D.

ELMIRA WATER-CURE.

This Institution has entered upon its THIRN year of successful life. It has been so abundantly patronized that the Proprietors have deemed it necessary, in order to meet the demands of its increasing patronage, to make enlargements and improvements, thus affording better facilities for the comfort and treatment of invalids.

The Bath-rooms have been NOBBLED in size, while convenience and comfort have been consulted. Patients can go on a LEVEL from the second and third stories direct to baths. We have 300 feet of Verandah, from which one of the most charming landscapes is seen. We are reached in all directions by railroad.

Dr. S. O. and Mrs. R. B. GLEASON, M.D., opened the first Cure, west of the Hudson river, in the United States, and the FOURTH one in this country. They have been pioneers of the great cause of Hydropathy. Have had charge of THREE Cures, before building their present home, where they intend now to remain. Their long experience has enabled them to construct a Cure not excelled in this country for comfort in taking water-treatment. From their large experience in the use of water as a remedy, in the treatment of 4,000 cases, they trust that they are entitled to public confidence, and a large share of patronage. Mrs. G. has eminent success in the treatment of female diseases, having had hundreds under her care. Address, S. O. GLEASON, Elmira, N. Y. Sept. 14.

FOR WATER-CURE ESTABLISHMENTS.—The finest sorts of Fruit and Flowering Trees and Plants at the lowest rates. Catalogues gratis. Carriage paid to Boston or New York. B. M. WATSON, Old Colony Nurseries, Plymouth, Mass. Aug. 9.

DR. FRANKLIN'S ORIENTAL HYDROPATHIC INSTITUTE at FREDONIA, N. Y., is now in successful operation. Terms, from \$5 to \$12 per week. Address, post-paid, D. D. FRANKLIN, M.D.

N.B.—A partner with the requisite qualifications will be accepted in this Institute. Sept 14

CANTON WATER-CURE, Canton, Fulton Co., Illinois, has just been enlarged thirty feet by forty, giving another set of Bath Rooms, Dining Hall, &c. Terms, \$4 to \$10 per week; four months for \$50.

A healthy location, delightful prairie and timber scenery, good water, and a determination on our part to build up an institution worthy of the "mighty West," make this Establishment a desirable retreat for invalids and pleasure-seekers. Address, JAMES BURSON, M.D., Principal. Sept 31

DR. E. E. DENNISTON'S WATER-CURE HOME, at Springdale, Northampton, Mass. Number limited to Forty.

"Aware of the principles Dr. DENNISTON proposes conducting it upon, we are induced to recommend his Establishment for the treatment of chronic diseases of various kinds. We believe it to contain all the advantages of similar Establishments, and have confidence in the skill and judgment, experience and prudence of Dr. D. to direct the application of the various remedial treatment according to the exigencies of the individual cases." J. C. WARREN, M.D., George Hayward, M.D., Edward Reynolds, M.D., Jacob Bigelow, M.D., John Ware, M.D., John M. Warren, M.D., M. S. Perry, M.D., John Homans, M.D. Sept 14

HUDSON RIVER WATER-CURE, TARRYTOWN, N. Y.—Patients are received at this new and commodious Establishment, which is in a very pleasant and healthy location, supplied with the purest water, where all the facilities for treatment and the comforts of home are enjoyed; 1½ hour's ride from the city by railroad and steamboats. Terms.—\$5 to \$10 per week. For particulars, address, Sept 14 * F. D. PEIRSON, M. D.

GLEN HAVEN.

ABOUT four years since, Dr. and Mrs. JAMES C. JACKSON assumed the medical charge of this Water-Cure; then, they had no medical reputation; now the proprietors take pleasure in saying, that as far as the Water-Cure idea has gone, they are known. Then, Glen Haven was but little known—now, THE GLEN is known and visited by the sick from one end of the Union to the other. Within this time, over 1300 sick ones, from more than three-fourths of the States and Canada, have been treated, having been afflicted with various diseases, and not less than 95 in each 100 have been benefited or cured. They have come to the Glen on beds, on crutches, dyspeptic, neuralgic, rheumatic, scrofulous, consumptive, with liver complaint, with sore eyes, with every variety or form of disease, and have gone away well. And what is still more to be admired, they have been cured without medicine. No poison has passed their lips, no nauseous mixtures have been swallowed, no ointments have been rubbed on to their skin, no motorpathy, nor mesmerism, nor spirit-rappings, nor psychology, nor Abreacadabras of any kind have been invoked. God's own appointed way has been applied, that of reliance for RESTORATION on those means, and influences, and forces, which are powerful for PRESERVATION OF HEALTH.

At this date, July 22, there are not less than 120 guests under treatment; and as many who read this advertisement will come to us, we wish to tell them what they will find us to be; for neither by word or woodcut, by hint or innuendo, would we mislead a person to his disappointment.

1. THE GLEN is a Water-Cure made up of eight distinct dwellings, located in groups, and of size each to accommodate from 30 to 10 persons. We arranged them so purposely. The place from the eastern mountain has the appearance of a HAMLET on a lake shore, with a mountain 1000 feet high for a background. These buildings are shaped, and fitted, and furnished with special reference to the wants and uses of a CURE. Neatly painted, carpeted, and furnished, they suit our guests. The wealthy and the poor can be suited, as rooms are fitted for their wants, though the IDEA of keeping every thing subservient to the main object of accommodating sick people is not forgotten.

2. Its natural advantages for a WATER-CURE are unequalled in the United States. Situated on the shore of a clear soft-water lake, could you stand on our piazza and see a dozen or more of our boats on the lake, filled with sick men and women, you would understand just what we mean. Or, if in winter, see our skaters whizz over the glare ice, you would know what we say to be true. And then such air! We have lived here seven years, and have never seen our lake covered with a fog that has lasted for half an hour, so you could not see from shore to shore. We have had asthmatics and consumptives speak of our air in raptures; and in this winter it is warmer, and in the summer cooler, by at least ten degrees, than the regions surrounding it.

3. But our WATER. To have a Water-Cure and not water of the right quality, and abundant, is like listening to Hamlet with Hamlet as a character left out. On this point, thank God!—for our water is our medicine—we are in the ascendant. Our water comes from an elevation of 900 feet, is admirable for its softness, has in this respect the praise of all who visit us, and is pure from medicinal impregnations. No rain-water was ever more tasteless, yet our water is living water, fresh, sparkling, cool, refreshing. Between it and hard water, and rain water, "mineral waters," and medicinal waters, let the cures performed at the Glen speak—they tell their own story. And then its abundance! Our supply is inexhaustible—day and night, Sundays and week-days, it runs its healing streams through our bath-rooms. Blessed agent! mighty to cleanse. This simple fact of having enough, all one wants, gives to the applicant for treatment confidence, and to the Physician prestige of success. Rain or shine, dry or wet, there come dashing down our mountain sides our medicines, full of life to the feeble. Water-Cure doctors and Water-Cure patients have yet to learn somewhat on the subject of the qualities and quantities of Water as applicable to the healing of the Sick.

BATHS AND BATH-HOUSES.—We think we speak justly, when we say that our method of administering the treatment is different from any Establishment in the world. Of its value let facts speak, or, which will suit us quite as well, let our Cure be visited by physicians, lawyers, literary men, working-men, by women, and by students of medicine, and examination be made; they will find the following things: first, that we give milder treatment; second, less in quantity; third, that we employ three times as many assistants to do the same amount of work, having in our house thirteen bath attendants at this time; fourth, that we hand-rub our patients much more than any other Cure; and, fifth, that we give nearly all the treatment in the

earlier and milder.—We think they will say that our Bath-Houses are not excelled for convenience and comfort.

MEDICINES.—We give none. Those who wish them as curative agents should not visit Glen Haven—they cannot find on our premises paregoric to stop a crying child. Just think of it! a population of nearly 200 souls, two-thirds of whom are sick, living, year in and out, with no medicine enough to saturate a sugar pellet. Persons are suddenly seized with the most alarming symptoms, yet they do not die, though we give no medicine. Does this history of ours not fully demonstrate the uselessness of drugs?

SECLUSION.—We are away from the world. Its fashions, customs, varieties, falseness, its conventionalities, etiquette, and absurd changes, are unfriendly to the recovery of the invalid. The sick man or woman wants quiet, repose, freedom—so apt among our magnificent hills, with the lake at our feet, we years ago sat us down isolated, (if not insulated), like the little republic of San Marino, in Italy, and we wrote on the gates of our home, LIBERTY—liberty to get health, liberty to get it without the nausea and torture of drugging, to get it in God's own constituted way; liberty to walk, to sit, to lie down, to eat, to sleep, to ride, to dress, as one should; and to our locality, and the freedom naturally growing out of it, combined with our other extraordinary advantages, natural and acquired, Glen Haven owes its reputation, as a Water-Cure, second to none in the world—a reputation that, Ood blessing us, we shall keep intact, till there shall lie down at night, fall under the shadow of our mountains, to sleep sweetly, not less than 500 sick ones.

DRESS.—No single habit of woman has as much to do in predisposing her to disease as this. On this point our records are ample, and they are scarcely less full in relation to its beneficial influence. At Glen Haven, the American costume, or short dress, is generally worn. Scarcely a lady who visits us, who does not, of her own accord, adopt it, whilst with us, and not a few become so convinced of its importance to health, as to wear it in general society. But the matter is left optional with our lady guests. It is so plain that in all respects it is superior for the invalid, they being able to walk usually three times as far as in the long-skirted dresses,—that one can climb our mountain sides so much better—can row our boats so much easier and more expertly—that the desire for speedy restoration overcomes all objection, and the costume is put on. Glen Haven is the only Water-Cure, so far as we know, where the females are in the habit of thus adjusting themselves; and Glen Haven is without a successful competitor in its treatment of diseases specially affecting women; in all such cases we can hold out high hopes to the sick. They will find the Glen all and more than we claim.

WINTER TREATMENT.—Our physicians think that, located as we are, so sheltered from the cold, making it comparatively easy for the invalid to take exercise, and bracing as is the temperature of the air, they decidedly prefer the cold months in which to administer treatment successfully. Our Houses are well warmed; our Bath-Houses are kept perfectly comfortable; our Baths all modified so as to meet the capacities of reaction of the sick; and with a new large PACKING-ROOM in contact with the Bath-Room, treatment can be had as comfortably, and more thoroughly, than in the hot months. Last winter we had over 70 ladies and gentlemen; the coming six months we hope to have at least 100 guests at a time, the whole winter through.

ACCESS.—From east to west we can be reached as follows:

On the Central Railroad, from Albany or Buffalo, to Syracuse, thence on the Syracuse and Binghamton Railroad to the village of HOMER. Or, from east or west, on the New York and Erie Railroad to Binghamton, thence on the Syracuse and Binghamton Railroad to HOMER. At this village stop at Van Anden's Temperance Hotel, and call for livery, you will be brought up in good style, and at moderate charges, in little over sixty minutes.

CIRCULARS.—Description of Rooms, Prices, &c. will be sent, free of charge, to all applicants who prepay their postage.

Post Address.—J. C. Jackson & Co., or either of the Physicians, whose standing card is in the Journal, Scott, Cortland Co., N. Y. Sept. 11.

DANSVILLE MODEL WATER-CURE.—This Establishment is now in full operation, being furnished with every convenience for thorough and successful Water-Treatment. It is truly a "Model Water-Cure," in beauty of situation, elegance of outfit, completeness of its bath fixtures, and in many other respects. The water is of the softest and purest quality, and is supplied directly to the baths without being retained in a reservoir for a long time, and thus losing a portion of its life and electricity. We know of no institution in this country which can rival it in these and many other points. Dr. and Mrs. STEPHENS, the physicians, have, by much experience and practice, become familiar with every department of their business, and we think the afflicted can confide themselves to their care with a full realization of the belief that every thing will be done for their restoration to health that water-cure can do.—Dansville Democrat.

TERMS.—From \$7 to \$10 per week. Open during winter. Address,

DR. W. STEPHENS,
Dansville, Liv. Co., N. Y.

Sept 11

DR. GEO. M. HOYT,
Office and Residence, 77 Bedford Street,
BOSTON, MASS.

Sept 11

WANTED.—A Water-Cure Physician, thoroughly educated and devotedly attached to his Profession, but without any capital, wishes to know of a field where he can apply his talents for the benefit of his fellow-men. He is also willing to enter into partnership with any person of means, who will employ them for the building of an Establishment. Address,
FOWLERS AND WELLS,
308 Broadway, New York.

Sept 21

Mt. Prospect Water-Cure, Binghamton, Broome county, N. Y. For beauty of location, purity of water, and general adaptedness for hydro-pathic purposes, this institution is unrivalled.

We continue, as heretofore, to treat all diseases that "flesh is heir to." Particular attention paid to diseases of the throat and lungs, for which we have adopted a new mode of treatment (Inhalation) which has proved very successful. We also treat obstinate cases of Sperristorrhœa and Nocturnal Emissions effectually, by a mild and nearly painless operation. (Something new.)

Terms, from \$5 to \$8 per week.

Patients will please to bring the necessary "fixings" for treatment.

P.S. Dr. T. can be consulted as usual, and prescriptions sent free of charge to any part of the United States.

O. V. THAYER, M.D., } Resident Physicians.
MRS. H. H. THAYER, }
Aug. 11. H. M. RANNEY, Proprietor.



ARTIFICIAL TEETH,

Manufactured of the best Material, and mounted on Gold or Silver, on the latest improved plan, which cannot be surpassed as regards durability and beauty of appearance.

Teeth neatly filled with pure gold, also skillfully extracted. Persons in want of Dental operations would do well to call before going elsewhere, and examine specimens of work manufactured by

MEADER & HIGGINS,
July 11. N. Y. 333 Broadway.

Periodical Press.

THE BRITISH QUARTERLIES

AND
Blackwood's Magazine.

LEONARD SCOTT & Co., NEW YORK, continue to republish the following British Periodicals, viz.:

- I. THE LONDON QUARTERLY REVIEW, (Conservative.)
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- III. THE NORTH BRITISH REVIEW, (Free Church.)
- IV. THE WESTMINSTER REVIEW, (Liberal.)
- V. BLACKWOOD'S EDINBURGH MAGAZINE, (Tory.)

The present critical state of European affairs renders these publications unusually interesting. They occupy a middle ground between the hastily-written news items, crude speculations, and flying rumors of the daily journals, and the ponderous tomes of the futurist historian, written after the living interest and excitement of the great political events of the time shall have passed away. It is to these Periodicals that readers must look for the only really intelligible and reliable history of current events; and as such, in addition to their well established literary, scientific, and theological character, we urge them upon the consideration of the reading public.

Arrangements are now made for the receipt of early sheets from the British publishers, by which we are able to place all our reprints in the hands of subscribers about as soon as they can be furnished with the foreign copies. Although this involves a very large outlay on our part, we shall continue to furnish the Periodicals at the same low rates as heretofore, viz.:

For any one of the four Reviews, 3	Per Annum	\$3 00
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For Blackwood and three Reviews,		9 00
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Payments to be made, in all cases, in advance. Money current in the State where issued will be received at par.

CLUBBING.

A discount of twenty-five per cent. from the above prices will be allowed to clubs ordering four or more copies of any one or more of the above works, thus: Four copies of Blackwood or of one Review will be sent to one address for \$9; four copies of the four Reviews and Blackwood for \$30, and so on.

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In all the principal cities and towns these works will be delivered through agents, FREE OF POSTAGE. When sent by mail, the postage to any part of the United States will be but TWENTY-FOUR CENTS a year on Blackwood, and but FOURTEEN CENTS a year for each of the Reviews.

Remittances and communications should always be addressed (post-paid) to the Publishers,
LEONARD SCOTT & CO.,
54 GOLD STREET, NEW YORK.

N.B.—L. S. & Co. have recently published, and have now for sale, the "FARMER'S GUIDE," by Henry Stephens of Edinburgh, and Professor Norton, of Yale College, New Haven, complete in two vols., royal octavo, containing 1600 pages, 14 steel and 600 wood engravings. Price in cloth binding, \$5.

This work is NOT the old "Book of the Farm," lately resuscitated and thrown upon the market. Sept 11*

ENLARGED AND IMPROVED!

THE WOOL-GROWER AND STOCK REGISTER is the only American journal devoted to the important and profitable branches of WOOL AND STOCK HUSBANDRY. It contains a vast amount of useful and reliable information on the above and kindred subjects, and should be in the hands of every owner or breeder of Sheep, Cattle, Horses, Swine, or Poultry—whether located East or West, North or South, for most of the matter given in its pages is equally adapted to all sections of the Union, the Canadas, &c.

The Sixth Volume, commencing July, 1854, will be ENLARGED to

THIRTY-TWO OCTAVO PAGES MONTHLY!

and improved in both Contents and Appearance. Among other matters of interest to Wool-growers, Breeders, Graziers, Dairy-men, &c., the new volume will contain PENICINES OF PURE-BRED CATTLE, Horses, Sheep, &c., and the names and residences of the principal breeders and owners of improved stock throughout the country. Published in the best style, and illustrated with Portraits of Domestic Animals, Designs of Farm Buildings, and other appropriate Engravings. Specimens sent free.

TERMS.—Only Fifty Cents a Year; Five copies for \$2; Eight for \$3—in advance. Back volumes at same rates.

Now is the time to subscribe. Subscription money, properly enclosed, may be mailed at our risk, if addressed to

D. D. T. MOORE, Rochester, N. Y.

MOORE'S RURAL NEW-YORKER is the Leading American Weekly, AGRICULTURAL, LITERARY AND FAMILY NEWSPAPER. It has a larger circulation than any other Agricultural or similar journal in the Union—the best evidence of superior merit. A new half volume commences July 1.

TERMS.—\$2 a Year—\$1 for Six Months. Specimens free. Address

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July, 31. ex.

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Larger Clubs, at \$1.25. Canada subscribers must pay 25 cents extra for American postage. The money must, in all cases, accompany the subscription, as the terms are invariably in advance. Address (post-paid)

A. J. WILLIAMSON,
Aug. 11 h a 22 Beekman street, New York.

THE AMERICAN PHRENOLOGICAL JOURNAL, a repository of Science,

Literature, and General Intelligence; devoted to Phrenology, Physiology, Education, Mechanism, Agriculture, and to all those Progressive measures which are calculated to Reform, Elevate and Improve Mankind. Illustrated with numerous Engravings. Published at One Dollar per year by

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"A Journal devoted to the highest happiness and interests of man, written in the clear and lively style of its practised editors, and afforded at the low price of one dollar a year, must succeed in running up its present large circulation (50,000 copies!) to a much higher figure."—New York Tribune.

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A NEW VOLUME.—THE WATER-CURE JOURNAL—devoted to the Philosophy and

Practice of Hydropathy, or Water-Cure; to Physiology and Anatomy, with Illustrative Engravings; to Dietetics, Exercise, Clothing, Occupations, Amusements, and those Laws which govern Life and Health—commences a New Volume—EIGHTEEN—with the present number. Terms \$1 a year. Now is the time to subscribe. Address FOWLERS AND WELLS, No. 308 Broadway, New York.

"Every man, woman, and child, who loves health—who desires happiness, its direct result,—who wants to 'live while he does live,' 'live till he dies,'—and really live, instead of being a mere walking corpse, should become at once a reader of this Journal, and practise its precepts."—Fountain Journal.

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WARNER'S PATENT PREMIUM PUMP.—THE MOST SIMPLE, DURABLE, POWERFUL AND CHEAPEST DOUBLE-ACTING FORCE-PUMP IN USE.

We have high testimonials, showing its value for WELLS, CISTERNS, SHIPS, STEAMBOATS, MINES, ENGINES, &c., but it is commending itself to all who see it. It has taken the First Premium at State and National Fairs. Its last success was at the New York Agricultural Fair at Saratoga, 1853. For supplying BATH-rooms and Elevated Tanks, it is superior to any others, more simple, easily put in, and may be used for ordinary purposes besides. Different-sized Pumps, Garden and Fire-Engines, Suction-pipe hose, &c., constantly on hand.

A. W. GAY & CO., Proprietors, 118 Maiden Lane.

ATTENTION! EVERY ONE!!

THOMAS KING'S PATENT RAILWAY WASHING MACHINE.

This invention now stands unrivalled as the best and most universal purifier of all fibrous materials. Unlike any other washing apparatus ever before discovered, this cleanses and purifies all classes and descriptions of fabrics, including the coarsest bed-clothing, men's wearing apparel of all grades of material, and all kinds of female attire, however delicate of texture, with bone stays, buttons, hooks and eyes, or any other appendage, without the slightest injury to the articles themselves. The entire operation cannot injure any article as much as the most careful hand-washing. This machine can be worked by a small boy or girl, and is an excellent article for the washing of wool. Those persons who are now using it pronounce it the most useful apparatus ever invented, and some have remarked that, if it were possible to obtain another of them, they would not take \$100 for it. There are hundreds of them now in use, and all have given the most entire satisfaction. It must be remembered that this process of washing and cleansing is not performed by pounding, rubbing, or heating, but simply by the rinsing process.

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Sept 11 n

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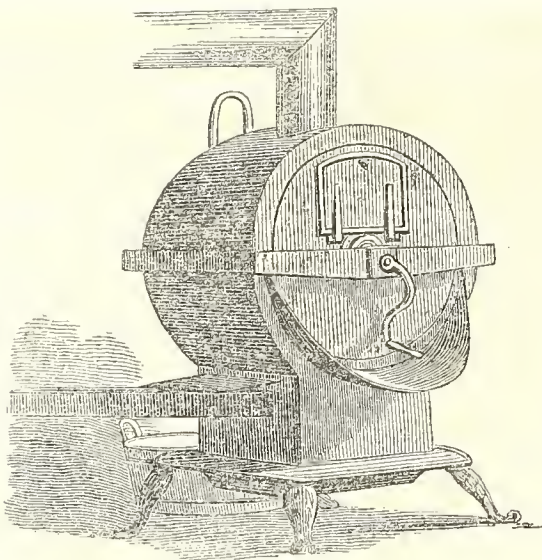
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NEW YORK, January 20, 1853.

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H. STEEL.

NEW ORLEANS, March 10, 1853.

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NEW YORK, February 11, 1853.

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We have just completed Machines for the Board of Governors of the Alms House, Raadall's Island, which will wash, rinse and dry 500 pieces in 25 minutes, enabling them to dispense with the services of one hundred washwomen since their machines have been put in operation.

The following are some of the Hotels, Public Institutions, and Private Families in which these machines are used:

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No. 1 is set up like a small stove about two feet square, generates its own steam, washes and boils the clothing, and holds from one to three dozen pieces; Price \$50. No. 2 is constructed similar to No. 1, about three feet square, holds two to six dozen pieces; Price \$75. No. 3 is same size as No. 1, with a top boiler by which two portions of water are heated by the same fire; Price \$75. No. 4 is constructed same as No. 3, with top boiler same as No. 2; Price \$125. No. 5 is to be supplied with steam from stove or cooking range, and operated by hand. No. 6 is supplied with steam from a separate steam boiler, is operated by hand, and washes and boils the clothing, holding 25 to 50 pieces; Price \$150. No. 7, larger than No. 6, but in other respects the same, holding 50 to 100 pieces; Price \$200. No. 8 is supplied with steam from a separate boiler, operated by power, changes its own motion, washes, boils and rinses the clothing, holding 75 to 150 pieces; Price \$200. No. 9 is same as No. 8, excepting size larger, holding from 100 to 300 pieces; Price \$350.

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Aug. 21. D.

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CONSIDERING THAT LOUIS GAYLORD CLARK has been, for the unexampled period of twenty years, Editor of a leading Literary Magazine in this country; that his labors meanwhile have been constant, arduous, and ill-requited; that they have been eminently creditable to his abilities and character, and of great service to the country in developing its intellectual resources; several of his friends met together last December to devise some suitable plan for tendering to him a substantial Complimentary Benefit, in all respects appropriate for the Literary Class to offer, and for him to receive. The result was a project for publishing such a work as is above described; and upon submitting the plan to WASHINGTON IRVING, WILLIAM C. BRYANT, FITZ-GREENE HALLECK, HENRY W. LONGFELLOW, and other leading Literary men of the United States, it received their cordial approval; so that the Committee having the matter in hand are able to announce, for the ensuing season, a LITERARY SOUVENIR, beyond all parallel in the eminence of its writers, and in mechanical execution equal at least to any similar production ever issued from the American Press. The collection of Portraits of American writers will be far more complete than any hitherto attempted.

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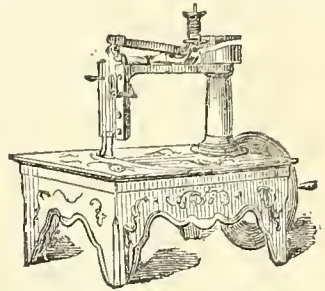
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Sept 11

ONE HUNDRED DOLLARS! TO POETS.

THE Directors of the COSMOPOLITAN ART AND LITERARY ASSOCIATION, lately organized in Sandusky for the encouragement and general diffusion of Literature and Art, offer a PRIZE OF ONE HUNDRED DOLLARS for the best Ode to Power's world-renowned statue of the GREEK SLAVE, which, with many other valuable works of art, are to be distributed among the members of the above Association.

The Odes, which should not exceed fifty lines in length, must be handed in previous to the 15th of September, at which time a committee of literary gentlemen of New York, whose names will appear, will decide upon the merits and award the prize to the successful competitor.

Poets in sending in their productions will please give the first stanza of their ode, together with their real name and address, in a SEPARATE sealed envelope. Communications should be addressed, post-paid, to

C. L. DERBY, Actuary C. A. & L. A., Knickerbocker Office, 348 Broadway, N. Y., or, 3 Water street, Sandusky.

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THE HYDROPATHIC FAMILY PHYSICIAN;

A READY PRESCRIBER AND HYGIENIC ADVISER,

WITH REFERENCE TO THE NATURE, CAUSES, PREVENTION AND TREATMENT OF DISEASES, ACCIDENTS, AND CASUALTIES OF EVERY KIND; WITH A GLOSSARY, TABLE OF CONTENTS, AND INDEX.

ILLUSTRATED WITH NEARLY THREE HUNDRED ENGRAVINGS AND COLORED FRONTISPIECE.
BY JOEL SHEW, M. D.

Published by FOWLERS AND WELLS, No. 308 Broadway, New York.

To give the reader an idea of the high estimation in which this work is held by those who have read it, we copy a few abbreviated

EDITORIAL NOTES

"The organs of the human system, and diseases to which they are subject, with their appropriate treatment, are clearly and fully set forth. Physiological engravings throughout the volume, give the reader an accurate idea of the organization and functions of the human frame."—New York Tribune.

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DEVOTED TO

News, Literature, Science, and the Arts,

TO ENTERTAINMENT, IMPROVEMENT, AND HUMAN PROGRESS.

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THERE is scarcely a newspaper in our country not devoted to the advocacy of some particular sect or party; and although they may be able defenders of the views they support they must necessarily meet with opposition from persons differing in opinion, and consequently can never obtain a general or world-wide circulation.

We believe a Family Newspaper, devoted to general information, containing matter both useful and interesting to all classes, is needed. With this belief, we beg leave to call your attention to the "platform" on which our newspaper will be based.

Our design will be to encourage a spirit of hope, manliness, and activity among the people; to point out the means of profitable economy, and to discuss and illustrate in essays, historical picturings, and lively imagination, the leading ideas of the day; to record all signs of progress; and to advocate political and industrial rights for all classes.

In preparing matter for our different departments, we shall keep in view the wants of the great public, and endeavor to supply them.

AGRICULTURE and HORTICULTURE, being the occupations in which a great proportion of our people are engaged, will receive special attention. Believing, as we do, that farmers are the most indispensable, as well as the most numerous of our population, and that what is for their interest is necessarily advantageous to other classes, we shall strive, with the aid of our best writers, to render this department of more practical value than is usual in a weekly newspaper.

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CHILDREN will not be forgotten, but in a "snug corner" we shall store a variety of choice things for their amusement and improvement.

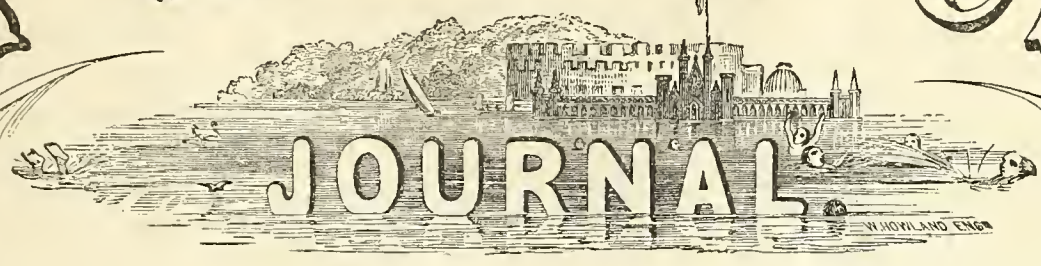
Thus we shall endeavor to furnish a newspaper in which every one may find something to approve and commend. It is our desire and intention to make a FIRST-CLASS FAMILY NEWSPAPER under the title of "LIFE ILLUSTRATED."

The first number will be published in October. Subscription-books are now open. Terms, Two Dollars a year, in advance. No paper will be continued longer than paid for. Postmasters and others will oblige by acting as agents, in obtaining subscriptions.

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Life Illustrated WATER-CURE JOURNAL



AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

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Essays.

HERE each Contributor presents freely his or her own Opinions, and is alone responsible for them. We do not necessarily endorse all that we print, but desire our readers to "PROVE ALL THINGS" and to "HOLD FAST" only "THE GOOD."

THE SENSE OF TASTE, ITS PHYSIOLOGY AND RELATIONS.

BY GEO. H. TAYLOR, M.D.

USES OF TASTE.—The efficiency of the human being, physically and intellectually, depends on its capacity to select and assimilate food. Without this ability, all those changes of matter within the body evolving forces and performing acts that we call function, would cease, and an eternal divorce of matter and spirit would immediately result. The various phases of vital manifestation are dependent on material conditions, and so they will remain while matter is any way useful as a receptacle for the mind, and a medium for its education and development. The elementary facts, in regard to the qualities and relations of external things, to serve as a basis for reasoning, are obtained through the medium of special contrivances therefor—the senses—all of which contribute to the pleasure as well as profit of the individual.

Taste has special reference to the important processes of alimentation, and sits in judgment over the materials to be used for this purpose. In the perfection of its exercise, it imperiously demands what is suitable, and strictly guards against the introduction of matters of injurious quality.

Enjoyment is a consciousness of functional activity when normally exercised; pain is a cognizance of altered function: those objects that are capable of making such impressions are instinctively repelled. It is essential in the nature of things that the gustatory feeling should be a strong one. On it depends the preservation of the individual. It excludes the possibility of carelessness or forgetfulness in regard to maintaining duly all the organic wants so far as ma-

terials for its use are concerned. It institutes a becoming foresight, and insures provision for future needs, and leads to the accumulation of property as a convenient exchange for human needs.

Were there a complete absence of taste, or if its healthful action be perverted by habit or disease, the most absolute foe to the vital well-being would need no guise to enter in and do its work of destruction. Hence the importance of understanding its true physiology.

But this faculty has other objects than those of a purveyor or a sentinel. It is one of a sisterhood of senses, each of which is a string of the human harp, whose vibrations are a melody for the soul. Since the early dawn of intellect, *wine* and *wit* have been sung as bearing an evident relation; and the festive board (maugre its debasing associations) as furnishing occasion to evoke and restore intellectual as well as physical strength. In all this the gustatory sense cannot be regarded as being indifferently concerned.

The bestial rioting and shameless prodigality of the treasure of life, which are the concomitants of such occasions, grow from an ignorance of true physiological relations. The greatest enjoyment comes from an intelligent guidance of all these relations. Perverted and misused faculties are sure to reach an end quite opposed to their design. In watching candidly the motions of society, one would infer it had run mad to placate this omnivorous monster which it enshrines. The first and chief of all missionary efforts should be directed to humanizing the bodily senses that so control the living spirit. The latter is preached to with commendable religious zeal and eloquence, but never reached, on account of its befogged encumbrance. The first acts of this important sense may have served correctly, and so its general infallibility is still counted on, though circumstances have insidiously led it into fatal errors.

PHYSIOLOGY OF TASTE.—This sense is the medium by which the mind is brought into relation with external things, to determine their qualities with reference to the wants of the body, whose development is essential to the full exercise of all faculties, physical and mental. Its location is at the superior extremity of the digestive tube,

LIFE ILLUSTRATED is not to be a *pictorial* paper, as some might infer from its title, though occasional engravings may be given, but it is to ILLUSTRATE LIFE; to represent human life in all its phases and aspects, moral, intellectual, and social; to point out the *errors* of mankind, and to show how to avoid them; to indicate the path of life which leads to VIRTUE, HEALTH, INTELLIGENCE, HAPPINESS.

A spirit of hope, cheerfulness, self-improvement, and a manly SELF-RELIANCE will be inculcated.

In morals, it will occupy the highest ground, always maintaining justice, truth, and integrity, administered by benevolence in kindness and mercy.

In short, LIFE ILLUSTRATED will be approved as *the* Family Newspaper, wherever it may be introduced. See Prospectus for particulars.

AN OPEN COUNTENANCE A SIGN OF IGNORANCE.

—A recent writer asserts that the less a man knows, the wider he carries his mouth open. He says it is as impossible for an ignoramus to keep his jaw closed, as it is for a sick oyster to keep his shell shut.—*The Papers.*

A queer comparison. Wonder if the "writer" above referred to ever examined the mouth of the Mississippi river, or the head of the Rocky Mountains? If not, we would refer him to the Phrenological Almanac for 1855, just published. Price, prepaid by mail, *only* six cents.

chiefly in the tongue and contiguous parts, though different parts of even the tongue itself are adapted to distinguish different qualities. The more general sensation of hunger, is referred to the stomach.

The nerves of taste (glosso-pharyngeal chiefly) proceed from the base of the brain and are distributed in a delicate network to the *papilla*, or little elevations upon the surface forming the seat of the sense. The sapid substance is dissolved by the juices of the mouth, and is thus brought into contact with the nerve. The impingement of any substance capable of affecting a sense, causes some change in the substance of the nerve itself, as is evidenced by the increased supply of blood in the part to replenish the waste that attends the act.

But how *consciousness* is connected with such changes, yet remains an inscrutable mystery. The *life* of every sensitive object is an evidence of the *fact*, and we may accept the phenomena as being as much a primal law as that of gravity; and as the destruction of a planet or a remote star would disarrange the matter of our globe, so would the impairment of a sense introduce disorder in the body.

How PERVERTED.—The capillary network in connection with the acting organ of sense freely supplies the tissue with blood, and the degree of sensation holds a relation to the rapidity of the nutrient supply. Our judgment of the qualities of matter depends on the style in which it affects the senses; and this relates to the condition of the organ itself as well as that of the body in contact. How many mechanical or chemical stimulants or irritants of the vascular tissue will excite change in the part and exalt the sense connected therewith!

Hence there are different ways of calling any sense into action. That mode which uses the organ for the good of the whole body, and can be of service in maintaining its strength by replenishing its tissues, is physiological and wholesome; all others must be anti-physiological and injurious both to the sense itself and to the body at large. The physiological excitants of taste are most evidently proper food and the aromas connected therewith.

Many stimulating and piquant substances that are as far as possible from nutritious, are yet capable of arousing the sense of taste, but can call it into only irregular action. Depression is sure to follow over-excitement, and calls loudly for its renewal. Thus all relish is lost for the true wholesome excitant, and a step in the road of depravity is taken. An over-wrought sense never can endure—the average enjoyment procured by unlawful means will be below what it would otherwise have been. Many persons stupidly suppose they naturally love many things they habitually use as mere instruments to excite their dilapidated feelings, and that are yet incapable of replenishing any tissue. Their memory runs not back to the time when their pure natural feelings possessed a zest far nobler and more intense than they have ever been able to evoke by art.

What the particular agent shall be to procure the factitious pleasure they desire is a matter of fancy and fashion. Substances very dissimilar are used by different individuals and in different times. Stale meats and the product of decomposing sweets (alcohol) are universal favorites. The *fetid gums* have been in former times extensively used, but now are displaced by other things more readily obtained.

Whatever the excitant shall be, it delights to creep in, in some insidious manner, mixed with food or drink—ostensibly a necessary part of it. The infused beverages, the heating spices, and the corrosive alkalies, are the forms commonly used.

ORIGIN OF INTEMPERANCE.—As taste is intimately connected with alimentation, it is under this guise that its abuse and derangement is chiefly wrought; while the innocent victim is all unconscious of the disaster he is working out. Its capacity for correct discrimination is gradu-

ally changed, and the wholesome barriers that it would set, insidiously undermined, and the way prepared for any ruin. Habits of *intemperance in drinking* have their origin in the constant use of those condimentary substances that people are taught are the essentials of food. The more convenient and potent article of alcohol is at last resorted to; or if not, in many cases, it is more from shame than want of inclination. The road is entered, though luckily it may not be travelled in its whole extent. A knowledge of the *cause* of the disaster that overtakes such numbers of the race, indicates the remedy. Maine Laws must be superseded by physiological laws. These require no legislation,—can always be made to operate, spite of an inefficient police or judiciary. A towering upas, spreading its bane far and wide, is not to be eradicated by an onslaught directed to its loftiest branches. The axe must be laid at the root of the tree, or our creeping weazen race will continue to be blasted.

Intemperance is a defect in the *health* rather than in the *morals* of men, and an appeal to the latter is of no avail while the former remains uncorrected. It is chronic in the whole community, and the plague-spot has but a flimsy covering in many who are deemed most free of it.

The office of the cook is thoroughly misunderstood. The culinary art should never attempt to change the nature or the relative proportion of elements in edible substances. Its legitimate province is ended by simply separating their minutest parts, preparatory to the more complete solution that is effected by the vital chemistry of digestion. This is done by means of mechanical agencies, assisted by heat and moisture. The usages of society that require various subtractions and additions, whereby the amount of appropriate gluten and salts is diminished, and the starch, sugar, and oils increased, show the depravity of its taste, and call in the same breath for condiments and medicines, in the vain hope of diminishing the error. The addition of matters that are entirely irrelevant to nutrition, possessing various qualities of asperity, (such as spices and preparations of the alkalies,) for the sole purpose of successfully impressing the organ of *taste*, adds "insult to injury."

Indeed, we may venture to say that scarce a person in the community really knows what is the taste of proper pure food, so habituated is he to concealing it with some more *tasty* garb. The ethereal and delicate aroma of simple food will pall upon the palate that is capable of recognizing only the austere and pungent, and the paradox is witnessed of aversion to that which is the true source of nourishment and life.

The modes of arousing this dilapidated sense are various. No other substance besides water can serve the true purpose of a beverage, but it is also made to serve the purpose of a convenient menstruum through which things are administered to a sickly, craving palate. Hence the common use of artificial beverages.

Another universal mode of exciting the function under discussion is the more physiological one of temperature. Foods and drinks are demanded either steaming hot or freezing cold; and this is carried habitually to an abusive extent. No one will suppose that the nutritive adaptation of food is altered by the addition or loss of a very few degrees of heat; yet *habit* causes it to make so much difference with the gustatory sense, that what in one case would be taken with avidity, is rejected with a feeling of disgust, all on account of a failure of the temperature to make a coincident impression upon sensation, so as to increase its amount.

It was expecting an excitant, and refuses to act without one. *Heat* above the temperature of the body calls the attention of the feelings, and a temporary impulse is given to the capillary circulation of the sensitive organ. The debilitated thing affects to believe that food and drink are not such without this addition. Temperature being habitually supplied, the physiological act of furnishing it from within must abate; the

stimulus thereto is withdrawn, and tissues become weakened, and materials that should be eliminated by the calorific process are retained.

Cold applied to any living tissue invites the blood thither for the purpose of supplying the waste of caloric in the ordinary physiological manner, and the circulation and the sensations are promoted. Every one knows the delightful exhilaration that attends the use of gentle cold by drinking or bathing when the tissues have become relaxed from heat and exhausted by service. Hence, in taking an ice-cream, the sensation produced by the flavor is much augmented by the cold inducing an increased amount of change in the perceptive organ.

But there is no doubt that the salutary indulgence of cold water even, will be abused by those whose sensations have become enfeebled in the modes above pointed out. The dose will be needlessly repeated, and the inward reaction will be disproportionate to the general strength, and injurious.

Men, savage and civilized, have endeavored to draw enjoyment from the exercise of the faculty in question, without regard to its physiological relations, and so have prostituted it by irregular and inappropriate indulgences. The lesson has yet to be practically learned that its function cannot exist in perfection, only as it is exercised with due regard to the needs of the body. The opposite course brings its meed of pain and disease. In those conditions of the system where there is a lack of appetite, a due intensity of this sense being wanting, nothing is permanently gained by exciting it by artificial means. It may be jaded into a transient activity, but will only meet with a deeper degradation by the struggle. When the blood is loaded with matters that should be eliminated by abstinence and oxygen, the secretions are compromised in quality, and a good digestion cannot take place, and there *should be no appetite*, till the system has disposed of matters already on hand. Then, there will be no lack of an appetite; and the less it is distracted by calling its attention to the usual savory things, the more satisfactory it will be.

Those who are laboring under disease in its various phases, should always remember that their *cating* has more or less to do with it, and also that the function of taste has partially ceased to be a true guide; that their habits have been guiding wrong, and that disease is frequently an evidence of that fact. These habits must therefore be distrusted; and the functions connected with them be guided by a truer light, that of the judgment and science.

JACKSON vs. JUDD.

Glen Haven, N. Y., July, 1854.

HARRIET A. JUDD, M.D. :—You are a physician, so am I. You use medicines and water, when you have the sick in charge. I *never* use medicines. You are young, with a long life probably before you. Will you pardon me for saying, that I think, in ten years from this time, your success will have been better, your reputation will be on a surer and better basis, and your confidence in yourself higher and firmer, if you will give no medicine? For telling you so, you may think me impertinent. If you do, I shall feel sorry, for I have taken great interest in your progress as a student, and still take an interest in your success as a physician.

I have taken greater pleasure in your course than otherwise I might have done, from your being a *woman*. Whatever unites what the old Romans used to call the *utile* with the *dulce*, the useful with the ornamental, the practical with the accomplished, I am pleased with. I certainly hail it with delight in woman. I would have woman as far as may be a true representative of ideas, which being true, and *new*, from the fact

that she is a new element in society, just emerging from her hibernation

"Into a world's new spring,"

and so, much better fitted to take to herself *new* ideas, and develop them, and be developed by them. Old ideas, *if true*, I would not have her undervalue, but old ideas become enveloped in old modes of show, till custom gives them a prescriptive right to *stand still*. They belong peculiarly to *men*, for men only can safely stand still. Woman must move, or sink back into her former position. It will not do for her to be conservative or stationary, unless she wishes to lose her identity.

I would commend to you *the idea* of treating diseases, acute and chronic, by water without medicines—

1st. Because the sick recover more speedily, more safely, and with less trouble than by the other mode. This is the uniform testimony of all who have tried both methods. The history of the revolution does not show a single case of a practitioner leaving the Hydropathic, and taking up with the Hydro-drug practice instead: some students may have done it, but no practitioners; while, on the other hand, many who gave medicines, have abandoned them.

2d. Because medicines do no good. They in no case are necessary, unless the system is accustomed to them, and then the good is only apparent. If they do good, how, and when, and which of them do it? I am willing to be teachable in this matter. I am not too old to learn. Is there one of the medicines of the *materia medica*, of which this can be affirmed? In health their operation is deadly, as a general thing, and in the most unexceptionable cases they irritate, disturb, derange, and lessen the vitality of the structures they work upon. Bring forward the mildest animal, vegetable, mineral, "ethereal," or infernal drug, be it what it may, and keep the body steadily under its influence, and ultimately you will break it down. Do you doubt it? Try it yourself, and see. The good they do! It is evil, only evil continually. Heaven forgive those who deal them out. The good they do! It is incalculable evil. It ramifies into all circles, smites down all classes, irrespective of sex, digs deep pits for the gray-haired, and stalks over the land, like a starved wolf, snuffing up blood, and longing to flesh its teeth in the bodies of the newly born.

3d. Because medicines antagonize the healthy forces of the system, making it take on abnormal exhibitions, and establishing as the regular and to-be-looked-for display, not functions healthily performed, but unhealthfully wrought out. What is the *true* natural condition of any organ, or its functions, is not what you may expect under the administration of medicine, but at best an accommodated condition. Permit me to illustrate:—Some two years since, a lady visited my Establishment. She had been long sick, and taken a great deal of medicine, of which opium and morphine had been chief. She visited me for the purpose of being assisted to abandon the habit, which was very strong. On making her acquaintance, I found that when she was under the influence of morphine heavily administered, she was as collected and rational, as well-behaved and polite, as pious and humane a woman as I had in my house; but when not under its influence was the reverse of all these.

4th. Medicines *create* disease.

I will not stop to discuss the soundness of the view which urges that it is well to create one disease in order to expel another, on the ground that the system can retain but one disease at a time, for to me it is absurd; but pass on to say, that the list of diseases in this country, England, and the Continent, bears numerically about the same ratio to medicinal remedies that it did three hundred years ago. The physicians who give medicines will please to account for it, as best they can. Of one thing I am sure, that the fact reflects no great credit on their skill.

5th. Medicines make disease *occult*, thus rendering diagnosis difficult. You will bear me wit-

ness, that to cure a sick person, one should know what ails him. And it is not unfair to state that medicine-doctors often give their doses before they *feel sure* that the sick man is smitten by what they suppose him to be. The point, then, I wish to make is, that such course complicates at best the chances of knowing what the disease is; the medicine administered changing the action of the system, and substituting for a *true* a false exhibition, or, in the worst view, forcing the system to *hide* the disease from sight, and put on an apparently improved but *really worse* state, so that the Scripture is fulfilled—the last state of the patient, when the doctor leaves him, being worse than his first state, when the doctor found him.

6th. Medicines, when taken into the human body, lose their expected or desired effects for want of power to show their affinities—the human stomach being different from a LABORATORY, by reason that the vital forces of the stomach are different from the non-vital forces of the LABORATORY, and thus destroy the power of the medicines to combine. Doctors give medicines, stand by the bed-side, and wait for results, and are disappointed. They look for specific action. It never comes, and they are astonished. So am I, but for a widely different reason. They are surprised that the action which they know would take place in a chemist's shop, does not take place in the stomach of a man. I am surprised that they should forget that the stomach is not a black-lead crucible, and its vital energies a pair of bellows.

7th. Medicines when taken into the stomach remain lodged in it, or in the other tissues of the body, oftentimes for years—a great number of years. Of this there can be no doubt. Facts substantiate this statement. They in this condition serve as irritants, obstructing the healthy action of whatever tissue they may have taken possession of. Water-Cure doctors have abundant proofs of this averment. If this statement is true, then he or she must be a pretty bold practitioner who gives them, and he or she a pretty reckless dealer in the great and mysterious *force* called *Life*, to take them.

8th. Medicines make a crisis under water-treatment exceedingly difficult, and sometimes *dangerous*, perilling life. The only *crises* which in my Institution have ever given me trouble, are those resulting under treatment, when the persons having them had taken great quantities of medicine. The reaction of the system against legitimate disease is much less severe than against drug-disease—and I suggest for your reflection whether a large proportion of the sum total of deaths which have happened at Water Establishments are not to be laid to the drugs which the system has absorbed to its own destruction.

9th. Medicines and water are not friendly to each other. Were I to give medicines, I would give no water-treatment aside from mere ablutions. They do not work well together. Arsenic and quinine do not cure the fever and ague as water does. They cure by killing the reactive power of the system against the disease; water cures by invigorating those powers so as to enable them to *overcome* and expel the disease. Calomel and podophyllin do not overcome torpidity of liver as water does; and so on through the whole range, medicines and water act conversely. How then can they act coöperatively? The truth is, they do not, but in every instance in spite of each other.

Miss Judd, in outline these are some of the reasons why I give no medicines. Take them, and give them that measure of thought to which they are entitled, and God bless you. This matter of treating disease as between the administration of medicines, or water, or both conjoined, is not confined to the negative side as far as water is concerned. It has its positive side, a bright and beautiful side too. Thousands have looked upon it and lived. To detail this view, I have no time now, but I hope to do it by-and-bye. Meanwhile I must work, in company with others, to increase

the number of those who will say, "I was sick for years, went to a Water-Cure and got well." Four years ago, as a physician I had no reputation. Educated in the Allopathic faith in my youth, circumstances had turned me from the completion of my studies, and I never gave a dose of medicine in my life. How thankful I am for it, none knows. Seven years ago, I began the study of Hydropathy, and it is now nearly four years since I began to practise it. As I said, nothing cheered me in my opening but my *faith* in the *idea*: that was like sunlight to me. I believed, now I know. My friends, as my health returned, had other projects for me. But the idea possessed me, and I followed it, and it has borne me up triumphantly, as it will you, and all who trust in it. So confidently do I feel that it will, that I close as I began, by saying that I have no manner of doubt that, as a Water-Cure physician, in ten years your success will have been better and your reputation will be sounder, public confidence in you will be greater, than it will be, if you pursue your present course. I am yours truly,

J. C. JACKSON.

TO CHEAPEN WATER-CURE.

BY JOEL SHEW, M. D.

It is often objected that the water-treatment is an expensive method; and it is probably true that not more than one in twenty who *would* go to the Establishments, can find the means of doing so. This being true, the matter of *cheapening water-cure* becomes one of serious importance—to the rich as well as to the poor, because it is to be supposed that every one who has experienced the benefits of so great a blessing as that of Hydropathy, will feel an anxiety that all who desire it may avail themselves of its advantages.

I remark, in the first place, that the prices charged at the "Cures" are not, certainly, as a general thing, too high when compared with the expenses of conducting such establishments. Water-cure is a reform, and reforms must live by sacrifice. In other words, those who succeed in making money out of water-cure will have to do it by the hardest work; will have to spend more effort by far than would be the case in a well-established business. And yet the prices must be lowered in the Establishments; and the means of doing this will now be briefly considered.

One great source of expense in our "Cures" is that of having a large number of bath-servants to support. Now, if the plan could be adopted of having patients aid one another in the treatment,—that is, if those who are disposed would pair off by twos, reciprocally helping each other in the processes,—they would not only make a material saving in their current expenses, but would themselves be the more benefited on account of the exercise thus obtained. Besides, the mental effect of *doing something* would be highly serviceable while undergoing the treatment. It is of course admitted that not every patient is able thus to put forth manual efforts; but the majority of such as go to the Establishments are; and not a few need only the stimulus of daily and regular employment in some useful occupation, in connection with a moderate amount of water-treatment, to make them in a short time well.

If the writer is not mistaken, Establishments will yet be formed at which board, lodging, and baths can be afforded as cheaply as ordinary board and lodging now are. Thus, for example, in a part of the country where board and lodging are given at \$1.50, \$2 or \$3 per week, why cannot hydropathic accommodations be furnished at as low a price? I contend they may be; and as for medical advice, those who have ample means should be charged in such a way that the poor, or those having very moderate means, can be made welcome to it.

One of the best of all things connected with this most glorious improvement—the water-cure—is its applicability as a *home* remedy. Not long hence in the world's history it will be known that this method of treatment—so simple and yet so effectual—may be made a matter of common education, so to say; when the farmer, the mechanic and the common laborer shall not only have a knowledge of the physiology of the human system, but shall understand the nature of water and the effects of each and all its varied appliances as a remedy for disease, “as well as the best of us.” The *simplicity* of the water-cure is then, I repeat, one of its strongest recommendations—a feature which must, in the end, cause it to become, of all curative methods, the cheapest.

With regard to the subject of manual labor in connection with water-cure, may we not hope that the time is not far distant when the hand of benevolence will rear Establishments at which all manner of labor—agricultural, horticultural, and mechanical—may be performed, so that those who are in needy circumstances may at least pay their way while undergoing the treatment? Will not those who have been “snatched from the jaws of death” by water-cure, and have an abundance of this world's treasure, see to this matter of erecting a “Charitable Water-Cure?”

Practical Water-Cure.

Facts are the arguments of God—the outworkings of his power. He who fights against facts fights against God.—Dr. F. LEES, F. S. A.

“SHADY SIDE.”

BY MRS. R. B. GLEASON.

“Oh for a lodge in some vast wilderness,
Some boundless contiguity of shade,
Where rumors of the sick and suffering
Might never reach me more!

My ear is pained,
My soul is sick with every day's report
Of aches and groans with which the earth is filled.”

So sometimes sighs the heart whose surroundings tell of disease and pain. It requires from some source a perennial fountain of personal sunlight to illumine a home always shaded by sickness. The physician who visits patients at their own homes sees much of the dark side of human nature. He not only is exposed “to summer's heat and winter's cold,” both by night and by day, but has often the vexation of seeing his subjects ward off all the good he would do them by bad habits and bad nursing.

But now and then he draws a fresh nature, a fresh fountain of patience, cheerfulness, and hope, as he rides from house to house.

Here and there he has a moment of quiet, when he may listen to the music of his own thoughts. Then, too, if he have a healthy, happy wife, and thriving children, his own home is unshaded by the aches, the freaks, the sighs and groans of invalids.

But he who keeps an infirmary, while he is free from the first class of vexations, has the latter in *rich* abundance.

Where the physician's home is the home of the patients, he is held virtually responsible for all that appertains to their comfort. He is expected to be on the alert to keep aloof all that can harm the body or annoy the spirit.

If room or room-mate is not satisfactory, there is no quiet for body or spirit, so there can be no improvement. If those in proximity at table are unamiable, the dinner will neither relish nor digest. If an attendant does not please, nerves are dreadfully disturbed.

When the unlucky day comes, and heavy bread, bad butter, or a burnt pudding occur, some will wonder for a week that the doctor expects they can recover on such fare; forgetting that the like mishaps are met “in the best of families.”

Not only is his office the sanctum for listening to suffering; but wherever he turns, in parlor, hall, or verandah, anxious faces meet him; one to say there is a new pain here, and another there. One inquires when he *may* go home, another to ask how long he *must* stay. One is in trouble because she receives no letter; another has got one which says her children are sick, and all are in want of advice and comfort from the physician.

He hears all, and desires to soothe and satisfy all, well knowing that there is little improvement for the body, unless the spirit is quiet and happy.

Soon he has his eye on one who would gain rapidly, but for that propensity to read fiction and lounge about. Now how can he, without giving sore offence, arouse her to active, energetic habits, who has been all her life a listless dreamer?

Next his heart is troubled for him who is laden with cares of business, and whose infirmities he can merely palliate, but never cure, so long as pecuniary perplexities exist.

Now a wife is over-anxious to get well, because her husband has no faith in Hydropathy—hence, her probation must be short; thinking the more advice she gets, the faster she must gain. She is all times of day on hand for consultation, till the doctor is fairly drained of all he knows, all he guesses, and more too, in reference to the cause and cure of her disease.

Next comes Mr. B., with his pale, thin, sallow wife, whom he proposes to leave at the Establishment to have her brightened and strengthened up again. He is a busy, bustling man, has never known a sick day, and supposes all who are ill can be made well in a hurry, if the right means are *thoroughly* used. So he says Mrs. B. is much needed at home; that he cannot afford to keep her here long, and that the doctor must make haste and cure her up as soon as possible, just as if he would be likely to prolong the job if not prompted to despatch.

When her case is examined, the doctor finds there is no hope of a speedy cure; that the poor woman is worn “threadbare,” or rather bone-bare; that she must get well slowly, if at all; that time and rest, with mild treatment, are needed to restore her muscular and nervous powers. The husband looks dubious and distrustful when he learns that months, instead of weeks, are needed, and that then there is no pledge that the “auld wife” will be “young again.”

Some seem to think that their cure will be complete when the specific number of baths are administered, and so, the more frequent they are taken, the sooner they will be through. Such are restless and anxious lest the water appliances are less frequent or less powerful than they might be. One might as well fancy the finish of a picture depended on the amount of paint put on.

Many gain rapidly for a while, and then seemingly remain for a time “in statu quo.” Then comes the trial of Hydropathic faith, and they fear they have reached the point beyond which water cannot waft them. But if they can be induced to work on and wash on, active symptoms will appear. Severe pains, depression of spirits, disturbance of stomach will come; all preparatory efforts of nature for some acute attack by which disease is to be thrown off, by way of the skin, alimentary canal, or otherwise. Severe sickness of this sort is borne more hopefully by the patient than the preparatory steps. But now is the time of trial with the friends in many instances.

A husband comes and finds his wife sick; she has been better, and he cannot see why she should be worse. He fears that she has taken too much treatment, or too much exercise, or that something is wrong somewhere in her management. He calls at the office, and asks an explanation of the matter; and as he is a novice in Hydropathy, it takes a synopsis of all Water-Cure experience from the beginning till the present time, to satisfy him, and then, like

“One convinced against his will,
He's of the same opinion still.”

Ere this matter is disposed of, some one calls

to inquire if they cannot leave and continue treatment at home. They see no reason why they cannot do quite as well there. Truly *they* don't; but the doctor does. First, the case is of such a character that a change of symptoms may call for a change of prescription before the patient reaches home. Then home cares and home duties are altogether incompatible with a thorough course of water-treatment, needed for cure of obstinate cases, for two reasons. First, so much time must be taken up in baths and exercises, together with alternate rest, that it must be one's sole business for the time being. Second, those who are wearied by care, or exhausted by labor, will not secure proper reaction after baths, and thus may aggravate rather than cure their infirmities. But still the patient cannot understand this, save by a trial; for the world is seldom wiser by history, so every one must know by personal experience. So the poor invalid will go home, in all probability either to fail of a cure, or to return much worse than he left, and then censure the doctor for allowing him to leave his Cure before he could with safety.

All along are sprinkled pleas for a reduction in terms, little knowing what is asked for. Those unacquainted with the expenses of fitting up and carrying on a Water-Cure can form little estimate of the income required to save it from a constitutional decline, which even water-treatment cannot arrest. Yet many are ready to decide that the proprietor is growing rich too fast, and fancy they know the price of every article of food and furniture, and that they are all cheap. But the old saying that “many littles make a muckle” is especially true here.

There are thirty or forty fires to be supplied with fuel, and as many lamps with fluid. Then from twenty-five to thirty persons to be fed and paid. There is also a constant call for repairing and refurnishing, for where “all things are common,” and of “every-day use,” the new becomes old very soon, and every thing “goes like the dew.”

Many cases, almost, if not quite hopeless, come to the Cure as the last resort. They look imploringly for aid, and long for an encouraging word; feeling that they cannot be denied a trial. Such hang heavy on the physician's heart. He does not want to take them from home, friends, and home comforts, when their sojourn with them must be short. And yet how can he refuse the experiment, though he knows many will censure him and Hydropathy too, if it prove a failure?

But here comes a subject with his head full of infirmities; more there than in his body. A difficult case to manage, for false notions are more difficult to eradicate than real tangible disease. Every now and then he flares up and feels that the doctor does not understand his case, that he cares more for his money than his cure, that he is cold and unsympathizing, that he won't stay with him, and yet he won't leave, for he has no new mode of treatment to try. So his freaks of grumbling must be borne, and the danger, or rather the certainty that others will catch the infection, be endured with meekness.

Here is one who fosters and cherishes her disease carefully, as if it were a choice treasure. All her thoughts and all her words are upon this one theme. Every ache is nursed till it grows to be a big pain. When she is told that she thinks and talks too much about her infirmities, she fancies the “Doctor don't think she is sick—has no charity for her.” Now the doctor don't mean this, but only just what he says—that by dwelling on one's diseases they are increased and perpetuated; that to think continually of any organ as diseased is likely to induce a morbid action there, and to believe a part well, or getting well, does much towards making it so.

Next we spy a sensitive plant, who is shocked with the plain ways, plain fare, and privations of a Water-Cure. At home, her wants, real and imaginary, have been anticipated. She has always lived on the lives and sympathies of her friends. How hard to her that mode of treatment, one of the marked features of which is self-reli-

ance and self-exertion. Yet such can never get well while they are petted and pitied so much. Parasites must of necessity be puny. Health is for those only who draw from Nature herself their support. There must be will-power enough generated, so that one can live away from friends, in *any way* or *anywhere*, otherwise the invalid can never recover.

Some who have been in health active and energetic, when sick are unnecessarily helpless. Having been brought down by over-exertion, they now fancy the less they stir the sooner they shall get well. This is an erroneous opinion, and one hard to combat, because the patient is conscious of native energy of character, and hence is very sensitive about any hints that more activity would be an advantage; and the old plea of having overdone is at hand.

In the daily round of duty, the physician meets a host of little vexations, which are all the more serious because of their size as well as number. A soldier's armor may protect him from the point of a bayonet, but not from the bite of a flea.

Among the annoyances is the prevalent habit of asking the Doctor about the case and condition of his patients; as if human infirmities were public property, instead of the physician's private trust. Never ask him what ails an individual, save that your relationship to the sick one is such that you have a *right* to know.

The regulations of a good Water-Cure must be in many respects dissimilar from those of an ordinary boarding-house. While hospital rules are not fitting, neither is the latitude given at hotels and watering-places suitable for a Hydropathic Establishment. Hence, those rules which strike the new-comer as arbitrary and absurd, are such as long experience has shown to be for the best good of the invalid.

With the Water-Cure practitioner, the care-taking of the mind is more wearing than that of the body. If he could feel that all he had to do was to understand the diseased condition, and give directions for the same, his work would be materially lessened. But to have the ever-present consciousness that if "he is off his guard," some one will get homesick, dispirited, or disaffected; more than this, to know that if he watches ever so closely, he cannot keep all out of the "slough of despond," is a life that invites wrinkles and gray hairs. The physician must always be cheerful, and he does often rejoice with a glad heart over his signal success in the care of the sick; but amid all this, there is at bottom a painful sense of the fact that for many a one there is no relief this side of the grave, and that to many another hope will be so long deferred as to make the heart sick.

A clergyman's wife has given the shady side of a minister's life; may not the wife of a physician be pardoned for giving a peep at the "shady side" of the life of a physician? As "every cloud has its silvery lining," by-and-by we may be moved to give a glimpse of the sunny side.

Elmira Water-Cure.]

CASES REPORTED.

BY DR. J. B. GULLY.

CASE I. CONSUMPTION.—Mrs. H—, aged 26; one child; scrofulous diathesis; mother died with a cancer; nervous-bilious temperament; stooped very much at the shoulders; great emaciation; a distressing cough, expectorating a tenacious glutinous mucus, tinged with blood, and very copious in quantity; pains in the lungs, shoulders, hips, back, arms, stomach, &c. Had been sick about eighteen months; spitting blood, cough, &c.; a very troublesome shortness of breath; hectic fever-chills, and night-sweat; pulse 140; appetite voracious; ate any thing, tea, coffee, pork, &c.; had taken every kind of drug and patent medicine for consumptives. Was told

by the Regulars she must die; but to get her off their hands, told her to go to a Water-Cure.

This case I considered hopeless at first, but after a few days there was a great change for the best. She left in a few weeks with but little the matter with her, and gained several pounds the last three weeks; have received letters from her since, stating she is well, and doing the work of her family.

CASE II. HYPOCHONDRIA, WITH ULCERATED UTERUS.—Mrs. B—, aged 38; has had seven children; nervous temperament; had been sick eight years. When I first saw this lady, she was confined to her bed, and had been for many months, with severe pains in the head, shoulders, hips, back, stomach and neck. Could not allow a drop of water or air to touch her without giving her a fit like the palsy. Good appetite, ate pork, tea, coffee, &c.; bowels constipated; tongue swollen, split and foul; skin, to the eye, colorless and dead, but very sensitive to the smallest change of temperature. Could not be induced at times to sit up, and had lost all power of volition. She had been treated by every doctor within fourteen miles of her home, and they had given her disease every kind of name; some of them telling her she had nothing the matter, was as well as them, &c.; others telling her she was incurable; had cancer of the womb, &c.

She was with us a few weeks, and is well, and at this time doing the work of her family.

CASE III. CHOREA SANCTI VITI.—J. R—, aged 14; scrofulous diathesis; bilious-sanguine temperament. Had been very sick for two weeks, and had been given up by two physicians to die, and told that nothing more could be done for him: and indeed he was almost done for; a few hours more of such treatment would have settled his earthly account.

I found this the worst case I had ever seen; he had lost power over the muscles of the tongue and neck entirely: it was obliged to be held and bandaged to remove him from the bed; bowels constipated, with some tenderness over them. He had not had any rest or sleep for four nights and days, but a continuous, incessant, involuntary motion of his muscles, and a voracious appetite when he was sensible enough to take cognizance of external objects.

This lad's friends and neighbors had thought he *must* die, and sent for the *cold-water* doctor, as they call us, as a *dernier ressort*. His treatment was chiefly half-baths, bandages and injections. He was treated at home, and is at this time in good health.—[*Cold Water, Mich.*]

THE SCHOOLMASTER CAUGHT.—A few years ago, when it was the custom for large girls and larger boys to attend district schools, and when flagellations were more common in schools than at the present time, an incident took place in a neighboring-town which is worth recording as a reminiscence of school-boy days.

One of the largest, plumpest, and fairest girls in school happened to violate one of the teacher's rules. The master, a prompt, energetic fellow of twenty-five, at once summoned her into the middle of the floor, and, as was usual in such cases, the business of the whole school ceased, and the attention of every scholar was directed to the girl, who, it was expected, was to receive severe punishment. After interrogating the girl a few moments, the master took from his desk a huge ruler, such as we seldom see now-a-days, and commanded the damsel to hold out her hand. She hesitated, when the master, in a blaze of passion, thundered out, "Will you give me your hand?" "Yes, Sir, and my heart too," promptly replied the girl, at the same time stretching forth her hand to the master and eyeing him with a cutting look. A deathly silence reigned for a moment in the school-room; a moist spot was seen to glisten in the master's eye; the ruler was laid upon the desk, and the blushing girl was requested to take her seat, but to *remain after school was dismissed!*

In three weeks after the school was finished, the schoolmaster and that girl were married!

Dietetics.

THE LAWS OF HEALTH.

FROM A LECTURE READ BEFORE THE NEW YORK VEGETARIAN SOCIETY.

BY B. C. MACY, M. D.

HAVING shown that about one-half of the human race die during childhood, and that of the remainder few reach the natural termination of life; that those whose province it is to teach, too often merely pander to the habits and tastes of their readers; that man's organization fits him for subsisting on vegetable, rather than on animal food; that his present hygienic habits present a perfect contrast in all things to what we may suppose to have been the primeval instincts of the race; that disease and premature death are the natural consequence of this state of things; and that there is a sufficient amount of evidence now on record to indicate the remedy, I will now, as briefly as may be, advert to some of the popular ideas on the subject of man's appropriate food.

It is believed by many that, whatever may have been the original instinctive habits of man, his constitution is now so changed that the food to which for many successive centuries he has been accustomed has become the most appropriate; but until some proof is adduced in favor of this opinion, it is sufficient to allude to the fact that, though for generation after generation during the last three thousand years man has been in his habits almost as omnivorous as the swine on which he feeds, yet his anatomical structure to-day, as compared with that of the "wild man of the woods," which still feeds on fruits, tells us that nature is a law-abiding as well as a law-making power; that however she may accommodate herself to *habit*, her constitutional laws are irrevocable.

As for the proverb that "One man's meat is another's poison," I would simply say that however universally uttered it may be, or thoughtlessly admitted, it is in its ordinary application and acceptance untrue, or, at least, it requires better proof than has ever yet been adduced in its support. But to call in question the correctness of a popular proverb, is to call at once its defence all those who entertain the views it expresses. Such can relate as having come under their own observation numerous examples, all tending to establish its truth; and if the quality of the evidence be somewhat objectionable, its quantity is overwhelming. For example: I knew a man who was in the daily habit of swallowing, in the form of *black drop*, a quantity of opium sufficient to destroy the lives of ten men, and this not only with apparent impunity, but it seemed as necessary to his ordinary comfort and enjoyment as did food to his continued existence. Less remarkable cases, where the poison is alcohol, are familiar to us all. These are the instances in which nature *accommodates* herself to the habits of mankind, but, like the wary money-lender, she never loses sight of her debtor, nor omits to charge interest for the accommodation just in proportion to the violation of her law; and when the day of reckoning comes, as soon or late it *must* come, the poor bankrupt surrenders his all in liquidation of the debt—health, property, even life itself—and we too often see the last instalment of the claim charged to his offspring.

But these, it may be said, are extreme cases. Admit it, though they are not unfrequent. There are thousands around us, however, with whose daily habits we are more or less familiar, who, during a period of ten, twenty, thirty years or more, have indulged habitually in all the luxuries within their reach, high-seasoned meats, rich pastries, condiments and stimulants in all their

thousand forms, and still present the appearance of ruddy health. Hence a common observation, that "all these things are in themselves wholesome, though with *some constitutions* they disagree." This is apparently the only conclusion to be drawn from the premises. As a matter of course, then, without the slightest thought upon the subject, we acquire the habits of the society in which we move, without a suspicion of any thing wrong. Let us in a single individual observe the result. He holds the popular belief that every man is the best judge of what does or does not agree with his own constitution, and it is with honest satisfaction that he finds his judgment, based on his own experience, to correspond with his tastes and habits of life. But at length dyspepsia, "a touch of the liver-complaint," or other ailment, becomes rather troublesome. His physician, it may be, ventures to hint doubtfully at the propriety of his abandoning the use of some favorite article of food. He consents, but a few days' trial convinces him that so far from being injurious, it is absolutely necessary to his constitution. Thus matters go on for some time without improvement; still he manages to keep about, attends to his ordinary vocation, and to a certain extent enjoys his luxuries, until during a remarkably unhealthy season he falls a victim to the prevailing disease, leaving a disconsolate family to mourn this severe dispensation; or, to vary the expression somewhat, he ignorantly and unsuspectingly continues from childhood onward to violate the laws of health, until his constitution breaks down under the weight of accumulated disease. Having transmitted to the next generation as a birthright inheritance that tendency to disease which he has himself to some extent acquired, he adds to the misery of the world by his premature departure from it, leaving that world, so far as he is concerned, worse than he found it.

But I am perhaps reminded that this very example but proves the truth of the homely proverb; else why is it that we see those among us who with similar habits attain mature age?

He who inherits a goodly estate, the accumulated earnings of his forefathers, may with comparative impunity indulge in habits of pecuniary extravagance and dissipation which would speedily ruin his less fortunate neighbor, who by honest industry and scrupulous care is bent on saving a moderate competency. The one, however, may leave to his heirs but the broken fragments of that estate, encumbered with debts, while the other, if he have not wealth to bestow, feels a satisfaction in being able to give his children a better start in the world than he himself had.

So with regard to physical condition. If an individual shall have inherited from his parents a sound and vigorous constitution, and if through childhood and youth this inheritance have been carefully guarded, such a person will enter upon the active duties of life with an accumulation, so to speak, of the health of his ancestors. He may with apparent impunity pursue a course in violation of many of the laws of health—a course which lays his neighbor in a premature grave. Such a man, however, is often astonished to perceive in his offspring evidence of physical degeneracy; and if he live to see his grandchildren arrive at years of maturity, gives utterance to that astonishment in the strongest terms, little suspecting that he has himself, by his direct acts, and by the habits which he has by precept and example instilled into his children, been the means of defrauding these degenerate ones of that constitutional inheritance to which they were honestly entitled; and if perchance he be called, as many are, to mourn the departure of his sons and his daughters while still in the prime of their years, until he finds himself abandoned, as it were, by those who should have administered to the infirmities of his declining years, he may exclaim in the bitterness of his grief, "How inscrutable are the ways of Providence!" But let us beware how we arraign the justice of that Providence; let us rather strive to know the laws under which it acts.

There are several other positions assumed by the lovers of the good things of this world, who would fain believe that no investigation of the matter is called for at their hands; but I will advert to but one more. It is this: That man, being endowed by his Creator with capacity to transform every thing with which he comes in contact, the results of this capacity, therefore, whether calculated to administer to the necessities, the comforts, or to the luxuries of the species, are equally with man himself the creation of the same Almighty Cause, which thus spreads before us for our enjoyment the fruits of the earth, the dainties of the larder, and even the inebriating viand. In other words, That the power to create implies the right to enjoy. This position is undoubtedly true, and the deductions legitimately drawn from it deserve to be considered.

All will admit that it is desirable at least that man should possess a thorough knowledge concerning the probable effects, both immediate and remote, of all agencies with which he is liable to be affected. Nature—if I may be allowed to personify that agency—seems to presuppose that every human being is possessed of this knowledge. It matters not though the fact be otherwise. Because children ignorantly and innocently swallow the fruit of the deadly *belladonna*, neither their ignorance nor their innocence shields them from the penalty, though the fruit was in itself inviting, and pleasant to the taste. What are we—what are the wisest among us, as regards a knowledge of the tendency and the remote and ultimate effects of the various preparations which are daily deposited in our stomachs, but "children of a larger growth?" We simply know that we feel no immediate unpleasant consequences—often the contrary—from our indulgence. But this knowledge is empirical—is liable to, and often does mislead us. We have no infallible rule by which to judge whether we are within conservative limits, or whether nature is simply accommodating herself to our habits, and at the same time charging that accommodation with usury against our inherited or acquired constitutional vigor.

Assuming, as she does, that we are endowed with full knowledge in the premises, and that at all times and under all circumstances we act in view of the consequences which must inevitably follow, she spreads the world before us, and says to all her children—tacitly, it is true, but nevertheless distinctly—"Select freely. Choose what your enjoyments shall be. If you would yourselves possess, and transmit to your immediate posterity, a clear and discriminating mind, with a constitution capable of enduring hardship and fatigue; or, if you prefer the passing enjoyments which must necessarily entail upon your children an early death, or a life of pain and misery, choose 'without let or hindrance.' Choose for yourself, for your family." But it should ever be uppermost in our thoughts, that in so far as we act for others, we have duties to perform which we may neither shrink from nor neglect. The helpless ones of the rising generation claim at the hands of their parents and guardians a correct physiological training, with such hygienic habits, enforced by example as well as taught by precept, as shall render life and health, barring accidents, a matter of certainty. In view of this, even ignorance, if voluntary, is inexcusable; but he who from sheer selfishness shall sacrifice to the indulgence of his own ungoverned appetite the future well-being of those intrusted to his parental or guardian care, is guilty of a crime the consequences of which may in after years mar all the enjoyment of his life.

In the whole course of his life, Daniel Webster was never heard to utter a profane word, or to use a harsh and undignified expression towards any person, in private conversation or in public debate.

Miscellany.

GEOLOGY AND THE CREATION.

DR. R. T. TRALL: DEAR SIR:—Permit me to offer a few remarks on the advice of your correspondent, T. N. A., to Dr. Gleason, in relation to the antiquity of this earth, and the inconceivable length of time which must have elapsed from the earliest period of its progressive formation to the era when it became habitable by man. I would fain exercise the same kind consideration towards your correspondent T. N. A., which he has exhibited towards Dr. Gleason, and "refer him also to the first chapter of Genesis," in order that he may see just cause "to correct an error," and to recant what he has stated to Dr. Gleason as a corrective of this supposed error in regard to the geology of the book of nature, and the supposed geology of Genesis. He will, to his surprise, discover that Genesis from beginning to end has no reference whatever to the *physical creation* either of the earth or of man. As evidence of this fact, I shall refer T. N. A. to verses 7 and 8 of chapter 1st of Genesis, and ask him what is to be understood by making "a firmament, which He (God) called Heaven," and "Dividing the waters which were under the firmament from the waters which were above the firmament?"

I now submit the question, Is this narrative to be taken literally, or is it simply an allegory? If you reply affirmatively, then I ask, To what earth does the language of the text refer? Certainly a firmament which exists "in the midst of the waters," or whose locality is such as to constitute a division of the waters which are above and beneath it, answers to nothing which is discernible here on this earth. For it is to be borne in mind that in this firmament the "two great lights" which rule the day and the night, and the stars also, were "set" agreeably to the narrative we are considering. I again submit the question, Does any such firmament as is here described, containing, as it is said, the sun, moon and stars, exist in reality above the earth? We know very well that the apparent azure vault above, called, in common parlance, the heavens, is a mere ocular illusion, and that it is but empty space.

But let us look a little farther into the sacred record, and see what other proof there may be of the truth alleged above as to the nature of this book. We find that those lights were placed in the "firmament of the heaven to give light upon earth." How happens it that this is stated as having been done not *until the fourth day*? What causes day and night, pray? If it be the position the sun holds to the earth, could there then have been *three days* preceding the sun's creation? Surely these phenomena tally badly with the order of things which now obtain here. But it is well further to bear in mind the fact, that the sun serves not only to give light but heat also to the earth. How then could it be possible for the earth, as it is affirmed in verses 11 and 12, to "bring forth grass, the herb yielding seed, and the fruit tree yielding fruit"—*one day* antecedent to the sun's creation? Is it rational therefore to suppose that this is a veritable narrative of the physical creation? Does not every fact of science relating to cosmogony contradict it? Does not common sense reject it as wholly irreconcilable with every established law of creation? Is it not, then, to say the least, exceedingly reasonable and probable that this sacred narrative is simply an *allegory*, detailing the process of man's regeneration? for to be "born again" is to be "created anew," certainly: which is the same as to say, to be regenerated. It is of *such a creation* that this *Divine Record* treats. Truly, what a misnomer is the title "the word of God," if it be made to treat of mere earthly things, instead of the spiritual or of the intellectual and moral world! I would here remark in passing, that it is a sublime and most sure truth that the "Divine Word" from beginning to end has constant reference to things of a spiritual nature, i. e., to the nature and character of God, and to man in his various states, and is in every part of infinite significance, else it would be a mere work of "profane history." And I would further add, that if any one is desirous of having an exposition of this 1st chapter of Genesis, he can gratify that desire by referring to the work of Emanuel Swedenborg, entitled, the *Arcana Celestia*, vol. 1st, which contains the only explanation which had ever been written anterior to its publication. One other remark touching the subject in hand, and I have done. The creed interpretation so commonly resorted to and put upon

the word *day*, with the view of making the Mosaic record accord with the geologic period of the earth's formation, is faulty and arbitrary in the extreme; for if the word *day* signifies a long and indefinite period of time, then the *seventh day* should be so understood also; else one of the established laws of exegesis is infringed. How can the idea of God resting from his labors during such a period be reconciled with enlightened views of the Divine character and government? For is not *existence perpetual creation*? Is not the process of composition and decomposition continually going on? How, too, does the idea of God resting consist with the idea of his omnipotence? Not well, I opine.

Permit me to say to you, that the fact, that I have associated your name with our intelligent physiologist, Sylvester Graham, has always served to draw me towards you as one of his most faithful coadjutors in the good cause he sought so earnestly to advance. And I hope I shall not offend you by introducing myself still further to you by the declaration, that I have by some twelve years' abstinence from the use of animal food, and the whole catalogue of contraband materials with which men tantalize themselves, arrived at that physiological state and condition to which few men of this day have attained; whereby I am enabled, from the great acuteness of my senses of taste and smell, to detect whatever may be hurtful in food and the atmosphere, thus securing to myself far more faithful sentinels than most men have at the entrances of the citadel of life. I am enabled to know, too, from experience, that a diet consisting of *brown bread*, fruit, and milk, (more or less rich according to circumstances,) is the very best for the student and he who labors physically. I labored in the harvest-field as a binder for seven consecutive days, where much of the crop yielded over twenty bushels per acre, and as many days at the threshing-machine, pitching heavy sheaves, while the sun's heat was almost sufficient to make one faint, and was well sustained on the above diet; requiring not by half as much water as those around me who lived in the ordinary way. The milk was made poor by ice being put into it.

For nearly ten years I have been a Hydropath in theory and practice, and have treated many cases during this time. In a word, I am a Grahamite, Hydropath, and an advocate for the application of science to every branch of industry, and am up to the hub for progress in every thing that tends to render man *more human* and less beastly. Yet your humble servant is nothing but a plain farmer. With this I bid you, Doctor, a friendly adieu. Very respectfully, yours,
MIDDLETON, Va. HUGH H. HITE.

WATER.—Some four-fifths of the human body are nothing but water. The blood is just a solution of the body in a vast excess of water—as saliva, mucus, milk, gall, urine, sweat, and tears are the local and partial infusions effected by that fluid. All the soft, solid parts of the frame may be considered as temporary precipitates, or crystallizations, (to use the word but loosely,) from the blood, that mother-liquor to the whole body; always being precipitated or suffered to become solid, and always being redissolved, the forms remaining, but the matter never the same for more than a moment; so the flesh is only a vanishing solid, as the blood itself. It is also to be observed that every part of the body, melting again into the river of life continually as it does, is also kept perpetually drenched in blood by means of the bloodvessels, and more than nine-tenths of that wonderful current is pure water. Water plays as great a part, indeed, in the economy of that little world, the body of a man, as it still more evidently does in the phenomenal life of the world at large. Three-fourths of the surface of the earth is ocean; the dry ground is dotted with lakes; its mountain-crests are covered with snow and ice: its surface is irrigated by rivers and streams; its edges are eaten by the sea; and aqueous vapor is unceasingly ascending from the ocean and inland surfaces through the yielding air, only to descend, in portions and at intervals, in dews and rains, hails and snows. Water is not only the basis of the juices of all the plants and animals in the world; it is the very blood of nature; it is well known to all the terrestrial sciences; and old Thales, the earliest of European speculators, says it is the mother-liquid of the universe. In the later systems of the Greeks, indeed, it was reduced to the inferior dignity of being one of the four parental natures—fire, air, earth, and water; but water was the highest in rank.

DR. GEORGE HOYT, formerly of Boston, but recently of the Worcester Water-Cure, has opened an office at No. 77 Bedford street, Boston. The Doctor has treated

hydropathically a large number of patients, and, so far as we have heard, with the very best success. He has the confidence of those who know him best, as an intelligent, judicious, scholarly gentleman.

DIRECTORY.

ADDRESSES OF HYDROPATHIC PHYSICIANS.

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- R. HOLLAND, New Graefenberg, "
- GEO HOYT, 77 Bedford street, Boston.
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- DR. VAIL, Concord, N. H.
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- ISAAC TABOR, Pawtucket, R. I.
- O. W. MAY, South Orange, N. J.
- DR. WEDER, 80 N. 11th st., Philadelphia.
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- W. W. BANCROFT, Granville, "
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- ENOS STEPHENS, Janesville, Wis.
- H. & A. B. SMITH, Geneva, N. Y.

NEW MODE OF FORMING ACQUAINTANCES.—In common with many others, we have long known and lamented the want experienced by young people, both in city and country, of opportunities to make the acquaintance of those who might become proper associates and companions. It is to this lack of social opportunities that many of those unfortunate affairs known as elopements may doubtless be attributed. The parties are often so unequal in position and character, and so entirely unfitted for each other, as to greatly surprise their friends. Ignorant, profane, and intemperate coach-drivers run away with the educated and refined daughters of wealthy families; rich men's sons carry off servant-girls, and so forth, simply because they have not had proper associates, from whom to select more congenial companions.

Even in the churches, our young people have but slight social opportunities afforded them. They meet occasionally at singing-schools, prayer-meetings and so forth, but these meetings do not give them the needed chance to become much acquainted. Seeing this, and with a view to correct the evil, Rev. HENRY WARD BEECHER established a new order of things in his church; and when the architect drew the plans for the new edifice, he had spacious rooms arranged expressly for the accommodation of the young people, for frequent social meetings, and which are open to them, afternoon and evening, two or three times a week. Here they are introduced to each other, and, without the formalities of parlor etiquette, may enter into conversation and enjoy the society of their equals.

In the country the opportunities for social intercourse are still more meagre. Once a year the young people may have a Fourth of July excursion, or a Christmas or Thanksgiving dinner, at which all the *cousins* and other relatives may assemble, and a New Year's ball, in which but few comparatively can or do participate, on account of religious or moral scruples. These, with an occasional husking or quilting-bee, make up the sum of their social opportunities. And in a single neighborhood how few are found who are adapted to each other as LIFE COMPANIONS! But they must choose from this very limited number, or remain unmated for life.

In view of all this, (adopting the suggestion of a subscriber,) we opened in the WATER-CURE JOURNAL a "NEW DEPARTMENT," in which our unmarried friends, male and female, might state their wants and make the acquaintance of those "similarly situated." It is still open.

One or two of our *married* friends have objected to this new feature, but, on the other hand, hundreds have approved, and availed themselves of its advantages. We think the plan entirely proper, and no more liable to abuse than any other mode of forming acquaintances. At all events, it has already been the means of making happy many hearts which would otherwise doubtless have for ever remained "alone and unblest." As a single example, among many, we copy the following letter, the writer of which acknowledges the utility of our NEW MODE OF MAKING ACQUAINTANCES.

CHICOPEE FALLS, Mass., Sept. 4th, 1854.

MESSRS. EDITORS:—Through your kindness in giving my matrimonial communication a place in your Journal, I succeeded in finding a congenial companion with whom to spend the remainder of my days. I beg your pardon for not having informed you of the fact before, thus saving you the trouble of informing so many of my address. I should have done this sooner, but have thought every letter would surely be the last.* Pardon me for having given you unnecessary trouble, and accept my grateful thanks and best wishes.

Very truly yours, ELICIE.

For further particulars in regard to this matter—the terms, conditions and so forth—we refer the reader to the MATRIMONIAL DEPARTMENT.

* Her name was solicited by a large number, and we congratulate the happy man who has secured her heart and hand.

A JUVENILE DOCTOR.—To encourage your principles, I have to relate the cure that my little son (three years old) effected upon himself. He had the ague not long since, and of his own accord he called for wet napkins and had them placed on the different parts of his body most in pain. "Ma, pain in there: wet cloth, cold. Ma, put *fat* in cold water. Ma, now I sha' get well." I did precisely as he wished, and *he did* "get well." So much for intuitive or instinctive knowledge of physical needs.

The above is an extract from a letter from Mrs. Rebecca M. Sanford, who a few years since edited and published a paper, setting her own types, travelled on foot and lectured and obtained subscribers, and did many other things. She was one of the first advocates of the rights of woman. Her

father, being a *Judge* in Western New York, gave her a good opportunity to learn concerning the legal wrongs under which woman suffered.

The following little gem was handed us by a friend of the author. Though not in all respects suited to our columns, yet such is its beauty and pathos that we cannot withhold it from our readers. We are assured that the author is a mechanic in one of our North River cities, a man of deep thought, characterized by

"All-comprehensive tenderness,
All-subtleizing intellect;"

and though his hands are soiled by labor, and hard with the callus of industry, yet his intellect revels in a world of beauty and of truth, and his heart is filled with kindly sympathies for the poor and the distressed. If his life is spared, he cannot long remain in obscurity; but whatever his future may be, truth will ever find in him an advocate, nature an admirer, and poverty and distress a true sympathizer and generous friend. The following lines are a proof that the Muses do not disdain to enter the workshop of the mechanic, if that mechanic be a MAN.

A SAD HUMAN REALITY.

BY J. O. C.

SHE went in the morning,
Unheeding or scorning
Her mother's mild warning—
How fair was her brow!

I saw her at noon,
But the gathering gloom
Of her sin and her doom
Had darkened it now.

I saw her at evening,
Just life left for breathing!
The last sighs were heaving
The poor wreck ashore!

* * * * *

She went in the morning! —
* * * * *

How sad that life's ocean
Keeps constant commotion
O'er beings whose portion
Is peace never more!

A TRIP TO LAKE ONTARIO.—Took the Hudson River Railroad in New York for Albany at six o'clock, morning; distance, 144 miles; fare, \$2 50. Arrived at ten. Took Central Railroad for Syracuse; distance, 148 miles; fare, \$2 96. Arrived at 3 P. M. Took Oswego and Syracuse Road; distance, 35 miles; fare, \$1 00, to Oswego. Inquired of conductor which is best hotel? Didn't like to say, but he stopped at *Welland House*, and, of course, so did we. But Lord deliver us! what a change since we were there a few years ago! Then Oswego was a beautiful, healthful, prosperous temperance city; now it is filthy and unhealthy—so notoriously sickly that a number of families had removed to the country! The mortality has been greater than at any previous season. Now, what's the cause? First, a wicked city government granting wicked men license to engage in that wicked business, liquor-selling. Liquor-drinking begets negligence, negligence begets filth, filth begets vice, vice begets disease, and disease begets death. Yes, Drink, Disease, *Death!*

Drove up to that *once* famous *Welland House*, named in honor of the great Welland Ship Canal, connecting Lake Ontario with Lake Erie. But what a dismal, dilapidated place was presented to our view! And what a dreadful sickening stench filled the air! On the left, as you enter the house, and in close proximity to the dining-room, fronting the street, are the water-closets, and—oh, horror!—an effluvia one could cut with a knife. One would suppose the authorities would declare it a public nuisance, and indict the keeper. We doubt if it has been cleansed in *twenty years*. Then the bar-room is a lounging-place for numberless smokers of bad tobacco, who fill parlors, sitting-rooms, and bed-rooms with the vile stench. To breathe it is sickening, to escape it impossible, till you leave the house. Then the filthy cistern water—there are no facilities for bathing short of the Lake—was worse than the smell of a common pig-pen in hot weather—it was foul and offensive. Had a sleeping-room on second floor, next to one occupied by a couple of chaps who arrived at about midnight, and kept up loud talking till daylight. Arose at five, took an indifferent breakfast, and proceeded on our journey at six. But before dismissing Oswego, we feel in duty bound to

acknowledge that which is due to her respectable citizens. Without a single decent hotel, she has several fine churches, and some elegant private dwellings. Among the latter may be named those of Mr. Littlejohn and Mr. Pardee, on the bluff. Mr. Fisher has a plain dwelling-house, surrounded with beautiful shrubbery, shade, and fruit trees. Oswego has several flouring-mills, together capable of manufacturing and packing TEN THOUSAND BARRELS OF FLOUR A DAY. Also a large starch factory, where thousands of bushels of corn are used. But notwithstanding all these, the curse will rest upon Oswego until she returns to her former temperance principles. The New York *Tribune* of recent date gave the following picture:

BOTH WAYS TRIED.—The city of Oswego last year voted No License, and, so far as was practicable, closed up her grogshops. This year a majority voted to license again, and one hundred and twenty groggeries of all sorts are now in full blast.

We are assured that the effects on the legitimate trade of the city are palpably disastrous. The sellers of shoes, hats, cloths, dry goods, provisions, &c., find their trade seriously diminished, and their profits reduced to zero, because the laboring class, who last year bought freely at their counters, now spend their diminished earnings to a sorrowful extent in rum. The children who had caps and shoes last year, and went decently to school, now skulk bareheaded and barefoot into the groggeries, with scarcely rags enough to hide the rum-bottle which is stripping their homes of comforts and depriving them of happiness. All but the tipplers, and a part even of them, have had enough of license, and Oswego will in November give a rousing majority for the Maine Law.

This, then, explains the whole thing. Oswego is sickly, filthy, degraded. She has cause to hurry her face in sackcloth and ashes, to repent, and return to decency, health, and prosperity, which will in return bring blessings, peace, and happiness.

COLD WATER.

BY HORACE S. RUMSEY.

Of wine let bacchanalians sing,
Which maddens, stupefies the brain,
Which doth unnumbered horrors bring,
Piercing the heart with sorest pain;
But the pearly dew
We offer you
Contains no hidden, deadly bane.

Of water pure, as it bubbles up,
Or sparkles in the laughing rill,
Drain o'er and o'er the refreshing cup;
It giveth strength to nerve and will;
It happy makes
Him who partakes,
Who spurns the liquid of the still.

Ho! quaff ye of the mountain stream,
Or from the fountain gushing free;
Then heavenly sweet will be each dream,
Your days shall all glide joyously;
The rosy blush
The cheek shall flush;
Crowned with ripe years your lives shall be.

Cold water, we thy praises sing,
Thou blessed gift of worth untold,
The cooling draught from well or spring,
Best beverage for young and old!
Where'er is seen
Thy silver sheen,
Hygia's friend may we behold.

Oh! when will man thy virtues learn,
Forsake the maddening, damning bowl,
The venom'd draught for ever spurn,
Which kills the body and the soul?
When we shall gain
The Law of Maine,
The waves of sorrow back shall roll.

Ho! brothers, rouse ye, every one!
Let us one solid phalanx form,
And with our ballot, Paxhain gun,
King Alcohol's strong castle storm.
Its fiery wall
Shall riven fall,
If true the army of Reform.

[Kenona, Steuben co., N. Y.]

COUGHING AND THE TEETH.—An article in the last number of the WATER-CURE JOURNAL, on coughing, induces me to make an inquiry. The writer thinks that coughing in consumption may be suppressed, and the lungs by that means saved. Much of the coughing in bronchial and lung complaints is undoubtedly voluntary, and injurious, as he says, which may and ought to a certain extent to be suppressed. But it does not follow that to suppress coughing *entirely* would be beneficial while there is matter on the lungs that should be thrown off; on the contrary, I apprehend that coughing is one of the means necessary to relieve the lungs when diseased, and when there is an accumulation of matter, or any irritating substance that should be removed. The disposition to cough excessively should doubtless be resisted, which is easily done by an effort of the will. Does not the natural process of breathing collect the matter in such a way that a slight cough will raise it? It requires the exercise of judgment and reason in this as well as in other matters. But to cough when there is an irritation in the lungs, from whatever cause it may arise, it appears to me, is just as natural as it is to breathe; and why not as necessary, if not excessive?

Will not a deficiency of breath as surely result in disease, as excessive coughing? If so, it will be seen that it is neither wise nor safe to *suppress* a cough entirely, but to guard against excess, as we would against excess in eating, drinking, or exercise.

While writing, I wish to make an inquiry in relation to the teeth. Where the teeth, as in many instances, are set so closely as to crowd or lap, as they sometimes do, is it any advantage to file between them? I have known dentists to do so, and once had several of my own filed in that way, although I doubted the utility of the process, and inquired of the operator if it would not injure them. He replied, "Not at all; it will benefit them." I doubted the propriety of filing the enamel at the time, and do yet, although I may be mistaken. But I was wicked enough to think that the dentist had his eyes on the job of putting in some new teeth, and that possibly he might have made a slight mistake in answering my question, and instead of his meaning that it would benefit the teeth, he might have meant that it would benefit *him*. But if the thing was wrong, I must take the consequences for not knowing any better. A pretty good argument for keeping posted up in such matters.

INQUIRER.

We think with the writer, that filing off the enamel does expose the teeth to injury and premature decay. His remarks on coughing are also substantially correct.

EXTRACT FROM LETTEP.—Dating at Charlotte Centre, N. Y., a writer says:

"The Water-Cure is doing its perfect work in this region, silently, but not the less certainly. People are beginning to get their eyes open in regard to the miserable pretensions of the 'regulars' in curing diseases by killing their patients. If doctors would be as honest in their charge as the Irish farrier who made out the nobleman's account as follows, 'Dr. to curing your Honor's horse till he died,' they would appear much more consistent."

THE WEST INDIES.—From the East and from the West, from the North and from the South, from beyond the Rocky Mountains, and from the "Islands of the Sea," growing louder and more urgent with each successive month, come calls for Water-Cure books and Water-Cure physicians. The following extract from a letter to the publishers, from a gentleman in Kingston, Jamaica, W. I., will indicate the wants of the people there, and serve as a sample of the hundreds of similar ones which we receive.

**** Will no good Water-Cure doctor have pity on us here? **** There are very many here now ready to adopt the Water-Cure, and only wait for an experienced man to come among us. There would be little difficulty in getting suitable localities for an Establishment on the most reasonable terms. I know of a place now in the market within six miles of Kingston, admirably adapted to the purpose. The buildings on the place could easily be converted into what would be required. The cholera is again going through our island, but is not so desolating as in 1850—unabated, however, in its virulence where it takes hold. The doctors cannot manage it at all. I do most earnestly entreat of you to send us out a man of the right stamp, without delay. I have not the slightest hesitancy in warranting the most satisfactory results. Wishing you continued and increasing success in the work of reform, I remain,

Yours very truly,
J. O. BEARDSLEE.

What good, well-educated, experienced and efficient Hydropathic physician will go to Jamaica?

WATER-CURE v. DRUGGING.—Three years ago, we adopted in our family as much of the Hydropathic system as our limited knowledge of it would permit.

I had myself been afflicted for years up to that time, with constipation; and of course in the habit of swallowing pills. Was at that time unable to do any business. The last business I had done was to purchase a stock of goods in New York, and subscribe while there for the WATER-CURE JOURNAL. I have read the Journal since, and would recommend it to every reader who has a body to care for or "a soul to

save." For I consider the salvation of the soul to be salvation from sin; and of all the sins we are liable to, save me from the sin of *doctoring* and its attendant errors!

All our four children, except the baby, had up to this time been frequently attacked with worms, and as frequently dosed with vermifuge, aloes, &c. And the apparently better effect each dose had, the sooner we were called on to administer another.

Since we have read the WATER-CURE JOURNAL we have given no medicine whatever, nor taken any. The last pill box, pikery and castor-oil bottle stand on the shelf nearly as full as three years ago. And though I have had to subscribe alone for the Journal, and pay three whole dollars for the three years, we have not paid one cent for doctor-stuff or a doctor.

Our children have all had the whooping-cough during the past year, but none of them except the baby has been sick enough to lie abed all day. And now I will tell you why the baby is so often excepted.

When about a month old, it being very restless, the doctor was called of course, and when he dealt out a dose of calomel and jalap to "clear out the secretions," I objected. Soon after this, when I was absent, he was called again, and when I returned, was told by the doctor that I would find he could quiet the baby when he could take his own course, and no objections offered. Sure enough, she remained for some eight months as *quiet* as before she was *restless*. And when two years old she had not gained two pounds in weight, but had, for nearly one year, the sorrest mouth, and teeth decayed and off level with the gums in front. The sore mouth disappeared after using the abdominal bandage and plunge and towel-bath every morning. Yet now, three years old, she only weighs eighteen pounds, and can neither walk nor talk.

T. H.

THE STUDY OF PHYSIOLOGY BY MOTHERS.—*Doctor.*—Many mothers of families, to my knowledge, are enthusiastic students of physiology; and I believe they will every year increase.

Patient.—But I have heard it objected as an indelicacy in women to study these subjects. I don't think there is much in that. But what do you make of it?

Doctor.—The supposed indelicacy is a fiction. The notion is degrading. Physiological studies contract, enervate, or sully the mind! *Impossible!* On the contrary, no other human knowledge is so calculated to expand, to strengthen, and to purify both the heart and the head, the affections and the intellect. Such is my conscientious opinion. What mothers of future generations shall we have, what early trainers and teachers, what nurses, when women will be prepared for the discharge of their duties, by the inculcation of the knowledge, and the formation of the habits, we contend for! Would a physiologically-instructed mother send her feeble boy to school ere he was hardly recovered from a severe illness, to receive him back in six months *palsied* in the lower extremities? Would a physiologically-instructed mother teach her child not to be a juvenile glutton only, but a glutton for life, by pampering him with all manner of delicacies, or allowing him habitually to gorge himself even with plain food? Would she develop a premature taste for strong drinks by indulging him often with a glass of wine after dinner? Would she allow him to sleep in an unventilated bedroom, under smothering loads of bed-clothes, even in mild weather, and with curtains close drawn around his bed, lest her tender plant should take a "breath of air," and so be blighted?—*The Water-Cure, by Dr. Wilson.*

YOUNG AMERICA AND THE WATER-CURE.—A young schoolboy writes to the editors of the WATER-CURE JOURNAL as follows:

This morning, ten minutes after I awoke, the cold well-water stood upon the surface of my body, as the sparkling dew upon the grass; but it was quickly removed by the manufactured flax.

The weather being quite warm, I neglected to clothe my feet until school-time.

I took my slate and algebra to prepare for my recitation. After solving my problems, I perused with delight the columns of the WATER-CURE JOURNAL.

My sister asked me to pump a tub of water. I did so, and she filled it with clothes. I then returned to my Journal. Soon after, my mother requested me to carry down cellar a kettle of strong boiling brine. In descending the stairs the kettle caught on a higher step, and turned a part of the con-

tents on my feet. My first thought was that it was a warm place below, and the next was, *the tub of water*. My pulse did not beat many times before my feet were in the tub. My sister cried,

"Get out of my tub of clothes."

My feet were very painful at first, but in the cold water they soon returned to their former comfortable feeling.

J. P. S.

THE SPIDER'S FEAST.

BY GENEVA.

ONCE, while sitting by my window,
On a pleasant summer day,
Lo! a sudden cry of anguish
Reached my ears. It seemed to say,
"Save me from this cruel monster!
Help! oh, help! or I shall die."
Looking upward to the ceiling,
I beheld a hapless fly
Writhing, struggling, all so vainly,
In the silken web, while near
Sat a grim and ugly spider,
Watching with malicious leer.
Suddenly he sprang upon him,
Seized his poor affrighted prey,
Thinking, doubtless, what a precious
Dinner he should have that day.
But—"alas! for earthly prospects!"—
(You have heard of "many a slip")
Just as close the monster hugged him,
Of his blood to take a sip,
I arose, and snatched the trembling
Victim from his spidership,
Set him free, and left the monster
Dinnerless within his den.
"Ah," said I, "you cruel spider,
Thus to murder poor flies, when
They have never, never harmed you!"
"I had nothing else to eat,"
Cried the disappointed spider,
"And was longing for some meat."
"Here are crumbs; there was no danger
Of your starving, Sir," quoth I,
"That you should so basely murder
A poor, harmless, pretty fly."
Then a look of indignation
Seemed to cross the spider's face,
As he thus replied in anger:
"I despise your lordly race!
Men are worse, far worse than spiders;
Many a harmless creature dies
That you men may feed upon them.
Spiders only live on flies;
You have fruits in rich abundance,
Roots and grains a countless store,
Yet amidst this boundless plenty,
Not content, you sigh for more,
And the very beasts that serve you
By your bloody hands must die:
Then you call us spiders *cruel*
When we eat a *useless fly!*
This is true, Sir, true as gospel;
Just deny it if you can.
Surely, any honest spider
Well might blush were he a man."

A FOWL JOKE.—A clergyman at an afternoon service was asked to read a notice of a Woman's Rights lecture, which he did in this wise:

"At half-past six o'clock, at the school-house, to-night, in the first district, a *hen* will attempt to *crow!*"

Whereupon one of the Bloomers told him, after service, that he was poking his nose where it didn't belong, and if she was strong enough, she'd *pull it*, (*pullit.*)

QUICK TIME.—A young gentleman was one day arranging music for a young lady to whom he was paying his addresses. "Pray, Miss D.," said he, "what time do you prefer?" "Oh," she replied, carelessly, "any time will do—but the quicker, the better."

Extremely improbable. Don't believe a word of it.

Notes and Comments.

WHO'S HIT?—The *Ambassador*, a religious newspaper, referring to the Verona Springs Water-Cure, says:

"The qualities of the water are said to be very valuable; and patients will find there all the advantages to be obtained at any Water-Cure, and will be relieved from an unpleasant feature found in some establishments of this nature. We refer to religious seetarism. *We could name a celebrated Water-Cure where the patients are frequently pained and annoyed with the continued and pertinacious obtrusion of the peculiar dogmas of the principal physician upon them, and which has driven not a few away in disgust.* But nothing of this kind is exhibited at the Verona Springs Water-Cure. All are allowed the enjoyment of their peculiar tenets, without being questioned or molested."

Who's hit? We were not aware that any of our Water-Cure Institutions had been converted into Theological Seminaries, yet we see no impropriety in coupling *theology* with *physiology*, or *true religion* with *hydropathy*. Cleanliness and godliness, Christianity and hygiene, may go together. But this is not what the *Ambassador* objects to. It is bigotry and dogmatism.

A DOCTOR who has been administering for the infirmities that "flesh is heir to," for a few weeks past, in Hartford, Ct., got a broken nose and a serious fright on Friday, for persisting in his visits to a female patient after she had desired him to discontinue them.

REMEDY—Educate women to attend to all such patients, and let the men go a-fishing for *pure—genuine—cod-liver fish oil*, or busy themselves in manufacturing patent medicines, body braces, pill-boxes, and so forth: they may then save their "noses."

WHICH IS RIGHT?—Which is the *right* path—the Hydro path, the Allo-path, or the Homœo-path? Where there are so many *paths*, it is hard to know which to follow.—*Indiana Farm and Shop.*

Well, that depends altogether where you want to go. If you wish to take a "bee-line" for—the *lower regions*, and go quick, take the Allo-path. If you want to go to the "otherspheres," and revel in "moonshine," take the Homœo-path. But, if you want to go to the "land of promise," to dwell for ever with the saints, after having lived in this world to a green (or ripe) old age, feasting on fruits and vegetables, just renew your subscription to the WATER-CURE JOURNAL, and follow the Hydro-path. That's *our* faith, and we expect to *live* by it!

GRAHAMITE PUDDING.—Cut up four laths in a peck of saw-dust. When well mixed, bake it by placing a pipkin containing it in the sun for half an hour. Serve up with sauce made by soaking a cedar shingle in a pail of well-water.—*Boston Paper.*

Since the publication of that excellent work entitled FRUITS AND FARINACEA THE PROPER FOOD OF MAN, some of the *cod-liver oil* fraternity are "*down*" on the "Grahamites" and "Vegetarians;" so much so, indeed, that they even refuse to look a plump ripe SQUASH or PUMPKIN in the face! They pronounce fruit and vegetables unwholesome for weak stomachs, and advise patients to avoid "any thing green," while *animal* food will be better adapted to keep the patient "on his back" than other "green things."

MAGNIFICENT PEACH.—The West is becoming famous for her fine fruit, and especially so is Northern Indiana. I. S. Bigelow, Esq., handed us on Tuesday last a peach taken from the garden of Heman Williams, Esq., of this city, [Michigan City, Ind.,] which measured a trifle over *nine inches and a half* in circumference. It was just as handsome a peach as need be seen. All the peaches on the tree are of the same mammoth size. We think this will be hard to beat.—*Michigan City (Indiana) Transcript.*

Disseminate the variety. Bud other trees from this. There is no doubt but that portions of Indiana, Illinois and Iowa will become distinguished fruit-growing countries. Then "set out the trees," and instead of *fat pork*, send delicious healthful fruit to market. Dried fruit may be sent to Europe with great profit. Try it.

A CHANCE FOR POETS.—It will be seen by a notice in our advertising columns, that the Cosmopolitan Art and Literary Association, located at Sandusky City, have offered a prize of ONE HUNDRED DOLLARS for the best Ode to Power's Greek Slave, not exceeding fifty lines in length. The object of the Association is, to disseminate literature and works of art. Tickets of membership are

three dollars, for which the members receive either of the principal three-dollar magazines, and a chance in the distribution of the paintings, statues, and other works of art. The publishers of the Magazines, to forward the enterprise, make a liberal discount to the Association for every subscriber, and this discount is used for the purpose of paying expenses of management, and the purchase of works to be distributed. Any who wish to subscribe for a Magazine, will, by sending their three dollars to the Association, not only receive the Monthly as regularly as if they subscribed to the publishers, but will also have a chance to receive something valuable in addition.

Talk and Topics.

FRUIT TREES.—The time is near at hand for selecting trees from nurseries, to transplant. Nurserymen should issue new catalogues, stating quantities, naming varieties, with prices, etc., etc., so that every farmer may "calculate" how many he will plant. All who have land should set out from one to a thousand fruit trees. Set a few this fall. Wives, see to it that your "bigger halves" provide FRUIT TREES, that they, yourselves, and the children may feast and luxuriate upon the fruit thereof. Plant a grape vine *this season*, and if you thank the WATER-CURE JOURNAL for nothing else, you will do it for urging upon you this pleasant duty. Will you heed it? A tree, a vine, now!

WATER-CURE IN BOSTON.—We perceive that Dr. Kittredge, of the Water-Cure in Franklin street, has advertised to sell out his furniture, preparatory to the closing of the establishment. We regret that Boston is to be deprived of an institution of this nature, for we believe it is needed. Hydropathy, in our view, is founded upon a truly scientific basis, and is destined to occupy an immense field in the cure of disease, if, indeed, it does not supplant all other systems. An establishment of the kind, located, for instance, on a roomy place like the Neck, and well conducted, would be handsomely sustained, and reflect great credit on the city. Such we hope to see carried out.—*Boston Daily Bee.*

Dr. Kittredge announces, in advertisement, an office No. 13 Avery street, where he may at present be found. We presume he leaves the Franklin street house with a view of opening a *better* one at an early day. Boston must and will sustain a first-class Water-Cure Establishment.

A CLEAN TOWEL.—On a late excursion up the Mississippi, a gentleman in the wash-room said to the captain of the boat:

"Can't you give me a clean towel, captain?"

"No," said the captain; "more than fifty passengers have used the towel there, and you are the first one that's said a word about it."—*Saginaw Enterprise.*

We "reckon" that gentleman will take a clean towel with him when he goes on another excursion up the Mississippi. After the wiping of fifty passengers, we should suppose a towel would become highly flavored, especially in warm weather. **LESSON**—Skin diseases may be "caught" in this way. So "look out!"

WATER-CURE AND BEAUTY.—Mrs. Harriet Beecher Stowe says:

For my part I must say, the most favorable omen that I know for female beauty in America is the multiplication of Water-Cure Establishments, where our ladies, if they get nothing else, do gain some idea as to the necessity of fresh air, regular exercise, simple diet, and the laws of hygiene in general.—*Sunny Memories.*

A WIND ENGINE.—We have received a circular describing Halladay's Improved Wind Engine, manufactured by Halladay, McCray & Co., Ellington, Conn. It seems admirably adapted to the use of farmers and mechanics as a labor-saving machine. We would also call the attention of proprietors of Water-Cure Establishments, who are compelled to raise water by mechanical means, to this invention.

PUBLIC LECTURE.—Mrs. Drinkwater, (late Miss Ely,) of the Auburn Water-Cure, will lecture on Friday night at quarter to 8 o'clock, upon "Health in connection with Water-Cure," at the school-room of Mrs. Reed in this place. Admittance free.—*Southwestern Baptist, Tuscoogee, Alabama.*

We congratulate Mrs. Drinkwater on the happy and appropriate change in her name. We hope the Alabamians will listen to Mrs. Drinkwater, and be converted to the new faith as it is in Hydropathy, for we *know* it would do them good.

CAUSE FOR DIVORCE.—The inability of a wife to make bread has been decided sufficient ground for divorce by the Jones County Agricultural Society of Iowa. The heathens!—*The Papers.*

Now, a single dollar, or even less, for a cheap edition, would put any wife, or *would-be* wife, in possession of complete information in regard to "bread-making," on the most improved principles, besides the cooking of a hundred other useful and healthful dishes. Of course we refer to *The Illustrated Hydropathic Cook-Book*, by Dr. Trall, published by FOWLERS AND WELLS, New York. Sent by mail to any post-office. Cheap edition, 62 cents; colored muslin, 87 cents; gilt, \$1.

A NEW ANTI-TOBACCO SOCIETY has just been organized in Barnesville, Belmont County, Ohio. Members (of which there are some eighteen or twenty) have signed the following

PLEDGE.

We the undersigned solemnly pledge our word and honor that we will wholly abstain from the use of tobacco in all its forms, and endeavor to discountenance its use as far as possible in others. We furthermore pledge ourselves that we will neither raise, buy, sell, nor manufacture it for the use of others, and will use our influence as far as possible in preventing the young and rising generation from becoming addicted to a habit so disgusting, so injurious and degrading in all its forms.

They have a constitution and by-laws by which they are governed, and they meet once a month for discussion and the transaction of business.

Copies of the three PRIZE ESSAYS on Tobacco have been circulated throughout the town by the members, with a view to strengthen and increase their number. Let the reform go on!

Business.

NEW BOOKS, for notice or review, and ADVERTISEMENTS for THE PNEUMOLOGICAL and WATER-CURE JOURNALS, may be sent to FOWLERS and WELLS,

308 BROADWAY, NEW YORK;

142 WASHINGTON STREET, BOSTON, and

231 ARCH STREET, PHILADELPHIA.

To secure insertion, ADVERTISEMENTS should reach the publishers on or before the 10th of the month preceding that in which they are to appear.

All appropriate and useful subjects, such as Agriculture, Mechanics, the Arts, Schools, and so forth, are deemed proper, while patent medicines, lotteries, liquors, and tobacco will be scrupulously rejected.

A VEGETARIAN ALMANAC FOR 1855.—The Committee on Publication appointed at the Fifth Annual Convention of the Vegetarian Society have made arrangements for the publication of a Vegetarian Almanac, in accordance with the resolution of that meeting.

The Almanac is to contain forty-eight pages, and in addition to the usual information of such a work, a Bill of Fare for Vegetarians, for each month of the year, together with suggestions for Vegetarian Cookery; a list of Vegetarian Anniversaries, and chronology of important reforms; a sketch of the early arrival of Vegetarians in this country, by Rev. Dr. Metcalfe; sketch of the President of the Vegetarian Society, Dr. Alcott; Michael Angelo, by Professor Whitaker, with a portrait of that renowned Artist and Vegetarian; Plato, Newton, Howard, Franklin, and Daniel Webster, by the Editor, with a portrait of each; together with valuable statistical and interesting Vegetarian information.

The Almanac will be supplied at \$1 for twenty-five copies. Single copies, 6 1-4 cts.

The Committee respectfully request the earnest coöperation of all Vegetarians in securing for the Vegetarian Almanac an extensive circulation.

Subscriptions to be sent immediately to the Editor, the Secretary of the Committee, Henry S. Clubb, 15 Lighthouse street, New York City.

THE NEW WORLD.—MESSRS. Dayton and Wentworth, of Boston, are about to publish by subscription a large and magnificent historical work, with the above title. See what the publishers say of it in their advertisement.

TO WATER-CURE PATIENTS.—Recovered patients, on returning home from the Establishments, may

engage in the sale of books on Water-Cure, with profit to themselves, and great good to their neighbors. Some have taken agencies for our Journals and books, and started out upon long journeys, depending on receipts derived from their sales. The worth of \$25, \$50, or \$100 in books may be sold in almost any neighborhood, yielding a handsome profit to the agent. For particulars, address the publishers of the WATER-CURE JOURNAL, New York.

LAKE MILLS, JEFFERSON CO., WISCONSIN.—MESSRS. ATWOOD AND ROWE have a stock of our publications, which they will furnish at New York prices. Our readers in that vicinity will do well to give them a call.

NEW ENGLAND FEMALE MEDICAL COLLEGE.—The Seventh Annual Term of this institution will commence on the first of next November. We would call the attention of our readers in Massachusetts to the fact that the Massachusetts Legislature has appropriated funds to pay the tuition of forty pupils annually for five years, from the different counties of the State, according to the number of Senators. Applications can be made, personally or by letter, and particulars be learned, at the College, 274 Washington street, Boston. See advertisement.

OUR BOOKS IN OREGON.—The good cause progresses. Where civilized man resides, there shall be found our reformatory publications. We clip the following from a late number of the *Oregon Spectator*:

FACTS ARE FACTS.—Come to the waters, all ye that are heavy laden with disease and know not the cure, and earnestly have a desire to get well, and a desire to understand the simple laws that govern life and health: you will be well paid by calling at LATOURETTE AND HOLLAND'S store, in Oregon City, and purchasing any of the following works, which we have just received, and expect to keep on hand.

Here follows a catalogue of the various works published by FOWLERS AND WELLS, New York, and offered to the Oregonians "cheap for cash, or in exchange for country produce."

PACKAGES IMPROPERLY CHARGED WITH LETTER POSTAGE.—When a sealed package, chargeable with letter postage, is opened in presence of a postmaster, and found to contain printed matter only, without any thing secreted therein, he may remit the letter postage, and deliver the package at the rates charged for printed matter.

Books sent by mail from this office are always *prepaid*, except when *specialty* otherwise ordered. No apprehension for "overcharge" need be apprehended.

LIFE ILLUSTRATED.—OUR FIRST NUMBER is now printing, (Oct. 1st,) and will be mailed to SUBSCRIBERS at once. Those who would like to *begin* with the *beginning*, should make up their clubs and send in their names as soon as possible. We shall print an edition of 50,000 to commence with, but cannot engage to supply back numbers. Those, however, who subscribe now, or during the present month, (October,) will be sure of complete sets. Will you begin with the beginning?

OUR JOURNALS IN SAN FRANCISCO.—We see in several of the San Francisco papers friendly notices of our JOURNALS, to which our friend and zealous co-worker, Dr. Bourne, has lately called their editors' attention. *The Sun* thus concludes its notice of them:

These Journals are ably conducted, and would form a valuable acquisition to reading-rooms and the parlor. They can be regularly obtained at all the news dépôts in this city.

The Evening News says:

A full file of the WATER-CURE JOURNAL has been placed upon our table by Dr. Bourne. We have perused several numbers, and find in them many articles of scientific and practical value, besides which, in its columns is found much that will interest the ordinary reader.

NEW WATER-CURE IN MISSISSIPPI.—It gives us great pleasure to announce the opening of a new Water-Cure Establishment at *Spring Ridge, Hinds County, Mississippi*, by H. J. HOLMES, M. D., assisted by his son, H. J. Holmes, Jr., M. D., and his brother, Gen. T. J. Holmes, who has already treated with great success cases of chronic diseases. These physicians have the advantage of a thorough medical education, to which they have added all that is known of Hydropathy or Water-Cure. They have opened the first and only Establishment in the great State of Mississippi. The Spring Ridge Water-Cure will be patronized by people from Louisiana, Alabama, Missouri, Arkansas, and

Tennessee. For terms and other particulars, see advertisement.

DENTISTRY.—In answer to several inquiries, we would state that, having had a long personal acquaintance with the gentlemen whose addresses are here given, we do in the fullest confidence recommend them as in all respects competent dentists, and in every way worthy the patronage of those who may need their services:

DR. J. W. CLOWES, No. 7 Eighth Avenue, New York.
DR. DAVID K. HITCHCOCK, Boston, Mass.

NOW READY FOR 1855!—The Illustrated WATER-CURE ALMANAC, with Calendars adapted to all the States, Territories, and the Canadas; embracing articles—To Our Hundred Thousand Readers; She has Nothing to Do; Differences of Waters; The Water-Cure System; Medical Credulity; Observations on the Weather; Health in Primitive Ages; Moral Courage; Insensible Perspiration, with Illustrations, by Dr. Shew; Poetry, by Dr. May; A Case of Soap and Water; Respiration in Plants and Animals, by Dr. Trall. With numerous Engraved Illustrations.

Also, a Directory containing the names and post-office addresses of the Water-Cure Physicians; a List of Hydropathic Books, etc., etc.

Price, *prepaid by mail*, only six cents a copy, or fifty cents a dozen, or four dollars a hundred.

FRIENDS, help us to place a WATER-CURE ALMANAC for 1855 in every chimney-corner, in every house and cabin, in the hands of every family! With such a monitor before their eyes, fewer drugs would be swallowed, less sickness be suffered, more lives saved, more good done in the world.

Let each friend of Water-Cure see to it that his neighbor has an Almanac for 1855.

Address FOWLERS AND WELLS, 308 Broadway, New York.

THE ILLUSTRATED PHRENOLOGICAL ALMANAC for 1855 is also now ready.

CONTENTS.—A small Symbolical Head, with the organs numbered, described, and illustrated; Phrenology and Education; A New Classification, (French,) with Engraving; Written Descriptions of Character; Phrenology a Luxury; Eccentric Parson; Lindley Murray; E. H. Chapin; Dr. Beecher; John P. Hale; The Good Schoolmaster; Amos Pillsbury; The Good Man and the Murderer; Bayard Taylor; Ralph Waldo Emerson; Rev. Lewis M. Pease; Rev. John Pierpont; Solon Robinson; Phrenology in Boston; Phrenology in Philadelphia; To those who would know Themselves; Success in Life, etc., etc.

48 pages, 20 engravings, Catalogue of valuable Books, Prospectuses of the PHRENOLOGICAL JOURNAL and WATER-CURE JOURNAL, and of our new weekly newspaper, LIFE ILLUSTRATED.

Sold at the same low price as the Water-Cure Almanac.

NOTICE TO VEGETARIANS.—The proprietors of the WATER-CURE JOURNAL respectfully announce that they have completed arrangements by which about four pages of each number will after the present month be devoted to the insertion of contributions from DR. ALCOTT, PROFESSOR MUSSEY, DR. GRIMES, PROFESSOR WHITAKER, C. H. DE WOLFE, Esq., MARY ANN WHITAKER, ANNIE DENTON CRIDGE, WM. TEBB, LEWIS S. HOUGH, JOSEPH WRIGHT, A. M., REV. W. METCALFE, M. D., JOSEPH METCALFE, and SETH HUNT, of this country, and ROBERT T. CLUBB, of England, and from other eminent vegetarians; the department to be superintended by an editor appointed by the American Vegetarian Society.

Mr. Henry S. Clubb (formerly Editor of the *Vegetarian Messenger* in England) has been appointed Editor, and it is requested that all communications intended for this department will be addressed to him, at the Water-Cure Institute, 15 Lighthouse street, New York City.

SAVE YOUR FRUIT SEEDS.—To fill an order from Oregon, last season, we searched the principal cities to procure seeds of the cherry, pear, and quince, but we searched in vain. None could be procured. Extravagant prices had been paid by nurserymen for the small quantities sent to market, and the limited supply was soon exhausted. Bushels might have been saved at little cost, and sold at great profit. Will our readers take the hint? We shall try to obtain supplies, this season, to fill all orders. Seeds from the apple, pear, cherry, quince, &c.; of strawberries, raspberries, currants; of the peach and nectarine, may all be saved,

sold, transported, planted, and raised, when it would be difficult to transport plants, cuttings, or trees. Then save your seeds.

WINTER WATER-CURES.—Hundreds of suffering invalids have been sent home from our various Water-Cures during the past summer, rejoicing with health of body, and spirits renewed. Yet thousands of others *without* the pale of Hydropathy linger away in hopeless despair, who, by spending one month at a well-conducted Establishment, would at least be put on the *road* to health, and, by following it, attain a good old age. We are glad to find so many "Cures" preparing to "keep open" during the winter. Several are announced in our advertising department.

"FRUIT TREES."—A general assortment is advertised in the present number of the WATER-CURE JOURNAL, by JAMES W. GRAY, Ball's Pond, Fairfield County, Connecticut, of whom descriptive Catalogues, with prices, etc., may be obtained. Mr. Gray is an honest, intelligent man. He engaged in the fruit and nursery business more from the love of it than as a source of pecuniary profit. Those in want of trees, residing between 38° and 44° north latitude, may be sure of receiving from him such qualities, quantities, and varieties as they may be pleased to order.

GRAPES—A SHAKER SEEDLING—EARLY NORTHERN MUSCADINE.—We have received from our New Lebanon Shaker friends, through Mr. Edward Fowler, a box of this delicious fruit. Though not yet endorsed by professional horticulturists, and by some tabooed, we can see no good reason why it should not be cultivated in northern latitudes, where less hardy varieties fail. The quality of the sample sent us is certainly very fine. It is thus described by the Shakers:

This excellent grape ripens 15th September, nearly a month sooner than the Isabella; it is perfectly hardy for this northern climate; a sure and constant bearer, not subject to mildew, and the fruit is delicious and high-flavored, having no pulp perceivable, and has been pronounced by competent judges superior to the far-famed Isabella, or Catawba, either as a wine or table grape.

The variety is a seedling from the Native White Grape, and was raised by the subscriber, who has had it in bearing more than ten years, and who tried it under every variety of circumstances, and who has finally selected it *from more than forty kinds he has had in bearing as the choicest and best*, and, he might add, the only really *fine-flavored* grape that is well adapted to our northern climate, with which he is acquainted.

The Northern Muscadine is of light amber color, medium size, delicious and unsurpassed flavor.

Besides the above, they cultivate

Burton's Early August; ripe 25th August; dark purple color, large size, pleasant flavor.

Sage's Mammoth; ripe 1st October; dark amber color, very large size, good flavor.

Lowell's Imperial; ripe 5th October; lightish red color, largest known, good flavor for so large a grape.

These varieties will ripen well anywhere south of the Canadas. Those who may wish for plants can procure them at from \$1 to \$3 each, by addressing EDWARD FOWLER, New Lebanon, Shaker Village, Columbia Co., N. Y.

Now, we do not undertake to pass judgment upon those varieties, which we have not tasted or tested, but we have confidence in the *integrity* of our Shaker friends. They cultivate the forty or more sorts, and pronounce the above the best. Farther south it is highly probable that other varieties would do better. But let *everybody* plant grape vines. The Catawba and the Isabella are good enough where they can be grown. Dr. Underhill, of Westchester Co., N. Y., gives them the preference. But plant a grape vine of some sort this very fall.

A GOOD WATER-CURE LOCATION.—A very desirable situation for a Water-Cure Establishment is offered for sale in the vicinity of Warsaw, Wyoming Co., N. Y. The scenery is represented as being delightful, the climate salubrious, and the buildings commodious and convenient. The property will be sold on liberal terms. See Mr. Patchin's advertisement of "Valuable Property for Sale."

LOCATION FOR A WATER-CURE.—One of our Agents, writing from Clear Spring, Md., speaks in the highest terms of the adaptation of the place for the establishment of a Water-Cure. The springs are situated three miles west of the village, on the Alleghanies, thirteen miles from Hagerstown, presenting every variety of scenery, and remarkably easy of access. Buildings are already erected, which, with slight changes, can be adapted for all purposes required.

Further particulars can be had by addressing AMOS ADAMS, Clear Spring, Md.

NEW WATER-CURE ESTABLISHMENT.—The friends of Hydropathy will be pleased to learn that Dr. Jefferson Parks is about to open a Water-Cure about seven miles west of Winchester, Franklin Co., Tenn. The people in that vicinity should rejoice that an opportunity is to be afforded them to treat diseases scientifically, without the use of drugs.

Literary Notices.

THE RUDIMENTS OF BOOKKEEPING, designed for the use of Schools and for Self-Instruction. With an Address to Students, on the Essentials to Success in Mercantile Pursuits. By JAMES NIXON, Accountant. New York: F. J. Huntington, and Mason Brothers. 1854. [Price, prepaid by mail, \$1.00.]

This is one of the best works on bookkeeping that we have ever had the pleasure of examining. It aims to do something more than to lay down a set of arbitrary rules, with examples for transcription. The pupil is made to see the *reason* of every process—to comprehend the *principles* which underlie the art. With this little work for a text book, the student may become something better than a machine. He may prepare himself to enter upon his duties in the counting-room *understandingly*. Mr. Nixon's instructions are concise, but always intelligible, and sufficiently comprehensive for ordinary purposes.

COMPENDIUM OF PHONOGRAPHY: An Exposition of the Principles of Phonetic Shorthand. By ANDREW J. GRAHAM. New York: FOWLERS AND WELLS.

One evidence of the rapid dissemination of any science or art is the cheapening of text books pertaining to it, and the simplifying the statement of its principles. A century ago, a work on shorthand as large as the present treatise would have cost not much, if any, less than a guinea, (about five dollars;) yet here is a work fully, amply explaining the principles of the system of shorthand, the best ever known, afforded at *one shilling, prepaid by mail!* With its aid, a few hours' study will suffice to gain a perfect understanding of Phonography. The work fully merits and it will undoubtedly have a very extensive and enduring circulation. [Price 12 cents.]

HERMIT'S DELL. From the Diary of a Penciller. New York: J. C. Derby. 1854. [Price, prepaid by mail, \$1.00.]

Just the book to read, out under the trees, on one of our sweet Indian-summer days, or by the cheerful home fireside, when the weather shall have grown colder. It is made up of a series of charming rural and domestic sketches, with a thread of story running through them all. The admirer of startling incidents and tragic scenes will not find the volume much to his liking, but to the healthier tastes of the true lover of nature and domestic life it will commend itself at once. The author is a scholar and a graceful writer. Wonder who he is!

THE LIFE AND ADVENTURES OF PERCIVAL MAYERBERRY: An Autobiography. By the Author of "Lafitte." Philadelphia: T. B. Peterson, Bunce & Bro., New York.

A humorous story of considerable merit, with capital illustrations by Darley. It is full of incident and adventure, with a good mixture of the ludicrous. Good for those who would "laugh and grow fat."

THE BRITISH QUARTERLIES AND BLACKWOOD'S MAGAZINE.

We have received from Messrs. L. Scott & Co. the last numbers of their reprints of these standard publications,—*The London Quarterly Review*, (Conservative;) *The Edinburgh Review*, (Whig;) *The North British Review*, (Free Church;) *The Westminster Review*, (Liberal;) *Blackwood's Edinburgh Magazine*, (Tory.)

The present critical stato of European affairs renders these publications unusually interesting. They occupy a middle ground between the hastily-written news items, crude speculations and flying rumors of the daily journals, and the ponderous tome of the future historian, written after the

living interest and excitement of the great political events of the time shall have passed away. It is to these periodicals that readers must look for the only really intelligible and reliable history of current events; and as such, in addition to their well-established literary, scientific, and theological character, we urge them upon the consideration of the reading public. Either of these works will be sent separately, for \$3.00 per annum, or *Blackwood* and one of the *Quarterlies* for \$5.00. They may be ordered through FOWLERS AND WELLS, 308 Broadway, New York.

A REVIEW OF DR. DODS' INVOLUNTARY THEORY of Spiritual Manifestations. By W. S. COURTNEY.

THE TABLES TURNED. A Brief Review of Rev. C. M. Butler, D. D. By S. B. BRITAN. New York: Partridge and Brittan, 1854. [Price, prepaid by mail, 50 cts. each.]

We have received these works from the publishers, but have not found time to examine them. Those so disposed, can read and judge for themselves.

SUBSTANCE AND SHADOW; OR, Phases of Every-Day Life, by EMMA WELLMONT. Boston, J. P. Jewett & Co.

This is a book of some 300 pages, filled with short sketches of about three or four pages each, some of which are quite, and others very good. We are sure of one thing, however: Emma has never read the *WATER-CURE JOURNAL* much, or she would have written more sensibly about the Hydropathists. Just as if, because it is written, "By the sweat of thy brow," &c., it is wrong to take a pack. She has said so many good things, we'll not quarrel with her. But we do hope she will learn something of Hydropathy before she writes another book.

THE "WESTERN LITERARY CABINET" is edited and published in Detroit, Mich., by Mrs. E. M. Sheldon, who furnishes most of the material. Rev. N. D. Kitchell is also a contributor. Mrs. S. has written several chapters in the early history of Michigan, in which the romance of an early settler's life is forcibly drawn out. Mrs. S. is also the editor of a literary, moral, and religious paper for children, called *The Little Wolverine*.

MUSIC.—HORACE WATERS, 333 Broadway, New York, is unquestionably "the people's music publisher." He has all the popular songs, ballads, waltzes, etc., at popular prices. Our attention has lately been called to the following, among other favorite pieces:

"Our Girls," (a ballad,) words by C. D. Stuart, music by Thomas Baker; "Our Boys," by the same; "The Wanderer's Return," (a song,) as sung by the "Amphions;" "Fairy Land Schottisch," by Van Der Weyde; "The Park Waltzes," by John Fletcher, and "The Martyr of Freedom," by C. C. Howard; all good things in their way.

PUTNAM'S MONTHLY.—The September number opens with a political article, entitled "Our Parties and Politics," in which the author, who writes with vigor and earnestness, takes strong Anti-Nebraska ground. It is warmly praised by some, and as warmly denounced by others, according to their political predilections. The number has several capital articles. "The Proper Sphere of Men, by One of the Strong-Minded," will attract attention

ART AND LITERATURE.—The Cosmopolitan Art and Literary Association seems to prove a highly successful, as it is a truly beneficial enterprise. The plan on which it is founded is an excellent one, and we have no doubt but that it will be honorably and fully carried out. See our advertising columns for particulars. We observe, in another advertisement, the offer by the Association of \$100 for the best Ode to Powers' Greek Slave, which, with many other works of art, is to be distributed among the subscribers. This is a very handsome proposal, and poets will find in the subject an ample incentive to their best efforts for fame and gold.

We have received from Bunce & Brother "The Deserted Wife," by Emma D. E. N. Southworth, published by T. B. Peterson, Philadelphia; and "A Year after Marriage," by T. S. Arthur. Published by the same.

From Partridge & Brittan we have "New Testament Miracles and Modern Miracles," by J. H. Fowler. Published by Bela Marsh, Boston.

LIFE ILLUSTRATED.

A NEW WEEKLY JOURNAL OF
ENTERTAINMENT, IMPROVEMENT, & PROGRESS.

Believing that we shall thereby satisfy a widely-felt popular want, and fill a sphere not occupied by any existing publication, we shall commence, early in October next,

A NEW FIRST-CLASS FAMILY NEWSPAPER,
DEVOTED TO
LITERATURE, SCIENCE, THE ARTS, AND NEWS.

It is our intention to furnish a paper which, bound to no party, sect, or theory, embracing every human interest, and furnishing food for all the faculties of the mind, shall merit and command a world-wide circulation and influence; encouraging whatever has a tendency to promote the moral, intellectual, or physical development, or to ameliorate the condition of the people, whether found in Schools, Books, Machinery, Practical Science, or Industrial Organizations; inciting in all classes a *spirit of hope, manliness, and self-reliance*, and pointing out all available means of profit, economy, and comfort. Life as illustrated in

LITERATURE,

Will receive due attention, and original Essays, Historical, Biographical, and Descriptive Sketches, Tales, Accounts of Travel and Adventure, Poetry, etc., from the pens of some of our best writers, with choice selections from the leading periodicals of Europe, will form a prominent feature. The great field of

SCIENCE,

in all its departments, will be industriously explored, and all new discoveries and applications of scientific principles will be laid before our readers in a popular form, and their bearings upon human progress, as far as we clearly see them, indicated and discussed.

THE ARTS,

particularly in the departments of Agriculture, Mechanical Industry, and Manufactures, will receive a large share of our attention, and no important invention or improved process will escape our notice and investigation.

AGRICULTURE AND HORTICULTURE,

being occupations in which so large a portion of our people are engaged, will demand, at our hands, special consideration, and we shall strive, with the aid of the best writers in these departments, to give our treatment of these topics more practical value than is usual in newspapers. We shall endeavor to elevate still more the standard of

MECHANICAL INDUSTRY,

and to develop and bring to light the latent talent and skill of our intelligent, industrious, and worthy artisans.

PHYSIOLOGY,

and the Laws of Life, in their application to physical development and the formation of health, will have a prominent place in our columns, while the whole scope and tendency of our paper will be to promote

EDUCATION

in its broadest sense; and, aided by competent contributors, practically engaged in teaching in College, School, and Shop, we shall endeavor to render the pursuit of knowledge easy and attractive.

NEW BOOKS

will be carefully and candidly noticed, and where their importance seems to demand it, critically reviewed. In the department of

GENERAL NEWS,

we shall aim to be particularly prompt, authentic, and full-giving a carefully prepared summary of passing events, both foreign and domestic, and recording all signs of progress in every department of life. The Markets will be carefully reported, and such general commercial and financial information given as the interests of our readers may seem to demand.

As man is eminently a social being, Life as illustrated in the

FAMILY CIRCLE

will not be forgotten, but we shall aim to make our paper a most welcome and valued visitor at every fireside where the English language is understood. And always remembering the Children, we shall set apart in each number a snug corner, in which to store a great variety of choice things for their amusement and instruction.

Kind reader, an outline of our plan is before you. Do you like it? If so, we shall be happy to receive your subscription and influence in behalf of our new enterprise.

TERMS—IN ADVANCE:

Single Copy, one year, \$2 00 | Five Copies, one year, \$8 00
Three Copies, " 5 00 | Ten " (and one for agt.) 15 00

Subscriptions may commence at any time. No paper will be sent longer than paid for. Please address, post-paid,

FOWLERS AND WELLS,
308 Broadway, New York.

Varieties.

RUSSIAN POLITENESS. A FACT.—About the close of last July, a very loquacious and corpulent German lady, resident in St. Petersburg, having quarrelled with her servants, (Russian,) the latter gave information to the Prefecture of Police that the former had spoken of the Russian government in terms of reproach and disrespect. The lady received a summons to appear before the Prefect, to whom she repaired accordingly, vowing revenge on the whole tribe of servants. On her arrival at the office, the Prefect most politely received her, and ushering her into a small box-looking apartment, commenced reading over sundry charges against her, which he had scarcely finished when down sunk the corpulent lady through a trap in the treacherous floor, above which nothing of her portly figure was to be seen but her head, arms, and her crumpled habiliments—and, shocking to relate, thirty blows from an unseen hand were administered, where, however, they were unlikely to cause permanent injury, except to the feelings of the sufferer. On the completion of the sentence the stout lady's person reappeared again above-ground almost as suddenly as it had disappeared, and the Prefect, in the most courteous and polite manner, bowed her out of the office. —*Scottish paper.*

"LOVE THY NEIGHBOR AS THYSELF."—Not so difficult a matter, when that "neighbor" is a lovely, pretty girl.—*Juvenile.*

There, now you've spelt a "pretty" interpretation! If "Young America" keeps on, he'll know more of his neighbors by the time he's twenty—nine.

KISSING.—In 1650, a trial took place in Connecticut under the section of the Blue Laws prohibiting kissing. The offenders were Sarah Tuttle and Jacob Newton. It appears that Sarah dropped her gloves, and Jacob found them. When Sarah asked for them, Jacob demanded a kiss for his pay, and as the demand did not seem extravagant, she adjusted it forthwith. The facts were clearly proved, and the parties were each fined twenty shillings.

Wonder if Jacob and Sarah regarded that law as "constitutional?" or whether they took steps for its "repeal," or, by complying with certain "conditions," they thereby rendered the law inoperative so far as they were concerned. We should like to know.

It is stated by the Cincinnati papers that several thousand barrels of swine's blood is used yearly in the manufacture of sweet wine. Who does not like wine now? Heidsiek, Still, and Sparkling Catawaba made out of swine's blood! What next?

Well—what of it? Why not as well drink blood mixed with wine as to make blood puddings, as is customary in many parts of the country. And why is swine's blood so much worse for diet than swine's flesh? We pause for a reply.

LADIES who have a disposition to punish their husbands, should particularly bear in mind that a little warm sunshine will melt the icicle much quicker than a regular "north-easter." Kindness is more likely to prevent than increase nose-pulling.

A friend of ours, passing a house where there was a funeral, stepped up to an Irishman, and asked him if he could inform him who was dead. The Irishman replied: "I cannot exactly say, Sir, but I presume it is the gentleman in the coffin."

UNIQUE.—The following unique announcement is clipped from a California paper:

MARRIED.—At the residence of L. B. Huffman, in Onslow, on the 1st ult., by J. W. Thompson, Esq., Mr. Amos Heath, aged 14 years, weight 60 pounds, to Miss L. J. Foster, aged 25 years, weighing 145 pounds.

A LEARNED WOMAN.—An American lady, Mrs. Putnam, has, perhaps, no equal in the world for critical knowledge of languages, for "she converses readily in French, Italian, German, Polish, Swedish, and Hungarian, and is familiar with twenty modern dialects, besides Greek, Latin, Hebrew, Persian, and Arabic. This extent of her linguistic acquirements is paralleled only by Cardinal Mezzofanti, Elihu Burritt, and some half dozen other great names of both worlds."

The Month.

NEW YORK, OCTOBER, 1854.

"HYDROPATHY is not a reform, nor an improvement, but a REVOLUTION."
DR. TRALL.

By no other way can men approach nearer to the gods, than by conferring health on men.—CICERO.

OUR NEW PAPER.

WE have not undertaken to establish a new weekly journal, in competition with the large number of ably-conducted papers already enjoying the confidence and patronage of the public, without the most mature reflection, resulting in a settled conviction that there is still a want, widely and deeply felt by the reading classes, which we can thereby satisfy.

We have long occupied a position which has brought us into direct communication with the popular mind. We understand its present state of development, its needs and its aspirations; and we know how to gain access to the homes and hearts of the PEOPLE, and to adapt our teachings to their capacities and tastes. We have counted the cost, calculated our resources, marked out our course, and shall enter upon the publication of

LIFE ILLUSTRATED

with the fullest confidence that we can and shall make it *emphatically*

THE PEOPLE'S PAPER.

Basing our whole plan on the principles of a correct mental science, we shall not write and select at random, but with a clear understanding of the ends to be attained and the means for their attainment.

We shall aim to furnish food for *all* the faculties of the human mind, to embrace in our range of discussion all interests, and to *illustrate* LIFE in all its phases.

The people want a paper which shall not only give fitting expression to their own inarticulate ideas, embody in words which they cannot themselves command, their aspirations and hopes, and confirm their innate consciousness of the dignity and worth of true manhood and womanhood, but which shall help to give form to their crude and ill-digested notions, to develop their tastes and feelings, to expand and elevate their ideas of human destiny, and to teach them the laws of nature in their multiform applications to life and the arts of life. Such a paper we shall strive, with the help of a talented and experienced corps of editors and contributors, to make

LIFE ILLUSTRATED.

Read our prospectus for a more detailed exposition of our plan, and if you are pleased with it, we shall be glad to enroll you on our list of patrons, and to receive your coöperation in extending its circulation. Names, singly or in clubs, may be sent in at once.

OCTOBER TOPICS.

BY R. T. TRALL, M. D.

THE ERROR OF ERRORS.—Under this caption, Prof. Curtis, of Cincinnati, editor of the *Physio-Medical Reporter*, and probably the most accomplished scholar and the best writer and critic of the "Physiopathic" school, has entered the field of discussion, kindly offering to explain to us certain doctrinal errors advocated in this Journal, in the Review, in the Encyclopædia, &c., and announcing his intention to expose and refute the said errors for the public good.

We like an open, frank, and manly opponent; one who has a name, and will give it to his opinions. In our dealings with the representatives of the Allopathic school, we have met, in the way of controversy, little else than idle statements, vile denunciations, sneaking insinuations, and unintelligible lingo. Since we pinned the *late* Dr. Wilson, (is he dead or has he only "skulked?") of Alabama, to the wall, on this question of the "modus operandi of medicines," one of his *compeers* has sent us a huge and almost hideously incoherent document, offering therein to continue the discussion in lieu of the said defunct or *dodged* doctor of Airmout. But he didn't sign his name. And as we did not like to be caught beating the air, or pounding a sand-bag, or fighting a bubble, we could not consent to substitute the then known Dr. Wilson for this unknown personage; especially as we could discover nothing but gas and gabble in his logic.

This, by the way of explaining our silence in relation to "Anonymous." Dr. Curtis we personally know to be a "real somebody." We have long been familiar with his writings; we have admired the zeal and ability with which he has opposed the "poisonous drugs" of Allopathy, and have been well assured he was an honest reformer and a useful man.

And yet we differ with him on a question of science. That difference of opinion involves the essential philosophy of drug-medication in all its schools, modes, phases, and modifications. The point on which we differ comes to the veritable explanation, the reason, the rationale of all remedial or medicinal agents.

This is a question, too, which concerns the weal or woe of the human family immensely. No pen can exaggerate its importance; and I trust that neither of us have any other desire than to arrive at the exact truth, be that what it may. Our main position, in general terms, may be thus stated: *The symptoms or phenomena which result, when a drug-remedy is taken into the system, are the evidences of vital resistance to the drug, (the action of the system against the drug, contemplating its expulsion,) and not of the remedial action of the drug on the animal economy, as is commonly supposed.* This being true, it follows that all drug-remedies—the lobelia and cayenne of the Physiopaths, as well as the calomel and opium of the Allopaths—are absolutely *poisons*; and the inference from this fact very plainly is, that a true healing art must be predicated on the employment, *entirely*, of some other agents as remedies.

This principle is either true or false. If true,

the whole system of administering drugs to cure disease ought to be abandoned as unsound in philosophy and injurious in results. If false, its fallacy should be met and refuted in its incipency. My own opinions on this subject have been deliberately formed; they have been carefully put on record; and my reasons for them have been published. Yet, I hold myself ready to renounce them the moment I can see evidence of their error; and Dr. Curtis professes himself ready, and able, and resolved to establish the opposite. God defend the right!

We have room at this time for only a short extract from Dr. Curtis' article. He says:

There is one very important point in which both Dr. Trall and all his opponents, "save the ultra fraction of the Physio-Medicals," is wrong. It is, that they make no distinction between poisonous drugs and innocent medicines, or those agents which invite the organism to healthy action, and aid them in its performance—as caloric, electricity, water, cayenne, slippery elm, &c.—and those that provoke it to excitement against them, and tend to impede its movements—as arsenic, opium, &c.—between those that do injury only by the degree, or quantity, or misapplication of their power, and those that "are in their nature inimical to the constitution." These errorists include all who believe that every thing or nothing is poisonous, according to the use that is made of it. Dr. T. may say that he does not believe that any "drugs" are hygienic, but he cannot say they are mischievous, without admitting that they "act upon the organism." Nor can he make any distinction between the different articles of food he recommends, without the same admission.

What, then, is the real difference between Allopathy and Hydropathy?

Answer: Allopathy uses *all sorts of agents*, good and bad, "without the guidance of any therapeutic principle;" while Hydropathy uses, quite judiciously, *water*, and *various other medicinal agents*, under the names of food, air, exercise, &c.

In another article, we will show some of the differences and correspondences between Hydropathy and the Physio-Medical system, which are nearer to each other in their principles and practices than any other two systems; the latter including of the former all that is true and good. And if time and space will allow, we will also show what is the fundamental error of Allopathy, which both the Physio-Medical system and Hydropathy have discarded.

We have not made this criticism on Dr. T. to oppose him and impede his glorious progress; but, because he is so nearly and so generally right, we wish to prevent him from ever going wrong.

We will reply to each and all of the points made by Dr. Curtis, as soon as his article is finished; meanwhile, as our definitions of "drugs," "poisons," "remedies," "hygienic agencies," "medicines," "food," "drink," &c., &c., are already on record, and as, in medical discussions generally, there is apt to be a looseness in the use of technical terms which renders the disputants mutually unintelligible, and leaves the reader unprofitable and unedified, we respectfully suggest that, in his next Journal, Dr. Curtis tell us precisely what he understands by such of the above and similar terms as he uses in his argument, particularly the sense in which he uses the phrase, "such remedies as agree with the constitution;" "innocent medicines;" medicines which "are in their nature inimical to the constitution;" "medicinal agents."

Our only object in this request is, that in re-

viewing his arguments we may neither misapprehend nor misrepresent his position; a motive, we are sure, he will properly appreciate.

The following extract from Dr. C.'s second article evinces the indispensable necessity of defining our technical phrases, before we enter upon the discussion of our respective positions: The Doctor says:

"This is a problem which constitutes the essential point of difference between their system of treating diseases with drugs, and our system of treating them by hygienic agencies alone."

If by "drugs" the doctor meant only poisons, and by "hygienic agencies" he included innocent medicines, we would not criticise him as we do, though he would not then be strictly correct. But his sin would be one of difference between him and poisons, and in his favor—therefore, we should "let him slide." But he will not allow us so to understand him. In his term "drugs," he intends to involve the remedies of the Physio-Medical practice, which are as innocent and efficient as water, and require no more knowledge nor skill in their application.

Here is a complete demonstration that we can never understand each other, nor be understood by our readers, until Dr. C. tells us what he means by "innocent medicines;" for if he means drug-remedies in *any* sense, from calomel and antimony down through lobelia and nerving to raspberry leaves and catnep—all, or either—we dispute their innocency; but if he restricts the term to what we mean by "hygienic agencies"—air, food, water, temperature, exercise, &c.,—then he agrees with us, and we have no quarrel. It is most true that we do *not* intend to except the "remedies" of the Physio-Medical practice when we speak of "drugs;" but whether they *are really* "innocent," is the very gist of our discussion. That is for you to prove, Dr. C., if you can. Our opinion now is, that, before we are done with the subject, we shall be able to convince you and the public of the contrary.

BATHING CHILDREN IN COLD WATER.—The *Dispatch* dashes down upon us in the shape of a cold douche, as may be learned from the following paragraph:

The *Water-Cure Journal* is out on cold water. It says, if parents will destroy their health by the use of cold water, in the name of Heaven let them spare their children! Don't let their youth and innocence go down to the grave by bathing them in cold water. Not only this, but we are told in this *Water-Cure Journal* that it is positively injurious to wash our hands and faces in cold winter water! Well! well! is this not astonishing doctrine for a *Water-Cure Journal*? After coaxing the people for years into the frequent use of water, in all forms, in health and disease, cold, warm, and of all sorts of temperature, it now tells them that it is "barbarous" and "heathenish" to use cold water!

What *Water-Cure Journal* do you take, neighbor *Dispatch*? We don't know of any alive except this, and we never knew this to advocate any such nonsense. We *do* object to putting children into *too* cold water; and into *cold* water under all circumstances. As to what you have accredited this journal for saying in relation to washing the hands and face in "cold winter water," we rather suspect that must have come from one of the "spirits," not of Priessnitz, but of Thomson. Does the *Dispatch* attend "the circles?"

COMFORT FOR TEA-DRINKERS.—The following extract from the "Chemistry of Life" is going the rounds of the press:

"In the life of most persons, a period arrives when the stomach no longer digests enough of the ordinary elements of food to make up for the natural daily waste of the bodily substance. The size and weight of the body, therefore, begin to diminish more or less perceptibly. At this period tea comes in as a medicine to arrest the waste, to keep the body from failing so fast, and thus to enable the less energetic powers of digestion still to supply as much as is needed to repair the wear and tear of the solid tissues. No wonder, therefore, that tea should be a favorite, on the one hand, with the poor, whose supply of substantial food is scanty, and on the other, with the aged and infirm, especially of the feebler sex, whose powers of digestion and whose bodily substance have together begun to fail. Nor is it surprising that the aged female, who has barely enough of weekly income to buy what are called the common necessities of life, should yet spend a portion of her small gains in purchasing the ounce of tea. She can live quite as well on less common food, when she takes her tea along with it; while she feels lighter at the same time, more cheerful, and fitter for her work, because of the indulgence.

The above is an "average specimen" of the pernicious sophistry which, in the name of science, is peddled out to the public in the shape of scientific lectures and books. There is no probability that the authors of such absurd reasoning ever spent a moment of their lives in investigating the truthfulness of their statements. So far from the employment of tea arresting the process of decay in aged persons, the exact contrary is the fact. All persons, almost, are familiar with the fact, that the general tendency of tea-drinking in young and middle-aged persons, is to render them thin, emaciated, irritable, nervous; to retard nutrition, and hasten decay. And how the nature of tea can be reversed, or its relation to the human organism changed right about, because the person is old, surpasses entirely the comprehension of all thinking persons. Those who do not think at all, may perhaps be able to *tell* all about it.

But when and by whom was the discovery made that "tea comes in as a medicine" at the precise time when the body begins to decay? Those who use tea at that period of life are almost without exception those who have been accustomed to it during the period of development and maturity.

THE MODUS OPERANDI OF MEDICINES.—This subject, we are happy to know, is just now attracting the attention of the medical profession, and what is better still, the attention of the public. Whenever this subject is fairly understood, there will be reasons abroad which no man can gainsay, and no doctor can get over, why drug-medicines should never be taken into the human stomach. As an evidence of the interest abroad on the subject, we subjoin an extract from one of numerous communications we have received:

"**DOCTOR TRALL:** We have been very much edified and interested in reading your 'Modus Operandi of Medicines' in the Review, as well as your 'Rationale of Drug-medication' in the Encyclopædia. You have made it very plain to us why such and such medicines act as cathartics or emetics, &c. We would also be glad to have

you explain why mercury or calomel salivates, or makes the mouth sore, and why it rots the teeth. These are questions which we have asked the 'regulars,' but they never have answered satisfactorily yet. But it is exactly what we 'common folks' would like to know."

The "common folks" shall know all about it. But as the whole subject will probably come up in the course of our contemplated discussion with Dr. Curtis, and as we can then present the facts far more convincingly than we could do without the responsibility of writing in view of an intelligent and critical opponent, we will defer the explanation until it is presented in the regular order of debate.

DOCTOR BRIGGS' SUSPENDERS.—It has been for some time a perplexing question among the "Dress Reformers," *how* the pantaloons and skirts should be suspended on or over the shoulders, and *whether* they should be suspended at all. We are not yet prepared to say whether all suspensory appliances can be dispensed with. We are inclined to think they will not be. Hence the best manner, the most strictly physiological method of suspending becomes a desideratum.

We are using and recommending the invention of Dr. H. F. Briggs, of this city. Dr. Briggs has devoted many years of his life to an investigation of the nature, causes and treatment of muscular or mechanical derangement of the body, and to bodily training, more especially in relation to proper positions, symmetry, the relative size and activity of the vital organs, the development of the voice and speech, &c., and, as we are happy to know, with abundant success.

The suspenders which he has invented and now manufactures on a large scale, are altogether the best article we have yet seen, to support the pantaloons and skirts in a perfectly easy and agreeable manner, and at the same time counteract all tendency towards crooking the chest, stooping the shoulders, and curving the spine. To sedentary and studious persons, clergymen, bookkeepers, literary ladies and gentlemen, and to all persons predisposed to pulmonary affections, or suffering from weak abdominal muscles, they are invaluable.

FROM WEST PERRYSBURG, N. Y.—"Give honor to whom honor is due!" The "AMERICAN PHRENOLOGICAL JOURNAL," the "WATER-CURE JOURNAL," and the "HYDROPATHIC QUARTERLY REVIEW,"—a trio unequalled in their sphere, and their sphere is world-wide. They are worthy of a prominent place on the "centre-table" of every family in the land—pouring health-giving, life-prolonging, happiness-promoting information, through the mails upon the surrounding country. From Maine to California, this mighty influence is felt, and from Nova Scotia to Mexico, they are read and prized. If they were carefully read, and their advice strictly followed by *all*, the "Millennium" would not be far distant. They are conducted by tried men and true—unfolding truth and unmasking error to the admiring gaze of thousands of to-day, and millions yet unborn. Go on! God speed you in your glorious work of teaching the people, that God never placed his, here upon the earth, to be the prey of innumerable diseases, for which there is no palliation—that there is a "universal panacea," which is *prevention* on hygienic and physiological principles. And when your work is accomplished, "your journey of life is o'er," may successors arise in your places, competent to carry on the glorious work! * * From an enthusiastic, but not excited friend.

To Correspondents.

Be brief, clear, and definite, and speak always directly to the point. Waste no words.

Professional Matters.

QUERIES which come under this head should be written on a separate slip of paper, and will be answered by Dr. TRALL.

WEAK EYES.—J. C. B., East Parsonfield, Me. The weakness and extreme sensitiveness in your eyes is evidently caused by overdoing them—reading by lamp-light and moonlight too much. You should change your occupation for a time from teaching to some vocation requiring little use of either head or eyes.

ENLARGED GLANDS.—E. P., Austinsburg. Will you please inform me through the Journal, what is the cause of swollen glands of the neck, and what treatment will effect a cure? Is Dr. Christie's galvanic necklace a remedy? Can one individual impart this disease to another by mesmerism?

The usual causes are inherited scrofula and bad living. It is to be cured, if curable at all, by a full course of hydropathic treatment. (See our books.) We have no faith in galvanic necklaces. The third question we answer negatively.

HYDROPATHIC SCHOOL.—J. DE F. Would a diploma received at the school presided over by Dr. Trall, confer on me the right to practise Hydropathic medicine in France, on the simple production of that diploma before a Hydropathic School of France, if there is one with which Dr. Trall is in communication?

There is no Hydropathic School in France. The diploma of the New York School would amount simply to a letter of credit to the public.

DIETETIC.—Somebody, incog., asks us a long list of questions on a great variety of dietetic questions, and wants us to give reasons for many things, &c. As all of his questions are fully discussed and explained in the Encyclopædia, and as we can here only answer questions, we must refer him to that work.

ACIDS AND ALKALIES IN COOKING.—B. J., London, C. W. "Are cakes unhealthful, if raised with equal quantities of cream of tartar and bicarbonate of soda, and mixed with sour milk?" In the absolute sense, they are; for all admixtures of acids and alkalies are unnatural, and to some extent unhealthful. We only recommend them to be used when the cook cannot manage yeast properly, and does not understand making good unfermented bread. It is then the least of two evils.

DYSPEPSIA.—E. N. S., Texas. Your present management is very good on the whole; but a "broken-down constitution" always renovates slowly. Have patience. Probably a rather dry diet, especially wheat-meal cakes, as recommended in the Cook Book, would be an improvement. Wear the wet-girdle an hour or two each day.

CALOMELIZATION.—T. H., Bradford Co., Pa. In the case of the rotting teeth of your child, which is no doubt the result of "the doctor's dose of calomel," we would not recommend any dental surgery at present. Attend carefully to the general health. And when that is established, let the teeth be doctored, if then necessary. You would do well to consult the standard Hydropathic books for the manner of treating the other case you mention, as our business in this place is merely to answer questions.

BLOODY URINE.—J. S., Monmouth, Ill. Use tepid sitz-baths and the wet-girdle; drink only soft water, and adopt a very abstemious vegetable diet.

SYRINGES.—N. S. G., Erie Co., Pa. We use the Metal Pump Syringe, (Mattson's patent.) They are sold by FOWLERS AND WELLS. Price, \$3 50.

DYSENTERY OR FLUX.—J. G. C., Sharpsburg, Ky. "Our country has suffered severely this summer with flux; and having no other system here than the Allopathic, calomel has been poured down in ample quantities. What is the proper water-treatment?" Free tepid injections in the first instance; cool hip-baths frequently; the wet-girdle constantly; sponging the body occasionally when feverish; and the wet-sheet pack if the fever is very high.

ITCH, &c.—G. S. D., New Haven. Daily bathing with tepid water, and a strictly plain vegetable diet, with soft pure water for drink, are amply remedial. If you rear your children healthfully, there is no necessity for vaccination. The price of the Encyclopædia, by mail, is \$3.

CROUP, HYDROCEPHALUS, CHILLS AND FEVER.—W. S., Ottawa, Ill. "Children die here continually of the above diseases: indeed, hardly any who are attacked recover. Most of the people here are poor, and cannot well afford to supply themselves with Hydropathic books. What can you recommend that will enable us to drive these drug-poisoning doctors from the land?" The books aforesaid. We do not know how, if you are poor, you can afford to do without them. It costs ten times as much to pay doctors' and nurses bills.

CHOLERA CURE-ALL.—W. S., Carmelton, Ind. There has been much said of late, as to the best course to pursue in treatment of cholera. I will give you Capt. Bacon's Antidote, as near as I can recollect it, and would like your views of the matter. Tell us, if you please, what will be its effects on the stomach, bowels, &c.

Recept: One tablespoonful of salt.

One-third of a teaspoon full of mustard.

Mix in a tumbler of water, and drink.

Capt. Bacon says, he has never known this to fail in effecting a cure, if taken when the disease first attacks the person.

I will merely add that Mr. Bacon is captain of steamboat *Chancellor*, and enjoys quite an enviable reputation for good management and keeping his boats *cleanly*. It is said that when the cholera raged the worst, he would go to New Orleans regularly with his boat filled with passengers, and not lose a man. If this be true, there certainly seems to be something in it, and I dare say you would be glad to give it full credit, even though it might conflict with our favorite system, the Water-Cure. It may be superfluous to say I do not intend this letter for publication. I merely want your ideas of the prescription through the WATER-CURE JOURNAL."

We have no faith in the virtue of the medicine, but great faith that, if all cholera patients were confined to a little salt and mustard, and thereby the killing doses of calomel, opium, brandy, &c., kept away, nearly all of them would recover.

SEQUEL OF MEASLES.—W. J. S., Memphis, Tenn. What treatment will be best for two little girls who had the measles and diarrhoea, were drugged in the most approved style for three months, during which time their parents (who were most deadly opposed to Hydropathy) lost two little boys with the same disease and treatment? When they buried the second, they consented that I should try the cold-water treatment. When I commenced, they were very weak, had a bad cough, diarrhoea, ankles and feet swollen, &c. I packed them, applied compresses to their abdomen, and wet-jacket, with enemas. One of them appeared quite well, when her legs commenced swelling again, and I have been unable, so far, to make it disappear. The other one has slight fever every night. I take the Journal, and have your Encyclopædia, but am somewhat at a loss still. You will see that I am a young beginner, having only commenced within a year in my own family. I have cured my own baby of cholera infantum and measles, when they were dying all around, not of disease, but of Allopathy.

All that is necessary is a carefully regulated diet, with time and patience, and sponging occasionally to keep down any morbid heat.

DIETETICS.—I. O., Ohio. 1. Which is the best diet—a mixed one, consisting of the articles generally upon the tables of people not vegetarians—fish, flesh, vegetables, puddings, pies, baker's bread, &c., or one selected from the same tables, but from which flesh and fish are carefully excluded? 2. Is rice a wholesome article of diet for constant use? 3. Is there any truth in the statement often made, that negroes fed upon it at the South, become blind in consequence? 4. Will Dr. Trall give his opinion in regard to shaving the beard?"

1. We can select a better diet from ordinary tables without the flesh than with it. 2. Rice is a wholesome article for constant but not exclusive use. 3. There may be, provided the diet is almost wholly of rice. 4. Shaving is a source of debility.

ULCER OF THE ABDOMEN.—S. R., Allen's Grove, Pa. A lady has for four years been suffering from a sore in the side, in the right iliac region. At first, after a severe attack of inflammation of the bowels, which was treated two months by Allopathy, there appeared a hard red spot about one and a half or two inches in diameter, which increased in size and soreness for two months, when it broke, and discharged great quantities of pus, continued discharging for a year, her life being often despaired of by her physicians and husband. It then healed over, remaining sore and painful, and continued so until last fall, when it began to enlarge again, and for ten weeks her sufferings were beyond comparison. In that time it again broke and discharged as at first, and then came chyle mixed with her food, and a bloody matter. This still continues, seven weeks from the time it broke. She has been treated by doctors of every school, except the one founded in and consisting of the laws of Nature. If you will, through the Journal, prescribe for her, you will confer a great favor upon anxious hearts."

The patient must first be put in good condition by proper attention to the general health, and a strict vegetable diet, and then the sore treated surgically, by bandages, &c.

CANKER IN THE MOUTH.—J. S. D., New Haven. "What is the cause of those little ulcers in the mouth called canker, particularly in an adult, and how can they be cured or got rid of?" Something wrong in the eating or drinking habits. Green tea, saleratus, pepper, salt, &c., often cause the disease; and leaving them off frequently cures it.

KIDNEY DISEASE.—J. B. B., Mich. The symptoms you describe indicate chronic inflammation of the mucous membrane of the bladder; possibly it extends to the kidneys, and probably there is more or less "gravelly sediment" in the urine, this owing to a previous and long-standing "torpidity" of the liver. Tepid hip-baths, soft water, a vegetable and rather dry diet, with sweet mealy fruits, constitute the M. M.—*methodus medendi*.

INTERMITTENT FEVER.—J. D. R., Stillwater. "Fever and ague prevails generally in this vicinity. I am subject to it. The doctors break the chills with quinine; but they won't stay broke. The people hate quinine, and are ready to try almost any other remedy which they have reason to believe will effect a certain cure. If it will not occupy too much space, please give in the Journal the water-treatment for this dreaded disease."

We have to treat this disease on "general principles," that is, as the symptoms are presented in each case, in reference to the patient's constitution and condition. Usually hot fomentations just previous to the cold stage, the pack in the hot stage, and tepid sponging in the sweating stage will answer well.

CALOMEL, COFFEE, PORK, &c.—PEGGY, out West. Peggy would like to ask Dr. Trall a few questions to be answered through the Journal. 1. What kind of diet would be best for a person of feeble constitution who has a troublesome old calomel-sore? 2. Which do you consider most injurious, to drink coffee or eat meat, if a person will have one or the other? and would not a daily morning bath, in water not very cold, tend to prevent the above patient from taking cold? 3. When the limb is inflamed, would it be well to keep it wrapped in cloths wet in cold water? One thing more: it is strongly impressed upon my mind that swine's flesh has much to do with people's having the erysipelas, and I am distressed to see folks stuffing their stomachs with pork, pork, *pork*, and then groaning and dying with erysipelas. Do tell them in the plainest, strongest terms, they *must* stop eating pork, if they don't want the erysipelas. That is, if you think so. If I could talk it as you can, I should surely give them fits.

1. Question—Vegetable diet. 2. It depends on the constitution of the individual, and the amount of the tea or the meat employed. 3. Yes, as to the "pork business," we have repeatedly declared, in the "plainest, strongest" terms we can find in the dictionary, that pork-eating and erysipelas, all over the country, stand towards each other in the relation of cause and effect. But people who absolutely believe what we say to be true, continue to eat the filthy swine. Peggy has not yet learned that a majority of mankind who have become confirmed in the pork appetite, had rather carry a rotting, festering carcass through life than to eat any thing else. Let Peggy talk a little to one of her "pork-fed" neighbors against swine-flesh, and ten to one she will get as many "fits" as she gives.

DOUCHING THE ITCH.—D. T. D. "A Hydropathic physician says that the following is a sure method of curing the disease called the itch: Anoint the whole skin with sulphur, and then take a pail-douche and wash the sulphur off. What say you to such a remedy?" We say

the physician is no Hydropath at all, but a hydrodrugopath. The sulphur may cause the disease to disappear sooner; but we opine a cure will come sooner by means of the douche without the sulphur.

FITS.—E. B., Walpole. Your son had better go to an Establishment, if but for a week, to get on the right plan of management. With your facilities, home-treatment would most likely be a failure.

CHARCOAL.—D. D., Le Royville, Pa. "Some authors say that pulverized charcoal, when put in the mouth every night at bedtime, tends to preserve the teeth. Is it so?" No; nothing will prevent the decay of the teeth except a healthy stomach and the absence of drug-medicines.

COTTON BREASTPLATES.—Peggy Perriquere, of Ohio, (What's in a name?—*Shak.*) gives the rougher sex a well-merited thump in the following style: "Men talk about cotton breastplates. It strikes me they had better stand up before a good-sized looking-glass and take a view of their own cotton breastplates. I happen to know very near how much they wear; for I have stuffed hundreds of vests for them, and I venture to say not one woman in fifty wears more cotton than themselves. I wear none; neither do I approve of any one's wearing them, especially "in this hot weather and time of peace." But I do wear the Bloomers, though, which I suppose is all some of them would wish to know of me, and, "tit for tat," it is all I want to know of them. Now, if cotton will prevent Cupid's arrow from reaching the heart, will some one tell what the next fashion will be?"

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Here is a field for "HOME MISSIONARIES." There is scarcely a family in all our broad domain, but what has been and is now afflicted by the use of that blighting, body-and-soul-destroying narcotic, *tobacco*. The senses are weakened, the nerves prostrated, the memory and the vision lost, the taste and appetite impaired, and all the faculties of the mind and functions of the body paralyzed or perverted.

The evil is realized, admitted, and regretted by many; while thousands of youth are blindly and ignorantly acquiring a habit which, unless broken or stayed, will prove a to them and a curse to their children. The object of these prize essays is to point out the evils, guard the innocent, admonish and restrain the victims, to save them from disease, ruin and premature graves.

Matrimony.

COMMUNICATIONS deemed by us suitable for this department will be inserted on the following conditions: They must be carefully and legibly written, must be accompanied by the true name and address of the writer, (not for publication,) and an INSERTION FEE, at the rate of \$1 for one hundred words. Unless all these conditions are strictly complied with, no attention will be paid to them.

The name and address of each writer will be registered in a private ledger, and will in no case be divulged except to persons whom we believe duly authorized, according to the terms of the communication, to receive them.

Any person applying for the name of a writer, must give his or her own true name and address, and enclose a prepaid envelope or a three-cent postage-stamp. The number of the communication referred to should always be carefully stated; also whether Old or New Series, and the number of the Journal in which it appeared.

Candidates becoming "engaged," or declining for any reason further introductions, will do well to notify us (prepaid) to that effect, that we may refuse their name and address to later applicants.

As we may receive more communications for a given number of the JOURNAL than we can find space for, even in this small type, we shall adopt and strictly adhere to the rule of "First come, first served." Those desiring the privileges of this department will therefore do well to send in their favors at as early a day as possible.

MATRIMONIAL CORRESPONDENCE, NEW SERIES.

No. XXVII. I am about 26 years old. Do not wish a wife older than myself. Am small in stature, only five feet, three inches and a half high, and light built; what there is of me is tough, healthy and active; under ordinary circumstances, am never really sick. Am a hater of rum and tobacco, and every thing mean and ungenerous. In these respects would wish my wife to harmonize. Then I am no user of tea or coffee, and am desirous of being Vegetarian so far as circumstances will permit. Am a business man, and may always be found where it calls me. Love to see order and neatness in the arrangement of all matters, household matters particularly. Would wish my wife to keep order, and in a proper way to remind me when out of order. Think I should not marry a woman as small or as light-complexioned as myself. She should at least have black or dark brown hair. She must be a practical business woman, with good education—the lady of the parlor or kitchen—if a lover of music and a good musician, so much the better; and if a woman of refined literary taste, I think a field of useful effort is open for its ample scope. If a practical woman, possessed of the above qualities, and a gentle, confiding disposition, can reciprocate the earnest love of one whose affections feel the need of an abiding heart, she can find my address and daguerrotype by calling in person on the Publishers of the WATER-CURE JOURNAL.

FINEAS.

No. XXVIII. I am twenty-eight years old, five feet eight inches high, light complexion, dark blue eyes, and free from hereditary or local disease. The Phrenologist gives me fair intellectual faculties. I have a predominance of the nervous temperament. I have industrious habits, and work at fine mechanical business. I possess a good moral character; have considerable stability; do not use intoxicating drinks, tea, coffee, or tobacco in any form, or eat meat.

In a wife the following would be required: She must be an American, age from eighteen to twenty-eight, of about medium height, well-proportioned, dark hair and eyes, good common sense, a well-cultivated intellect. One possessing a warm, affectionate, loving heart, a mild disposition, of industrious habits, that understands doing all kinds of housework, can appear well in the parlor, play the piano, &c. I should have mentioned she must be healthy, possess a good character, be a Vegetarian and Hydropathist. She could wear the Bloomer dress if she chose, and talk politics. If any lady answering the above description, or nearly so, would like to make my acquaintance, she can learn my name and address of Messrs. FOWLERS AND WELLS.

B.

No. XXIX. I am a single man, wishing to marry; and think my best chance to find a companion of congenial tastes, is among the class of women who read your Journal. Being bashful, I desire not to inform the public who I am; but would prefer to reserve particulars of myself for those only who may claim a right to ask them, by reciprocating the confidence, in correspondence by letter. The age suitable for a companion for me would be 35 to 45 years, and if all else was right, a few years more or less would not be ground of objection. I should prefer a woman trained to domestic pursuits, mainly, who respected and cherished habits of economical industry; so partial to "Vegetarianism" as to give it an intelligent

and practical consideration; knowing at least enough of Hydropathy to not be prejudiced against it. In moral principles, Christian; in politics, Christian also. In intellectual capacity, NOT LESS than average, and progressive. (Those particularly partial to "pork and beans" as aliments—tea, coffee and tobacco, as luxuries—sweeping skirts and small waists, as ornaments, "need not apply.") Whether the candidate who is pleased to respond is a widow or a maiden lady, rich or poor, homely or fair, is not material, if other circumstances are SATISFACTORY. She must have education and assurance enough to write her own letters, in a correspondence forming the basis of our acquaintanceship.

Responses to this advertisement may contain such particulars, personal to the respondent, as the writer feels at liberty to communicate, and such inquiries as she wishes particularly answered, and may be sent to the Publishers, who will forward the same to me by mail. At the same time they will return to the writer my name and post office address; providing always, the real name and address of the writer, accompanies the communication to me; and on the receipt of any such responses, I shall hold myself bound to reply, honestly, confidingly, and immediately, by letter, to the person asking a reply.

No. XXX. A Heart to Let.—A heart with large chambers, well furnished with Affection, and draped with Hope and Love. The title is warranted good and perfect, the terms are easy and payments few. It is strongly barred against tea, coffee, tobacco, alcohol, profanity and crime. Has had a tenant once, but now has left for worlds unknown. The drapery and furniture has been used, but is none the worse for wear; it is not an old, dilapidated heart, but is now in the prime and vigor of life. For further particulars apply to the owner. Now, ladies, don't all speak at once.

HARRY.

No. XXXI. THE LONE STAR needs a partner; one who can unite with him in affection, thought and action. "DUENNA" (Letter XXVIII, old series) represents nearly his wishes. He describes himself as loving, thoughtful, and industrious. He is a Spiritualist in theory, a believer in Vegetarianism, and a practical Hydropathist; by birth, English, but cosmopolitan in principle. He is over forty years of age, but is much younger in appearance and constitution. He is short and of dark complexion. He has been crossed in marriage affairs, but all difficulties have been legally adjusted. For any loving sister who may be desirous of a correspondence with him, we have his address.

No. XXXII. A MODEL MAN.—The Editors will vouch for the truth of the following, in EVERY PARTICULAR. This we know to be "Simon Pure," whatever others may think.—[E.S.]

The subscriber is a BACHELOR, who graduated with the highest COLLEGIATE HONORS of his class; is now a SURVEYOR by profession; a TRETOTALLER from boyhood; has been EDITOR and co-publisher of several TEMPERANCE papers; uses NO TEA, COFFEE, OPIUM, ALCOHOL, PROFANITY, TOBACCO, LEERS, NOR ONIONS; and is affectionate, philanthropic, social, domestic and moral, in all his habits; highly appreciates and admires teetotal, moral, mental, AFFECTIONAL and PHYSICAL BEAUTY, in woman; has some \$10,000, or \$15,000; is five feet ten inches tall, well proportioned, healthy, "good-looking," and is "EVERY INCH A MAN," in all his physical functions and developments. He is now (but has not been for the last fifteen years,) in a situation to marry, and, AS A HUSBAND, would love and cherish, with passionate fondness, some worthy, lovely and LOVING woman, AS A WIFE, whose feelings, tastes and habits, should happen to be CONGENIAL WITH HIS OWN!

The young lady (for SUCH "a wife" must have been seen not more than thirty summers) must have a mild and AMIABLE disposition, a good and well-educated mind, a sound and healthy constitution, free from all HEREDITARY predisposition to insanity or consumption, a fair, pleasant face, a fine and fully-developed form, of medium height and size, OR UNDER, and, of course, a smallish hand and foot; such a PRACTICAL knowledge of household affairs as to enable her, appropriately, both to RULE THE KITCHEN and to GRACE THE PARLOR, and must be, NOT MASCULINE, but truly FEMININE, and "EVERY INCH A WOMAN," in all the developments of her phrenology, feelings, face, form, and physical functions. As to WEALTH, she may have MUCH, LITTLE, or NONE. For GOLD ALONE, he would NEVER marry; but, "CETERIS PARIBUS," he would prefer a wife with a fortune not less than half of his own, and would have it, at marriage, so placed under HER OWN exclusive control, as to protect her and her children from poverty or want, in case he should ever again be FINANCIALLY UNFORTUNATE, as he ONCE has been.

Should any such lady, with a view to matrimonial relations, desire a correspondence or personal interview with such a bachelor, she may obtain his real name of the Editors of this Journal, or she may write him, to their care, and they will super-envelope, re-address, and mail the letter to him.

A CONJUGIAL CANDIDATE.

No. XXXIII. ARABEL.—I am a reader of your Journal, and a friend of reforms, and perhaps may find the companion of my choice among some of your correspondents. I am an affectionate woman, possessing a benevolent and peaceable disposition; am intelligent, industrious, sociable, confiding, and circumspect in deportment. "Improvement" is my motto, and to study to "know" myself and my duty to others, is the governing principle of my life.

I wish a husband to be a CANDID, HONEST MAN, a slave to no habits nor fashions, to possess a disposition congenial with my own. A Christian a hydropathic and vegetarian farmer, thirty or thirty-five years of age, would suit me. I think I should like the West.

Any gentleman seeing the above description, and wishing to become more acquainted with me, can obtain my name of FOWLERS AND WELLS.

WE regret to inform the applicants for the address of MELVINA, No. 5, New Series, that she has not yet re-ent it.

WE are requested to withdraw the names of No. 24, Old Series, and No. 1, New Series, from the list of Matrimonial Candidates.

One of our matrimonial advertisers writes us as follows:—

"In regard to the progress of my matrimonial affairs, I do feel a little secretive, but will just say that through your kindness I have come into communication with quite a number of thinking and reading minds—have gained some good social as well as MATRIMONIAL correspondents; but as I have had no wish to hurry the subject of matrimony, I could not, if I would, give you any thing DEFINITE in reference to the result of your matrimonial department. I will only say that I think it a good idea, especially since it gives the "weaker half of humanity" something like an equal chance with the "lords of creation," in the matter of obtaining "life partners."

J. M. C. asks for the address of one of the matrimonial candidates, and fails to pay the postage on his letter. We cannot send him the address of any lady under those circumstances. See the conditions affixed to that proposal, on our part.

Advertisements.

A LIMITED space of this Journal will be given to Advertisements, on the following terms:
 For a full page, one month, \$75 00
 For one column, one month, 20 00
 For half a column, one month, 12 00
 For a card of four lines, or less, one month, 1 00

At these prices the smallest advertisement amounts to LESS THAN HALF A CENT A LINE, or forty cents a column for EVERY THOUSAND COPIES, our edition being 55,000 copies.

Payment in advance, for transient advertisements, or for a single insertion, at the rates above-named.

Copies of this JOURNAL are kept on file at all the principal Hotels in NEW YORK CITY, BOSTON, PHILADELPHIA, and on the STEAMERS.

ALL ADVERTISEMENTS for this JOURNAL should be sent to the Publishers by the first of the month preceding that in which they are expected to appear.

Water-Cure Establishments.

HYDROPATHIC AND HYGIENIC INSTITUTE. R. T. TRALL, M.D., PROPRIETOR. This commodious establishment, 15 Laight St., can now accommodate one hundred or more persons. Its business arrangements comprehend:

1. GENERAL PRACTICE, in which Dr. A. Crystie and Miss A. S. Cogswell assist.
2. OFFICE CONSULTATIONS, by Dr. Trall, personally.
3. DEPARTMENT FOR FEMALE DISEASES.
4. SCHOOL DEPARTMENT, for the education of physiological teachers and lecturers, and Hydropathic physicians. TEACHERS: Dr. Trall, Dr. Taylor, Dr. Hambleton, Dr. Snodgrass, Dr. Briggs, Dr. Christie, L. N. Fowler, Miss A. S. Cogswell.

Regular term of Lectures, from November 1 to May 1, of each year. Private or Summer term, with private lessons and occasional lectures, from May 1 to November 1.

EXPENSES: Tuition for this Winter term, \$75; do., with board, \$150. Summer term, \$50; do., with board, \$100.

5. PROVISION DEPOT, for the manufacture of pure and proper articles of wheaten grits, hominy, oatmeal, farina, crackers, &c. Orders for all kinds of farinaceous preparations, dried and preserved fruits, &c., will be supplied.

6. BOARDING, for those who desire the dietary of the institution.

A CARD.—It being a well-known fact that the hot season is, on the whole, the least favorable for water-treatment, the part of wisdom for those who would regain health is to pursue the Hydropathic course much longer than the majority of patients are in the habit of doing. DR. SHAW would therefore hereby respectfully give notice, that his "Water-Cure Home" at Oyster Bay, Long Island, will be kept open till about the 1st of November, and that the climate of said place is, during the Autumn, the most pleasant and lovely conceivable. Besides, our pure food—our fruits and flowers—our fine rides and walks—our sailing, rowing, and salt-bathing—and not least, our WATER of unexampled purity, form a combination of circumstances that go to render life the most joyous and delightful which our nature is capable of. The terms, moreover, shall be made very reasonable to those who wish to remain with us during our autumn course. Aug. 1st.

MT. PROSPECT WATER-CURE, Binghamton, Broome Co., N. Y.—Treatment during the cold season.

This Establishment holds out rare inducements to all persons who desire a course of hydropathic treatment during the autumn and winter. Our climate is very mild and healthy. The Cure is supplied with "healers," and all rooms, both public and private, are kept at a summer's temperature, both day and night.

We continue, as heretofore, to treat all diseases that "flesh is heir to." Particular attention paid to diseases of the throat and lungs. We also treat obstinate cases of Spermatorrhœa and Nocturnal Emissions effectually, by a mild and nearly painless operation. (Something new.)

Dr. T. and wife have had charge of CURES for the last seven years, and their superior success and skill is well known to the Water-Cure public.

TERMS.—From \$5 to \$8 per week.
 Dr. T. can be consulted as usual, and prescriptions sent, free of charge, to any part of the United States.

O. V. THAYER, M. D., } Resident Physicians.
 Mrs. H. H. THAYER, }
 H. M. RANNEY, Proprietor. Oct 1st

Fall and Winter Treatment.—Dr. Vail's Establishment at Concord, N. H., is admirably situated for fall and winter treatment.

To bring the superior advantages of the Hydropathic mode within the reach of all, and secure the blessings of health and happiness to a greater number of the suffering and afflicted, we shall receive patients henceforward until further notice, at the low rates of \$4, \$5, and \$6 per week, depending upon the attention required, length of stay, &c., &c. Patients must furnish the requisites bed-clothes for treatment.
 Concord, October, 1854. Oct 1st

ELMIRA WATER-CURE.

This Institution has entered upon its third year of successful life. It has been so abundantly patronized that the Proprietors have deemed it necessary, in order to meet the demands of its increasing patronage, to make enlargements and improvements, thus affording better facilities for the comfort and treatment of invalids.

The Bath-rooms have been DOUBLED in size, while convenience and comfort have been consulted. Patients can go on a LEVEL from the second and third stories direct to baths. We have 300 feet of Verandah, from which one of the most charming landscapes is seen. We are reached in all directions by railroad.

Dr. S. O. and Mrs. R. B. GLEASON, M.D., opened the first Cure, west of the Hudson river, in the United States, and the FOURTH one in this country. They have been pioneers of the great cause of Hydropathy. Have had charge of THREE CURES, before building their present home, where they intend now to remain. Their long experience has enabled them to construct a Cure not excelled in this country for comfort in taking water-treatment. From their large experience in the use of water as a remedy, in the treatment of 4,000 cases, they trust that they are entitled to public confidence, and a large share of patronage. Mrs. G. has eminent success in the treatment of female diseases, having had hundreds under her care. Address,
 S. O. GLEASON,
 Elmira, N. Y.

Sept. 1st.

Dr. TAYLOR'S NEW WATER-CURE.

The proprietor of this popular Establishment is now offering to the public attractions of no ordinary character. His location is at once airy, healthful and accessible, thus combining the advantages of city and country. His buildings are entirely new, and in their structural arrangement are unequalled. The rooms are very spacious and convenient, with an abundance of closets, pantries, &c. The halls are long, broad and beautiful, and he has a gymnasium unequalled by that of any Establishment in the country. His furniture is entirely new, and it is his fixed purpose to keep the house in a manner to suit the most fastidious.

It is confidently believed that invalids, and families and boarders, who desire a pleasant home, where physiological conditions are thoroughly understood, and hygienic laws strictly obeyed, will consult their interests by calling and exclaiming for themselves.

Special attention to female diseases, in which the Doctor has had a large experience. His location is on the Sixth Avenue, corner of Thirty-eighth street, New York. Cars and omnibuses pass the door every five minutes. Oct 1st

New Lebanon Springs Water-Cure.

This Establishment is now open for fall and winter treatment. Having the water from the celebrated WARM SPRING, which is never below 72 deg., Fah., renders our course UNEQUALLED as a fall and winter resort for invalids. WILLIAM A. HAWLEY, M. D.
 NEW LEBANON SPRINGS, Sept. 7, 1854. Oct 1st

Dr. E. A. Kittredge has given up his Establishment in Franklin Place, and has taken rooms in Avery street, No. 13, (Boston, Mass.) Dr. K. will be in readiness at all times to visit the sick, prescribe at office, and lecture anywhere in New England. Oct 1st

A CARD. D. W. Ranney, M. D., Founder of "Mt. Prospect Cure," having had six years' experience in Hydropathic Institutions, is now prepared to correspond with parties wishing his services. Mrs. R. is competent to take charge of the female department.
 BINGHAMTON, N. Y. Oct 21st

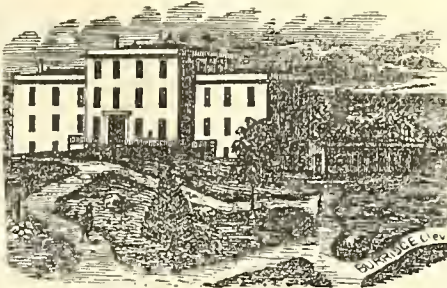
Spring Ridge Water-Cure, Hinds County, Mississippi.—Dr. H. J. Holmes respectfully informs the citizens of Louisiana, Alabama and Mississippi, that he is gradually converting his present Female Infirmary into a regular Water-Cure Establishment, and that he is now prepared to receive patients to be treated in accordance with the principles of this modern discovery. In this enterprise he is pleased to announce that he will have effective aid in the person of his son, Henry J. Holmes, Jr., M. D., who has superadded to a thorough medical education a personal knowledge of the theory and practical operations of Hydropathy as taught by Dr. R. T. Trall in the city of New York. He will also be aided by his brother, General T. J. Holmes, whose success in the treatment of chronic diseases by water has indeed been unparalleled. Ladies and gentlemen visiting Spring Ridge Water-Cure, will be required to furnish two linen sheets, two comfortable beds, towels, &c. Terms, \$10 per week, paid in advance. Oct 31st

DR. GEO. M. HOYT,
 Office and Residence, 77 Bedford Street,
 BOSTON, MASS.

Sept 1st

PHILADELPHIA.—Dr. Weder's City WATER-CURE ESTABLISHMENT, No. 80 North Eleventh street. Oct 31st

GLEN HAVEN.—Persons wishing to consult us for medical advice will please observe—our Fees are as follows:
 1. For advice, as to the propriety of water-treatment, \$1.00
 2. Examination at our office, and prescription for home-treatment, 3.00
 3. Prescription by letter for home-treatment, 5.00
 4. No examination fee for patients.
 5. Circulars sent free to all who wish for them.
 6. All letters must be post-paid.
 7. Fees must be enclosed, or good reasons given for not doing so.
 8. Address Scott, Cortland Co., N. Y., J. C. JACKSON, M.D., Mrs. L. E. JACKSON, Miss HARRIET N. AUSTIN, } Physicians.
 Apl 1st



CRYSTAL FOUNTAIN WATER-CURE.

This Establishment for the cure of CHRONIC DISEASES, is conducted by Dr. B. L. HILL, (Professor of Surgery in the Cleveland Homœopathic College,) and Dr. N. G. BURNHAM, both experienced Physicians and able Hydropaths.

The facilities in this "Cure" for the successful treatment of Chronic Diseases, and especially the different forms of Dyspepsia, Diseases of the Liver, Spine, and Nervous System, Rheumatic Affections, Neuralgia, Female Diseases, General Debility, Bronchitis, and Incipient Consumption, as well as diseases caused by improper or excessive medication, are not surpassed by any Establishment in the country. Especial attention will be given to diseases commonly known as SURGICAL CASES, such as Hip-Diseases, Fever Sores, White Swellings, Fistulas, Cancers, (in the early stages,) Diseases of the Eye, Spine, &c.

THE FEMALE DEPARTMENT is under the special charge of a skillful FEMALE PHYSICIAN, who will also have the aid and counsel of the other professional attendants. Her experience in one of the most successful Water-Cures of the East, and her devotion to the suffering of her sex, we trust, will recommend her to the favor of those who seek restoration to health.

Patients will have the benefit of the most skillful Homœopathic or specific prescriptions—an advantage enjoyed in but few "Water-Cures" at present, in this country.

The Rooms are large, airy, and well ventilated. The Bath-rooms are ample, and supplied with an abundance of soft water, of the purest quality, flowing from sandstone rocks, free from any calcareous or other mineral substance.

The SOIL is dry and sandy, the air pure, and free from fogs. This locality is celebrated for healthfulness—no epidemic disease ever having prevailed here—it is parallel in this respect is unknown in the West. It is on the highlands, 4 miles from, and several hundred feet above Lake Erie—is very accessible, being 2½ miles from the Berlin Station, Cleveland and Toledo Railroad, via Sandusky; 4 miles from Townsend Station, Southern Division C. and T. Railroad, via Norwalk; 8 miles from Norwalk, and 14 miles east from Sandusky, via C. & T. Railroad.

The prices for residence at this Cure, including board, treatment, and nursing, will vary from \$6 to \$12 per week.

Address,
 "CRYSTAL FOUNTAIN WATER-CURE,"
 BERLIN HEIGHTS,
 Erie County, Ohio.
 Aug. 1st.

THE SUGAR CREEK FALLS WATER-CURE.

This Cure is situated 12 miles south of Massillon, from which point, on the O. and Pa. Railroad, it is passed daily by stage. It is supplied with pure, soft SPRING WATER. Terms \$5 per week. For further particulars address S. FREASE, M.D., Apt 1st Deardorff's Mills, Tuscarawas Co., O.

CHICAGO WATER-CURE RETREAT.

cor. of Randolph and Sangamon sts., Chicago, Ill., where patients are received, afflicted either by chronic or acute diseases, summer and winter. Also, general practice, either in or out of the city, receives prompt attention.
 July 1st. J. WEBSTER, M.D.

WORCESTER HYDROPATHIC INSTITUTION.

No. 1 GLEN STREET.—This Institution is well arranged for treatment at all seasons. TERMS, usually from \$7 to \$9 per week. For treatment without board, \$3 to \$4 per week.
 July 1st. S. ROGERS, M.D.

NEW GRAEFENBERG WATER-CURE—FOR

full, printed particulars, address R. HOLLAND, M. D., New Graefenberg, N. Y. Aug 1st

PAWTUCKET WATER-CURE, No. 7

Spring Street. Open Summer and Winter. For particulars address ISAAC TABOR, M.D., Proprietor and Physician, Pawtucket, R. I. July 6th

CINCINNATI WATER-CURE, five miles

from the City, on the Cincinnati & Dayton Railroad, and but a few rods from the Carriage Depot. This large and flourishing Institution is open Summer and Winter, for the reception of patients. Terms, from \$6 to \$10 per week.
 For further particulars address D. A. PEASE, M.D., Carthage, Hamilton Co., Ohio. July 1st.

H. KNAPP, M. D., Water-Cure Physi-

cian and Surgeon, Lockport, Niagara Co., N. Y. Dr. K. keeps constantly on hand and for sale, Water-Cure and Phrenological Books, at New York prices. Jan 1st

ATHOL WATER-CURE, MASS.—FOR

healthfulness of location, purity and softness of water, variety and beauty of scenery, and the large proportion of CURERS it has witnessed, this establishment is deemed unsurpassed. TERMS: \$6 to \$7 per week. For particulars address Mch. 1st. GEO. FIELD, M.D.

AUBURN WATER-CURE, Auburn, Ma-

con Co., Ala.—DR. WM. G. REED, Miss L. A. ELY, Physicians. Apl 1st.

DR. BEDORTHA'S WATER-CURE ESTABLISHMENT is at Saratoga Springs. Aug 1st

FORESTVILLE WATER-CURE, at For-

estville, Chautauque Co., N. Y., eight miles from Dunkirk, on the New York and Erie Railroad. For Circulars address the Proprietor, C. PARKER, M.D. July, 1st.

LYING-IN INSTITUTE, 201 West 36th

st., by Mrs. C. S. BAKER, M.D., graduate. She will also consult with and visit patients at their residences.

FOR WATER-CURE ESTABLISHMENTS.—

The finest sorts of Fruit and Flowering Trees and Plants at the lowest rates. Catalogues gratis. Carriage paid to Boston or New York. B. M. WATSON, Old Colony Nurseries, Plymouth, Mass. Aug. 9th.

DR. FRANKLIN'S ORIENTAL HYDROPA-

THIC INSTITUTE at FREDONIA, N. Y., is now in successful operation. Terms, from \$5 to \$12 per week. Address, post-paid, Oct. 1st D. D. FRANKLIN, M. D.

CANTON WATER-CURE, Canton, Fulton

co., Illinois, has just been enlarged thirty feet by forty, giving another set of Bath Rooms, Dining Hall, &c. Terms, \$4 to \$10 per week; four months for \$50.

A healthy location, delightful prairie and timber scenery, good water, and a determination on our part to build up an institution worthy of the "mighty West," make this Establishment a desirable retreat for invalids and pleasure-seekers. Address, JAMES BURSON, M.D., Principal. Sept 31st

WANTED.—A Water-Cure Physician

thoroughly educated and devotedly attached to his Profession, but without any capital, wishes to know of a field where he can apply his talents for the benefit of his fellow-men. He is also willing to enter into partnership with any person of means, who will employ them for the building of an Establishment. Address, FOWLERS AND WELLS, 368 Broadway, New York. Sept 21st

CAPE COD WATER-CURE; W. Felch,

Physician. Address GILBERT SMITH, Harwich Port, Mass. Oct 31st

CLEVELAND WATER-CURE ESTABLISH-

MENT. The above Establishment is now commencing its seventh season. The number of patients treated at the establishment has been on the increase from year to year, for the past six years, until the last season, when the demands of the public far exceeded our power to accommodate them. The increasing rapidity and proportion of cures, from year to year, induces the subscriber to believe that his enlarged experience and opportunities for treatment give facilities to the invalid rarely equalled. Diseases peculiar to females are treated with a success and rapidity of cure believed to be surpassed by none. T. T. SEELEY, M.D., Cleveland, Ohio. June 1st.

YELLOW SPRINGS WATER-CURE, GREEN

Co., Ohio.—This Establishment, situated on the Little Miami Railroad, one mile south of the town of Yellow Springs, and in sight of Antioch College, is unequalled in the beauty of its location, and offers inducements to the invalid, not surpassed by any similar establishment in the United States.

The buildings were erected for their present purpose, and possess every convenience for comfort and successful treatment, with a Gymnasium and Ball Alley attached, for exercise and amusement.

Resident Physician, A. Cheney, M.D. Consulting Physician, G. W. Bigler, M.D., Cincinnati. TERMS, \$6 to \$8 per week (paid weekly) for all ordinary attention. Further particulars on application. Address Dr. A. CHENEY & Co., as above. June 6th.

MOTORPATHIC CARD.

Dr. H. HALSTED formerly of Halsted Hall, Rochester, N. Y., well known as the author of the System of Motorpathy, and by his great success in the cure of Chronic and Female Diseases, has recently purchased and removed to the celebrated ROUND HILL WATER-CURE RETREAT, at Northampton, Mass., where, with improved facilities, he will continue the practice of his peculiar System, in connection with the Hydropathic Treatment.

Dr. H. was one of the earliest advocates, and has long been, and still is, one of the most successful practitioners of the Water-Cure System. Nevertheless, in the treatment of Chronic Diseases, and especially those incident to Women, experience has taught him that MOTORPATHY combined with the Water-Cure Treatment, is in all cases much more effectual, and will restore many patients who are beyond the reach of Hydropathy alone. This has been made apparent in the cure of very many nervous and spinal affections heretofore unrecurred, and of Dyspepsia and Paralysis, and the numerous and complicated diseases of the Liver and Kidneys.

Dr. H. is confident in saying that in many long-standing diseases, Motorpathy is the only available remedy. More than seven thousand persons have been successfully treated at his former Institution; and with the improved facilities of Round Hill, Dr. H. looks forward to increased success. Physicians are respectfully invited to call and test for themselves the merit of his System.

As a summer retreat for the friends of patients or others seeking relaxation and pleasure, Round Hill stands alone and unrivalled. Its mountain air, limpid water, and delightful scenery have given it a world-wide reputation.

His former Institution at Rochester is for sale. His work on Motorpathy can be obtained by remitting ten postage-stamps. Address H. HALSTED, M. D., Round Hill, Northampton, Mass. Sept 1st.

GLEN HAVEN.

ABOUT four years since, Dr. and Mrs. JAMES C. JACKSON assumed the medical charge of this Water-Cure; then, they had no MEDICAL reputation; now the proprietors take pleasure in saying, that as far as the Water-Cure idea has gone, they are known. Then, Glen Haven was but little known—now, THE GLEN is known and visited by the sick from one end of the Union to the other. Within this time, over 1300 sick ones, from more than three-fourths of the States and Canada, have been treated, having been afflicted with various diseases, and not less than 95 in each 100 have been benefited or cured. They have come to the Glen on beds, on crutches, dyspeptic, neuralgic, rheumatic, scrofulous, consumptive, with liver complaint, with sore eyes, with every variety or form of disease, and have gone away well. And what is still more to be admired, they have been cured without medicine. No poison has passed their lips, no nauseous mixtures have been swallowed, no ointments have been rubbed on to their skin, no motoropathy, nor mesmerism, nor spirit-rappings, nor psychology, nor Abracadabras of any kind have been invoked. God's own appointed way has been applied, that of reliance for RESTORATION on those means, and influences, and forces, which are powerful for PRESERVATION OF HEALTH.

At this date, July 22, there are not less than 120 guests under treatment; and as many who read this advertisement will come to us, we wish to tell them what they will find us to BE; for neither by word or woodcut, by hint or innuendo, would we mislead a person to his disappointment.

1. THE GLEN is a Water-Cure made up of eight distinct dwellings, located in groups, and of size each to accommodate from 30 to 10 persons. We arranged them so purposely. The place from the eastern mountain has the appearance of a HAMLET on a lake shore, with a mountain 1000 feet high for a background. These buildings are shaped, and fitted, and furnished with special reference to the wants and uses of a CURE. Neatly painted, carpeted, and furnished, they suit our guests. The wealthy and the poor can be suited, as rooms are fitted for their wants, though the IDEA of keeping every thing subservient to the main object of accommodating sick people is not forgotten.

2. Its natural advantages for a WATER-CURE are unequalled in the United States. Situated on the shore of a clear soft-water lake, could you stand on our piazza and see a dozen or more of our boats on the lake, filled with sick men and women, you would understand just what we mean. Or, if in winter, see our skaters whizz over the glare ice, you would know what we say to be true. And then such air! We have lived here seven years, and have never seen our lake covered with a fog that has lasted for half an hour, so you could not see from shore to shore. We have had nethmatics and consumptives speak of our air in raptures; and in the winter it is warmer, and in the summer cooler, by at least ten degrees, than the regions surrounding it.

3. But our WATER. To have a Water-Cure and not water of the right quality, and abundant, is like listening to Hamlet with Hamlet as a character left out. On this point, thank God!—for our water is our medicine—we are in the ascendant. Our water comes from an elevation of 900 feet, is admirable for its SOFTNESS, has in this respect the praise of all who visit us, and is pure from medicinal impregnations. No rain-water was ever more tasteless, yet our water is living water, fresh, sparkling, cool, refreshing. Between it and hard water, and rain water, "mineral waters," and medicinal waters, let the cures performed at the Glen speak—they tell their own story. And then its abundance! Our supply is inexhaustible—day and night, Sundays and week-days, it runs its healing streams through our bath-rooms. Blessed agent! mighty to cleanse. This simple fact of having enough, all one wants, gives to the applicant for treatment confidence, and to the Physician prestige of success. Rain or shine, dry or wet, there come dashing down our mountain sides OUR medicines, full of life to the feeble. Water-Cure doctors and Water-Cure patients have yet to learn somewhat on the subject of the qualities and quantities of Water as applicable to the healing of the Sick.

BATHS AND BATH-HOUSES.—We think we speak justly, when we say that our method of administering the treatment is different from any Establishment in the world. Of its value let facts speak, or, which will suit us quite as well, let our Cure be visited by physicians, lawyers, literary men, working-men, by women, and by students of medicine, and examination be made; they will find the following things: first, that we give milder treatment; second, less in quantity; third, that we employ three times as many assistants to do the same amount of work, having in our house thirteen bath attendants at this time; fourth, that we hand-rub our patients much more than any other Cure; and, fifth, that we give nearly all the treatment in the

earlier and midday.—We think they will say that our Bath-Houses are not excelled for convenience and comfort.

MEDICINES.—We give none. Those who wish them as curative agents should not visit Glen Haven—they cannot find on our premises paregoric to stop a crying child. Just think of it! a population of nearly 200 souls, two-thirds of whom are sick, living, year in and out, with not medicine enough to saturate a sugar pellet. Persons are suddenly seized with the most alarming symptoms, yet they do not DIE, though we give no medicine. Does this history of ours not fully demonstrate the uselessness of drugs?

SECLUSION.—We are away from the world. Its fashions, customs, varieties, falseness, its conventionalities, etiquette, and absurd changes, are unfriendly to the recovery of the invalid. The sick man or woman wants quiet, repose, freedom—so up among our magnificent hills, with the lake at our feet, we years ago sat us down isolated, (if not insulated), like the little republic of San Marino, in Italy, and we wrote on the gates of our home, LIBERTY—liberty to get health, liberty to get it without the nausea and torture of drugging, to get it in God's own constituted way; liberty to walk, to sit, to lie down, to eat, to sleep, to ride, to dress, as one should; and to our locality, and the freedom naturally growing out of it, combined with our other extraordinary advantages, natural and acquired, Glen Haven owes its reputation, as a Water-Cure, second to none in the world—a reputation that, God blessing us, we shall keep intact, till there shall lie down at night, fall under the shadow of our mountains, to sleep sweetly, not less than 500 sick ones.

DRESS.—No single habit of woman has as much to do in predisposing her to disease as this. On this point our records are ample, and they are scarcely less full in relation to its beneficial influence. At Glen Haven, the American costume, or short dress, is generally worn. Scarcely a lady who visits us, who does not, of her own accord, adopt it, whilst with us, and not a few become so convinced of its importance to health, as to wear it in general society. But the matter is left optional with our lady guests. It is so plain that in all respects it is superior for the invalid, they being able to walk usually three times as far as in the long-skirted dresses,—that one can climb our mountain sides so much better—can row our boats so much easier and more expertly—that the desire for speedy restoration overcomes all objection, and the costume is put on. Glen Haven is the only Water-Cure, so far as we know, where the females are in the habit of thus adjusting themselves; and Glen Haven is without a successful competitor in its treatment of diseases specially affecting women; in all such cases we can hold out high hopes to the sick. They will find the Glen all and more than we claim.

WINTER TREATMENT.—Our physicians think that, located as we are, so sheltered from the cold, making it comparatively easy for the invalid to take exercise, and bracing as is the temperature of the air, they decidedly prefer the cold months in which to administer treatment successfully. Our Houses are well warmed; our Bath-Houses are kept perfectly comfortable; our Baths all modified so as to meet the capacities of reaction of the sick; and with a new large PACKING-ROOM in contact with the Bath-Room, treatment can be had as comfortably, and more thoroughly, than in the hot months. Last winter we had over 70 ladies and gentlemen; the coming six months we hope to have at least 100 guests at a time, the whole winter through.

ASSISTANT PHYSICIANS.—Besides Dr. HAYNIT N. Austin, and Dr. C. J. Armstrong, both of whom are so favorably known, from their connection with the Glen, we take great pleasure in stating that we have secured the assistance of Dr. William Jansen, of Germany, who comes to us highly recommended for his skill and gentlemanly qualities, and Dr. Anna S. Angell, of Pawtucket, Rhode Island.

ACCESS.—From east to west we can be reached as follows:

On the Central Railroad, from Albany or Buffalo, to Syracuse, thence on the Syracuse and Binghamton Railroad to the village of HOMER. Or, from east or west, on the New York and Erie Railroad to Binghamton, thence on the Syracuse and Binghamton Railroad to HOMER. At this village stop at Van Auden's Temperance Hotel, and call for livery, you will be brought up in good style, and at moderate charges, in little over sixty minutes.

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Post Address.—J. C. Jackson & Co., or either of the Physicians, whose standing card is in the Journal, Scott, Cortland Co., N. Y. Sept. 2t.

DR. HAYES' WATER-CURE INSTITUTE, AT WYOMING, N. Y.—For a full advertisement of this Institution, see April number of the Water-Cure Journal. A report embracing nearly 400 cases treated at this ESTABLISHMENT will be sent free to all post-paid applicants.

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Oct. 1t d.

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Of the Tenth Volume

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While we shall not at this time venture to promise any further improvements upon the UNIVERSE than that alluded to above, we may nevertheless be permitted to say that no pains will be spared to maintain for it the high position which it has enjoyed during the past nine years, in every section of the United States, for its

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And on all the other subjects that go to make up such a weekly publication as cannot fail to be a welcome visitor to the fire-side of every enlightened family in the Union—one which shall be as desirable in the store of the merchant, as it is to the closet of the man of letters—that shall carry instruction and information alike to the mechanic, the farmer, or the man of leisure. But it is needless for us to enter into any explanation of the merits or demerits of the UNIVERSE. It has been too long before the people—has enjoyed too large a circulation—to be unknown to the intelligent portion of the people of the United States.

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Oct 1t b d

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THIS new Association is designed to encourage and popularize the Fine Arts, and disseminate pure and wholesome literature throughout the country. For this purpose a Gallery of Art is to be permanently founded, which will each year contain a choice and valuable collection of Paintings, Statuary, &c.,

For Free Distribution.

The Association will also publish and issue to its members each year, the best Literature of the day, consisting of the most popular Monthly Magazines, Reviews, and Pictorial Library works.

THE OFFICERS of the Association for 1854, have the pleasure of announcing that the subscription books for the current year are now open, and that the first annual distribution of Works of Art, contained in the above Gallery, will take place in January next; on which occasion there will be distributed among the members of the Association, free of charge, several hundred superb Works of Art, among which will be the original and world-renowned statue of HIRAM POWERS,

The Greek Slave,

purchased at an expense of over \$5,000! Also, a large and very choice collection of magnificent OIL PAINTINGS, consisting of the best productions of celebrated American and Foreign Artists, among which are the works of SONTAG, MEKKER, REEB, KENSSETT, GRISWOLD, CLOUGH, FRANKENSTEIN, and other eminent American Artists, which, with the constant additions made through an agent now in Europe, will render this by far the most complete Gallery of Art in the United States.

The Literature

published for disseminating among the members of the Association, for 1854, will consist of the following Monthly Magazines, Reviews, &c., viz: HARPER'S, PUTNAM, BLACKWOOD, KNICKERBOCKER, GODEY'S LADY'S BOOK, and GRAHAM'S MAGAZINE; together with the following Quarterly Reviews, reprinted in New York, viz: WESTMINSTER, LONDON QUARTERLY, NORTH BRITISH, and EDINBURGH.

The Association is open to all; any person may become a member on the payment of \$3, which entitles him to a membership and any one of the above Magazines or Reviews for one year, and also to a FREE TICKET in the annual distribution of STATUARY, PAINTINGS, &c. All who take five memberships are entitled to any five of the Magazines one year, and six tickets in the distribution.

The wide-spread fame of the above periodicals renders it needless to say any thing in their praise, as it is conceded that, as literary organs, they are far in advance of any others in the world. The publisher's price of each is invariably \$3 a year; thus, by becoming a member of this Association, it secures to all the twofold benefit of three dollars' worth of sterling literature and a ticket in the distribution of the most magnificent collection of choice works of Art in the country.

THE GALLERY of the Association is located at Sandusky City, where SUPERB GRANITE BUILDINGS have been erected for it, and in whose spacious Saloon the whole collection of Paintings and Statuary will be exhibited. The net proceeds derived from the sale of memberships are devoted expressly to the purchase of Works of Art for the ensuing year.

THE INCREASING INTEREST felt in the advancement of the Fine Arts, warrants the belief that this Association will, with the powerful aid of Literature, become at once universally popular, as it not only cultivates and encourages the Fine Arts, but disseminates sterling Literature throughout the land, thereby adapting itself to the present wants and tastes of the American people, enabling both rich and poor to make their homes pleasant and attractive, by the aid of Sculpture, Paintings, and the best reading matter which the wide range of American and Foreign Literature affords.

A few of the peculiar advantages derived by joining this Association are—

1st. All persons get the FULL VALUE of THEIR SUBSCRIPTION AT THE START, in the shape of sterling Magazine Literature;

2d. They are at the same time contributing towards purchasing choice Works of Art, which are in turn to be distributed among themselves free of charge;

3d. Each member is also directly encouraging and patronizing the Arts and Artists of the country, disbursing many thousands of dollars through its agency.

THOSE who PURCHASE MAGAZINES at Bookstores will observe that by joining this Association, they receive the Magazine, and Free Ticket in the annual distribution, all at the same price they now pay for the Magazine alone.

ALL PERSONS, on becoming members, can have their Magazine commence with any month they choose, and rely on its being mailed to them promptly on the first of every month, direct from the New York and Philadelphia Publishers. Back Numbers furnished, if desired.

Books open to receive names at the Eastern office, New York, or the Western office, Sandusky.

Persons remitting funds for membership, should mark letters "Registered," and state the month with which they wish their magazines to commence, and also their Post Office Address in full, on the receipt of which, a certificate of membership, together with the magazine desired, will be forwarded to any part of the country.

Offices of the Association, at the Knickerbocker Magazine office, 318 Broadway, New York, and at No. 3 Water st., Sandusky, Ohio. Address (at either office) Oct 11 C. L. DERBY, Actuary, C. A. & L. A.

General Business.

FRUIT TREES.—A fine Assortment of the various kinds, at the lowest prices. Catalogues gratis. Address

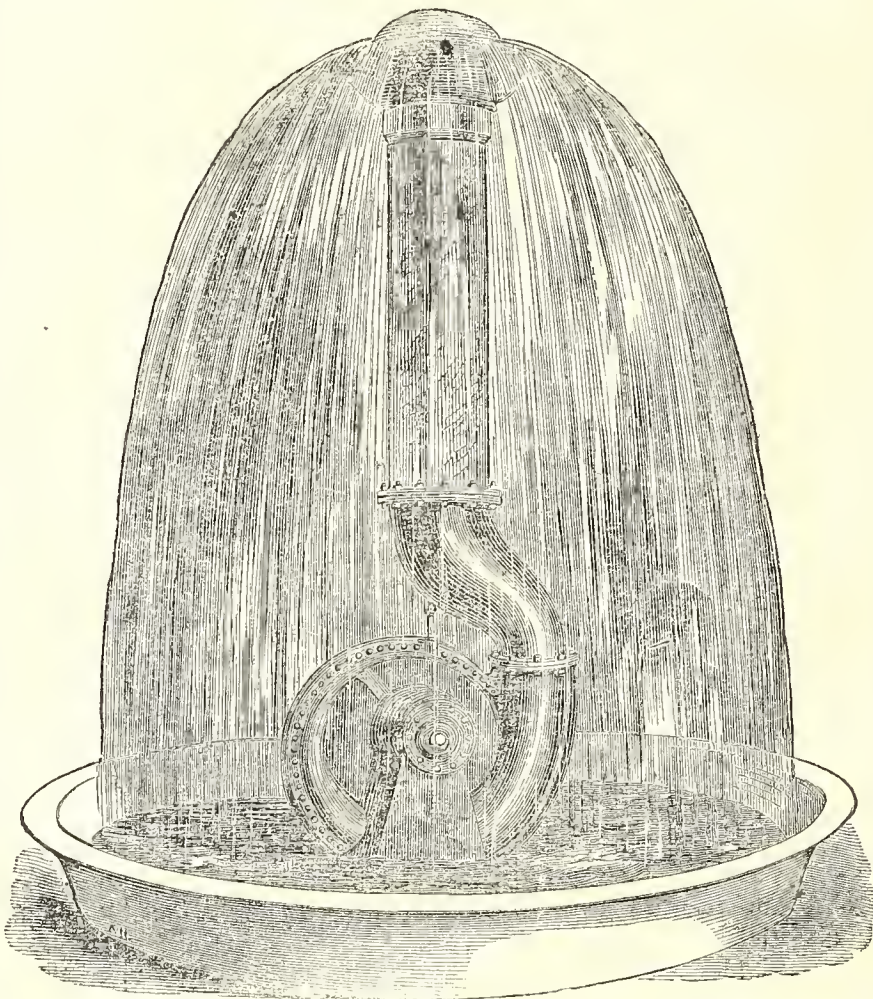
JAMES W. GRAY,
Ball's Pond, Ct.

Oct 11

VACCINE VIRUS.—Letters addressed to J. M. YOCUM, M. D., at No. 129 Seventh st., Cincinnati, Ohio, enclosing \$1, PREPAID, will be answered by return of mail, with ten quills charged with fresh Vaccine Lymph, sent for that sum, (with full directions how to use,) and more at the same rate. May 1y

GWYNNE'S
PATENT REACTION CENTRIFUGAL
PUMP AND FIRE-ENGINE.

ADAPTED to any situation; unlimited in power; certain in action; permanent in use; and, withal, so low in cost, that they are rapidly superseding all others for STEAMERS, VESSELS, MANUFACTORIES, PAPER-MILLS, TANNERIES, DISTILLERIES and RAILROAD STATIONS, DRAINAGE and IRRIGATION, COFFERDAMS, MINES, QUARRIES, DRY-DOCKS, and FIRE-ENGINES; they are UNRIVALLED in the World for ECONOMY, DURABILITY, SIMPLICITY, freedom from liability to get out of order, and large results from the power applied.



Sizes from 25 to 100,000 Gallons per minute Capacity.

MANUFACTURED BY

UNION POWER COMPANY OF U. S.

OFFICE AND WAREHOUSE, 33 BROADWAY,

NEW YORK.

Aug 19th. tr. d.

UNDER-GARMENTS, GLOVES, HOSIERY,

AND

GENTLEMEN'S FURNISHING GOODS.

AN EXTENSIVE and Superior Variety of the above Goods at the Lowest Prices for which they can be purchased in this Country, will be found at the well known Importing and Manufacturing Establishment of

UNION ADAMS,

Sept 31 h n

No. 591 BROADWAY, (Opposite the Metropolitan Hotel,) NEW YORK.

FIRST PREMIUM PIANO FORTES
WOODWARD & BROWN.

WOODWARD AND BROWN were awarded the FIRST PREMIUM for their Pianos at the last Great Exhibition and Fair held in Boston by the Massachusetts Charitable Mechanic Association, their competitors having been the most distinguished makers in America, including the late Mr. Jonas Chickering, President of the above Association, to whom was assigned the second premium.

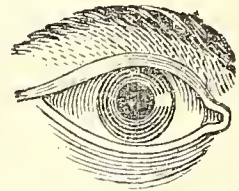
W. and B. also received the first premium at the late Worcester County Fair, held in the city of Worcester, over all competitors, thus incontestably proving the great superiority of the Piano-fortes; and in addition to this they have received numerous flattering testimonials from various institutions of the unrivaled excellence of the instruments manufactured and exhibited by them.

Encouraged by such opinions from the best judges in the country, and aided by twenty years' practical experience, W. and B. confidently invite purchasers and dealers to inspect their stock before making selections. Every Instrument will be warranted to give perfect satisfaction or the purchase money will be refunded.

Second-hand Piano Fortes taken in exchange.

Sept 21 tr d.

DR. HENDERSON,



OCULIST

AURIST,

Treats all diseases of the EYE and EAR upon scientific principles, WITHOUT CUPPING, LEECHING, BLISTERING, or the USE OF CALOMEL. Office, 453 Broadway, cor Grand st., New York. Office hours, from 9 A. M. to 4 P. M.

ARTIFICIAL EYES, of all colors and sizes, always on hand, and inserted without an operation. (All letters addressed to Dr. H. should be post-paid, to secure prompt attention.)

REFERENCES.

ALBANY REFERENCES.—Wm. J. Fryer, 326 and 328 Broadway; M. Goodrich and Wife, 70 Canal st.; * Alfred Southwick, Printer; R. L. Ross, cor Swan and Hudson sts.; † J. Goodspeed, Glen's Falls, Warren Co.

The following patients were from Mercer st. Eye Infirmary, in this city, where they received no benefit, but were afterwards successfully treated by Dr. Henderson, at Albany:

* Wm. W. Smith, Detroit, Mich.; * Mrs. A. M. L. Willson, New York; * Tim. O'Connor, Fordham, Westchester Co.; † Mary Bellows, N. E. Station, Dutchess county.

Persons cured in New York, since 4th November, 1853:

Wm. Davls, Hackman, 89 Wooster st.; * Thomas Mahan, 26th st., bt 9th and 10th Ave's.; † John W. Hackett, Binghamton, N. Y.; † John Briggs, N. Y. and E. R. R.; † Joseph Ainsworth, Susquehanna, Pa.; Alex. Robinson, Portland, Ct.; R. M. Ferris, 10 Lafayette Place.

* These patients were blind, and had to be led to the office; at the expiration of two weeks, they could go about the city at pleasure.

† These cases of Amaurosis were restored to sight after they were given up as incurable by the faculty, and can be referred to by any person who wishes to learn the facts in these cases, by writing to them.

‡ These patients were also from the Mercer Street Infirmary. Oct 11 h n.

N. E. FEMALE MEDICAL COLLEGE.

The Seventh Annual Term will commence Nov. 1, 1854, and continue four months. PROFESSORS—Wm M. Cornell, M. D., Enoch C. Rolfe, M. D., Stephen Tracy, M. D., John K. Palmer, M. D., Henry M. Cobb, M. D., Wm S. Brown, Chemist. FEES—To each Professor, \$10; Practical Anatomy, \$5; Graduation Fee, \$20.

The Massachusetts Legislature having appropriated funds to pay the tuition of forty pupils annually for five years, from the different counties of the State, according to the number of Senators, applications can be made, personally or by letter, and particulars be learned, at the College, 274 Washington street, Boston

SAMUEL GREGORY, M. D., Secretary.

Oct 11 b

FOR SALE:
PHYSIOLOGICAL LECTURING
APPARATUS.

THE undersigned being desirous to dispose of his entire Lecturing Apparatus, consisting of French Manikins, Models, &c., for Public and Private Lectures,—in fact, the largest and best collection in this country,—will do so at a reasonable price. Address, or call on

H. R. WHITE, M.D.,
Utica, N. Y.

Sept 11 b.

D. L. P. WRILEY, SIGN PAINTER.

Removed from 7 1/2 Bowery, to 4 1/2 East Broadway, Up Stairs, over the Chatham Square Post-office, in connection with W. L. WASHBURN.

Lettered Shades to order and measure; large Watch Signs for Jewellers always on hand; Gold Enamel Lettering on Glass, warranted to stand. Block-Letter Signs put up to order.

Sept 11 B

WILLIAM WESE, 133 Hudson Street, New York, Manufacturer of Sitz-Baths, Bathing-Tubs, Shower-Baths, Pumps, Water-Rams, and every description of Plumbing work. Sept 11

MATRIMONY.—Proposals not Fictitious!—Our friend, the WIDOWER, whose frank and honorable proposals to maidens and widows were inserted by us in the advertising columns of the July No. of the "WATER-CURE JOURNAL," to which ladies are referred, HAS NOT YET BEEN SUITED; his fair applicants, as we have been given to understand, being either too young and not sufficiently explicit, or widows, having each children, to whose raising and education, hoping to have some of his own, he would and must object, as too great an undertaking! Address X. Y. Z., care of FOWLERS AND WELLS, New York. Oct 11

EMPLOYMENT.—Young men, in every neighborhood, may have healthful, pleasant and profitable employment, by engaging in the sale of our New and Valuable Books, and canvassing for our POPULAR FAMILY JOURNALS. For terms and particulars, address, post-paid,

FOWLERS & WELLS,
308 Broadway, New York.

P. S.—All who engage with us will be secured from the possibility of loss, while the profits derived will be very liberal.

**NEW YORK
HYDROPATHIC AND PHYSIOLOGICAL
SCHOOL.**

The third Lecture Term of this School—a department of the Hydropathic and Hygienic Institute, 15 Laight street—will commence November 1st, 1854, and continue Six Months. Additional Chemical, Anatomical, Surgical and Obstetrical Apparatus has been provided; the Library has been increased; the Professorships re-arranged and enlarged. Particular attention will be paid to Practical Anatomy, Dissections, and Obstetrical Demonstrations.

FACULTY.

- R. T. TRALL, M. D.,**
Institutes of Medicine, Materia Medica, and Female Diseases.
- G. H. TAYLOR, M. D.,**
Chemistry, Surgery, and Obstetrics.
- JAMES HAMBLETON, M. D.,**
Anatomy, Physiology, and Hygiene.
- J. E. SNODGRASS, M. D.,**
Medical Jurisprudence.
- ASA CHRISTIE, M. D.,**
Medical and Special Gymnastics.
- H. F. BRIGGS, M. D.,**
Philosophy of Voice and Speech.
- L. N. FOWLER, A. M.,**
Phrenology and Mental Science.
- MISS A. S. COGSWELL, M. D.,**
Class Leader in Chemistry and Physiology.

The design of this School is not only to qualify male and female practitioners of the Healing Art, but also to educate and send into the field of human progress, competent Health-reform Teachers and Lecturers. Ample facilities are provided for a complete and thorough medical education, and for practical instruction in all the details of Hydropathic home-practice, as well as the management of Water-Cure Establishments.

Students will have the opportunity of witnessing the treatment of almost all forms of chronic diseases in the Institution, and by visiting the clinics and hospitals of the other Schools in the city, they will not only become proficient in *diagnosis*—the most important element in a physician's education, so far as success in securing public confidence is concerned—but also enabled to see the different medical systems *practically contrasted*; in other words, to witness the effects of water-treatment in contrast with the various modifications of drug-treatment.

PROGRAMME OF EDUCATIONAL EXERCISES.—Usually, there will be four Lectures daily, of one hour each. Half an hour, morning and evening, will be devoted to gymnastic and elocutionary exercises; and specified portions of each day will be allotted to private study, and to conversation in the class. A *clinique* will be held every Friday afternoon; and on Saturdays the students will visit the hospitals and public institutions, where a great variety of surgical operations are performed, and where almost every phase of diseased and deformed humanity can be seen.

There will be a Lyceum debate on general subjects, each Wednesday evening, open to the public, and a discussion every Saturday evening on professional questions, by members of the class exclusively.

EXPENSES.—Tuition for the term, \$75; do. with board in the Institution, \$150. Fires and lights in private rooms will be an extra charge; but the lecture-room will always be kept lighted and warmed for the use of students, without charge. Those who do not choose to purchase their own text-books, can have the use of the School and Office Libraries during the term for \$1. No matriculating or graduating fees will be required; but whenever the student can exhibit competency to teach and practise the reform doctrines and medical appliances of our system, he or she will be accredited to the public by a proper diploma.

SUMMER TERM.—There will be a Summer Term of six months, from May 1st to November 1st, with occasional lectures and clinics for such students as choose to remain the year round. Tuition, \$50; Do., with board, \$100.

NOTE.—The course of instruction in this Institution embraces not only all the positive facts and ascertained principles of Medical Science taught in other Schools, and the theory and practice peculiar to the Hydropathic System, but contemplates, also, a critical examination of all past and existing systems, with a recognition of whatever truths they embody, and an exposition and refutation of the falsities they contain. It embraces, indeed, a much wider range of subjects than are taught, or even introduced, into any other Medical School.

R. T. TRALL, M.D., Principal,
15 Laight St. New York.

It is no more the moral duty of man to provide the daily bread for his family while he lives, than it is to provide against their being left penniless in the event of his death.—[EDIN. JOURNAL on Life Insurance.

Have you insurance on your life, for the benefit of a surviving family, relatives or friends? Are they fully protected, by insurance on your life, from the many evils that may arise from your unexpected death, at a moment of embarrassment, perhaps of utter insolvency?

The relief from anxiety afforded by Life Insurance very frequently contributes to prolong the life of the insured, at the same time that it materially augments the comfort and well-being of those dependent on him. It has, also, an obvious tendency to strengthen habits of accumulation. Having thus been led to contract a habit of saving to a certain extent, it is most probable that the habit will acquire additional strength, and that he will insure an additional sum, or privately accumulate.—[McCulloch's Com. Dio.

**Statement of the Affairs
OF THE
Mutual Life Insurance Company of New York,
For the Quarter ending 30th of April, 1854.
OFFICE, TRINITY BUILDING, 111 BROADWAY, NEW YORK.**

Net assets on hand January 31st, 1854, as per last report, - - - - -	\$2,543,301 61
Receipts during the Quarter.	
Received for premiums, - - - - -	\$138,383 89
“ “ interest, - - - - -	4,699 16
“ “ accrued, not due, - - - - -	37,500 00
	180,583 05
	\$2,723,884 66
Disbursements for Quarter.	
Paid expenses, including rent, salaries, medical fees, &c., - - - - -	\$11,000 93
“ commissions, - - - - -	6,024 19
“ postage, exchange, advertising, and State and city taxes, - - - - -	2,178 96
“ claims by death, - - - - -	77,029 17
“ additions to same from dividends, - - - - -	7,731 26
“ surrendered policies and dividends, - - - - -	10,733 15
“ reductions of premiums, - - - - -	499 48
“ annuities, - - - - -	50 00
“ bills payable, - - - - -	12,327 64
	127,574 78
	\$2,596,309 88
Assets.	
Cash on hand and in bank, - - - - -	\$ 6,847 56
Advance on policies, - - - - -	19,735 02
Bond and mortgages, - - - - -	2,382,932 41
Deferred premium account, - - - - -	47,608 85
United States Trust Company, - - - - -	22,016 00
Interest due, not paid, - - - - -	2,580 91
“ accrued, not due, - - - - -	60,000 00
Due from agents, - - - - -	54,588 13
	\$2,596,309 88

I have examined the above returns, and believe them to be correct.

C. GILL, Actuary.

New York, May 6, 1854.

The PECULIAR FEATURES of this Company are—

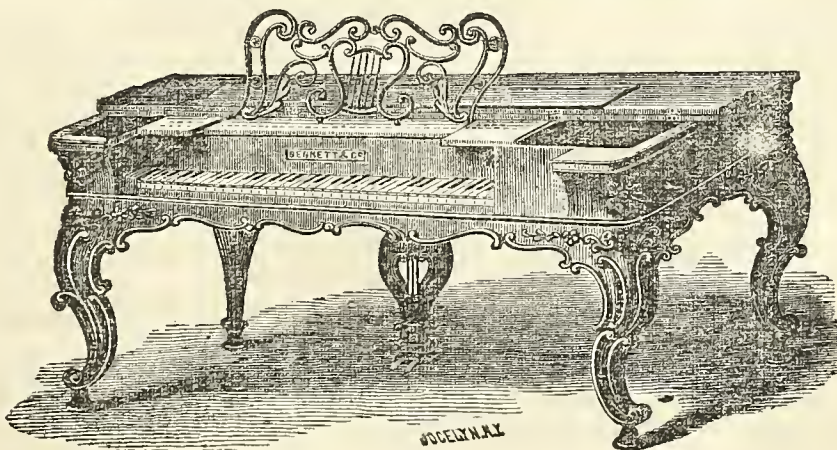
- 1st. Its perfect security.—The premiums are received in cash only, and the accumulations are invested according to charter in REAL SECURITIES, worth in all cases twice the amount loaned.
- 2d. Its great success,—possessing at the beginning of its twelfth year accumulations of over two and a half millions of dollars, a result unparalleled in the history of life insurance.
- 3d. Its purely mutual character, all the profits or accumulations being for the benefit of policy holders, thus adding to the amount of the policies every thing gained over the cost of insurance, instead of giving to moneyed stockholders the first-fruits of our earnings.

FREDERICK S. WINSTON, President.

ISAAC ABBATT, Secretary.

Oct 11 D

PIANOFORTE MANUFACTURERS.



BENNETT & CO.,

WAREROOMS, 361 BROADWAY,

Are now manufacturing, and have on hand, superior Rosewood Pianos, six, six and a half, six and three-quarters, seven, and seven and a quarter Octaves, which will be warranted fully equal, in tone and finish, to any manufactured in this country. Those who are about purchasing, are respectfully invited to call and examine, before purchasing elsewhere.
FACTORY, 311, 313, and 315 Rivington street. Oct 11

Eclectic Medical Institute, Cincinnati.
Chartered, 1845. Total number of Matriculants, 1,865. Session of 1853-4, Matriculants, 292; Graduates, 126.

PROFESSORSHIPS.—Anatomy, W. SHERWOOD, M.D.; Chemistry, etc., J. W. HOYT, M.D.; Materia Medica and Medical Botany, C. H. CLEVELAND, M.D.; Physiology, Institutes and Therapeutics, J. R. BUCHANAN, M.D.; Medical Practice and Pathology, R. S. NEWTON, M.D.; Surgery, Z. FREEMAN, M.D.; Obstetrics and Diseases of Women and Children, J. KING, M.D.; Clinical Lecturers, Profs. NEWTON and FREEMAN; Demonstrator of Anatomy, H. A. WARRINER, M.D.

The next session of the Institute will commence on MONDAY, the 16th of OCTOBER, and continue Sixteen Weeks, terminating on the 3d of February, 1855. The Spring Session will commence on the 12th of FEBRUARY, and terminate on the 19th of MAY. Gratuitous preliminary lectures will be given from the 1st to the 16th of October. Clinical Instruction will be given twice a week in the Clinical Amphitheatre. The fee of \$25 paid on Matriculation secures admission to all the Lectures of the Institute, including the Anatomical Hall and Clinical Department. The graduating fee is \$20. The Anatomical Department, by a recent discovery, has been rendered peculiarly attractive, and important improvements in Medical Practice, Materia Medica, and Physiology, are embraced in the course. Boarding is obtained at from \$2.50 to \$3.00 per week. Students, on arriving in the city, will call at the office of Prof. R. S. Newton, on Seventh Street, between Vine and Race.

Oct 11 h J. R. BUCHANAN, M. D., DEAN.

Travel.

TRAVELLERS' DIRECTORY.

FOR THE NORTH.

- ALBANY.—Hudson River Railroad.—Chambers St. (Express Trains) . . . 6 A.M. and 4 P.M. Return . . . 4.35, 8.45 A.M. and 4.45 P.M.
- ALBANY.—Hudson River Railway.—Way Trains. 9 A.M. and 12 M. and 5 P.M. Return . . . 5.45 & 10.45 A.M.; 4 & 6 P.M.
- POUGHKEEPSIE.—Hudson River R. R., Chambers St. . . 4, 7, 9, 10 A.M., 12 M., & 3, 4, 5, 0, P.M.
- TARRYTOWN . . . 7.10, 10 A.M. & 3, 4, 5.30, 10.30 P.M.
- PEEKSKILL. . . . 4, 7.10, 9, 10 A.M., 12 M., & 3, 4, 5.30, 6 P.M.

FOR THE EAST.

- BOSTON via STONINGTON.—Steamers C. Vanderbilt and Commodore—Pier 2, N.R., 5 P.M.
- BOSTON via FALL RIVER.—Steamers Empire State, and Bay State.—Pier 4, N.R., 5 P.M.
- BOSTON via NORWICH.—Steamers Worcester and Knickerbocker.—Cortlandt St., 5 P.M.
- BOSTON.—New Haven Railroad.—Canal Street, 8 A.M. & 4 P.M.
- SPRINGFIELD.—New Haven Railroad.—Canal St., 8, 11.30 A.M. & 4 P.M.
- HARTFORD.—New Haven Railroad.—Canal Street, 8, 11.30 A.M. & 4 P.M. Steamers City of Hartford and Granite State—Peck Slip, 4 P.M.
- NEW HAVEN.—New Haven Railroad.—Canal Street 7, 8, 11.30 A.M. & 3, 4 P.M. Return. 5.30, 6.45, 9.35 A.M. & 1.10, 9.25 P.M.
- PORT CHESTER.—New Haven Railroad.—Canal St., 7, 9.15, 11.30 A.M. & 6.15 P.M.

FOR THE SOUTH.

- PHILADELPHIA.—Amboy Railroad—Pier 1, N.R., 7 A.M. & 2 P.M. Return, 7 A.M. & 2 P.M.
- PHILADELPHIA.—New Jersey Railroad—Foot of Liberty Street, 7, 9, 11 A.M. & 4, 5.30 P.M. Return, 1.30, 8, 9 A.M. & 4.15, 5.30 P.M.
- EASTON.—Morris and Essex Railroad—Foot Cortlandt Street, 8.30 A.M.
- ORANGE.—Morris and Essex Railroad—Foot Cortlandt Street, 12 M.
- DOVER.—Morris and Essex Railroad—Foot Cortlandt Street, 8.30 A.M., 3.30 P.M.
- MORRISTOWN.—Morris and Essex Railroad—Foot Cortlandt St., 8.30 A.M., 4, 6 P.M.
- NORFOLK, PETERSBURG AND RICHMOND.—Steamer Jamestown—Pier 13, N.R., Saturday, 3 P.M.

FOR THE WEST.

- BUFFALO.—Erie Railroad.—(Express Train)—Foot Duane Street, 6 A.M.
- CHICAGO.—Erie Railroad.—(Express Train)—Foot Duane Street, 6 P.M.
- DUNKIRK.—Erie Railroad.—(Mail Train)—Foot Duane Street, 8.15 A.M.
- DUNKIRK.—Erie Railroad.—(Express Train)—Foot Duane Street, 7 A.M. & 6 P.M.



THE LADY OF FASHION.



THE SENSIBLE WOMAN.

COSTUMES CONTRASTED.

I. FEMALE COSTUMES.

We trust that the friends and patrons of the WATER-CURE JOURNAL will attentively examine the sketches above, and without prejudice decide in favor of the style of dress which they honestly think, all things considered, to be the best.

What say you, Ladies? You all know by experience how extremely inconvenient it is, even in the city, to wear a dress so long that not only are the pretty little feet and ankles entirely hidden from view, but in wet weather they are shockingly drabbed and plastered with mud, not only endangering the health and ruining the elegant dress, but also creating a feeling of disgust and annoyance in the mind of every neat and cleanly person.

Do you not think that the walking-dress of our "Sensible Woman" is much more suitable, comfortable, and attractive, than that of the "Lady of Fashion" opposite? With such a dress, coming just to the ankle, and a pair of neat, stout morocco gaiters, or alpine boots, one need never stay in the house because a light shower has sprinkled the grass or pavement. And for the hat, we all know that the present style of bonnet is no protection whatever, not even a covering for the head; a wreath of roses would be quite as useful, and much more ornamental. But what is called a Spanish hat, with the brim about four inches wide, tipping down at the front and back, and rolled a little at the sides, so that it will not be in the way of anybody, will both shade the face from the sun and protect it from rain, thus proving useful as well as ornamental. On the whole, our young lady in the picture looks so perfectly comfortable and at her ease, that we are quite confident every free-born American woman will adopt her style of dress, and make it a national costume.

Why should we be guided by French milliners,

and dictated to by them?—we, who are admitted to be, generally speaking, and taken altogether, poor seamstress and wealthy lady, country girl and city belle, more intelligent and truly refined than the women of any other nation! Let us, as our fathers and brothers do, make our own laws, and be governed by them. Indeed, we are confident that the present state of affairs will not long continue. Some true woman will arise, and by her determined perseverance in the right path lead all her sisters with her, who, when they have experienced the blessings of exemption from constant, health-wearing colds, and the delight which a neat person always takes in clean clothes, will never again return to their present uncomfortable style of dress.

E. D. H.

Our Exchanges.

OUR exchanges are as dry as a church contribution-box.—*Republican Journal, Belfast, Me.*

How strange it is, that, when we ourselves become "dry," we fancy everybody else in the same predicament. Why in the world don't you take a "shower bath," Mr. Republican? Your "exchanges" would then scissor at least a hundred and fifty per cent. better. Try it, try it.

THE BALL IN MOTION.—We clip the following sensible advertisement from the *Oregon Spectator*, published in Oregon City, Oregon Territory, and give it a gratuitous insertion for the benefit of Miss KATE, and as a good example for others similarly situated:

TO GENTLEMEN:—A lady, seventeen years of age, is desirous of forming a matrimonial alliance. She is neat, or perhaps rather under the medium size; has light hair and blue eyes, and considers herself, at least, tolerably good-looking. Is gentle-natured, kind, and fond of social enjoyment. Can converse on most topics in which good sense is required, and understands how to deport herself genteelly in good society. Suitors must, in order to gain favor, be phrenologically and physiologically as well developed as the advertiser; not over twenty-four years of age, and

not over about five feet and eight inches in height; must be intelligent, of pleasing address, and with corresponding good qualities. With no consideration. Can address (postpaid) "MISS KATE," Care "Spectator," box 12, Oregon City. April 21, 1854—10c 3*

A NEW CURE.—A young lady of New York was cured of *palpitation of the heart* the other evening, by a young M.D., in the simplest and most natural way imaginable. He merely held one of her hands in his, put his arm around her waist, and whispered something in her left ear! He called it physical *galvanism*.—*Exchange paper.*

[That young man must have been reading the letters in our "Matrimonial Department." Well, it's only a "Water-Cure," call it what they may. Hope they'll now study the Multiplication Table and "disseminate the principles."]

GOOD ADVICE.—The *Albany Knickerbocker* volunteers some very good advice to tobacco-chewers. It says: If you chew tobacco, don't leave it in puddles in every nice-looking store or cleanly-swept office you enter, but carry a portable spittoon with you, and then you can indulge in the darling weed without making yourself a nuisance wherever you may go. A continual spitter will dirty a store in five minutes, that it has taken an hour to clean.

We will add,—if tobacco chewers, snuffers, or smokers would only read those three prize essays on tobacco, recently published at the office of this Journal, it would be money in their pockets, health in their bodies, and sense in their brains. Prepaid by mail, only 12½ cents.


PROOF POSITIVE.—The young woman who ate a dozen peaches, half a dozen apples, the same number of pears, three raw tomatoes, and half a pint of plums, within half a day, says she *knows* "fruit ain't wholesome!"—*Yarmouth Register.*

We presume this "young woman" believes in the efficacy of "physic," cod-liver oil, and the power of "special providence" to counteract the laws of nature. She should pray to be delivered from the temptation of *eating too much.*

"Do you keep matches?" asked a wag of a retailer. "O yes, all kinds," was the reply. "Well, then, I'll take a trotting-match." The retailer immediately handed him a box of Dr. Brandreth's Pills!

"Put him through by daylight." After which the poor fellow will wish he had not taken such a "trot."

Water-Cure Journal



AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

VOL. XVIII. NO. 5.]

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Essays.

HERE each Contributor presents freely his or her own Opinions, and is alone responsible for them. We do not necessarily endorse all that we print, but desire our readers to "PROVE ALL THINGS" and to "HOLD FAST" only "THE GOOD."

IS DISEASE AN ENEMY OR A FRIEND IN THE SYSTEM?

BY JOEL SHEW, M. D.

THAT what we call *disease* or *diseased action* in the living system is an effort on the part of nature to restore health, is a doctrine which has been believed by some, and perhaps many, who have practised the healing art. And it has already been made known to some of our readers that DR. JENNINGS, of Oberlin, Ohio, was for many years a successful practitioner upon this theory, giving his patients various forms of colored water, pills, *aqua pura* in drops, &c., thus letting nature do her own work, so to say, unhindered by the pernicious effects of drugs, but aided by the effects of the imagination, the confidence in the ability and honesty of the practitioner, and the potency of the medicaments administered. In this way Dr. Jennings became the great medical oracle of the region in which he lived, and met with a success in the treatment of disease which was not only surprising to himself, but far in advance of that of his medical brethren around him. Afterwards, he considered it his duty to divulge the secret of his method; practised awhile longer in the same locality in Connecticut, and finally removed to the place in Ohio where he now resides. Since then he has been putting his views, to some extent, still further into practice, and has published an able work on the subject, the first edition of which was called MEDICAL REFORM. The second edition, called THE PHILOSOPHY OF HUMAN LIFE, (the first having run out of print,) and for sale by the author, we presume, as well as by the publishers of the WATER-CURE JOURNAL,* is doubtless an improvement on the first; and although we have

not read this later edition, we can, from an acquaintance with the author, and a knowledge of his ability and thorough honesty as a man, confidently recommend the work to all who are in any way interested in the important subject of health. In giving this testimony concerning Dr. Jennings and his work, however, it is not to be inferred that we agree with him necessarily in all particulars; for, admitting the fundamental theory of his method to be true, there yet remain many questions, of a *practical* nature, open for discussion, as, indeed, Dr. Jennings himself would allow.

There is, if we mistake not, a great deal yet to be learned in Water-Cure as to the nature of disease, and the remedial means proper to be used. And it will doubtless hereafter become evident that various Allopathic notions cling to the earlier disciples of Hydropathy. Do we not, for example, see people straining themselves to vomit by water on every little occasion of foul stomach, as if disease were a living something within them, which water is able to wash out? There is constipation, or fever, or other ailment; and a man, supposing that the mortal enemy, disease, is lodged in his bowels, pursues it with clysters, as if his system were an old oil-cask, and his very life depended upon getting suddenly a copious stool! Now all such *meddlesomeness* is bad; nature is often hindered in her salutary operations, and in some cases the patient is injured, even, by a remedy which, as a general fact, is so friendly and so harmless in its nature, that a child ought hardly to go amiss in its use.

But to come to the question, "Is disease a friendly action in the system,—an effort on the part of nature towards health?"

We have in water-treatment what is called *crisis*, or *critical action*; a doctrine, moreover, as old as the healing art itself. A person undergoing the treatment gets boils, eruptions, sweatings, febrile action, critical discharges, and aggravations of many or all his old complaints. All this occurs while he is yet getting better, or nature is getting ready to make him better, as we know by abundant experience. And what does this prove but the fact that diseased action is an effort on the part of nature to restore lost health? Thus, too, in ague: a patient has had the chills

* Price, prepaid, by mail, 87 cts.

LIFE ILLUSTRATED.—The first number of a new weekly journal by this name is issued by FOWLERS AND WELLS, in advance of the regular day of publication. It is printed on superior type and paper, is filled with a great variety of interesting matter, and shows the well-known energy and tact of the spirited publishers, as caterers for the people.—*New York Tribune*.

LIFE ILLUSTRATED is one of the neatest specimens of typography which we have seen for a long time, and every part is arranged and each department duly headed in a true business-like manner. It must fit the eye of the public exactly. The paper will be devoted to literature, laws of life, news, and indeed almost all subjects which are of a healthful moral tone. It is intended to present to a family information upon all topics of current interest, and thus make it preëminently a *family newspaper* in the largest acceptance of the term.—*Sunday Times*.

We have had a glimpse at it, and from the talent which we know to be employed upon it, and the various and interesting topics which it will discuss, we have no hesitation in predicting for it unprecedented success. We hope it will find its way into every household in the country.—*Sunday Atlas*.

It is in every way cleverly got up and handsomely executed.—*New York Evening Mirror*.

severely; has taken quinine to break them—as it will always do, if enough is taken and the dosing continued long enough. But never feeling well after such a process, he comes to water-treatment, and if we manage his case properly, he is quite certain of getting the old attacks. The truth is, neither quinine nor other drug has any power whatever to remove the malarious poison from the system. It only sets it deeper into our tissues, and hinders nature in her efforts to rid us from it; while water, by its invigorating influence upon the living economy, brings ever back what we call the disease upon us, but which is in reality her only way of cure.

Or a person, who has been so unfortunate as to reside in a malarious district, becomes dyspeptic, bilious, and sickly, and yet experiences no form of miasmatic fever. He sets vigorously about a course of water-treatment, and to his surprise, and perhaps discouragement, now gets an attack of ague. He perseveres with the proper remedies in keeping down the fever and preventing the pains and the headache, and in due time becomes well—not only of the ague, but his other ailments.

In gout or rheumatism, who that is not the merest tyro in Water-Cure would think of benefiting the patient without first rendering his disease more acute, or, in other words, appearing to make it worse?

Suppose it were possible in a case of dysentery suddenly to arrest the discharges, as many would be glad to do, it would be one of the most dangerous of practices; the disease would be almost certain of again breaking forth with redoubled violence, and the chances of recovery would be commensurately less. But we may in various ways combat the fever and the pains, aid the discharges by tepid elysters, and by all suitable resources, support the strength. In so doing, we act in accordance with nature, help her to cut short the disease, and do no violence to any function or part.

So also in cholera, we may fight away the distress, the agony, and the cramps; ward off, by cold wet frictions, that indescribable sinking; and by tepid elysters and water-drinking, aid the discharges and vomiting, and so bring relief. But to check these directly, no one should attempt. If it were possible to do it, the disease would in the end be rendered more dangerous than in the original attack.

These few remarks, then, are thrown out with the intention of pursuing this topic more at length hereafter, and of inducing thought upon the subject of disease generally. It is truth, and the truth only, that we need. There can be no doubt but that Hydropaths generally—the professional and the non-professional—have yet a good deal of the Allopathic leaven clinging about them. We must get rid of all this. And if the doctrine can be made plain, that *disease is a friendly action in the system*, those who cannot have the advantage of such medical aid as they desire, will have a greater confidence in the curative power of nature, and not be frightened, as now, at every little ailment that comes upon them.

THE PHILOSOPHY OF CURE— DRUGS.

BY G. H. TAYLOR, M. D.

THE term *cure* not only implies a reinstatement of health in an organism that was recently suffering from disease, but it also, in its common acceptance, has a reference to the means whereby this was accomplished. Ordinarily, it is supposed to be some defect supplied, or means wrought, by foreign or external aid. The man is *doctored*, as he is booted and coated; and is physicked, as he is fed, in the confident assurance that he is fitted and burnished for new service in either case. Indeed, the sick would scarcely be said to be *cured*, however perfect the

recovery, without the show of some medical means. Hence it has reference to an *external* rather than an internal resource; it is the *operation* or the effect of something. The term, then, will convey ideas to different persons, differing in proportion to their understanding of what this act intrinsically consists in.

Vital objects, only, are the subjects of these effects, and it is the different estimates relatively that are attached to the vital, organic, or recuperative force, and the part that medical treatment plays, that serves as a basis of different views on this subject. While some apparently deem that disease is a destructive principle that will inevitably consummate its work unless it be met by some counteracting or neutralizing power, vitality being little more than a spectator of the scene, till it is either vanquished, or accepts the victory wrought in its behalf; others award some credit to the vital force, when stimulated or goaded by measures capable of exciting and drawing out its actions defensively; while yet others place no dependence on any other means of recuperation, save those that are all-efficient in continuing vital changes in the healthy state.

Theories and practices of medicine without number, each presenting special claims, the world has passed in review; no one of them has convinced any great number of its superiority: they have served the mercenary views of their abettors, and perhaps in some way as steps in the world's progress; how much farther is not clear. All have lived and acted under the assumption that all desirable ends in cases of disease are effected by medical treatment, scarcely bestowing a modicum of reliance upon the inherent vital capacities. The question in medical investigations has all along been, as to the qualities, quantities, and times in which medicines are useful; and doubtless much empirical tact has been the fruit of these inquiries.

In this procedure there is much manifest error. It is assumed that those symptoms we call disease are necessarily and invariably evidences of a destructive process; that certain substances known to be inimical to health, are yet also antagonistic to disease; that on special occasions there may be special vivifying means, differing from those usually necessary, working upon local parts a curative act that differs from the ordinary nutritive and reproductive process. The more modern school, popularly known as the Hydropathic, (but more correctly known as the Hygienic or Physiological,) endeavors to show that these assumptions are to be taken, if at all, with many qualifications, and that the present state of science fails to warrant, or absolutely repudiates them. It also seeks to guide those liable to suffer from disease to a true knowledge of themselves, and to the probable causes of their physical miseries, and finds a cure in the discipline and correction of faulty and perverted functional habits. It abjures entirely the experimental and empirical practice, and refuses to admit, as untrustworthy, the ambiguous evidences in its favor. Yet there will remain a difference of judgment in regard to *expediency*, in some points pertaining to medical practice, even with a correct understanding of facts. There are matters in which judgments will differ, even with the same data for reasoning. Life and its variable phenomena, rather than medicine and its uses, should furnish the proper field of inquiry. From this study we gain a knowledge of how nature acts under different circumstances. We should know what life ordinarily does, and how it will act under constraint and compulsion, and what are the proper conditions for its ascendancy over the more material, crude, and chemical forces.

The vital principle we can never weigh or measure, or only approximately, but we may observe the circumstances that attend it, and what it does; its invariable conditions, its *laws*; on these we must base our actions in reference to it, in sickness as in health.

"Our notion of life involves the idea of an

active power exercised *by virtue of a definite form*, and production and generation *in a definite form*. By chemical agency we can produce the constituents of tissues, but we can form by their means no organized tissue, no organic cell." Vitality implies the exercise of a force superior to that which ordinarily invests matter, but in harmony with it, and like it amenable to peculiar invariable conditions or laws. Intrinsically, they may be identical, animating a universe or an atom, according to the circumstances attending its exercise. The organic molecule, in its transient existence, becomes an instrument for the application of the force with which its atoms are endowed. The changes that take place in the vital object are beyond our immediate scrutiny, but their results become appreciable in all the phenomena of life and disease.

The living thing *grows*, reproduces and multiplies its parts, and extends itself by this repetition. To effect this, it selects from matters in contact such elements as it has a capacity to arrange as parts of its own structure, and as *promptly rejects and refuses all others*; a necessary condition to the maintenance of its vital integrity. In the plant, or animal, or wherever vitality reigns, assimilation and growth, and refusal and rejection are its constant actions, and the energy of these acts must bear a constant relation to each other; for the vital endowment equally seeks its own welfare in either act. Now, as the constitution of the vital molecule is uniform and invariable, it follows that all exterior matter must be of three kinds. One is identical with it, or is susceptible of assuming the same form, and exercising the same relations, and may be denominated *aliment*. The second is indifferent, giving rise to no change in contact, but may act as a divisor, as *water*; or, third, such as give rise to relations that would be antagonistic and destructive to the integrity of the vital molecule, in various degrees of intensity. This last class must consequently be composed of very many subdivisions—indeed, almost as various as the number of chemical compounds, subtracting aliments. Some kinds of matter in contact will take the elements composing the organic molecule from its vital relation—it is then a corrosive poison; other kinds will excite its reproductive force, or modify it, without destroying the organic form; thus is evolved that modification of its force that may be called *vital resistance*, which is the same thing as medicinal influence.

The animal body is made up of parts, and these parts of lesser elements, each of which has an independent existence, and exercises its own peculiar vitality, and so is capable of being affected in a peculiar manner; hence the application of foreign matter to the general organism, through the circulation, will produce local effects, all of which are disarrangements and perversions of the normal functions, and all of which must tend to degrade, and not to elevate them.

All this is the result of the *invariableness* that characterizes the constitution of things. The same elements, and the same conditions of heat, &c., are employed in the constitution of each individual and each species, wherever produced; the same laws ruling that are observed in crude or inorganic chemistry. So far as we know, the organic products in nature below man, enlivened in him, with the evolution of his mentality. In this whole series of the evolution, effects change in proportion to conditions, but laws never. The attempt to impose other materials or conditions upon the organic molecule is *resisted*, and can only result in a waste of the formative and actuating principles employed in its constitution. The constant development of forms with which the vital force is connected, and on which it depends, is thus retarded or prevented.

The broad page of nature, in its infinite diversity, is but a statement of these principles. Organization we may conceive to be a special application of physical and chemical science, and no less the subject of fixed principles, invariable laws. Its variety of products are expressions of

the value of forces that invest matter of particular kinds under special conditions, in which matter changes none of its intrinsic qualities, but only serves as a vehicle for the ever-controlling force.

All the importance that the matter of the management of the health by medicine obtains, comes from a non-recognition of these principles,—from a mistake in regard to the essential nature of the actions induced in vital objects by medicine.

Considering the nature of man, it is easy to see how these mistakes should arise; they come mainly from the liberality of his endowments. Liability to variation in health, rightly considered, is less evidence of his defects than of his superiority. The ends of his intellectual existence could not be attained by confining him to a fixed point of temperature or locality, and a consequent uniform subsistence. The utmost reach of power demands the utmost freedom in its exercise. The human organization is such, as to accommodate itself to a great variety of circumstances, by a variety of means of adjustment and adaptation. He has systems of organs that act reciprocally in their natural function, to secrete and excrete, adopt and exclude; by this means an equilibrium is maintained. While supplies are maintained and waste rejected with vital decision, no disease can occur.

Disease is a result of the imperfection or want of unity in the actions of the elements of matter that go to constitute vitality, usually by reason of some conflicting body, either spontaneously generated, or introduced by accident or by art. The effect of such impediment would be to lessen the tension of the vital force, by the amount of its chemical or adverse influence. And since the principles and conditions of vital as well as chemical acts are *fixed*, it is plain that the medicinal disease, or cause of disease, introduced by art, professionally, can by no possibility have any more power to restore to health, than disease occurring from any adventitious cause. In short, recuperation is never the effect of medicine or of disease, but of the organic force, and the conditions that usually maintain it. But it is asserted that good effects sometimes, at least, follow the use of drugs, and we shall be called upon to show how this can ever happen. The record of experience which is appealed to, can substantiate nothing, for it takes no account of the vital force, and assumes that the drug-effect is additional to the *vital*, whereas, it only changes it. But there are various ways in which a disease producing cause may change pre-existing symptoms with seeming benefit. It is not within the limits of this article to give a sufficient idea of the pathology of disease, to make the subject complete. We will state some of the modes in which the vital resistance is appealed to by the medicine given.

1. The mucous surface of the alimentary canal and those involutions of it constituting glands, are primarily exposed to the influence of foreign agents. The healthy use of this organ is to produce a cell-growth, which takes materials from the blood, to be afforded by rupture of the cells, into the alimentary cavity as secretions. This act takes place more rapidly upon the application of an irritant, evidently for the purpose of protecting the delicate circumjacent tissues. If contiguous parts are suffering from plethora or congestion, a transient relief is thus afforded them. The reproductive act is forced to the extent of exhaustion, and what is suddenly gained is not permanently retained. This is the action of sialagogues, stomachics, &c., and if they be such as affect muscular resistance, in addition, they are emetics and cathartics, &c. A host of other remedies affect the alimentary organs in a similar manner, but differ chiefly in the degree.

2. Most drugs can succeed in getting into the circulation in small quantities through the digestive organs. The sanguineous canals are capable of recognizing the presence of foreign hurtful bodies, and their rhythmic contractile efforts are increased so as to throw the circulation containiug

such irritating matters rapidly into the capillaries, where it may be eliminated. Some qualities find their exit more easily through the kidneys, (diuretics;) some change the secreting mucous surfaces into excretant, (cathartics, expectorants, &c.) and many kinds are sent rapidly to the lungs and skin, to be eliminated with the great mass by oxidation, serving to increase the heat of the body and its surface, (stimulants, tonics, &c.) In each of these cases, the functions are necessarily increased as well as perverted.

It will be seen that *any benefit accruing to the health must come through the ordinary physiological acts*. So far, medicine possesses no power to antagonize or neutralize disease, but only to excite to a morbid extent the functions; and it is by these in sickness that the blood is restored, as in health it is maintained in its pristine qualities.

3. The blood is the medium through which all vital or chemical change must transpire, and it by necessity offers the least resistance of any organ to chemical influences. Respiration comes in constantly, to affect the elimination of its unnecessary parts, by reducing them to carbonic acid and water. The quality of this fluid is changed by the use of matters that can combine with and affect the destruction of its illy-vitalized portions, (alteratives.) The distinctive tendency of some chemicals, (drugs,) is stayed frequently just at this point, and a factitious advantage is in this mode secured, but it can be of no permanent value.

4. But perhaps the most favorite class of drugs, and most coveted by the abettors of drug practice, are those that have a tendency to prevent or annul sensations, (sedatives, opiates.) They in some way affect the nutrition of the nerve tissue, but the particular mode of their action is beyond our search. Disease is tolerated, if the consciousness of it be suspended; the patient is satisfied, though the cause yet remains. Frequently, the recuperative action will overcome the impediment to health, even though the nerve faculty be suspended, but it should be understood that no part of this effect is owing to the supposed remedy.

It will be observed that in all this, there is no lesson taught, no discipline enforced, no condition instituted that is of any value in health, or in a subsequent case of disease; the intellect of the patient is left a blank, and his body a scene of devastation.

BREATHE AND LIVE.

BY S. O. GLEASON, M. D.

Who ever heard of any human being existing long without breathing? This may seem a strange inquiry. But it is a startling fact that thousands barely exist, who in the true sense of the word do not breathe. They only partially fill the lungs with air. The lungs were made to use, and in fact must be used in order to be sound and healthy. They are composed of arteries, veins, bronchial tubes, lymphatics, and air vesicles. Their structure is exquisite beyond even human conception to fathom.

It has been computed by microscopists who have examined small sections with great care, that there are *one hundred and seventy millions* of air-sacs or vesicles in the lungs, and that if these were laid open and spread out, they would cover a surface equal to *thirty times* that of the entire body.

Now there are multitudes barely existing on this green, flowery, rock-built earth, full of poetry, song, and music, that do not *half live*. They only *stay* amid the attractions of nature, so rich in pleasures, so abundant in beauties. The fresh open air that surrounds our hill-tops, they never inhale; the broad-spread riches of the vales below they never enjoy. As they take in no full respirations of pure air, so they do not drink an inspiration from the ever-fresh and living voices of nature. The old prophets, with

their keen-sighted, far-reaching vision, that peered into futurity, caught much of their inspiration from the air of the hills and mountains among which they wandered. The forests were their home. All nature composed their cabinet, while the living God was their teacher. To enjoy health, we must feel refreshed in spirit, so that our very thoughts shall be music, and exertion refreshment. To be cramped and confined to narrow limits for air to inhale, cramps and cripples the energies of the soul. For in proportion to the free and full play of our lungs, in the same ratio do we take in life. If we obtain the freest air, we obtain the purest vitality.

The birds of song utter their purest notes on the hillsides and in the groves, in the fresh virgin air of the morning. The sunlight looks out o'er the eastern hills in its morning glory with a freshness that seems ever new. The beasts of the forest are active, and the cattle upon a thousand hills bestir themselves to enjoy the life-giving influences of a new day just coming into existence. Shall rational humanity lie stupid in confined rooms, and never enjoy the inspiring influences of an early walk to the green, fresh fields or hillside groves? Shall irrational existences only reap the glories and life-giving spiritual influence of a summer's morn? Shall the leaves of the forest and grove be refreshed by the inhalation of a new morning, and man refuse to be blessed and cheered by such fresh gifts as come new from the hand of God, to enliven and make glad our hearts, to crimson and deepen the current of life—to send new inspiration into the soul? O man, how artificial are thy habits! How depressing the influences gathered about thee! how dark and cheerless thy life! how gloomy and dismal thy soul, imprisoned in its diseased casket! how thy spirit longs to be free! Break away then from the restraints imposed by civilized and so-called enlightened society; and ascend the hills; scale the mountains; go free as the antelope o'er the plains; clear thyself from all fetters; take large draughts of the free air; and the sluggish life-current shall be quickened, carbonic acid shall be set free from thy poisoned blood, and new life given thee; new inspiration, new hope and fairer charms shall adorn thy exhausted body and cheer thy soul.

Death, to vast numbers of the human race, comes creeping along our path, insinuating noiselessly and silently his seeds of poison into the air-cells of the lungs. A slight cough and quickened respiration are our earliest monitors of his work. We do well to give early heed to these warnings. Tubercular material will, where the tendency exists, be early deposited, if the lungs are not sufficiently brought into activity to keep distended all the cells that are so minutely distributed throughout their substance.

Take warning, then, all ye who find these symptoms coming to visit the citadel of life. Breathe fully, breathe deeply, breathe free air. *Make it a special object of daily business to expand thy chest in the free air of morning and at midday, and withhold not in the evening thy care.* Close not thy windows at night; shut not out from thy resting-place the life-giving air, but let it be thy companion in its purity through all thy life.

Many a one that has gone to an untimely grave, mourned over by dear and loved ones, might this day have been spared to shed sunlight and joy along the pathway of cherished friends, if they had but learned to battle against the silent influence of deposit in the cells of the great organs of life-giving force. So long as air enters perfectly into all the millions of minute sacs, so long gaunt, lean-visaged, bony-fingered Consumption can be kept at bay. But the moment these vesicles are left useless in large numbers, as they often are in those who take but little active exercise, that moment consumption begins to plant its seeds in these unused cells, which in due process of time will ripen into destruction of the delicate tissue of the lungs, and death will be the result. Oh, poor humanity,

breathe and live. Air is not forbidden fruit. Of it thou mayest freely partake.

There is no organized piece of mechanism endowed with vitality, so indolent and opposed to active exertion as the human species. There is activity in all forms of existence, from the tiniest insect that floats in the sunbeams of the morning, to the most gigantic and colossal structure of animal life that walks the earth and leaves its footprints thereon. But the human race rather recline on ottomans, sofas and easy-chairs than toil and live. So long as there is such utter recklessness of the laws of life; so long as incipient invalids will take the indolent road to death, so long the great highway to the grave will be thronged with victims over whose heads but few years have passed; who might, had they struggled manfully, been saved and enjoyed the society of friends and loved ones for many years. For many years might fathers and mothers be spared to care for their little ones, to guide and aid them in the rough and toilsome journey of life. But they yield to the siren song of drug-advisers who tell them to keep quiet, take some cough mixture, keep in a mild air, avoid out-of-door exercise,—and thus they die. This, alas! is too often the case. This is the sad beginning of a sad ending. Farewell to all hopes of better things; farewell to many of earth's most beautiful sons and daughters, till the charm of Allopathy be broken, and the new system sheds its clearer and purer light on the earth!

Elmira Water-Cure.

HYGIENIC LAW.

BY H. C. FOOTE.

LUTHER AND PRIESNITZ.—There is a striking analogy in the history of the progress of Medicine and Christianity. Priesnitz has done for Medicine what Luther did for the cause of Christianity. He opened the eyes of the people, and taught them to think for themselves; and superstition, with its formidable and ponderous paraphernalia, is fading before the light of the simplicity of truth.

HEATHEN AND CIVILIZED SUPERSTITION CONTRASTED.—Among the Indians, the offices of priest and physician are combined in one person. The "Medicine-Man" is looked up to with awe and dread. His spells, incantations and exorcisms are feared and fully relied upon by the simple-minded sons of the forest. His success in curing disease by means of his diabolical magic and sorcery, depends in a great measure upon the faith of his patient, and the strength of the impression made upon his imagination. Ignorance and superstition, with keen natural instincts, are the prevailing characteristics of the savage. His superstition, though perverted, is found to be of considerable use to him in curing disease. How is it with the white race in this respect? I think it can be shown that we are not so far in advance of the heathen in this matter as we might suppose. The love of the marvellous implanted in our nature has, for thousands of years, been perverted to have for its object such absurd puerilities as poisonous and nauseous pills, potions, and powders, calomel, ipecac, and squills, (!) etc., to remedy the ills caused by the violation of the organic laws of our being!

SPIRITUALITY.—It is a matter of intense interest, and not disconnected with the subject-matter in hand—hygienic law—to investigate the legitimate function of this faculty of our nature, thus perverted, viz.: spirituality, or the "love of the marvellous," as it is imperfectly termed; (and all terms are more or less imperfect.) This faculty, the most exalted of our nature, is to enable us to hold intercourse with the unseen, or the spiritual. Its cultivation or neglect undoubtedly will, more

than that of any other faculty, influence our present happiness as well as our future destiny.

HARMONY, MENTAL AND PHYSICAL.—Now harmony is the great law that pervades and rules the universe. Fallen, degraded man alone, through Adam, has broken the charm—this harmony; and the result is disease, misery, crime and premature death. Disease is the result of a disturbance of the harmony of the bodily powers. There is a close and intimate relation and sympathy between the mind and body. Whatever injures or benefits one, will, as a general rule, indirectly produce a corresponding or sympathetic effect upon the other. When the mental powers are in a state of harmony; each and every faculty in a healthy state of activity; each harmoniously exercised, according to its *true normal function*; none over-exerted and none dormant or neglected, the result is *harmony, happiness, joy, ecstasy*, the mind at ease, "peace and good-will towards men." Now, as man is constituted, and *as he is at present situated*, there can be, in my opinion, but one way to attain this state of mind, this harmony of the mental powers, and that is a spiritual regeneration, a reconciliation to God, through Christ our Redeemer. This state of mind, it is well known, has a sympathetic effect upon the body in ameliorating disease. The permanent feeling of joy, ecstasy and happiness said to be produced in the minds of those who experience the "Second Birth," tends to have a corresponding effect upon the body; and obstinate diseases of long standing, hypochondriacal, rheumatic, epileptic, etc., have been known to be much benefited, if not entirely cured, in this way.

MEDICAL SUPERSTITION AND HUMBUG.—For ages our organic instincts have been smothered by senseless conventionalities and usurped by antiquated dogmas, bequeathed to us by our ancestors; and although, in regard to medical science, they groped in Stygian darkness, yet their absurd medical dogmas are revered and believed, because so ancient and therefore respectable! For ages the medical craft have opposed the general diffusion of a knowledge of the hygienic laws among the people, because air, water, light, exercise, proper diet, etc., are too simple and too cheap; not "far-fetched" enough to gull the credulous, and induce them to pay large fees, nor to be doled out in minute and costly doses, corked up and sold for "only" one, two and "three dollars per bottle." But "Hygienic Law," the stone which for ages has been overlooked by the builders, and cast amongst the rubbish, is now assuming its proper place as the "corner-stone," not only for the *prevention* of disease, but in the *restoration* of health. For ages, the ignoring and overlooking of the hygienic laws has left an hiatus, a gap between the physical and moral nature of man, sometimes temporarily connected, frozen over by a bridge of ice, but melted at the first heat of passion, or at the first attack of disease and exhibition of drugs.

CHRISTIAN DUTY.—Trusting in and obeying God means something more than many are apt to suppose. It means that we should use our powers, given to us on probation, and study His laws, including not only the moral but the organic laws, the laws of our physical nature, and obey them. The duty we owe to our bodies is a plain and palpable one, which we cannot neglect, not only without violating our own nature, but sinning against God. When the bearings and inter-relations of physical and moral science become more generally understood, this fact will more plainly appear, that a violation of an organic law is a positive *crime*, although not in the same *degree* as a violation of the moral law. Thus, stealing is a violation of the moral law; while smoking or chewing tobacco, drinking alcoholic poisons, or hot drinks, tea, coffee, etc., which weaken the nerves and the stomach, and rot the teeth; or depriving ourselves or families of proper ventilation or exercise; over-eating or eating unhealthy, rich, gross, or stimulating food; and the "thousand and one" other bad habits of

the day, are gross infringements of the organic laws,—laws ordained by God for our observance, and a violation of which incurs positive *guilt*, just as *certain*, though in a less degree, as the act of lying, blasphemy, stealing or murder.

TOBACCO.—One monster-evil and violation of hygienic law, in particular, yet flourishes comparatively unrebuked. I refer to the almost universal use of tobacco. In order to successfully expose this body-and-mind corrupting habit, and show it up in its true light, the subject must be *agitated*. Agitation and scientific investigation have done wonders in the Temperance cause, in placing alcohol upon its true basis; proving it to be a deadly poison, under any and all circumstances, whether used as a *medicine* or as a *beverage*. And agitation is now needed to lift the veil from the eyes of the advocates of the use of this destructive narcotic. Agitation is necessary to rouse up the dormant conscientiousness of the Southern planter and the Northern factor, who perpetuate the trade and pander to the diseased appetites of the people for this vile weed. I know of no more useful field than this for the *lecturer*. Agitation is needed to enlighten the people, to rouse them up to *think*, and to enable them to throw off their stupor, indifference and apathy in this matter. Agitation is necessary to properly mould public opinion, so that this subject may be viewed in its true light. There are needed at this day, five hundred lecturers to enlist themselves in this cause. "The harvest is great and the laborers are few." Agitation by the press and the pulpit is needed. Let the subject be properly agitated, and in a few years we may have a "Maine Law" against tobacco, "a consummation most devoutly to be prayed for" by every well-wisher of the race. Dr. Trall's Prize Essay pamphlet upon Tobacco is in my opinion the best, the most comprehensive and philosophical ever published upon the subject. It should have an extensive circulation. They should be sown broadcast throughout the land. The price is a mere trifle, the cost of paper and printing,—\$2 50 per hundred, published by MESSRS. FOWLERS AND WELLS. Every philanthropist should consider himself in duty bound to aid in extending the circulation of this useful little work, upon a subject so much neglected, and the information contained in which is now so much needed all over our tobacco-soaked and tobacco smoked nation, from the Atlantic to the Pacific. Every user of the "weed" should read this little work, and learn the nature and extent of the evil he is, perhaps semi-unconsciously, inflicting upon his body and mind,—not only injuring himself, but transmitting the tobacco diathesis to his posterity, to the third and fourth generations. The pamphlet referred to also describes the best manner of breaking off the habit. [Cuyahoga Falls, Ohio.]

CHILDREN.—Never suffer your children to require any service from others which they can perform themselves. A strict observance of this rule will be of incalculable advantage to them through every period of life.

WATER.—Water constitutes about three-fourths of the entire bulk and weight of the human body. It forms a portion of all the tissues, and exists as a component part of every kind of vegetable. Only a very small quantity of water is necessary as a drink, provided our dietetic and other voluntary habits are physiologically correct. The vast quantity usually taken into the stomach is called for by the feverish and inflammatory state of the system produced by concentrated food, flesh, salt, spices, etc. But it is indispensable to perfect health that all the water drunk, and all that is employed in cooking, should be *pure*.—Dr. Trall's *Hydropathic Cook Book*.

"A LAWYER," said Lord Brougham, in a facetious mood, "is a learned gentleman who rescues your estate from your enemies and keeps it himself."

Physiology.

CHILDREN'S TEETH.

BY DR. J. W. CLOWES.

I AM fully conscious of my inability to do justice to the subject before me. Notwithstanding this honest confession, there are some, doubtless, who will conclude without consideration, that, after all, it is *only* about children's teeth that I am writing, and that *they* are of no *very great* consequence, any way. They come, and they pass away. They appear again, and again they vanish. That is all.

Oh, my soul! what a mountain of error lies here concealed by the flimsy veil of a false conclusion. Yes, they do come—these unvalued possessions called teeth. The infantile jaws of two years usually contain *twenty* of them. They are set in two neatly-arched rows, each occupying its assigned place, and each and all performing their appropriate functions. A beautiful as well as useful arrangement, are these full-dentured jaws of the little child! The teeth are not thus beautifully set there by chance or accident, but by a wise design.

I will call up a vision! A little girl of *three* summers appears before me. Happy is that household where one or more such visions pass out and in abidingly! I may almost call her fairy,—so light, so beautiful, so fairy-like she seems, in all she is—in all she does. Elasticity is in her step—the bloom of health is on her cheek—a joy is in her eye, and prattling words fall thick from sweet and innocent infantile lips. Throughout the day, this tiny medium between earth and heaven communicates to all around the kindly influences of hope and gladness; and when the “curtains of the night are drawn around her,” and she sleeps a pure, angelic sleep, what earnest prayers go up from trusting hearts, that such as she now is, in innocence and health, she may remain for ever!

And now *another* vision meets my view! Ay, I can call *such* visions up with the utmost readiness, because, to me, they have become scenes accustomed by daily viewing. Alas! that it should be so. Before me stands a child, in years some seven summers old, and by him stands his mother, (an earnest, watchful, trusting soul,) and sore she grieves that he, her only boy, should be *so delicate in health*, and thus goes on to tell how “Willie has no appetite. His sleep is never deep, nor sweet, nor resting; but ever, through the livelong night, he tosses restlessly upon his couch, and when the morning comes, it finds him not refreshed, but pale, and wan, and weary. And Willie, too, does never take delight, as other boys, in this or that diversion childish, such as hoop, or top, or kite or ball, but seems to cling more closely to me as his health grows worse. Full well I know his little life is ebbing rapidly.”

She turns aside to drop some scalding tears—such tears as only come from deep, maternal founts, which have a meaning in them past the fathoming of sterner minds. “*And little Willie's breath is bad—oh, very bad!*” The room in which he sleeps is filled with most unpleasant effluvia, and a most sickening fetor is exhaled wherever he breathes. Oh, my poor boy! What dreadful evil has befallen him? What plague-spot is it that befouls him thus, converting the very air around him into contagion? My boy is *nervous*, too; so *very nervous*, that at times he seems possessed, almost, by some unconquerable desire to do himself a fatal mischief; and then a *fit* comes on—a dreadful type of epilepsy—and renders him almost inanimate. Come, Willie, let this gentleman now look into your mouth; *you know how much your teeth have ached, how swollen your gums are, and what shocking pains have passed, of late, through all your face,*

your ears, your eyes, and what a soreness is continually about your throat, making it so difficult to swallow even the little food you eat. Did not the doctor say that we must come here? Did he not say that skilful hands might do for you a service that would take away your pains, and, maybe, bring back the health which you have lost? Oh yes! He said that you, perchance, might be a *heartly, happy* boy, and grow to be a man! Jump, Willie, jump into this large arm-chair, and open wide your mouth, and let this gentleman do whatever he thinks best. Ah, that's a man! I knew he would be. Never fear, my boy!”

I have thus portrayed two very truthful scenes. They are copied (though imperfectly) from life. My eyes are daily witnesses to their reality. I have not, to this time, looked on in silence, nor remained inactive, in reference to this matter. There are those who *know* that I have not; who *know* that whatever of power I possess to keep *unmarred* the little charming picture first presented, has not been sparingly applied; that when, by *parental thoughtlessness and neglect*, that defacement has occurred, to greater or less extent, I have stood forth proclaiming, hopefully, encouragement and relief.

What thus constitutes the little child of three years a type of happiness, of physical beauty, of mental ease? I answer, Health—perfect bodily health. *In her mouth nature's grist-mill is in good running order. Every cog, and hopper, and stone is working harmoniously.* There is no dilapidation here—no falling into ruins, no crumbling at essential points—no disease. Behold, fond parents! You who have such a child, behold, and understand *why* she is such. Remember, upon the healthful condition of a child's teeth, and upon her ability to *masticate well* her food, depends the health of that child—the strength of her physical constitution, not only while she remains a child, but, especially so, when she is grown a woman. Keep, then, her teeth in good order, and all will be “well with the child.” Let them go to ruin, and you will, ere long, seek in vain for the little, laughing, light-hearted girl, who filled your house and heart with joy. The golden bowl will be broken, and you will fruitlessly repine for a loss that has no repairing.

Two years ago, and previous to the enacting of scene second, the little boy of whom I have just spoken, came to my office accompanied by his mother. The mother's teeth had been but recently under my care, at which time I extracted several, plugged some fifteen cavities in those remaining, and inserted nearly a full upper set of artificial ones. Soon after this, her husband came with a still worse mouth, and I extracted nearly every tooth (decayed, of course) he had ever possessed. Neither of these persons was over *thirty-five* years of age, and almost toothless at that. Knowing these facts, when I looked in the boy's mouth, I expected to find a clear case of hereditary weakness in the teeth. I pointed out to his mother *the various imperfections—cracks, crevices—which such teeth always exhibit on the surfaces of their enamel.* I said to her:

“It was through such inlets that disease entered your teeth, and has swept them away; through such, the enemy has wrought still greater ruin in your husband's teeth; through such, the destroyer will find a fourfold facility of admission to the teeth of your child. Now, understand me. *Your teeth were weak; your husband's were still weaker than yours; your child's teeth, the inheritance you have transmitted, are, as a consequence, weaker than either.* Notwithstanding we have so much of weakness to deal with, there is no real cause for discouragement. *You have but to close up, hermetically, those crevices while they are small, and apparently insignificant, and while a limit remains to their extent.* You have but to do this, and afterwards see to their appropriate daily cleansing, (who so capable to do this as a mother?) and you may defy disease in them.”

I explained these things more fully than than

I write them now. I strove with earnest words to impress them upon her mind. But, alas! how many earnest words do daily find an utterance, and perish, as they fall, on heedless, unbelieving ears! So was it in this case. Though disease had been sown broadcast in all his teeth, *pain had not yet come.* Two years passed away—two short years! To that mother they brought mental agony. Oh, she had thought—and that thought was deeply impressed upon her mind (too many minds are rendered inactive by a like impression)—that it was *no matter if children's teeth did decay*—if they were lost; more would come again, and all be well. Moustrois delusion! You who are hugging, with tenacious gripe, the selfsame error, can you not discern the truth *that teeth have uses?* Does not the child need to eat as well as the adult? Is its little stomach proof against every abuse that may be practised upon it? Do you not see that, in its very budding, you blast, by this abuse, the strength which should bloom and ripen in the physical frame of full-grown manhood? God and nature designed that not one childish tooth shall be lost until its set time has come. Ho, ye who are happy in the gift of children! see to it that you do not cast away, thus ruthlessly, the precious gifts of an Infinite bounty.

Two years had passed away, and that beautiful arrangement, intended to help, sustain, and strengthen the child, had become a ruin—ruinous. In even this young mouth, not one sound tooth was visible. Decay had set its seal on every one—on every one a change, a fearful change had passed. Disease had become substituted for health.

Willie's appetite was bad. What wonder that it should be so? The mouth that, in its healthful state, was wont desiringly to open when food presented, and enjoyed, even in anticipation, a natural delight, was now a hideous receptacle of filth, where rotten bones, and ulcerous sores, and gangrened flesh, and pestilential vapors, produced a nausea and a loathing so intense, that food and sustenance found no acceptance, when offered in such company.

Ye who read this, and have around you (in your children) fac-similes of the Willie I have been describing, heed well what I say. Are their young lives bearing the burden of a continuous torture? Do they lack appetites? Are their breaths bad, gums swollen, throats diseased? Are they nervous, sickly, pale, lifeless? Look into their mouths, and see what ails them *there!* Behold the Pandora's box of innumerable ills! You may say flesh is heir to them. So it is; and the condition of things, as you find them there, fixes and confirms the inheritance. In conclusion, let me add, there was but one way to treat Willie's case, and that was, to remove every thing that was once a tooth from his mouth. The little fellow bore manfully an operation which left him as toothless as an old man. There was no alternative. His life depended on it. He has now partially recovered his health, but a youthful constitution, so long harassed by pain, can hardly be expected to recover wholly from a blow so stunning. Its baneful influences must needs be felt in all his coming years. Don't let your children's first teeth be lost. Upon their remaining in unbroken rows until the proper time for shedding, depends the quality of the set that is to follow. If the first set be allowed to decay, the second set (by contagion) will decay as a matter of course. If the first teeth decay, plug them—cleanse them. Preserve them, and you preserve the general health; preserve them, and you do the best thing you can to insure a regular and healthful second set. Upon this second set of teeth how many of the joys or woes of human life depend! They are “talents” given to our keeping, and they will curse or bless us, as we abuse or duly use them. A peach-pit falls into the earth, and by-and-by, a tiny little tree springs up, and grows vigorously. The careful gardener keeps a watchful eye upon it; he prunes it at the right time; he sees to its

straight growing; he looks after and destroys the worms at its root. You look upon such a tree admiringly, and exclaim: "Behold, what symmetry, what beauty, what healthful vigor!" By-and-by, what luscious fruitage crowns his labors, and tempts and satisfies the longing appetite! O parents! do you not behold in this a likeness, such as may be, to the sons and daughters that rise up around you? Shall they grow in healthful beauty up to man and womanhood, uncheeked in vigor and unmarred in form, or shall they, like the tree that's left to grow uncaared for, fall into decay, and become pictures of unsightly deformity? [7, Eighth Avenue, N. Y.

THE BEARD QUESTION.

THE BEARD QUESTION is becoming a serious matter. Theological divines decline the use of the razor, as did the Apostles of old, but, unlike their predecessors, they are not permitted to wear the beard in peace. The "followers" refuse to attend upon the ministrations of a man *who is not shaved*. Much scandal therefore arises, and unpleasant divisions in the church may be expected. Smooth-faced lady preachers may therefore supersede the bearded gender.

The following "Defence of the Beard" has been sent us:

Why don't you shave and cut off your long hair? Because I think whatever is natural is right, and unnatural wrong. God or Nature never makes mistakes. "If a man chooses to cut off his hair or beard, has he not a right to do so?" No, he has no right to injure himself unless he can do it without injuring others, and I reckon that would be difficult to prove.

Some eight or ten years since, I fell in love with "Dame Nature," and my love does not abate. I still admire her in all her spontaneous and impulsive perfections. I do not like the looks of a cow with her ears and tail cut off, or a horse, or a cat, or a dog. I do not like the looks of a man with his face shaved and head sheared, for the same reason—it don't look natural, and it don't of course (to me) look pretty.—No, it ain't all fancy. In the name of common sense, is there no standard of beauty, as well as justice, truth, &c.? Seems to me there is: but blind men are poor judges of color.

Why do you shear and shave? Face the music like a man now, and tell the truth. "Couldn't eat soup, couldn't kiss the girls; wife would raise the old boy; so hot; so much in the way."—Just as I thought; there isn't but about one in twenty of you that really does give the true reason—that is, *lack of moral courage*. But, my brothers, screw up your courage: you can cultivate that as well as any thing else. *Do right. Do right. DO RIGHT!* II.

And here is something by another correspondent, on the other side of the question. We will only add: "Prove all things; hold fast that which is good."

It would appear that there is a certain class in the community who think that a "Broken Razor Society" would cure all the ills flesh is heir to. Happening to differ from them in regard to the healthfulness, comfortableness of moustaches and beards, I will briefly give the reasons "for the faith that is in me."

The argument advanced in favor of this beautiful appendage is, it acts as a kind of screen, or sieve, to sift the air, and prevent noxious dust from being drawn into the lungs and causing disease. That there may be situations in which the air becomes so filled with dust as to need *sifting* before it is fit for use, I do not deny. But I very much question the propriety of any person living in such a situation. Certainly no one who is not utterly regardless of his health could be induced to thus transgress the laws of his being.

My objection to moustaches is this: At the expiration of each breath they become charged with the noxious vapors with which the breath is then laden. Then, when the next breath is inspired, (if it is true that they act as a sieve,) the air, in passing through the moustache, becomes charged with this noxious vapor which the preceding breath deposited

upon them, and it is again drawn back into the lungs, instead of becoming instantly dissipated in the air, as it would, were they not interposed to prevent its instantly flying away. They have a tendency to suffocate a man by preventing the free egress and ingress of the air. They collect the heat of the expired breath, as well as the noxious vapor, and thereby increase the temperature of the fresh breath by imparting the same to it while passing through them in inspiration, acting very much like the sieves through which the air passes into and out of a caloric engine.

There are a sufficient quantity of minute hairs stationed in the nostrils to prevent the ingress of dust, without having the bottom of the nostril stuffed full of a thick mat of an inch or so in length. Let any one who has a heavy moustache shave it off in hot weather, and he will instantly discover the difference in the temperature of the breath. I know this by experience.

The idea that because the moustache and beard grow, they must be worn, amounts to just this, when carried out: because mankind come into the world in a state of nudity, they must run around the world naked; because poor fruit grows *naturally*, mankind should eat it, and not resort to their ingenuity to produce better fruit, for they thereby mar the works of their Maker. This is a kind of reasoning which would place man on the level with the monkey and baboon, telling him that the Almighty made every thing just as it ought to be, and left nothing to be done by him.

That the moustache is not necessary to health, or was not designed to promote health, is evident from the fact that females and children are not supplied with it. If the reasoning of the "Broken Razor Society" is correct, we shall soon expect to see the shops filled up with dainty false moustaches for ladies and children. True, it would make it rather difficult to kiss their pouting ruby lips, but certainly there is no gentleman but would have gallantry enough to forego all such delicious pastime when the *health* of the sex depended on the self-denial! And now the thought strikes me, it is quite probable that the want of moustaches is the cause why most women are so sickly and effeminate. I would commend the subject to the especial attention of the "Broken Razor Society" at its next meeting. No doubt, some false moustaches would prove to be the *clair vite* that would restore the rose to the sallow cheek of many a spiritless lady. Who will try the experiment, and merit the lasting gratitude of all womankind?

Ridicule aside, there is no period of life that would require moustaches more than childhood, were they essential to health. Children are much nearer the surface of the earth than grown people. Can it be that the All-wise One has neglected to supply childhood with such a great preservative of health as it is contended moustaches are?

Who ever heard of a person becoming sick, under ordinary circumstances, by breathing dust into the lungs? "But," say these philosophers, "it is the *cutting off* the beard and moustache that is so injurious."

Let us see how that is. If there is so much injury done, certainly the part "*cut off*" so much will show it the most. Now then, will some of these philosophers tell us how much sooner a person's beard and moustache will become diseased and turn gray who shaves than that of one who belongs to the "Broken Razor Society?" My impression is that it will not turn gray as soon. When the beard and moustache is kept shaved close, the skin is easily kept clean and vigorous, whereas, when there is a thick covering of hair, it is difficult cleansing the skin, it is but little ventilated, and soon becomes dry and diseased. Who ever saw a person's face become diseased by proper shaving? Now then, if the beard and moustache and skin of the face all retain their health and vigor when subjected to the barbarous operation of shaving, it must be the other parts of the system that it acts so injuriously upon. The other parts of the system can only be affected by sympathy with the afflicted part, and consequently, cannot be affected at all, because it is proved that the affliction that the face, moustache and beard are afflicted with, is no affliction at all.

Next come to the argument that the beard is useful as a covering and protection to the neck, preventing exposure. That the neck frequently needs protection, I do not deny; but that it requires to be covered with a thick, almost impenetrable mat all the time, I do question. That it may frequently prevent the bronchitis in ministers, after taking a pulpit sweat, I readily admit. But that is not a final disposition of the subject. The question is, Could not some artificial covering be afforded the neck under such circumstances that would answer the same purpose, without being necessarily attached to the neck all the time, and preventing all access of air to the throat, and increasing the temperature much higher than it would be if not muffled up with a heavy beard? It seems to me adequate care could provide for all such contingencies, without a person being sweltered and roasted with an impenetrable mat of beard forever around his jaws and throat.

General Articles.

A LETTER TO THE PUBLIC.

GLEN HAVEN WATER-CURE,
Scott, Cortland Co. N. Y., Oct. 1, 1852. }

TO MY FRIENDS AND THE PUBLIC:—We have had a fire at the Glen, which burned one of the eight buildings belonging or constituting our CURE. Through the want of forethought on the part of one of my patients, a report went out, through the press—and it has been copied into every journal, almost, in the land—that the Glen Haven Water-Cure is all burned up, or down,—the whole being a mass of ruins. I take the earliest opportunity open to me through the columns of this Journal, to correct the impression—an impression likely to result in incalculable injury to me, yet which I shall in time live down. Let me say in a plain, straight-forward way, so far from Glen Haven being *all burned down*, we have just as good, because just the same, accommodations for one hundred patients as we ever had, the fire destroying a building capable at the outside of lodging not more than thirty persons. Notwithstanding the loss, our inconvenience was slight, aside from the diminution of our accommodations as to numbers, owing to our having a large, well-furnished HOTEL, with ample kitchen, parlor, dining-rooms, and lodging-rooms, into which we immediately moved all our houseless ones; so that before noon of the next day, they were all as quiet as if no fire had happened,—not one of ninety persons leaving—not even the *one* whose statement, written under great excitement, has been the cause of so much misapprehension. Let me say, then, that any of you who may write to place yourselves under our medical care, need not hesitate to visit us. You will find us in every way equal in all our accommodations for one hundred people, that we were before the fire for one hundred and thirty to one hundred and forty in the summer season. You will find the same care, attention, devotion, skill, kindness, and readiness to do for you, as before our accident.

The question will naturally recur, What are you going to do? Our answer is: This winter take care of a hundred patients, if we can induce them to come to us; cure them, every one, if possible to do so, and by next June,—if Heaven blesses us, and raises up friends to help us—be able to accommodate, in connection with our present facilities, at least one hundred and fifty patients, and from that point proceed to stud our beautiful mountain slope with cottages, where the sick shall dwell till their feet become as hinds' feet for swiftness, and their laugh for its music shall equal the outburst of the meadow-lark on a bright sunny morning.

You who have never seen our beautiful Home, as the sun lights it up at his rising in autumn, our woody foliage, resplendent in golden tints, our air clear and pure as ether, our lake in repose like a girl asleep in innocence, our birds with throats stuffed with song, our very wild game hardly getting out of one's way, as you wander through the forest, can form little idea how devotedly attached we are to Glen Haven. With such influences unceasingly operating on us to assist in shaping our characters, moulding our habits, modifying our ideas, stimulating the devotional within us, purifying our tastes, and, in connection with literature and religion, raising our aspirations, and causing us to feel that God is ever present with us—that Nature, as she wraps around us her great protection, is

A mistress gentle and holy—

nothing is wanting but to understand the laws of our being, and to honor them, to constitute us a people by ourselves; peculiar but not eccentric; simple in habit, yet not singular; natural in bearing and manners, yet not affected; and evolving in all our daily intercourse that hidden life-power

which all possess whose force, once free to act, puts death at bay, and lifts the feeble into strength.

Under such circumstances, and surrounded by such conditions, is it wonderful that we cure the sick? that our guests come to us from Minnesota to Maine, and from Mobile to Canada, hundreds on hundreds of them, wrecked, shattered, shivered to pieces by disease, as an old pine is shivered, when, in some grand thunder-gust, the lightning strikes it—broken down, ruined, drug-smitten, given over by science and art to die—and God, who is loving and good, and takes no pleasure in the death of him that dieth, has blessed us as we have gently laid them down in the lap of NATURE, who has watched and tended them, nursed and encouraged them, brooded and blessed them, like a mother her first-born? Is it wonderful that, whilst our life is as their lives, our blood as theirs, the strength of our hearts and the hope of our souls are for them, they should find our slightest suggestion having with them the weight of authority; insomuch that men of culture, and women of refinement, those thoroughly disciplined, and those who have had their own way, the wealthy and poverty-smitten,—all, with one accord, fall into our ways, eating, sleeping, walking, talking, bathing, not bathing,—in fine, doing *as we would wish*? Is it wonderful? People say it is. Physicians say so, ministers say so, editors say so. It is common to say, "What wonderful power you have over your sick!" and to our guests, "You all seem to go one way. It is very wonderful!"

A distinguished medical man of New York city, formerly of the South, has visited us since our fire. He staid with us two days, and, with our permission, mingled and talked freely with our sick, learned their histories as far as they chose to communicate, and just before going, said, "One thing is evident. A very large majority of your patients are getting well, and the influence you wield over them is wonderful!" Said an editor of western New York, one of the broadest and deepest thinkers in our midst, who left us yesterday morning—"I am confounded and made dumb at what I have seen at the Glen. It is wonderful, the results you produce." Said a woman of high character to us, "I came to see the Glen under deep prejudices. I want to say to you on parting, you have removed them all. It is wonderful!" Now, in reality, there is nothing wonderful in our success, and that to them it is so, grows out of their estrangement from Nature. Their whole manhood is trained after false models, and bent to conformity with that which is fictitious and unsubstantial. They do not wonder that the pine shoots its head up to the clouds, or that the oak casts the shadow of its great limbs over an acre of earth. They do not wonder at the beauty of the violet, or the tints of the lily. They see nothing surprising in the soarings of the eagle, or the speed of a racer. The heavings of the sea, they lift their eyes up and behold them, and they see the flashings of the lightning, and hear the "live thunder"—but they wonder not. These magnificent and mighty exhibitions, they are prepared by daily observation and reflection to ascribe to nature. But in her greatest work, man, on whose fate all her other works for their glory and perpetuity depend, they give her no credit for interest, or attachment, or displays of power. They expect that the apple tree, or the bean plant, from its birth to its decay, will find its life sustained by her kind hand, forgetting that she upholds her creations by a force proportionate to their worth, and that to man she dispenses special protection. But these wonder-struck ones cannot see it, and so they are surprised at his resurrection from a sick-bed, through agencies so simple as those of water-treatment. Yet, we repeat, there is nothing wonderful in it; because the whole process is simply bringing one's activities into harmony with the springs of his life and

the forces of the external world. But we humbly submit, that the agencies described are rather external, and derive their power from their intimate relation to another class, which find their home in our own bosoms. It is no small thing for a physician to believe what he does; to represent his inner convictions by his outward actions; to have his principles illustrated through a life of calm duty and heroic devotion. For a truth is aided in its way to triumph, by having its worshippers sincerely and truly trust in it. Now we do believe in the Water-Cure method of treating disease. We know it is true. We have demonstrated its superiority, in hundreds of cases, over all other methods; for where they have failed, this has again and again succeeded. Why should we not give to the Water-Cure our most unbounded confidence? As physicians, we are what its principle has made us. Our reputation belongs to it, for its great central idea has built it up. When we commenced our practice, neither of us had medical reputation. No herald blew his trumpet to announce that we took our places in the ranks of Hydropathic physicians. We began unaided, unstimulated, and unsustained by any arm but God's. Not a patient in our house—not a promise of one; with prophecies of failure, with sneers at our audacity, with contemptuous smiles at our folly, with no capital but Faith,—we committed our way unto the Lord, and trusted in Him, that he would bring it to pass: and we have had ample reward. Perhaps no Establishment in the land has had better success, or to-day stands better in public esteem. We have treated 1,400 cases in four years, the guests having visited us from twenty-seven States and Canada. We have benefited or cured at least 1,300 of them. We have rejected as hopelessly incurable, and which we have declined to encourage coming to us, 1,075. We have made 2,016 prescriptions for home treatment, for which we neither asked nor received one penny, during the first three years of our practice; and the last year, with slight exceptions, have charged as advertised. We have seen no day since the 26th June, 1853, to this day, in which we have not had at least seventy patients, and during two months of this season had over one hundred and twenty.

We have helped the poor, housed the homeless, strengthened the weak, sustained the feeble, and in all things have tried to do as Jesus Christ would have us. We have written what we believed to be true, have spoken frankly what we thought worthy of utterance, have cherished towards our coworkers a manly, generous feeling, have rejoiced in their successes, and sorrowed for them in their trials. We have delivered lectures to our people on Hydropathy, on Literature, on History, the rise, progress and fall of nations, on Biography—taking for our texts such men as in their day and generation left their impress on the world. We have ourselves led lives of simplicity and truth, in all things commending our principles by our daily deeds to the calm and sober judgment of those under our care. We breathe pure air, drink pure soft water, eat simply-cooked food, dress with special reference to comfort and taste combined, and lie down at night in the shadow of a great mountain, without bolted door or barred gate in all our borders, and fall asleep, with the Most High for our Shepherd. Reader, if you think that seeking health under such exposure has nothing of the recuperative in it, you are mistaken. There is a divine benignity which spreads itself over such life as this, as kindly and tenderly as an angel spreads his wings over a sleeping infant. And if you think of coming to the Glen to spend the winter with us, in the epitome we have given of what we do and what we are, you may gather somewhat of the life you will be likely to live.

We frankly say to you, that we do not wish to see you at the Glen, with the impression uppermost in your mind that we can and shall cure you, though you are frivolous and inert, fault-

finding and capricious; though you pay no respect to law nor the human constitution. Persons who are vigorous in the direction of wrong indulgence, who show marked energy to gratify appetite, who find time to waste in useless adornment, and leisure to debauch daily, but have neither vigor, nor energy, nor time, nor opportunity, to work for their restoration to health, we cannot cure. We want courage and hope, faith and patience, resolution and fortitude, to accompany you as ministering spirits, to sustain and uphold you and ourselves. We will spread no bait to catch you and draw you into our net, by representations of richly-furnished rooms, down beds, splendid table-service, and highly-seasoned food. Glen Haven is a Water-Cure, where the sick congregate, and our accommodations are neat, pleasant, and simple. Those, though sick, who find their lives to consist in false and shallow gratifications, to whom artificial and luxurious indulgence is an essential to existence, will not like us if they come. We feel ourselves impelled by the highest considerations to change the habits of such, and bring them into correspondence with a moral sense whose decisions are on the side of responsible character. The rich come to us, and like our ways. We cure them as we do the poor; but it is not in the use of all that is destructive which money can buy, that we educe the aid which works out their almost miraculous restoration. It is in rectifying that in their habits and that in their bodily states which is wrong, and so leading them step by step to the mountain's height, from whence they obtain a view of life so transcendently beautiful that they bless us as long as they live. In all that tends to promote health and make our sick ones happy, we shall not be found wanting this coming winter. What influence in shaping our destinies our calamity may have, we cannot now say. We belong to the cause of Water-Cure, and, by God's blessing, shall live to succeed in commending it to the confidence of those with whom we may have to do. We may have to work much harder than ever before, for it is given to some to endure rather than to enjoy; and to some, Success is the child of Struggle. She brings her babe to the birth in labor and sorrow, but she lives to see him a crowned king, whom millions admire. Leaving our future in the hands of Him with whom are the issues of life, we gather up strength for the work we have to do, and remain

Kindly and faithfully yours,

JAMES C. JACKSON,
LUCRETIA E. JACKSON,
HARRIET N. AUSTIN.

AN INCIDENT

IN THE ANNALS OF WATER-CURE.

BY OLIVIA OAKWOOD.

THE dwellers in one of those forest-environed towns scattered profusely over the Valley of the Great West, and hitherto secure in a long memorized healthfulness of location, were recently appalled by the grim spectre of cholera appearing suddenly in their midst. Looking in at the door of one of their most valued citizens, he levelled him almost with a breath, then scattering the blight of his scourging among the survivors of his household, strode onward with accelerated steps, leaving behind him legacies of desolation and silence, wailing and tears. Amid the hitherto busy streets and cheerful abodes, few were the healers of the sick; to many, ah! very many, "there was no balm in all their Gilead, no physician there." True, the pure springs were gushing freely from the cool rocks, and the low stream meandered gently over its bed of stones, but each were unheeded; none dreamed of the pana-

* See our advertisement in this number of Journal.

cea contained in their crystal depths. True, rumor had ascribed powers of healing to these every-day blessings, but, "after all, what virtue could be found in *just water* to heal diseases?" So, with a curl of the lip, and a sneer on the face, one and another turned away from the little Jordan which laved their banks, and resorted to devices and poisons found only in the warehouse of drugs.

Death had been busy within one homestead. Of those who had welcomed together the coming of the rosy months, one after another had been stricken down by the Destroyer, until only the mother, low upon her bed in the agonies of prospective dissolution, and a daughter, stupefied with horror and grief, were all that remained. The feet of the few who were willing to convey her beloved dead to their narrow house had just parted from the threshold with their scanty funeral, and by her side remained her daughter and a kind and courageous neighbor. Her physicians had signified their inability to save her from impending death, and had turned their steps elsewhere. To them she had poured forth her piteous pleadings for water, *cold water*, to cool the fires that scorched her vitals. "Not one draught, as you value your life," had been the only response; and now she was alone with Death. "Give me but one drink, only one, Mr. —, and my watch shall be yours," said the agonized woman, pointing to a valuable gold repeater which had marked the moments for the administration of the nauseous and powerless drugs. Mr. — had listened with sorrow and indignation to the denials which had been made to her prayers, for he was a believer in Hydropathy, a mark often for the ridicule of the Regulars. Now that the field was left to him alone, he gladly presented the cooling draught to the parched lips of his suffering friend; and when "one more" was pleaded for, and "yet one more," it was not denied. Angel of mercy he seemed to her at that moment, and such he truly was. Owing to no knowledge or skill save what he had gleaned from Hydropathic books and observation of the workings of nature in her own domains, he yet possessed the faith that he could save his friend. Proposing to her, then, to avail himself of all the knowledge he possessed of Water-Cure, as he could not surely injure her, how gladly she consented, how hope beamed from her sunken eyes! The Good Samaritan quickly surrounded her with his aids, in the forms of the wet sheet, plenty of cold water to drink, friction, &c., &c.; and when the bearers returned from the funeral, expecting to renew their mournful task before many hours, they found their friend in a natural sleep, with the dew of returning health issuing from every pore.

The gladness of his soul imparted a happy thrill to his frame that he would not have bartered for the most valuable watch in the country, nor would he have exchanged his position for that of the proudest Regular who boasted an M. D. to his name. The woman lives in the enjoyment of health. "A word to the wise is sufficient." [New Lisbon, Ohio.]

SOME HYDROPATHIC FACTS.

RECOLLECTING your request, in some former number of the WATER-CURE JOURNAL, to the friends of Hydropathy, to relate any interesting facts in connection with the subject, and at the same time recalling to mind a recent obligation to order a brace of subscriptions to the Journal, I avail myself of this opportunity of complying with your request and discharging my obligation.

During the four years of my agency for your publications, I have witnessed the rise and rapid progress of Hydropathy in some of the southern counties of Mississippi. Facts have meantime been developed within my own experience and observation which alone would be sufficient to fill quite a respectable volume. These, however, are scarcely equal in number to those that have

been related to me by others—all strongly illustrative of the astonishing efficacy of water and hygienic agencies in the cure of disease. I will as briefly as possible state two or three of these cases.

FIRST CASE.—A little girl had a dangerously severe fever, so as to excite the strongest apprehensions of an experienced nurse that she would not live half an hour. The mother having heard of the wet-sheet process, concluded to try it. In less than ten minutes favorable symptoms were noticed, and in half an hour the child was out of danger, and in two or three days was enjoying its childish sports as usual, quite well.

SECOND CASE.—A miss, perhaps thirteen or fourteen years old, was pronounced, by an Allopathic and Botanic physician, in consumption. She was fast declining, and her relatives thought she would scarcely live twelve months. Both her father and the Botanic physician had previously obtained Trall's Hydropathic Encyclopedia, and had acquired considerable confidence in the Water-Cure. So the doctor advised the application of the chest-wrapper, to be worn constantly, as recommended by Dr. Trall, together with daily bath, with friction, and other general hygienic agencies. She in a few days commenced expectorating an astonishingly large amount of mucus, which symptom continued several days, when it gradually subsided, and with it her cough, pain in the breast, &c. Her strength, flesh, appetite, and color were regained, and in three weeks, through all of which time she wore the wrapper, she seemed entirely well and in fine spirits, and has been, I believe, ever since.

THIRD CASE.—Another young lady in her teens was violently attacked with bilious fever. After continuing several days, the crisis came, and she was supposed to be dying; was pulseless, senseless, helpless. A very successful Botanic physician had been attending her case, and now (on Sunday night) was called in haste, being told she was dying. During the next twenty-four hours all his skill and experience was exhausted upon her without producing any change. No one thought she could be raised, the doctor himself saying she was beyond the reach of human aid. In this extremity, the mother, who had heard of the wonderful efficacy of the wet-sheet pack, suggested its application. The doctor consented, and she was packed according to rule. In less than half an hour she moved in the pack, appearing slightly restless, when she was taken out, rubbed with a dry towel, and put into a dry bed to rest. This process was repeated twice during the night. On the first repetition she recovered her senses, and on the second her speech, while in the pack; after which she rapidly improved under the application of wet bandages, sitz-baths two or three times a day, with water-drinking and fasting, so that in ten days she was in the enjoyment of her usual good health, which she retains till the present.

Water-Cure is now firmly established in the confidence of hundreds of the people of Hinds and Copiah counties, and the door effectually opened for the location of a skilful Hydropathic physician in both these counties. Indeed, this is now the greatest want of these communities, which I hope an early future period will see supplied. J. F. D.

FROM C. H. L.—Your Journals are raising a stir out in Illinois. One good dame in particular is perfectly infatuated with their teachings. Last fall she said:—"Husband, I will abandon the use of *tea* and *coffee*, if you will abandon the use of tobacco." Husband consented after being "*labored*" with, for he was reluctant to part with the luxury he had enjoyed for many long years. He was afraid it would *kill him*, or at least injure his health; but, strange to say, it has not produced either of these effects, and to my personal knowledge and experience, he is becoming more fleshy, healthful, and ere long will be what *you* would call a half-way decent man.

REVIEWS.

UTERINE DISEASES AND DISPLACEMENTS. By R. T. TRALL, M. D. Published by FOWLEES AND WELLS, New York. [Price, prepaid by mail—colored edition, \$5; plain, \$3.]

THIS work treats of an extensive range of maladies which have long been but poorly understood by the medical profession, and which have been treated by the majority of physicians on entirely erroneous principles. No pen can well exaggerate the mischief which has resulted from the ordinary calomelizing, leeching, bleeding and blistering practice in diseases of the uterus and its appendages; nor can we find language to express the ruinous consequences of the common methods of treating malpositions of the uterus by pessaries, and other similar mechanical contrivances. In the work before us, the author has most convincingly demonstrated the fallacy and inevitably injurious results of all attempts to cure on such principles: whilst he has in an equally clear and conclusive manner pointed out the true methods of successful treatment.

Like all the writings of its industrious author, it is sufficiently scientific to be a text book for students and physicians, whilst it is intelligible to the non-professional reader.

Of late years, (so miserably maltreated and so notoriously unsuccessful have ordinary physicians been in their management,) these complaints have been made a specialty by certain physicians, who have discovered a more successful method of treating them than the usual drug-and-pessary plan. The advantages and applicability of the newly-discovered hygienic resources, the author has plainly set forth: and whilst he has refuted the various false notions which prevail on the subject, he has preserved and explained the proper surgical management of such cases as actually require the knife, the caustic, or the ligature.

The most striking feature, and probably the most valuable part of the work, is that which relates to the various displacements of the uterus. This subject has long been almost as a sealed book to those females who have suffered miseries that no pen can exaggerate in consequence of them; and what has aggravated the wretchedness of the sufferers, nearly all the attempts which have been made to relieve them by their professional advisers have only made a bad matter worse. Thousands of females all over the country will find here the knowledge they so much need. They will be enabled to see and understand for themselves the exact nature of their difficulties and disabilities, and thereby be enabled to judge for themselves of the propriety of any suggested course of treatment, before going through, as has too often been the case, months or years of profitless or ruinous experimentation.

The illustrative plates, many of which are from original designs, are colored, to render the subject more easily comprehended, and for the especial benefit of lecturers and teachers; and are entirely unlike any thing which has ever before been given to the profession or the public on the same subject.

Let it get into the hands of all the females of our country who are laboring under uterine disease, debility, or displacements of any kind, and they can hardly fail to find in it the information which will enable them to recover health by means of home-treatment, or, in a difficult case, to seek assistance in a proper direction.

S. R., Big Rock, Iowa.—The good which your Journals are doing in this country is incalculable. Where, three years ago, the Journals and Hydropathy were alike unknown, nearly thirty copies of the two Journals are now taken. Pork and its kindred are giving place to wholesome fruits, and sickness is much less common. The value of the Journals is better felt than told; and for one I shall ever be their friend and admirer, not only because they have saved me from the consumptive's grave, but because of their immense riches in wisdom and thought, and their value to posterity.

Dietetics.

It is proposed to devote a portion of four space to the discussion of Dietetics. Contributions will be received from the leading writers, and published—in other departments—under their own names.

NOTICE.

The American Vegetarian, formerly published in Philadelphia, has been discontinued, and the subscription list is to be transferred to the WATER-CURE JOURNAL.

Members of the Vegetarian Society—among whom are some of our leading Hydropathic practitioners and writers—will communicate with the public through this Journal.

Mr. HENRY S. CLUBB has been appointed by the Society to superintend the Vegetarian Department for them.

VEGETARIANISM.

BY HENRY S. CLUBB.

THE position which we take in the inquiry in reference to the great question of human aliment is :

I. That man is created with faculties for becoming free to select his own food, just as he is to adopt his own principles of morality and religion.

II. That notwithstanding this freedom of choice, man is best adapted for food of a certain character, and food of a certain character is best adapted for him ; just as there are certain principles of morality and religion which best promote his interests.

III. That to inquire into the nature of man, in order to discover the description of food which is best adapted for him, and adopting in practice the convictions resulting from such inquiry, are the only means by which the power of FREEDOM OF CHOICE can become developed ; just as moral freedom is enjoyed only in proportion as correct morality is observed.

We do not declare that man is already free, either in dietetics or morality. He is enslaved by appetite and habit. "I cannot live without my tobacco," says one. "I must have my glass of brandy," says another. "I should die, if I did not eat meat," says a third. "I should sink, if I did not take my cup of tea," says a fourth. Now whoever heard a person say, "I cannot live without my apple ;" "I must have my bunch of grapes ;" "I should die, if I did not eat my potato ;" "I should sink, if I did not get my tomato?" No, these are all simple and wholesome, and consequently unenslaving to the appetite, and can be as well supplied by almost any other simple and wholesome production of the vegetable kingdom, while the other articles are so many links in the chain by which the

great enemy has bound men through the medium of their appetites. It is a good test by which to know if a food is natural ; does it enliven the appetite? Can it be given up at any moment and substituted by another, equally wholesome, without a feeling of craving? The way to enjoy this dietetic freedom, therefore, is to be determined to take nothing which enslaves the appetite. When a person tells us, "I cannot do without my suuff, or my meat, or my alcohol," we reply : that is the delusion which taking these things has created, and the strongest possible reason for giving them up :—be a man—declare your independence—serve God and his truth—fall down to no idol—be no longer a slave—and though it may require a struggle at first, you will enjoy a glorious liberty, "the liberty of the children of light."

It will be seen from these remarks that if we do not regard this question as one of morality and religion, we regard it as closely analogous thereto and indissolubly connected therewith.

Freedom is the question which is paramount to all others in the progress of the world, as without it nothing can ever be achieved, either individually or collectively. There could be no development of the faculties, no resistance of evil, no embracing of truth, without freedom of choice. The question therefore with which Vegetarians are frequently met, "For what purpose were animals created, if not to be eaten?" is answered by the great law of human freedom. Unless these creatures were created, there could be no choice : man would have been a vegetarian from necessity, not from conviction—not from the decisions of a matured judgment or a cultivated heart.

How great and glorious therefore is the destiny of man ! He is not to be a mere creature of passion or impulse, of instinct or of uncontrollable fatality, but he is to grow into all the proportions of a dignified human being, using faculties which have become matured by experience in battling with error and in overcoming evil ; possessing a strength for good and useful purposes which a mere thing of necessity could never enjoy.

All we ask is a fair and candid investigation of the various phases of this question, which will be presented by the different minds who will present in detail their reasons for adopting vegetarian diet, their experience before and since, and their convictions resulting from such experience.

Our space this month will be mainly occupied with a verbatim report of a highly interesting address, delivered by the Father of Vegetarianism in this country, who is now as active at the age of sixty-six as many men are at forty-six. It was received with marked attention and deep interest, and the simple but forcible narration of facts will long be remembered by all who heard it.

In succeeding numbers we hope to present a greater variety of articles, and shall look to be sustained in our efforts by men and women whose originality of conception and vivacity of thought will bring ample light to bear on the great subject—the daily want of our bodies—which will be shown to exercise a great influence on our minds.

ADDRESS

BY REV. W. METCALFE, M. D., IN NEW YORK.

THE Vegetarians of New York had for some time been anticipating the pleasure of the visit of the father of Vegetarianism in this country, the Rev. W. Metcalfe, of Philadelphia ; and on Monday, the 11th of September, that gentleman arrived in New York.

The next evening, a numerous meeting of the New York Vegetarian Society took place at the Laight Street Lyceum, when Dr. TRALL presided, and, after some preliminary remarks, introduced the

REV. WM. METCALFE, who said : The subject of Vegetarianism is one to which my attention was directed at the age of twenty years, when I gave up the use of animal food, and from that period to the present time, I have not tasted fish, flesh, or fowl. This occurred in the year 1809—forty-six years ago. During the whole of that period I have been sustained without the use of flesh-food. The influence which operated upon my mind at the time was of a moral nature. I thought it wrong to sacrifice the life of animals in order to sustain my life. My friends and acquaintances were all opposed to my persevering in this way. They looked upon it as not only eccentric, but as likely to be destructive to my life. They told me I was sinking into a state of consumption—that there was a probability that I should not continue to exist more than five or six months, if I persevered in this mode of life. Notwithstanding all that was said about the danger of my going into a state of consumption, instead of going into such state, I entered into the matrimonial state. [Cheers and laughter.] For forty-three years I lived in that condition, my wife and myself both living according to Vegetarian principles. During the whole of that period we never purchased a single pound of butcher's meat, and never had it in the house. The rest of the family, consisting of five children, never tasted meat. They are all married, and are all fathers and mothers, with families. I am not only father and grandfather, but great-grandfather ; one of my grandchildren being married, and is the father of two children ; so that Vegetarianism in this respect seems to have spread and increased. We have not only been blessed in this way, but our children, while they were children, were exempt in a great measure from most of those diseases which are common to childhood.

In 1817, I emigrated to this country ; thirty-seven years ago, this past spring. During the passage we had some difficulties in always obtaining what was necessary in the way of vegetarian diet : still, our own family succeeded in living without partaking of any thing that had had life. There were a number of other families on board professing to be Vegetarians, but life on ship-board is a time to try people's faith in principles. Although when we left Liverpool there were something like forty who professed to be believers in Vegetarian principles, when reaching the city of Philadelphia there were probably few who could say they had passed the ocean without partaking of this kind of diet.

In that year I commenced teaching school in the city of Philadelphia. The following summer, yellow fever broke out in the immediate neighborhood. The neighbors removed from the vicinity under the influence of fear. I continued with my family to reside in that neighborhood. We made no alterations in our diet or in our habits in any way ; and although thus placed, we were entirely exempt from that disease. A like occurrence took place in the following year : though my school was closed for nearly three months, both of these years, on account of the existence of that disease in the vicinity, yet we

continued as a family to reside there and to enjoy health.

In 1832, when cholera made its appearance in the city, I was frequently called upon, as teacher of religion, to make prayer for those who were about to separate for eternity. I never refused to do my duty in that respect, and yet I escaped from any effects of the disease. My family in like manner escaped, and so did some other families with whom I am acquainted, who lived on vegetarian diet at Philadelphia at that time. The like was the case also in 1849.

I consider it not only a system of diet calculated to promote health of body, clearness of intellect and purity of moral feelings, but it is also essentially beneficial in the promotion of every kind of mental improvement. A sound mind is only to be found where the body is sound. Living according to the rules of Vegetarianism, living according to the order of the Creator as impressed upon our minds, we shall be blessed,—blessed with health, blessed with intellectual enjoyment, and with whatever tends to elevate human nature.

Some have thought that Vegetarianism will do very well for people of sedentary habits, but that it would not answer where laborious occupation is followed. But we have in our society at Philadelphia a member who is eighty-three years of age, and who has been a Vegetarian forty-five years. He is laboring every day, the same as any other hand, in a large dyeing establishment. He at this day continues so to labor with young men, and performs the same amount of work as they do about the premises, and receives the same amount of remuneration.

For more than thirty-seven years I have preached twice every Sabbath day, and have not missed more than nine Sabbaths during the whole time, and then generally from being absent from home. In the course of this period I became connected with a printing establishment. Some of you perhaps are aware of the nature of the labor of a pressman. I frequently undertook to work the press. I have worked the large double-medium Washington press, and turned off seven or eight tokens of letter-press printing in a day. If there are any printers here, they will know what kind of work that is. It is an amount of work that few men could endure. I mention these things not in any spirit of egotism, but simply to show you that it is possible for human nature to be sustained and perform the most laborious occupations under that peculiar kind of diet prescribed by Infinite Wisdom itself.

My own impression is, that the system of Vegetarianism is best adapted for the promotion of human happiness, for the elevation of human nature, and to bring man most effectually to that condition from which, through transgression and the gratification of improper habits, he has fallen.

Much has been said on the subject of the Bible argument. Many have thought that the testimony of the Bible is against entertaining an idea favorable to Vegetarianism. The Bible however needs only to be examined impartially, and it will produce the conviction that there is much more to be met with even in the literal expressions of Sacred Scripture in favor of vegetarian diet than is to be found in favor of eating flesh. The very first law or injunction given to man was as to what he should eat: "Behold, I have given you every herb bearing seed, and every tree in the which is the fruit of a tree yielding seed: to you it shall be for meat." (Gen. i. 29.) This was the law of the Creator given to man from the commencement. We have nowhere reason to believe, from what is presented to us in the Bible, that Infinite Wisdom is subjected unto change. If that Wisdom saw such food to be necessary for the happiness of man, to be best adapted to his well-being, there can be no reason for concluding that He afterwards altered his opinion, or, as some have thought proper to tell us, that the fall of man—the influence, the inauspicious condition in which he was placed—called forth the necessity for a different kind of diet,

and hence man was permitted to eat flesh. That he was *permitted* to eat it is not disputed, but that he was commanded so to do is altogether a different matter. We are permitted to do many things that we know to be wrong. We are permitted to transgress many of those laws which we know to be calculated to promote both our spiritual and physical well-being. But it does not follow that because we are permitted to do these things, it is right for us to do them. There was a time when the Jews, you will remember, were permitted by a law of divorce to put away their wives; "but," said Jesus Christ, "in the beginning it was not so; Moses, because of the hardness of your hearts, permitted you to do these things." So in relation to flesh-eating: it was a habit superinduced in consequence of the perversion of man's freedom. He had presented before him good and evil for a choice. He chose to adopt a habit which was contrary to his physical well-being, and calculated to deprive him of much enjoyment.

We have only to contemplate the human system, and we shall see that the wisdom manifested by this first law given to human nature is manifested also in the organization of our being. We have but to compare the whole digestive apparatus with that of other animals, to be satisfied, that man by creation was obviously intended to sustain his physical powers by the productions of the vegetable kingdom. We believe that religion, physiology, anatomy, and history also will bear out the principle as being in accordance with the best interests of human nature. Under these considerations we have adopted this practice. We have lived in accordance with these principles forty-six years, and you see the result before you. I am sixty-six years of age. I presume there are few persons of that age who can endure more fatigue of almost any character than I can—few who have gone through such variety of changes as I have experienced. I attribute the health I have enjoyed, the happiness I have experienced in my family, the good and orderly conduct displayed in the families of my children since they have been heads of families, and the family of my grandson, principally to the adoption of this kind of diet; and I have very good reason to believe that if the principles became more universal, the prophecy would be realized, that man would "neither hurt nor destroy in all the holy mountain of the Lord"—that man would cease to take the life of any of God's creatures, believing that they have an equal right to enjoy life with himself.

Religion teaches us that the time is to come when there will be a kind of heaven upon earth, or the "Millennium," as it is commonly called. Can you suppose that a man under the influence of pure Christianity, a man governed by the strictest laws which God has revealed for his well-being, would imbrue his hands in the blood of His creatures merely for the purpose of gratifying an appetite that he must know to be contrary to the will of his Creator? For my own part, I am satisfied that the more a man tries the system for himself, the more fully he can be satisfied with its excellency. [Applause.]

A gentleman present inquired in relation to the health of his children, grandchildren, and great-grandchildren.

Dr. METCALFE replied that the children were in the enjoyment of good health, and had never been subject to the cholera, or yellow fever, or small-pox, although the disease had raged around them.

Mr. HENRY S. CLUBB corroborated the statement in relation to the health of Dr. Metcalfe's grandchildren, they being remarkable for the solidity and plumpness of their muscular system.

CHAS. H. DE WOLFE, of Philadelphia, a gentleman of large muscular proportions, with a fine black beard flowing over a broad, expansive chest, said he thought there might be some difficulty in deciding whether Father Metcalfe could

attribute his hale and hearty old age to Vegetarianism or to matrimony, having gone into both at about the same time. He then proceeded to argue the question in a philosophical aspect, and stated it as his opinion that Vegetarianism had been mainly instrumental in producing this result.

After remarks from other speakers:

Mr. CLUBB said it had been estimated that the flesh of animals consumed in this country cost \$263,903,250, annually. Nutriment obtained from flesh cost, at the lowest computation, fifty cents a pound; because, if flesh could be bought at twelve and a half cents per lb., it would require four lbs. to produce one lb. of nutriment, because seventy-five per cent. of flesh was simply water. The quantity of nutriment, then, which this large sum purchased, could be set down at 527,806,500 lbs. This same amount of nutriment obtained from various kinds of fruit, vegetables, and farinaceous food, could be purchased for \$65,975,812.50, and this deducted from the sum expended in flesh, would leave a balance of \$197,927,437.50, which large amount would be saved annually, by taking food at first-hand from the vegetable kingdom, free from disease, instead of second-hand from the animal kingdom, when it had become subject to the numerous diseases of animals, to which men had also become subject. This, then, as a question of political, social, and domestic economy, was of far greater importance than the extension of slavery, or any of the great questions which have agitated the country for the last thirty years.

After an interesting debate, the meeting adjourned until the first Tuesday in the following month.

Miscellany.

REMARKABLE CASE OF EPILEPSY.—Dr. Wm. A. Alcott sends us the particulars of a recent case treated by him:

The predisposing cause of the patient's disease—epilepsy—appeared to be two-fold, viz: an unfavorable combination of temperaments, and a severe heating on the head by an Irish boy, some four or five years before. Of late, as I soon learned, the paroxysms were excited by improper and irregular indulgence of the appetite. He had also been injured by improper medical treatment, both of the Botanic and Old School forms. The winter was severe, and there was danger that the old diseased action would resume its sway. I determined to make an effort to save him.

In view of the connection between the stomach and the cerebral system, I told Henry what must be done to save him, and what was the only true course. I set before him health, and life, and happiness on the one hand, and disease and death on the other. I told him plainly, and positively, and clearly—he was intelligent—the price of the former, and the cost of the latter.

He was convinced—determined. He pledged himself to follow my directions in every point, implicitly and unconditionally. For fifty-seven days—our dinner season excepted—I stood by him night and day, as much so, almost, as if he had been a babe. In general, he followed my directions, and he had his reward. Not a paroxysm occurred, nor has one occurred to this day—now about five months. And if he continues "under law," *not another will ever recur*. Prospectively, he is cured. I did not leave him wholly for about three months—but the cure was effected essentially in about two.

I have not room for details. Suffice it to say, that the remedial agencies were as follows: 1. Faith in me, which was very great indeed. 2. Determination to live. 3. Diet rigidly and unequivocally vegetarian. Only two meals—at 12 and 6. No drink with meals, and only water between them. Distilled water, small quantity, each half hour. 4. Pure air applied both naturally and artificially. 5. Hand-rubbing and dry packing. 6. Proper clothing, &c., both night and day. 7. Proper exercise. 8. Bathing. 9. No medicine.

About the fiftieth day he walked with me ten miles without injury. Never walked over six miles a day before in his life. Is now on a farm in Woodbury, Conn. Not only has he had no more paroxysms, but no more vertigo, to which he was before subject. In short, his cure is one of the most wonderful I have ever seen or read of.

If epilepsy can be cured by hygiene, what disease cannot be? And if the unstimulating high-vegetarian system is so good as a curative agent, how much better as a preventive!

[For a more elaborate statement of the causes, prevention, and full Water-Cure treatment of Epilepsy, see The Hydro-pathic Encyclopedia, p. 206, vol. 2, and Hydro-pathic Family Physician, p. 196.—Eds.]

THE RATTLESNAKE QUESTION.—In the June number of this periodical, I see much ado made about whiskey in rattlesnake bites. Now this subject meets the Water-Cure physician at every step, and is put by the rum-whiskey-punch-paregorico-paths as a settler; but when we ask these wiseacres what is the cure for whiskey-bites and rum-blossoms, they are always put to the blush. I have a little experience to relate that I think will interest and instruct beginners in defending the great Water—or, more properly, Nature's Cure. After lecturing one evening in a small village not far from this town, they of drugopathy, as usual, tried to get up an idea that there were *some* cases in which medicine or poison ought to be used. They hit upon *snake-bites* as a desperate case, in which I would certainly fly from my positions. In the morning they made free to put it at me, while in a store. I told them that Gen. Stewart, of Xenia, had told me that the region of Virginia whence he came was much infested with vipers and other deadly-poisonous reptiles, and the best thing that they had ever found for a cure when any one was bitten was to stand in a stream of running water. I had scarcely made this remark, when a young man who was standing by remarked, that he didn't know any thing about Water-Cure, but he had a fine horse bit by a rattlesnake in the leg, and to all appearance the horse was lost. He tried "every thing," as usual, but the limb continued to swell and become extremely painful. He said he thought he would try to alleviate the pain by riding him into the water. He did so, and in a few hours he came out well: he was saved. Some time during the same season, he had an ox bit on the nose, and his head began to swell terribly: again he tried "every thing," but to no purpose. Finally, he thought of the other case; but how to get the head in the water was the rub. He drove him into the water, pressed his head into it, and the animal, feeling the cooling effect, continued to immerse his own head in the pond till he was completely restored. "Now," says he, "these are facts, though I don't know any thing about your Water-Cure." It would have taken a glass of whiskey to have made these same drugopaths ask any more questions.

Water is Nature's common cooler, and in all such cases, all the human organism needs is plenty of it to assist in diluting and expelling the morbid matter. E. L.

Xenia, Ohio.

SCIENTIFIC.—Not long since, a young lady called upon an Allopathic physician of my acquaintance, to have one or two offending teeth extracted, which accordingly were removed, with some difficulty; and then, to "tone up" her feelings, a "dose" of camphor was administered, which proved very troublesome to the lady, by a spasmodic resistance of the stomach and bowels. Upon this, he said, "Here's a powder for you to take, for I am afraid that all of your teeth upon that side will ulcerate, but *this will certainly prevent them!*" Wonder how!

The same scientific was called to see a boy that had injured his arm, and pronouncing it broken, accordingly applied the splints; but, for some cause not known to me, not appearing in due time to dress the broken limb, the boy applied to another physician for advice, (the fourth day after it was purported to have been set;) whereupon, he carefully removed the handages and splints, and asking some one to give the boy some candy, which was done, he seized it and readily put it to his mouth and ate thereof, without any detriment to the supposed broken arm!

I need not add, that he went home without *splints*—nor has he as yet needed any.

I have now a patient under my care, though just from her sixth physician, "old school," and she says they all told her "that she would not live *twenty-four* hours, if she did go to the *Cold-Water* treatment! But, alas! they could not agree as to what to *call* her disease, nor the treatment; neither could they hold out any hope of help, with one exception, after a trial,—perhaps, for the want of a name!

But let these suffice, as examples of the regular practice, for this time; though they might be continued *ad infinitum*. I selected these because they came to my knowledge in one week. Yours in Reform, O. W. T., M.D.

HOW TO GET UP A "NIGHT-MARE."—Fifteen minutes before bed-time, cut up one dozen of cold boiled potatoes; add a few slices of cold boiled cabbage, with five or six pickled cucumbers. Eat heartily, and wash down with a pint of brown stout. Undress and jump into bed. Lie flat on your back, and in about half an hour, or thereabouts, you will dream that the Devil is sitting on your chest with Bunker Hill Monument in his lap.

BREAD.—The Rhode Island Society for the Promotion of Industry gave the first premium for domestic bread to Mrs. Hiram Hill, of Providence. The following is Mrs. Hill's recipe for making the bread exhibited by her:

For two loaves of the ordinary size, take two potatoes; pare them, slice very thin, and boil quick until quite soft, then mash to a fine pulp, and add, little by little, two quarts of boiling water, stirring until a starch is formed; let this cool, and then add one-third of a cup of yeast. This forms the "sponge," which should remain in a moderately warm place for ten or twelve hours, or "over night," until it becomes very light and frothy; even if a little sour, it is of no consequence. When the "sponge" is ready, add flour, and work it in until you have formed a stiff, firm mass. The longer and more firmly this is kneaded, the better the bread.

Let the kneaded mass remain say from a half to three-quarters of an hour to rise; then divide into pans, where it should remain say fifteen minutes, care being taken that it does not rise too much and crack; then put the loaves into a quick oven and bake, say three-quarters of an hour. If the oven is not hot enough, the bread will rise and crack; if too hot, the surface will harden too rapidly and confine the loaf.

The above plan of bread-making, so far as health is concerned, (which, by-the-way, Industrial and Agricultural Societies seldom think much about,) can be considerably improved. The sponge should *not* be allowed to become "a little sour;" for although such bread may be shorter or more tender, it is, in one sense, like putrid meat, as much less healthful as it is more tender. Again, it is important to have a proper ferment. A "cup of yeast" is too vague; for if brewers' yeast were used, the bread would certainly turn out a poor article. And yet again, unfermented bread, if properly made, is still better than any raised bread can be. The Hydropathic Cook Book gives recipes for making this, as well as the best kinds of raised and fermented breads.

TO VEGETARIANS.—I too am a *theoretical* vegetarian; for man does not naturally, instinctively, eat flesh. Scatter around a little child scated on the ground, pups, chickens, toads, and snails, and apples, pears, and peaches, which would it instinctively eat, and which reject?

Whatever is natural must be right, and unnatural, wrong.

I wish to live in a neighborhood or community where the people think and feel as I do—

"Birds of a feather
Flock together"—

those whose temperaments or organizations are similar to my own. Like is attracted to like, throughout sensitive nature: in obedience to this law I wish to live.

I would like a home in Virginia, or some of the South-western States, where it is temperate, healthy, and sublimely beautiful; and among a people who will treat me and each other as they would be treated.

Vegetarians, do you know of such a place and such a people? If so, tell us briefly through the Journal. H.

TO PRACTICAL VEGETARIANS.—I am one of those who would enter into that proposed project, noticed under the head of A Good Suggestion, in the September number of the WATER-CURE JOURNAL, provided they would settle where land was cheap and abundant, in some new State or Territory of the West. To make a beginning in this project, those that are desirous of entering into it should be put in correspondence with each other. If no one else has consented to be a medium for this, by addressing me, I will undertake it.—H. VOORHEES, Lodi, Seneca co., N. Y.

COLD WATER IN TURKEY.—Omer Pasha, the Turkish general, is proving himself an able commander. Some wonder how he accomplishes the immense amount of work which devolves upon him, but the secret all lies in the virtues of cold water. A correspondent of an English journal says—

"His constitution is so hardened by exposure, that there is no wearing him out. He is seldom or never ill; cold water is his panacea for every thing, and no Hydropathist ever used it so successfully. Several pails of cold water are thrown over him when he rises in the morning, before he commences the important operations of the toilette."

NUTMEGS are poisonous; all kinds of spices and peppers are injurious to health; so are tea, coffee, and all hot food and drink. Live on coarse, plain food; drink pure cold water; keep the head cool and the feet warm; live on sixpence a day and earn twenty pence; never be angry; keep a clear conscience; read the WATER-CURE JOURNAL, and

practise what you find in it that is good, and you may live long and do good.

AN ERROR.(?)—In the *Christian Advocate and Journal*, organ of the Methodist denomination of this city, edited by Thomas E. Bond, M.D., we find the following:

THE HYDROPATHIC FAMILY PHYSICIAN: a ready prescriber and hygienic adviser, &c. By JOEL SHEW, M.D., &c. Illustrated by nearly three hundred engravings. New York: FOWLER AND WELLS. It is certainly most preposterously absurd for people to persist to die of cholera, or any thing else, when they are assured that cold water, which costs nothing, will cure every thing, and even prevent all diseases.

Now we protest against such misrepresentation. It has never been pretended by the author of the Hydropathic Family Physician that "cold water" would either "cure all diseases" or "prevent all diseases." But it has been proved over and over again, that *water, air, exercise, diet, rest,* and other *Hydropathic and Hygienic agencies,* when *properly applied, are far more potent for both the prevention and the cure of disease than drug-medication.* But Dr. Bond belongs to the "old school" Allopathic class, and looks upon the Water-Cure through glasses highly colored with prejudice, bigotry, and jealousy; so much so, indeed, that he, having the present control, by appointment, of the *Christian Advocate and Journal*, has given orders to his clerks not to publish even a Hydropathic or Water-Cure advertisement!! and at the same time publishing in that paper several columns of miscellaneous advertisements, including "liquor and tobacco," yet excluding Hydropathy! But we have this thought to console us, that while opposed by Thomas E. Bond, M.D., the Water-Cure is sustained and approved by *thousands* among the most intelligent Methodists Clergymen all over the country practise it themselves, and recommend it to their people; and we have reason to believe that the course pursued by Dr. Bond is condemned by his own constituents. In the notice above quoted, it will be plainly seen that prejudice and bigotry, and not candor or judgment, dictated the false, wicked, and base insinuation. But we can afford to be charitable and magnanimous, having the right and truth on our side, while error, ignorance, and prejudice, will find their ignominious doom.

WATER-CURE vs. CALOMEL.—The house of Wm. H. Moody, of Standish, Cumberland county, Maine, was struck by lightning on the evening of the 14th ult. At the time, Mr. Moody, his wife and three children were sitting in one of the rooms. The lightning struck one of his daughters, six years old, upon the back of the neck, passing down her back, side, and leg to her foot, leaving a discolored mark half an inch in width the whole distance, breaking the stove in pieces and scattering them in every direction, and making a perfect wreck of the house. Mr. Moody caught up in his arms the apparently lifeless body of his child, and made for a neighbor's house, followed by the rest of the family in a driving storm. Arrived there, *water was applied to the child, and she was brought to.* The correspondent of the *Portland Argus* says that it is thought the girl will recover.—*Bangor Courier.*

When not struck quite dead, there is probably no other remedy equal to that of WATER, to restore the life of a patient. It has been tried repeatedly, and always, so far as we have heard, with success. What effect, think you, would a dose of *calomel* have in such an emergency?

ABSOLUTE HEALTH.—A writer in the *Hydropathic Quarterly Review* says, "A man in absolute health would not blow his nose once a year; and a healthy man never spits." Not disputing this statement, we should add to it that an entirely healthy man is above the necessity of continual water ablutions to keep himself clean. The Arabs of the desert are noted for longevity, and yet have no use whatever of water as an outside Hydropathic agent.—*The Circular.*

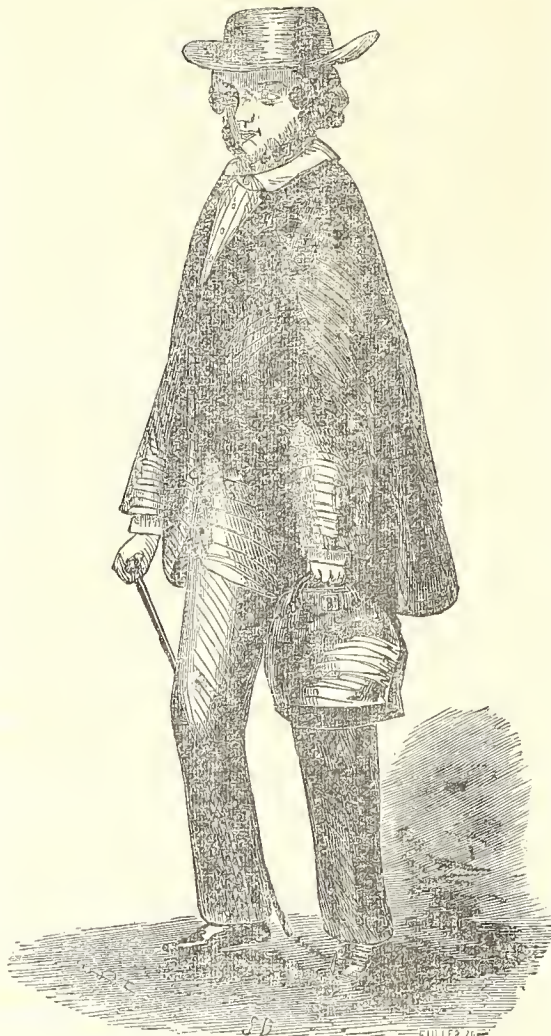
We consent to the Arabian part of your argument, neighbor *Circular*, but would suggest that *until* the people become generally healthy, "water as an outside Hydropathic agent" had better be continued.

AN IMPORTANT FACT.—A farmer in Connecticut who recently took up a fence after it had been standing fourteen years, found all those posts solid which had been inverted from the way they originally grew, while all those which had been set out as they grew were rotted at the bottom. Heads down, therefore, seems a specific against decay.

When posts and stakes are thus set "little end down," the pores through which the sap circulated when growing are closed, which prevents the water from entering, and consequently prevents so rapid a decay.



THE MAN OF FASHION.



THE MAN OF SENSE.

COSTUMES CONTRASTED.

II. MALE COSTUME.

MANY of the gentlemen have already shown their good sense and proved themselves true philosophers by discarding the dress-coat and "stove-pipe" hat, and we begin to hope there are enough wise ones to save the city; but there are yet entirely too many who follow in the old beaten path, and we can only trust that their number will become "small by degrees, and beautifully less."

How any one can see any beauty or grace in a dress-coat, is beyond my comprehension; for its chief merit seems to consist in fitting the form without a wrinkle, and there are too few gentlemen who can bear so severe a test. Even the finest form looks better in easy drapery, while the majority would only thus appear well. A sack-coat for business, and a loose half circular for travelling, seems to us the most comfortable style.

We think neck-ties, especially in summer, both uncomfortable and dangerous to the health, inducing bronchitis. Why cannot a gentleman's collar be made with a handsome wide band, fastened to the shirt by a button, or, if they please, a diamond stud? Dressed in this way, with a loose coat buttoned partly together, he may in summer dispense with the vest, and thus be much more comfortable.

As for the "stove-pipe," it is of no more use and hardly so ornamental as the ladies' *petite bonnets*. A "wide-awake" is more useful. A cane seems unnecessary to a young man, unless, like our model above, he is on a pedestrian excursion. And tight boots are, for either sex, not only unbecoming and exceedingly uncomfortable, but also cause the foot to appear ill-shaped and never a bit smaller. But I have said enough; "a word to the wise," etc.

E. D. H.

A FRIENDLY WORD TO LADIES.—We are no advocates of airs and attitudes practised before the glass, but if the ladies will raise their dresses in the streets—as it is evident they will—it is important that they should do it skilfully, daintily, and in such a manner as to display neither more nor less than is intended. As a modest man, therefore, we would have them perfect themselves in the practice at home. A day or two since, we saw a divinity transformed to a dowdy for neglecting to do this. In walking from Rockwood's to State street with her dress raised to about the standard altitude, instead of displaying a pretty foot and ankle, immaculate hose and snowy dimity, as she evidently intended, she displayed merely a hand's-breadth of yellow flannel.—*Springfield Republican*.

To which Mrs. Swisshelm, of Pittsburgh, adds: We are glad to see this ridiculous custom thus plainly reprov'd. This gratuitous holding up of skirts is positively disgusting—a silly imitation of Parisian grisettes which ought not to be practised or countenanced by women of self-respect.

We like reasonably long skirts, and it is sometimes necessary in crossing a gutter to hold them up. This can be done without any indelicate displays; for there is no indelicacy in revealing the ankles, to avoid contact with mud, but it is a very different matter to go on ordinarily clean pavements with one side of the dress held up, in the finger and thumb, until folks can give a pretty shrewd guess at the color of the hose-confiner, while at the other side the dress is sweeping the pavement.

Ladies ought to be careful that they do not appear to make an intentional display of ankles and embroidered skirts. The habit may suit Parisian grisettes, but is not becoming in women who aspire to dignity of character.

Ah, Mrs. Swisshelm, why won't you don the "Bloomer?" "Reasonably long skirts" come no

lower than the knee; then nice snug pants, with protection boots, and the rig would be all right. No street-sweeping with silk and satin; no improper display of *under* dry goods; no cold, wet feet, with fettering trammels; no—well, we might extend the subject, but enough. Sensible women will dress and act sensibly, and foolish women foolishly.

THE SHORT DRESS IN THE GARDEN.—IRENE, a correspondent of the *Ohio Cultivator*, says:

I agree with Rosella about short dresses. When I have been, on a wet morning, to help my husband milk, or set out a few tomato or cabbage plants in the garden, or any such little work which no one else can do as well, it is then I fully appreciate the value of a short dress. Why, the worst thing I could wish to have any man endure, would be to have both hands occupied with work, and then see a number of long skirts dragging in the mud at his feet.

Good! hit them again!

DRESS REFORM IN IOWA.—A lady writes from Westville, Iowa, as follows:

The dress reform meets with considerable opposition among the "old fogies," but still there are a few who continue to wear the Bloomer dress in spite of all opposition. Having worn the short dress for more than a year, I feel that I cannot be too enthusiastic in praise of its utility. When will American women learn to think and act for themselves? when will they have broken the bonds which foreign fashions have thrown around them, and boldly declare their rights to dress as becomes true women, and in accordance with the laws of health?

MESSRS. EDITORS:—The sweet and sad poem, "She went in the morning," in the WATER-CURE JOURNAL for October, suggested the following lines, which are at your disposal.

A BRIGHT HUMAN REALITY.

BY HORACE S. RUMSEY.

SHE arose in the morning,
While Sol was adorning
The Orient with light,
And lied to the fountain;
Then, brisk up the mountain
She walked with delight.

With joy heaved her bosom,
And like a peach-blossom
Was blooming her cheek:
The language of flowers
And what teach the showers,
To her were not Greek.

She saw in each feature
Of all-loving Nature
The impress of God;
And trusting, confiding,
In His great laws abiding,
Life's pathway she trod.

With pleasure's eup brimming,
All the day she went hymning
As blithe as the bee;
When descended night's shadows
O'er woodland and meadows,
How sweetly slept she!

Crowned with years a ripe number,
She'll sink, in death's slumber,
To wake on that shore
Where sorrow comes never,
Where peace like a river
Shall flow evermore.

Elmira Water-Cure, N. Y.

The Month.

NEW YORK, NOVEMBER, 1854.

"HYDROPATHY is not a reform, nor an improvement, but a REVOLUTION."
DE. TRALL.
By no other way can men approach nearer to the gods, than by confer-
ring health on men.—CRESCO.

NOVEMBER NOTES.

BY R. T. TRALL, M. D.

BABIES.—Never did the "spirit of the press" exhibit a greater diversity of sentiment than in relation to the recent "Baby Convention," whereat some one hundred and twenty babies were congregated, at Springfield, Ohio. Unmeasured has been the ridicule which some of the newspapers have felt called upon to heap upon the "anxious mothers" of the dear little squallers, whilst others have treated the "exhibition" as highly commendable and interesting. The following extracts, clipped at random from the current editorials on the subject, will show the views entertained by the presiding spirits of the newspapers:

THE BABY PREMIUMS.—The following extract from the *San Francisco Chronicle* embodies our views on the subject of the "baby premiums" of the State Agricultural Society. When the State Legislature incorporated that institution, it was for the purpose of fostering and bringing into notice the agricultural capabilities of the State, and not with the intention that a few old grannies should meet and offer premiums that make it the laughing-stock of the community. "A hundred dollars for the best baby, and seventy dollars for the second-best one." Are the children required to be legitimate, or may the brazen prostitute stand by the virtuous wife, and with the fruits of crime contend for the prize against the innocent babe of a pure mother?

The *Chronicle* says:

"We do not wish the acquaintance of a father, would not acknowledge that of a mother, who would take their places in a cattle-show, to contest for a prize with their baby, just as the owner of a very large pig would do. It is an insult to decency to offer a premium for such an exhibition. What lady, what woman, would subject herself to the billingsgate attempts at jokes and obscene intimations which her appearance there for such a purpose would be sure to elicit? Could any thing be more disagreeable to either father or mother, than to know and to hear the low remarks made, the smutty things suggested, by such a base-born ambition?

"The spectacle would be worse, if possible, than that of a beautiful woman hiring out her beauty as a show-case behind a bar, or at a window, to attract custom. And the fact that such things have been done in other places, does not make the show, and the motives for it, respectable. Custom cannot atone for the want of delicacy implied in the practice. The privacy of domestic life is profaned by the proposition, and modesty rejects it."

A BABY CONVENTION.—The height of the ridiculous in the way of conventions has been attained in Springfield, Ohio, where they advertise a National Baby Convention, and offer premiums of \$500 for the three best specimens of infant humanity. Perhaps it is a hoax. It is stupid enough at that, but inexpressibly so if it is real.

So much for one side; now for "t'other:"

We see neither stupidity nor ridiculousness in such a convention. If County and State Con-

ventions to improve the breed of horses, sheep, and swine, are the useful instrumentalities they have claimed to be, why not employ them as the means of improving the breed of men and women? It is a fact, settled beyond dispute, that one-half the children born are sent "into this breathing world but half made up, and that so lamely," that they die before they are two years old, while of the other half scarcely one in a thousand possesses that perfect physical organization so essential to a proper and harmonious development of their intellectual and moral natures. If Baby Conventions will awaken among the people an interest in the study of human physiology, and induce them to conform their practices to the great laws of that science, then by all means encourage the Baby Conventions; and it may be that such meetings will be as beneficial to the race of men as similar gatherings have been to the different species of domestic animals.

Not long since, we attended the State and National Agricultural Fair at Hamilton Square, in this city. There were hogs, weltering in their own adipose rottenness, by the hundred; pigs of all ages, and sizes, and breeds, and bloods, and characters, by the thousand; there were goats and sheep innumerable; there were ducks, and rabbits, and shanghais, and gobblers, beyond computation; there were horses high-blooded and fleet, and horses stalwart, and horses symmetrical; proud, arch-necked prancers, the fastest kind of trotters, and the most exquisitely fanciful of ponies; there were mules and asses of rare pedigree and astonishing strength; there were cows gentle, amiable, kind-featured, and full of the purest of blood and best of milk; there were great, famous, honest-faced oxen, whose health and physical development had been the occasion of watchful days and almost sleepless nights on the part of their owners; and there were bulls, big, stout, powerful—the very impersonation of a "sound mind in a sound body."

And we saw hundreds of men and women (and many of those had babies) looking at all these beautiful and well-cared-for specimens of the brute creation, and they seemed to enjoy the sight. They appeared, one and all, to be pleased with the exhibition of such good-looking and well-conditioned animals. And why not?

We could not help contrasting (it was impertinent, but who could have helped it?) the fine healthy condition of the animals with the extremely unhealthy appearance of nearly all the humans on the ground. And we thought the women appeared worse in this respect than the men. Pardon us, gentle dames and mesdames; we do not mean to insinuate that you were not good-looking in a certain sense. We could see traces that you were naturally handsome, but we could see, too, that you were artificially unhealthy. And then the babies! God pity them, and forgive their mothers, but *punish* their fathers, who can devote a whole life to the cultivation of the bodily constitution of the hog, and will not give a single moment's attention to the proper development of that bodily tenement in which an immortal spirit is to be developed. One of our city papers declared, in relation to the *scrofulous* part—"scrofa, a sow"—(we mean the swinish part of our great exhibition,) that the "cultivation of hogs has been carried almost to perfection." But what of the babies? *We saw but a single healthy-looking one on the ground.*

We should have said *not one*, but on second-thought it seemed imprudent. It would have destroyed all the moral force of the lesson we wish to convey. We would have had the whole army of mothers down upon us, more anxious to chastise our impudence than to educate properly their own darlings. But now, thanks be to discretion, that better part of valor sometimes, each mother will regard this single exception as her own baby, and so apply our argument to all the rest, and we shall continue on speaking terms with the whole.

We say, then, as a general rule, as contrasted with the *other* animals, the babies were miserably unhealthy. And we desire to go a little farther, and say that, so far as our observation extends, mothers do not generally know what children are healthy, and what are not healthy. They have no intelligent idea of the conditions or appearances of health.

We have been in a company where were several mothers, each in possession of a baby. On one occasion there were some half-dozen of the little ones, among whom was one which differed materially from all the rest. *It* was thin, pale, rather small, yet of firm muscle, strong, remarkably bright and active, and far more talkative than all the rest. The others were all plump, round-faced, *fat*, and dull, and much less inclined to run, walk, play, or talk. Now it so happened that all the mothers present, except one, took pity on and expressed compassion for this "small, puny, and feeble-looking child," whilst this excepted mother considered her own as incomparably the best entitled to a "premium," and regarded all the others as "plump, fat, and sickly."

It does not become us to say which was right; in fact, this is none of the reader's business. Our purpose is to show that mothers are ignorant of the way and manner of rearing healthy children; and the moral we wish to draw is, that they should understand this department of "domestic industry" just as well as their husbands understand the way to train, educate, and develop healthy horses, and cattle, and sheep, and hogs. We hope "Baby Conventions" will be a part of the order of the seasons, until all the premiums for the best specimens shall be awarded to the best babies, to the speedy exclusion of all pigs from the fairs of towns, counties, States, or nations, and their final extermination from the face of all the earth.

THE MORAL OF THE CHOLERA.—So long as the general habits of the people are disease-producing; so long as they live ignorantly or recklessly in violation of all the laws of health, so long will pestilences of some sort ever and anon sweep over the world. In the middle ages, when the people of England, France, Germany, and Italy, and of other nations, lived almost as riotously, sensually, and recklessly, in relation to hygienic conditions, as it is possible for a nation to live, the most awful and desolating diseases ravaged again and again. Every few years some devastating scourge swept off the people as the consuming fire rages among the dead and withered leaves of the forest. The plague, or black death, the sweating-sickness,

the influenza, the dancing mania, &c., destroyed, in one or two centuries, many and many millions of the human race. They taught a terrible yet a salutary lesson, and yet physicians and people alike understood it not, or heeded it not. Then, as now, they were studying everywhere except in the right place, for the causes of their affliction. They turned their attention to the weather and the crops, to winds and waves, to inundations and droughts, to falling stars and earthquakes, to comets with "fiery tails," and mists and fogs, and thunders and lightnings, to ascertain the sources of the "epidemic diathesis," but did not think to examine the state of their own stomachs, and bowels, and skins, and livers, for a solution to the problem.

Nor are our doctors or our people much wiser in these enlightened than they were in those darkened ages. They are pursuing the same profitless method of ascertaining the nature of the cholera. We have often intimated that choleras, as well as all other pestilences, afflictive as the dispensations seem, are really God-sends to the human race. They are "necessary evils" to consume the rottenness and purify the race, so that *all* will not become extinct. In proof of this, we may refer to the fact that, after a year of pestilence, there is always, for a longer or shorter period of years, a greatly diminished rate of mortality. The following extract, from the pen of Dr. Granville, in the *Medical Times*, is in point:

It appears that the total number of deaths in the cholera year, (1849,) for all England and Wales, was 440,839, but in 1850 the number of deaths fell to 368,995, being not only 71,844 less than in the cholera year, but even less than the number of deaths of the year preceding that of the cholera, by as many as 30,833. . . . If we take the deaths of the two years together which preceded the cholera, and strike the mean, and treat the year of the cholera, and the compensating year that follows, in the same manner, we shall find that the four years present nearly the same average. . . . So that, in reality, it is found, when the aggregate of the four years is taken, either for the whole of England, or for the metropolis only, that no greater number of people died in those years because of the cholera intervening, than if the cholera had not visited us.

FIRE AT GLEN HAVEN.—The central building of the group of houses constituting the "Water-Cure" of Dr. Jackson, was destroyed by the "devouring element" recently. We sympathize with the loss he has sustained, or rather the inconvenience it has caused himself and his large family of patients, for we are aware that the loss will soon be made up by a little additional expenditure of that "tact, talent, and energy" with which he seems to be so bountifully supplied. He has still accommodations, we learn, for nearly a hundred patients; and none were obliged to leave on account of the fire. "The Glen" has become too celebrated as a retreat and a "city of refuge" for sick and suffering humanity, to be permanently embarrassed by a conflagration; and though it should level all its tenements with the ground, far larger and better would soon rise from their ashes. The Doctor is not one of the sort to be extinguished by any one element; unless it be an earthquake, and a pretty large one at that: and we doubt not he would form a match for all the elements of Hippocrates,

the Father of Medicine—fire, air, earth, and water—or even those of Paracelsus, the Father of Quackery—mercury, salt, and sulphur; and taking him on his own ground at Glen Haven, we would not fear, for him and his household, an assault from all the elements of the Allopathic Materia Medica, marshalled on by calomel, antimony, bleeding and blistering. There is a "natural necessity" in the case, and Glen Haven is bound to "go ahead." The world needs and will have just such a place.

THE DISCUSSION WITH DR. CURTIS.—This will formally commence as soon as Dr. Curtis has completed the article commenced in the August number of his *Physio-Medical Recorder*, published in December or January. We have received the *Recorder* for September, and do not find this article concluded nor continued in it. Should he attend to the matter in his October number, we will commence our side of the argument in December. At all events, we shall only await his motion. The public and Dr. C. may rest assured that there will be no delay on our part to meet every point in issue promptly and distinctly.

NEXT YEAR begins on the FIRST OF JANUARY, 1855, and so does a new volume of the WATER-CURE JOURNAL! One number more completes the present volume. Already new clubs are forming, and the prospect for the advancement of our glorious cause the coming year is greater and better than ever before. The year 1855 will see the Water-Cure philosophy adopted and practised by thousands who now suffer for the want of its renovating power. The sooner clubs are renewed, and new ones formed, the better. The publishers will know better how many to print, if subscriptions are sent in early. The TERMS will remain at the same liberal rates as now: namely, single copy, one year, one dollar; five copies, four dollars; ten copies, seven dollars; and twenty copies for ten dollars, and any additional number of copies at the same rate, which is *very near the cost* of the beautiful white paper on which the JOURNAL is printed.

With how many renewals, and how many new subscribers, shall we begin the new year? If each *present* subscriber would send one additional name, we should have the largest subscription list in the United States, and the good which would grow out of it would be in the same proportion! But some zealous friends will send in twenty, fifty, a hundred, or more. Some will spend a day or a week, and some more, to introduce the JOURNAL where it has never yet been seen; but we cheerfully leave the matter in the hands of our readers—of those who have been benefited, instructed, and entertained. They will furnish readers, we will furnish Journals. Together, we can "move the world," that is to say, the *opinions* of the *people*, who will see, acknowledge, and adopt a truth, when properly presented, if it promises to be useful. Here we rest our ease. If the WATER-CURE JOURNAL is wanted, its friends will see to it that is called for before it is too late.

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To Correspondents.

Be brief, clear, and definite, and speak always directly to the point. Waste no words.

Professional Matters.

QUESTIONS which come under this head should be written on a separate slip of paper, and will be answered by Dr. TRALL.

SALT.—A. D. N. In the first series of essays on the Dietetic Reform, "BY A VEGETARIAN," he says: "Instance the article of salt. Millions of capital, thousands of men and horses, and hundreds of ships and vessels, are constantly engaged in manufacturing, buying, selling, packing, hauling, transporting and shipping this useless article to and from all parts of the world. As an article of food, although generally taken for granted to be indispensable, yet all the evidence for and against, which I have been able to gather from reading, observation and experience, constrains me to believe that it is an unnecessary, irritating, poisonous stimulant." The author then proceeds to pork-packing, meat-eating, tea, coffee, tobacco, breweries, distilleries, grog-shops, condiments, pickles, vinegar, mustard, &c., &c.; and his remarks thereon are very proper. But if he were to apply the test he has prescribed for these articles to salt, it seems to me it must be a wholesome article. His test is, that "nature has given us, as well as the lower animals, a guide in the instinct of taste, which, when in a healthy state of purity, and not depraved or perverted by previous bad habits of ourselves or parents, is our guide as to what is and what is not healthy food." Very true. Now we would refer to this guide of instinct in the deer. What does the "reading, observation and experience" of the pioneer settlers of this country teach? Why, that deer are extremely fond of salt; that there are places, frequently called "salt-licks," or "deer-licks," from the habit of deer resorting to these places to lick the briny seepings of salt; and that deer-hunters frequently take advantage of this propensity, and lie in wait in ambush to shoot these unconscious and innocent creatures; and further, that where these licks do not exist within convenient distance, the hunters make artificial licks. One of my neighbors—several, perhaps, I might have said, for only a few years ago there was a great deal of deer-hunting done in this vicinity—used to take many a noble antler by first making one of these licks, and luring the deer to resort to them through this guide of instinct for salt. Then what does this test tend to prove?—that salt is beneficial in the animal economy of the deer, and that God has implanted the instinct in the taste for it, that it shall seek it for the good of its economy. And from analogy, that this instinct pertains to other undomesticated animals, and as well to the domesticated, and also to man. The fact that men or cattle will thrive upon good feed, either with or without salt, or will grow poor upon thin feed, either with or without salt, avails but little to show that salt is either wholesome or unwholesome, more than might be said of wheat, bran, or sugar, or a hundred other materials, if the same quantity had been used in lieu of salt. And if it be said that the chemical elements of salt exist in sufficient abundance in our food, without extra additions from the hand of art, it avails but little to prove that that which is added is in its nature "unnecessary, irritating and poisonous," when we reflect that the instinct of the deer seeks an extra addition to its food, by repairing to the salt-licks to which we have alluded.

I like the general principles of the Vegetarian reform, as taught in Dr. Trall's Hydropathic Cook Book; but am rather in favor of a little salt in my victuals, till more fully convinced that it is baneful. I would have called attention to the above article soon after its publication, had I received the number of the Journal containing it sooner. Still, it is not too late to invite others to give their reasons as to the propriety of using salt. [Lansing, Michigan.]

REMARKS BY DR. TRALL.

Accompanying the above article was a note, and in the note the following sentence: "I send the enclosed for publication, hoping you will not deem it unanswerable and deny it publication." We are reminded by the above that communications have been denied publication in this Journal, not because they were deemed unanswerable, but because there was nothing in them to answer, unless it was questions we had already answered scores of times.

Now, as to the salt question, we have answered all the positions assumed by the above writer, time and again. He will find our side of the question fully explained in various books which are easily obtained by one who has an earnest disposition to be well informed on the subject.

In brief rejoinder, however, we will here suggest for the examination of Dr. N. these facts: 1. In many "salt-licks," as they are called, to which deer are in the habit of resorting, the water is *entirely fresh!* 2. Where the salt-licks are really salt, the animals only resort to them in stated seasons, and then when insects and vermin are most troublesome. 3. Ordinary vegetable foods do not contain salt, as is

generally supposed. And 4. If the Creator intended salt to be a constituent in our food, or a dietetic article, why did he not put just enough of it in the food, as he has of all other ingredients? Why should salt be the only element in creation the Creator has made a great blunder about?

ALCOHOL AND THE HEAD.—A. S., Philadelphia. "Will washing the head with alcohol, or whiskey, prevent the hair from falling out, or dying off? Will sweet-oil, used once a week, be good for the hair? What will be the best? I am a man of 35. I am healthy, live very regular, but my hair is dying off, or coming out; have been advised to use the above." Alcohol, oil, or whiskey, will only make a bad matter worse. Wet your head with cold water morning and evening, and "shampoo" it moderately.

TEA IN LEADEN CHESTS.—J. C. W., Oregon. "Will you please inform your numerous readers whether tea which is shipped as it now usually is, in *leaden* caddies, is injured thereby? Lead is poisonous, and I should like to know whether the tea does not become infected, by coming in contact for so great a length of time with the lead." Tea is liable to be more or less lead-poisoned in this manner, especially if the weather be very damp, or if much water get into the hold of the ship.

DROPSY.—H. S. N. Our opinion is asked of the curability of a case presenting the following symptoms: "A married lady, aged 54, has had dropsy of the abdomen of about four months' standing; has been pretty well drugged through life; has had the operation of tapping performed three times, with but temporary relief; the urine is dark and sandy." Probably she is curable; but she would have to submit to a very strict regimen, especially in diet, which, by the way, such patients usually do not like.

WATER-CURE BOOKS.—S. W. F., Georgetown, Ky. "Is the 'Water-Cure Library' the best collection for a family to purchase, who can get no doctoring but Allopathic? We have already the Journal, the Cook Book, and Dr. Trall's Encyclopædia." The Library contains much valuable information. You would do well to get it; and also Dr. Shew's late works, "Family Physician," "Diseases of Females," and "Diseases of Children."

PNEUMONIA.—S. W. T. "What is the best treatment for pneumonia, especially the typhoid form?" Sponging the body with tepid water frequently when hot; or if the heat be great over the *whole surface*, the pack may be employed. The chest wrapper if the general heat be great; and occasional warm fomentations when attended with chilliness. Warm hip-baths and foot-baths are useful when there is oppression of the lungs, as indicated by very difficult breathing.

SOAP.—W. H. B., Plymouth. "Is it injurious to the skin or the system, in any particular, to make use of soap?" We regard the use of soap on a clear skin as unphysiological, hence injurious. However, when the pores are obstructed with dirt, grease, bad bile, or other dead or excrementitious particles, its use is the least of two evils—relatively a good thing.

TOBACCO.—J. M. S., Meadville, Pa. "Please tell me what can be done in order to cure one's trouble when he quits using tobacco?" Bear it like a Christian, or a man determined to be decent again. The Tobacco Essays will give you valuable information on the subject.

ACHING TOOTH.—J. B. S., Ohio. "What shall we do with aching teeth; stop their aching, or extract them?" Stop their aching by *fasting* and bathing; and prevent their aching afterwards by correct habits of eating and drinking. If badly decayed, it is best to have them extracted.

FLESHY EXCRESCENCE.—M. M. M., Ohio. It is impossible from your description, and, indeed, without personal examination, to decide as to the character of the tumor you denominate "excrescence." Probably it is a polypus, or fibrous tumor, which may be easily removed by a ligature. We have cured similar cases in a week, (by removing the tumor,) for which the patient had taken "mongrel" water-treatment for years.

DEAFNESS.—J. G. F., Reindeer, O. Your deafness, which is the sequel of scarlet fever you had in childhood, is probably curable. But your case requires a rigidly abstemious dietary system, with as much wet-sheet packing as the temperature of the body will bear. Whether the disease will grow better or worse as age advances, will depend entirely upon your habits of life.

POULTICES.—E. W., Salisbury, Ct. "Will you in your next issue explain the benefits of poultices, and toll the different virtues of flax-seed, Indian meal, bread and milk, hops, slippery elm, &c.—articles used for poultices?" There are no "different virtues" to explain. All the benefits of all kinds of poultices are due to their warmth and moisture; hence the bread-and-milk poultice is a perfect substitute for all the poultices that ever were or ever can be; and in most cases a wet rag is just as beneficial as the bread and milk.

PRACTICAL VEGETARIANISM.—H. V., Lodi, N. Y. "Can vegetarians in theory be so successfully and with benefit to themselves in practice, when they are compelled to live with and eat at the tables of others? Is a diet composed exclusively of fine wheat-flour bread, fruits, and vegetables, without any butter or animal food, superior to the mixed diet in general use?" 1st question: It depends very much on what they find at those tables. In the great majority of cases, they can, by selecting the best vegetable food they can find on ordinary tables, do much better without the flesh than with it. 2d question, Yes.

FEVER AND AGUE.—F. P. E., Baltimore, asks "how that dreadful disease, fever and ague, is to be cured?" wants us to give the treatment in detail, and suggests that, by answering such questions in a practical manner, we would do a great deal of good, &c. Our books treat of this subject in detail; and it is not long since this Journal treated of it in detail. We cannot, however, have the same subject at length in every number, and in this place we can only answer questions.

WEAK EYES.—J. C., Indianapolis. "I have found very salt water to be a temporary benefit in clearing the eye and making it feel rather pleasant after the washing. I have doubts as to the permanency of the benefit. Is it only a stimulating benefit? Answer in the WATER-CURE JOURNAL, next number, and oblige." Almost every irritant in the world, such as salt, alum, brandy, capsicum, &c., will provoke excessive secretion, and produce a temporary feeling of benefit. But they are all followed, sooner or later, by permanent debility.

OLD CHEESE AND FRUITS.—A. B., Massachusetts. "Is it hurtful to eat old cheese that smells very strong? Is it hurtful to eat fruit after a full meal?" Yes, to both questions. It is hurtful to eat *old cheese* at all: but when it is old and rotten, so that it smells very bad, it is not only very hurtful, but a very dirty and unclean practice to eat it. Fruit should be taken as a part of a full meal, not after it.

L. D. A. FULTON CENTRE, ILLINOIS.—Husks for mattresses are hatchelled, slightly dampened, twisted into ropes, and allowed to remain so until entirely dry. They keep in curl well, and make good beds.

SPERMATORRHOEA.—Several correspondents will find the desired information in the book on Sexual Diseases, price \$1.25. The management must be varied to suit the circumstances of each case.

F. S. H., Oregon City, ordering Journals, says: I am an advocate of the new system, and am trying to practise the same. I owe my life to it; a world of light is open to me. *The whole world is sick*, and drugged almost to death. I am thirty years old, and have been through the whole drug system. We are all wrongly educated. There are a few here in Oregon that are endeavoring to live temperately, but it is really astonishing to think how the masses live. And when one begins to talk on the subject, they cannot or will not comprehend your meaning: thus, I say, we have all to be educated over.

Talk and Topics.

A SLANDERER REBUKED.—The *Saratoga Whig* says:—One of the editors of the *New York Observer*, who was in this village at the time of the Anti-Nebraska and Temperance Conventions, in a letter to his paper, indulges in some very contemptible and unmanly flings at the women who spoke at the St. Nicholas Hall the day and evening after the conventious wore held. It strikes us, if he had kept in mind the advice of the Apostle, "to prove all things and hold fast that which is good," and heard the addresses, he would not have written thus. Many who were apparently attracted by the novelty of hearing speakers, came forward at the close of the meeting and contributed funds to aid the movements, seemingly convinced that they asked nothing more than simple justice.

Be it remembered, that the old *Observer* is "stone blind" to all new lights. It can see nothing with clearness, so completely beclouded with bigotry are its worn-out old foggy glasses. But no matter: let it chafe, fret and scold to the end. The children will "consider where it comes from."

A PEACH TREE IN A TANSY BED.—A subscriber of ours has a yard full of peach trees, one of which is located in the midst of a bed of tansy. This tree is by far the most thrifty in the yard, being full of fruit, and green and healthy in appearance, while the others are decaying or suffering from the attacks of the peach-worm or grub. Does any one know that tansy has the effect of preventing the attack of the peach-worm?—*Michigan Farmer*.

What say our chemists? is tansy good to kill worms? It was formerly used for a different purpose, before the Maine Law was talked of. But if it will preserve peach trees, let us use it. But how or why does it protect them?

A WORD TO CORRESPONDENTS.—We are always happy to receive communications from intelligent men (and women too) when they *have anything to say*. But don't write merely for the sake of writing; and above all, don't presume to use our grindstone for the purpose of sharpening your own axes. And, finally, don't indulge the popular delusion that an editor is ever at a loss for "something to fill up his columns."—*New York Mirror*.

What in the world can the *Mirror* mean? "Any thing to say." "Grinding axes." "Something to fill up." This needs an interpreter; perhaps some "medium" can explain, or shed a ray of light from the spheres on the point.

A DOCTOR KILLED BY HIS OWN MEDICINE.—Dr. George Buchanan, of Hillsdale, killed himself the other day by an overdose of morphine, while suffering from an attack of cholera morbus. It would seem that he was a little inclined to give large doses of that medicine, as he had a short time before been arrested for malpractice in causing the death of a child by it.—*The Ohio Northwest*.

Comment is unnecessary. Though we cannot refrain from adding, that it is a source of regret that the doctor did not live to see the folly of his wicked practice, and of congratulation that he did not live to practise his art upon others.

THE RIGHT SPIRIT.—One of our "regular" friends writes as follows. We wish all his brethren were as liberal. We have hopes of such men. They already see "men as trees walking," and will soon see clearly things as they are:

Although I am an Allopath, and have a pretty large practice, I would not like to be deprived of the *Journal*, because I find many good things, as well as good ideas; for there must be *good heads*—not "dead-heads"—thinking for us through its columns.

An old lady down east having kept a hired man on liver nearly a month, said to him one day, "Why, John, I don't think you like liver." "Oh, yes," said John, "I like it very well for fifty or sixty meals, but I don't think I'd like it as a steady diet." The old lady cooked something else for the next meal.

John had probably heard of the *new Hydropathic Cook Book*, but had not yet read it. Under the circumstances, it is not surprising that John showed symptoms of the *liver-complaint*.

FORRESTVILLE WATER-CURE.—This Establishment, under the management of Dr. Charles Parker, is flourishing finely. While at Forrestville, a few days since, we called there and took a look at the arrangements, which appear to be well adapted to secure the comfort of patients. The rooms are airy and well ventilated; the grounds tastefully laid out; baths in good order, and amply supplied with the very best of water. We cheerfully commend the Establishment as being worthy of patronage.—*Gowanda (Cottawarungus Co.) Chronicle*.

AN ARMY OF DOCTORS.—There are in the United States 40,564 physicians; 191 surgeons; 6,139 apothecaries; 465 chemists; 2,923 dentists; 10 oculists; and 59 patent medicine-makers. In the State of New York there are 5,059 physicians; 54 surgeons; 1,082 apothecaries; 8 oculists; 563 dentists; and 25 patent medicine-makers.

To feed and clothe all these non-producing doctors, requires the services of hundreds of farmers and mechanics. What a pity that any supposed necessity exists for so many bleeders, physickers, and patent medicine swindlers! But the WATER-CURE JOURNAL is "after them" with a long hose! and if they don't get a *sousing*, then charge it to the "terrible drought." We are determined these folks shall acknowledge the virtues of WATER.

Business.

PRIZES AND PREMIUMS.

THE PUBLISHERS OF LIFE ILLUSTRATED will pay Two Hundred Dollars in PRIZES, in any of their own publications—at regular retail prices—to persons sending the largest list of subscribers, previous to February 1st, 1855, as follows:

For the first, or largest list, - - - \$100 00
For the second largest list, - - - 50 00
For the third largest list, - - - 35 00
For the fourth, - - - 20 00

SUBSCRIBERS may be obtained in all the States and Territories, the Canadas and Provinces, and sent in any time previous to the first of February next. Subscriptions will commence when names are sent in.

The Publishers will mail the paper, singly or in clubs, to one or to several post-offices, as may be desired, on receipt of the order.

When a large amount is forwarded, it should be sent in a check or draft on New York, Boston, or Philadelphia, properly endorsed, and made payable to FOWLERS AND WELLS. We pay cost of exchange.

CANADA SUBSCRIBERS will pay at the rate of 25 cents a year extra, to prepay United States postage to the lines. [We hope new postal arrangements will soon be made, by which this restriction will be abolished.]

LIFE ILLUSTRATED will be issued promptly every Saturday, commencing the first week in November. [Number One is now ready.]

All letters containing remittances should be postpaid, and directed to FOWLERS AND WELLS, 308 Broadway, New York.

OUR THREE JOURNALS.—FOR THREE DOLLARS, remitted in advance, a copy of LIFE ILLUSTRATED, THE PHRENOLOGICAL JOURNAL, and the WATER-CURE JOURNAL, will be sent a year to one address.

FROM NEW YORK TO BOSTON.—The Fall River Steamboat Line, which, in connection with the Fall River and Old Colouy Railroads, forms a communication between New York and Boston, is, on the whole, the best, safest, and most comfortable route of travel between the two cities. An advantage of this route, and one of no small importance, is, that a good night's rest is secured on board the boat, while the passenger is still enabled to reach Boston, or New York, as the case may be, at an early hour in the morning. The steamers of the Fall River Line are of the first class, and of great strength and speed, and are fitted up in the most elegant and comfortable manner. Their officers are experienced and efficient, gentlemanly and obliging, and the safety and comfort of the passengers is in every respect well provided for. The boats leave pier No. 3, North River, daily, (Sundays excepted.) Fare \$4. Wm. Borden, Esq., 7 West Street, is Agent.

NEW CATALOGUES OF FRUIT TREES, FLOWERS, SHRUBS, etc., etc., have been received from

B. M. WATSON, Plymouth, Mass.
Wm. R. PRINCE, Flushing, N. Y.
Wm. H. OLIN & Co., Penn Yan, N. Y.
THORP, SMITH, HANCHETT, & Co., Syracuse, N. Y.
DELL AND COLLINS, Waterloo, Seneca co., N. Y.
JAMES W. GRAY, Ball's Pond, Fairfield co., Ct.

We copy the following from the catalogue of Messrs. Olin & Co.:

DIRECTIONS FOR TRANSPLANTING—THE SEASON.—Cultivators of trees do not agree as to the best time for transplanting trees, though it is pretty generally conceded that the autumn is the most favorable—all things considered. As far as our experience goes, we regard fall planting as decidedly preferable, for all hardy deciduous trees—not evergreens. Much more, however, depends upon the manner of planting than upon the season. It is of little use to plant trees unless it is properly done.

The preparation of the soil is a matter that is little attended to. The soil should be dry, deep, and in fine tilth. It should be thoroughly and repeatedly ploughed, until it is fine and deep; and if it is not dry and free from stagnant water beneath the surface, it must be thoroughly drained, or trees will not flourish. If the ground cannot be ploughed, it should be thoroughly worked up with the spade, a space at least six feet in diameter, and twelve or fifteen inches deep, so that there will be a mellow border for the roots to grow in. The holes in any ground should be large enough so that the roots will lie in their natural position. Great care should be taken that the trees are not planted any deeper than they stood in the nursery. No manure, or chips, or any thing of the kind, should be put in, so as to come in immediate contact with the roots, for it will certainly injure them. If the soil is clayey, it would be a good plan to fill around the roots with fine loam, if it can be got, as it will favor the striking of fibrous roots.

The roots of the tree should be wet before planting, which will cause the dirt to adhere more perfectly to them; and if the ground is very dry, it will be well to dash in a pail of water, when the hole is partly filled, which will settle the earth about the roots; and special care should be taken that no cavities are left, but let the earth be packed close. This can only be done, with certainty, by taking the fingers to it. All the bruised ends and broken roots should be cut off smoothly, with a sharp knife, and enough of the top to put it in balance with the root—generally about one-half—on peaches at least three-fourths.

After the planting is finished, the ground, for two or three feet around the trees, should be covered five or six inches deep with coarse litter, straw, leaves, or any such material, which will prevent the ground from drying, and altogether obviate the necessity of watering the roots except in cases of very excessive drought. When watering is really necessary, the mulching should be removed and part of the earth, and the water poured on. After the water has settled away, replace the earth and the mulching. Water should never be poured on the top of the ground around trees and plants, for it causes the surface to bake, and renders it impervious to air and light, but the surface should be removed as above stated; by that means it does not become hard; and the water is brought into more immediate contact with the roots.

If trees are planted in the fall, a bank of earth should be made around them at least a foot high, which will protect them from mice and severe freezing, and from being loosened by the wind in the spring. After the ground has settled, in the spring, the bank of earth should be removed, but the mulching should remain. If the trees are very large, they should be kept staked for a year or two. If the leaves do not start when they should, the body of the tree and branches should be sprinkled every evening, which will greatly benefit the growth.

No grass or grain crops ought to be raised in a young orchard for at least five years after it is planted, but the ground should be cultivated with low, hoed crops. A peach orchard ought never to be stocked with grass, for a peach tree will not flourish in a turf any way. In yards where the ground cannot be ploughed, it should be kept dug around the trees, and mulched with tan-bark, if it can be got, as it is a good mulcher, and clean.

In cultivating roses and other flowering plants, charcoal dust is an excellent application, as it adds greatly to their beauty and brilliancy of color.

The apple borer attacks apple, quince, and mountain ash trees, near the ground, and frequently cuts the tree almost entirely in two. Its presence can be detected by the small holes near the ground. If taken in time, it is easily destroyed. It should be dug out, at all hazards, or killed by means of a barbed wire. Trees should be examined every spring and fall. An excellent application for the tree is made as follows:

One pint sulphur, one gallon soft-soap, and strong tobacco-water sufficient to reduce it to the consistency of thick paint. This is exceedingly offensive to the insect, and frequently prevents their depositing their larva on the tree.

The peach borer never penetrates the wood, but works between bark and wood. Its presence may be discovered by the gum at the root. The best preventive is a small quantity of slaked lime, piled up around the body of the tree; half a peck is sufficient for a small tree. A few quarts of hot water or soap-suds, applied to the tree occasionally, has proved an excellent preventive. All these, and any other preventives, will not obviate the necessity of occasionally examining the trees, if one would be perfectly secure against them.

Dwarf pear trees should be set so deep that the stock is entirely buried beneath the surface. The soil around it must be kept well cultivated, and receive a dressing of manure every fall. For full directions for cultivating this, as well as other trees, consult the "Fruit Garden," by P. Barry.

LECTURES IN CARLTON, Orleans Co., N. Y. by Dr. Knapp.—A correspondent (D. W. II.) sends us the following preamble and resolutions, which were unanimously adopted at the close of a course of lectures in Carlton, by Dr. Knapp, which were so thronged, that the church in which they were delivered, though spacious, could not accommodate the multitude.

Whereas, The spirit of free discussion and inquiry is abroad, and an earnest disposition for information on all subjects, especially in regard to the laws of health and life, is manifested by the people in all parts of the country; and whereas, we believe there is no better means of meeting this growing want than by encouraging and securing public lectures on Physiology, Phrenology, Anatomy, Hydropathy, and Hygiene; and whereas, we have been privileged with a course of lectures on these subjects, by Dr. Knapp, of Lockport, N. Y., with whose matter and manner we have been highly entertained and instructed—therefore,

Resolved, That we tender Dr. Knapp our sincere thanks for the able and fearless manner in which he exposed the errors and absurdities of the "old-school" system of medication, and vindicated the laws of health and life, as brought to light by Hydropathy.

Resolved, That he has shown himself not only master of the subjects on which he treats, but a profound and eloquent reasoner; and hence we cheerfully recommend him to the public as an able and interesting lecturer.

Resolved, That these resolutions be sent to the WATER-CURE JOURNAL for publication. [Carlton, Oct. 10th, 1854.]

THE list of Hydropathic Physicians, as published in the October number of the Journal, was necessarily incomplete. We shall publish a supplement in a future number, and will be obliged if our neglected friends will give us their address.

CHANGE OF HOUR.—The boats for Boston, via Fall River, now leave at four o'clock instead of five, as during the summer.

PERSONS desirous of "eating to live," are referred to the advertisement of a vegetarian boarding-house, in another column.

Literary Notices.

THE POSITIVE PHILOSOPHY OF AUGUSTE COMTE. Translated and condensed by Harriet Martineau. New York: For sale by FOWLERS AND WELLS. [1 vol. octavo, 833 pages; price, prepaid by mail, \$3.]

This is undoubtedly one of the greatest books of the age. Even those to whom its doctrines are most repugnant, will admit this. It is the work of a great, free, earnest thinker, with whom the truth is above all things else, and who admits nothing on authority, requiring proof—demonstration—at every step. It is not the place, in a brief notice, to discuss M. Comte's philosophical doctrines. Such persons as are attracted to the study of his book—and we are sure the number will not be small in this country—should be abundantly capable of judging for themselves in regard to the real soundness of his views. Let none but honest, candid, truth-seeking men and women read the book. If there is any thing in the world of thought or fact that you dare not investigate, if you have any petted dogma or theory which you are not willing to give up for absolute truth, never open Comte's book; but if you are really willing to "prove all things," and "hold fast" only "that which is good" or true, read it, by all means. Among the laws it establishes, that of human progress is conspicuous. Without endorsing all its doctrines, we are glad to call attention to it, and hope to see it widely circulated. The *Evening Post* pronounces it "one of the most remarkable productions of the human intellect which has appeared in the last half century." This is the first American edition, and is handsomely got up.

PROGRESS AND PREJUDICE. By Mrs. Gore. New York: Dewitt & Davenport. 1854. [Price, prepaid by mail, \$1.]

A story of much merit, and one which will add to the well-established reputation of its author. The *Country Gentleman* thus speaks of it: "It is a tale of family estrange-

ments; of misfortunes nobly borne; of reconciliations; of passion and prejudice infusing unhappiness in the life of years, and of passion and prejudice finally laid aside or forgotten. The heroine is from the pen of a pure woman's heart, and the other characters, in their diversity as well as their resemblances, show a knowledge of the workings of human nature.

THE WISCONSIN HOME is the title of a new reformatory semi-monthly journal, published at \$1 a year in Janesville, by William M. Doty, editor and proprietor.

A handsome eight-page quarterly, with an inviting exterior, and a useful, interesting interior. The editor has the following sentiment for a motto: "Perfect health and pure religion are indispensably necessary to true happiness; and for what else should we live?" Mr. Doty is a pioneer in the right direction. He has always been a strenuous advocate of temperance, education, and all the reforms. He can make the "Wisconsin Home" gladden the hearts of all his patrons. We wish him great success.

MUSIC.

FIFTH POND & COMPANY, No. 1 Franklin Square, New York, publish, "I pray for the loved ones at home," a beautiful song, by C. M. Traver; "The Sapphire Polka," by Henry Kleber; "El Cucuya," (The Cuckoo,) a celebrated Havana *contra dance*, arranged for the piano, by G. W. Webber; "Mary Gray," a song and chorus, sung at the concerts of the Buckley Serenaders, by J. R. Thomas; "Far Away," a romance by J. R. Thomas, as sung by Mr. Percival at Buckley's Ethiopian Opera House; "Come with thy sweet voice again," one of Stephen C. Foster's popular melodies; "The Gazelle Schottisch," by Henry Kleber, and many other excellent pieces. See their advertisement, in the present number of this Journal.

SCHOOL BOOKS.

DANIEL BURGESS & COMPANY, New York, have sent us the revised and enlarged edition of Roswell C. Smith's well-known and popular "Geography on the Productive System, for Schools and Families." It is a good work. The Atlas accompanying it is one of the most beautiful of its kind published in this country.

FROM IVISON & PHINNEY, New York, extensive publishers of educational works, we have "Thomson's Arithmetical Analysis." It is an advanced mental arithmetic, and seems to be excellent both in plan and execution. Messrs. Ivison & Phinney issue a handsome catalogue of their works, which they will send, prepaid, on application.

From Columbus, Wis.—We have taken the WATER-CURE JOURNAL one year and a half, which is quite long enough to make Hydropaths of any reasonable thinking persons. We are thorough believers in its doctrines, and have reason to believe its teachings saved a dear child from the grave.

Thus believing in the agencies of the Water-Cure, we cannot longer do without so important a work as the Hydropathic Cook Book. All that has ever been written can hardly give you an idea of the excitement and jealousies that prevail among some of the people. Indeed, it is often amusing to hear the remarks that are made upon this subject. A few days since, one of our Allopaths had a case in which a child died of enlargement of the liver, and the doctor actually laid it to the mother's bathing; but, as usual, could give no reason why, although one of the "first" and "best read" physicians in the country. Although we live in the far West, we can see that this great living reform is surely and rapidly progressing, notwithstanding the opposition it meets. Few persons can long doubt the arguments and reasoning contained in the Journal, if they will but read it seriously. I was pleased, not long since, at the apparent surprise of a young gentleman, (not a young man loafer, but a real gentleman,) who, after reading a few pages in my Journal looked up very earnestly, and exclaimed, "Why, there is a good deal of sensible reading in these Journals," (the first he had ever seen;) he had not expected to have found any thing so instructive and interesting in pamphlet form. He had, I believe, thought of making medicine a profession; but he is now, I hope, in a fair way to study something more reasonable. Thus it is these little messengers do and will make friends wherever they go.

W. S., the proprietor of an Iowa paper, says: I have been a subscriber to your WATER-CURE JOURNAL, and a pretty stubborn believer in its doctrines. I received through it a circular of the "Hydropathic Family Physician," which I desire to obtain. I have such an insatiable antipathy to calomel, that I have made up a resolute mind that I shall follow the Water-Cure treatment or none at all, and thereby be enabled to enjoy a consolation in the hour of my final dissolution which few mortals in this fast age are permitted to enjoy on a death-bed: to wit, *that of dying a natural death.*

Matrimony.

COMMUNICATIONS deemed by us suitable for this department will be inserted on the following conditions: They must be carefully and legibly written, must be accompanied by the true name and address of the writer, (not for publication,) and an INSERTION FEE, at the rate of \$1 for one hundred words. Unless all these conditions are strictly complied with, no attention will be paid to them.

The name and address of each writer will be registered in a private ledger, and will in no case be divulged except to persons whom we believe duly authorized, according to the terms of the communication, to receive them.

Any person applying for the name of a writer, must give his or her own true name and address, and enclose a prepaid envelope or a three-cent postage-stamp. The number of the communication referred to should always be carefully stated; also whether Old or New Series, and the number of the Journal in which it appeared.

Candidates becoming "engaged," or declining for any reason further introductions, will do well to notify us (prepaid) to that effect, that we may refuse their name and address to later applicants.

As we may receive more communications for a given number of the JOURNAL than we can find space for, even in this small type, we shall adopt and strictly adhere to the rule of "First come, first served." Those desiring the privileges of this department will therefore do well to send in their favors at as early a day as possible.

MATRIMONIAL CORRESPONDENCE,

NEW SERIES.

No. XXXV. HOWARD wants a wife—a rugged American lass, nearly his height, which is five feet five inches, having predominant bilious temperament, full moral and intellectual faculties, and full domestic affections. She must be a good singer, have a fair education, and live a Vegetarian, without using any stimulants. Age, from seventeen to twenty. He thinks he shall make a good husband, having large Adhesiveness, Amativeness, and Philoprogenitiveness. He is a master-mechanic, of a mixed temperament, with black eyes and a Roman nose. Uses no kind of stimulants, and is a member of the Episcopal Church and choir; a Vegetarian and Hydropath. Age, twenty-four.

No. XXXVI. JACK wishes to form the acquaintance of a girl from fifteen to eighteen years of age, of the following described Phrenology: Concentrativeness, Secretiveness, Individuality, and Eventuality, large, or very large; Strength of System, Vital Temperament, Philoprogenitiveness, Adhesiveness, Inhabitiveness, Conscientiousness, Veneration, Sublimity, Form, Size, Weight, Color, Order, Tune, and Human Nature, large. Motive and Mental Temperament, Destructiveness, Acquisitiveness, Secretiveness, Self-Esteem, Firmness, Benevolence, Constructiveness, Ideality, Imitation, Calculation, Tune, Language, and Agreeableness, full, to large. Amativeness, Vitativeness, Combativeness, Cautiousness, Approbativeness, Hope, Marvellousness, Mirthfulness, Locality, Causality, Comparison, and Alimentiveness, full. Jack's Phrenology, as given by O. S. Fowler: Active or Mental Temperament, Excitability of Temperament, Cautiousness, Approbativeness, Conscientiousness, Imitation, Benevolence, and Constructiveness, very large. Organic Quality, Parental Love, Adhesiveness, Inhabitiveness, Concentrativeness, Vitativeness, Combativeness, Alimentsiveness, Acquisitiveness, Firmness, Hope, Ideality, Sublimity, Mirthfulness, Form, Size, Order, Causality, Comparison, Human Nature, and Agreeableness, LARGE. Constitution, Size of Head, Amativeness, Spirituality, Veneration, Locality, and Language, FULL. Powerful or Motive Temperament, Present State, Destructiveness, and Calculation, AVERAGE. Vital Temperament, Secretiveness, Self-Esteem, Individuality, Eventuality and Time, MODERATE.

Is a practical Hydropath and a partial Vegetarian, and between twenty and twenty-one years of age.

No. XXXVI. WANTED—To enter into an alliance, offensive and defensive, with a young lady between eighteen and twenty-one years of age, dark or black hair, (red need not apply,) sound constitution, not overly irritable, conscientious in discharge of duty, firmness enough to follow reason and judgment rather than fashion, a lover of music, good voice, does not consider it degrading to take care of her own house, nor feel ashamed of a husband in a patched coat, provided he possesses the qualifications necessary to make him a man.

Money not essential, as I have a pair of willing hands, a little of this world's goods, engaged in a good business, and not ashamed to work when necessary. In exchange, will give a warm heart, a passably fair-looking young man of twenty-eight, unimpeachable character, member of a Protestant church, Water-Cure and Vegetarian in principle and practice, natural disposition agreeable, and would make a home happy, if cheered with the smiles and affections of a loving wife.

For name and address, apply to MESSRS. FOWLERS AND WELLS. W.

CANDIDATE No XXXII., October number, is a LAWYER, and not a Surveyor, as there misprinted.

Advertisements.

A LIMITED space of this Journal will be given to Advertisements, on the following terms:
 For a full page, one month, . . . \$75 00
 For one column, one month, . . . 20 00
 For half a column, one month, . . . 12 00
 For a card of four lines, or less, one month, 1 00

At these prices the smallest advertisement amounts to LESS THAN HALF A CENT A LINE, or forty cents a column for EVERY THOUSAND COPIES, our edition being 56,000 copies.

Payment in advance, for transient advertisements, or for a single insertion, at the rates above-named.

Copies of this JOURNAL are kept on file at all the principal Hotels in New York City, Boston, Philadelphia, and on the STEAMERS.

ALL ADVERTISEMENTS for this JOURNAL should be sent to the Publishers by the first of the month preceding that in which they are expected to appear.

Water-Cure Establishments.

HYDROPATHIC AND HYGIENIC INSTITUTE. R. T. TRALL, M.D., PROPRIETOR. This commodious establishment, 15 Laight St., can now accommodate one hundred or more persons. Its business arrangements comprehend:

1. GENERAL PRACTICE, in which Dr. A. Crystie and Miss A. S. Cogswell assist.
2. OFFICE CONSULTATIONS, by Dr. Trall, personally.
3. DEPARTMENT FOR FEMALE DISEASES.
4. SCHOOL DEPARTMENT, for the education of physiological teachers and lecturers, and Hydropathic physicians. TEACHERS: Dr. Trall, Dr. Taylor, Dr. Hambleton, Dr. Snodgrass, Dr. Briggs, Dr. Christie, L. N. Fowler, Miss A. S. Cogswell.

Regular term of Lectures, from November 1 to May 1, of each year. Private or Summer term, with private lessons and occasional lectures, from May 1 to November 1.

EXPENSES: Tuition for the Winter term, \$75; do., with board, \$150. Summer term, \$50; do., with board, \$100.

5. PROVISION DEPOT, for the manufacture of pure and proper articles of wheaten grits, hominy, oatmeal, farina, crackers, &c. Orders for all kinds of farinaceous preparations, dried and preserved fruits, &c., will be supplied.

6. BOARDING, for those who desire the dietary of the institution.

WATER-CURE, Corner 6th Avenue and 38th St., N. Y. Dr. SHEW joins Dr. TAYLOR during the fall and winter season, at his large and commodious Establishment, as above. The location combines, as far as possible, the advantages of both city and country, and is easy of access from all parts of town. Boarders, transient and permanent, as well as patients, accommodated on reasonable terms. Females specially treated through female advice. Out-door practice, in all its departments, in the city and vicinity, promptly attended to. Also, letters for advice. Patients, whether in-door or out-door, can have the counsel of both physicians without additional expense. Establishment open during the whole year.

N. B.—Down-town patients may leave their requests, at Messrs. Fowlers and Wells', 308 Broadway.
 JOEL SHEW, M.D. GEO. H. TAYLOR, M.D.
 Nov. 11.

MR. PROSPECT WATER-CURE, Binghamton, Broome Co., N. Y.—Treatment during the cold season.

This Establishment holds out rare inducements to all persons who desire a course of hydropathic treatment during the autumn and winter. Our climate is very mild and healthy. The Cure is supplied with "heaters," and all rooms, both public and private, are kept at a summer's temperature, both day and night.

We continue, as heretofore, to treat all diseases that "flesh is heir to." Particular attention paid to diseases of the throat and lungs. We also treat obstinate cases of Spermatorrhoea and Nocturnal Emissions effectually, by a mild and nearly painless operation. (Something new.)

Dr. T. and wife have had charge of CURES for the last seven years, and their superior success and skill is well known to the Water-Cure public.

TERMS.—From \$5 to \$8 per week.
 Dr. T. can be consulted as usual, and prescriptions sent, free of charge, to any part of the United States.

O. V. THAYER, M. D., } Resident Physicians.
 Mrs. H. H. THAYER, }
 H. M. RANNEY, Proprietor. Oct 11

Fall and Winter Treatment.—Dr. Vail's Establishment at Concord, N. H., is admirably situated for fall and winter treatment.

To bring the superior advantages of the Hydropathic mode within the reach of all, and secure the blessings of health and happiness to a greater number of the suffering and afflicted, we shall receive patients hereforward until further notice, at the low rates of \$4, \$5, and \$6 per week, depending upon the attention required, length of stay, &c., &c. Patients must furnish the requisite bed-clothes for treatment.
 Concord, October, 1854. Oct 11

THE BROWNSVILLE WATER-CURE opens on the 1st of May, considerably improved again. Dr. EARLE pledges himself to do his best for those that may put themselves under his charge. Terms—\$6 00 per week, payable weekly. May 11.

ELMIRA WATER-CURE.

This Institution has entered upon its THIRD year of successful life. It has been so abundantly patronized that the Proprietors have deemed it necessary, in order to meet the demands of its increasing patronage, to make enlargements and improvements, thus affording better facilities for the comfort and treatment of invalids.

The Bath-rooms have been DOUBLED in size, while convenience and comfort have been consulted. Patients can go on a LEVEL from the second and third stories direct to baths. We have 300 feet of Verandah, from which one of the most charming landscapes is seen. We are reached in all directions by railroad.

Dr. S. O. and Mrs. R. B. GLEASON, M.D., opened the first Cure, west of the Hudson river, in the United States, and the FOURTH one in this country. They have been pioneers of the great cause of Hydropathy. Have had charge of THREE Cures, before building their present home, where they intend now to remain. Their long experience has enabled them to construct a Cure not excelled in this country for comfort in taking water-treatment. From their large experience in the use of water as a remedy, in the treatment of 4,000 cases, they trust that they are entitled to public confidence, and a large share of patronage. Mrs. G. has eminent success in the treatment of female diseases, having had hundreds under her care. Address,

S. O. GLEASON, Elmira, N. Y.
 Sept. 11.

FOR WATER-CURE ESTABLISHMENTS.

The finest sorts of Fruit and Flowering Trees and Plants at the lowest rates. Catalogues gratis. Carriage paid to Boston or New York. B. M. WATSON, Old Colony Nurseries, Plymouth, Mass. Aug. 21.

ATHOL WATER-CURE, MASS.—For healthfulness of location, purity and softness of water, variety and beauty of scenery, and the large proportion of cures it has witnessed, this establishment is deemed unsurpassed.
 TERMS: \$6 to \$7 per week. For particulars address Mch. 11. GEO. FIELD, M.D.

New Lebanon Springs Water-Cure.—This Establishment is now open for fall and winter treatment. Having the water from the celebrated WARM SPRING, which is never below 72 deg., Fah., renders our house UNEQUALLED as a fall and winter resort for invalids.
 WILLIAM A. HAWLEY, M.D.
 NEW LEBANON SPRINGS, Sept. 7, 1854. Oct 11

Dr. E. A. Kittredge has given up his Establishment in Franklin Place, and has taken rooms in Avery street, No. 13, (Boston, Mass.) Dr. K. will be in readiness at all times to visit the sick, prescribe at office, and lecture anywhere in New England. Oct 11

A CARD. D. W. Ranney, M.D., Founder of "MR. PROSPECT CURE," having had six years' experience in Hydropathic Institutions, is now prepared to correspond with parties wishing his services. Mrs. R. is competent to take charge of the female department.
 BINGHAMTON, N. Y. Oct 21*

Spring Ridge Water-Cure, Hinds County, Mississippi.—Dr. H. J. Holmes respectfully informs the citizens of Louisiana, Alabama and Mississippi, that he is gradually converting his present Female Infirmary into a regular Water-Cure Establishment, and that he is now prepared to receive patients to be treated in accordance with the principles of this modern discovery. In this enterprise he is pleased to announce that he will have effective aid in the person of his son, Henry J. Holmes, Jr., M.D., who has superadded to a thorough medical education a personal knowledge of the theory and practical operations of Hydropathy as taught by Dr. R. T. Trall in the city of New York. He will also be aided by his brother, General T. J. Holmes, whose success in the treatment of chronic diseases by water has indeed been unparalleled. Ladies and gentlemen visiting Spring Ridge Water-Cure, will be required to furnish two linen sheets, two comfortable, towels, &c.
 Terms, \$10 per week, paid in advance. Oct 21

DR. GEO. M. HOYT,

Office and Residence, 77 Bedford Street, BOSTON, MASS.

Sept 11

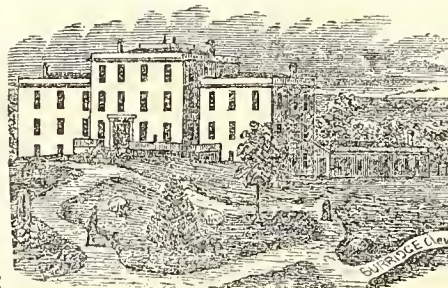
PHILADELPHIA.—Dr. Weder's City WATER-CURE ESTABLISHMENT, No. 80 North Eleventh street. Oct 21

GLEN HAVEN.—Persons wishing to consult us for medical advice will please observe—our Fees are as follows:

1. For advice, as to the propriety of water-treatment, \$1.00
2. Examination at our office, and prescription for home-treatment, 3.00
3. Prescription by letter for home-treatment, 5.00
4. No examination fee for patients.
5. Circulars sent free to all who wish for them.
6. All letters must be post-paid.
7. Fees must be enclosed, or good reasons given for not doing so.
8. Address Scott, Cortland Co., N. Y., J. C. JACKSON, M.D., Mrs. L. E. JACKSON, } Physicians.
 Miss HARRIET N. AUSTIN, }

CHICAGO WATER-CURE RETREAT, cor. of Randolph and Sanganon sts., Chicago, Ill., where patients are received, afflicted either by chronic or acute diseases, summer and winter. Also, general practice, either in or out of the city, receives prompt attention.
 July 11. J. WEBSTER, M.D.

WORCESTER HYDROPATHIC INSTITUTION, No. 1 GLEN STREET.—This Institution is well arranged for treatment at all seasons.
 TERMS, usually from \$7 to \$9 per week. For treatment without board, \$3 to \$4 per week.
 July 11. S. ROGERS, M.D.



CRYSTAL FOUNTAIN WATER-CURE.

THIS Establishment for the cure of CHRONIC DISEASES, is conducted by Dr. B. L. HILL, (Professor of Surgery in the Cleveland Homoeopathic College,) and Dr. N. G. BURNHAM, both experienced Physicians and able Hydropaths.

The facilities in this "Cure" for the successful treatment of Chronic Diseases, and especially the different forms of Dyspepsia, Diseases of the Liver, Spine, and Nervous System, Rheumatic Affections, Neuralgia, Female Diseases, General Debility, Bronchitis, and Incipient Consumption, as well as diseases caused by improper or excessive medication, are not surpassed by any Establishment in the country. Especial attention will be given to diseases commonly known as SURGICAL CASES, such as Hip-Diseases, Fever Sores, White Swellings, Fistulas, Cancers, (in the early stages,) Diseases of the Eye, Spine, &c.

THE FEMALE DEPARTMENT is under the special charge of a skillful FEMALE PHYSICIAN, who will also have the aid and counsel of the other professional attendants. Her experience in one of the most successful Water-Cures of the East, and her devotion to the suffering of her sex, we trust, will recommend her to the favor of those who seek restoration to health.

Patients will have the benefit of the most skillful Homoeopathic or specific prescriptions—an advantage enjoyed in but few "Water-Cures" at present, in this country.

The Rooms are large, airy, and well ventilated. The Bath-rooms are ample, and supplied with an abundance of soft water, of the purest quality, flowing from sandstone rocks, free from any calcareous or other mineral substance.

The SOIL is dry and sandy, the air pure, and free from fogs. This locality is celebrated for healthfulness—no epidemic disease ever having prevailed here—its parallel in this respect is unknown in the West. It is on the highlands, 4 miles from, and several hundred feet above Lake Erie—is very accessible, being 2½ miles from the Berlin Station, Cleveland and Toledo Railroad, via Sandusky; 4 miles from Townsend Station, Southern Division C. and T. Railroad, via Norwalk; 8 miles from Norwalk, and 14 miles east from Sandusky, via C. & T. Railroad.

The prices for residence at this Cure, including board, treatment, and nursing, will vary from \$6 to \$12 per week.

Address, "CRYSTAL FOUNTAIN WATER-CURE," BERLIN HEIGHTS, Erie County, Ohio.
 Aug. 11.

A CARD.—The Sugar Creek Falls Water-Cure has this day closed. The location does not suit us in all respects. Our friends may expect to hear from us again as soon as we find a location to our liking. Our thanks are due to the public for the liberal patronage bestowed upon us, which, from our success, we feel was not altogether unmerited.

HIRAM FREASE, SOLOMON FREASE.
 Oct. 4th, 1854. Nov 11

NEW GRAEFENBERG WATER-CURE—For full, printed particulars, address R. HOLLAND, M. D., New Graefenberg, N. Y. Aug 11

PAWTUCKET WATER-CURE, No. 7 Spring Street. Open Summer and Winter. For particulars address ISAAC TABOR, M.D., Proprietor and Physician, Pawtucket, R. I. July 61. *

CINCINNATI WATER-CURE, five miles from the City, on the Cincinnati & Dayton Railroad, and but a few rods from the Carriage Depot. This large and flourishing Institution is open Summer and Winter, for the reception of patients.
 Terms, from \$8 to \$10 per week.
 For further particulars address D. A. PEASE, M.D., Carthage, Hamilton Co., Ohio. July 11.

H. KNAPP, M.D., Water-Cure Physician and Surgeon, Lockport, Niagara Co., N. Y. Dr. K. keeps constantly on hand and for sale, Water-Cure and Phenological Books, at New York prices. Jan 11

AUBURN WATER-CURE, Auburn, Ma- cou Co., Ala.—Dr. WM. G. REED, Physician. Apl 11.

DR. BEDORTHA'S WATER-CURE ESTAB- LISHMENT is at Saratoga Springs. Aug 11

FORESTVILLE WATER-CURE, at For- estville, Chautauque Co., N. Y., eight miles from Dunkirk, on the New York and Erie Railroad. For Circulars address the Proprietor, C. PARKER, M.D. July, 11.

LYING-IN INSTITUTE, 201 West 36th st., by Mrs. C. S. BARRI, M.D., graduate. She will also consult with and visit patients at their residences.

CAPE COD WATER-CURE; W. Felch, Physician. Address GILBERT SMITH, Harwich Port, Mass. Oct 21

DR. FRANKLIN'S ORIENTAL HYDROPA- THIC INSTITUTE at FREDONIA, N. Y., is now in successful operation. Terms, from \$6 to \$12 per week. Address, post-paid, Oct. 11 D. D. FRANKLIN, M. D.

CANTON WATER-CURE, Canton, Fulton Co., Illinois, has just been enlarged thirty feet by forty, giving another set of Bath Rooms, Dining Hall, &c. Terms, \$1 to \$10 per week; four months for \$50.

A healthy location, delightful prairie and timber scenery, good water, and a determination on our part to build up an institution worthy of the "mighty West," make this Establishment a desirable retreat for invalids and pleasure-seekers. Address, JAMES BURSON, M.D., Principal. Sept 31

CLEVELAND WATER-CURE ESTABLISH- MENT. The above Establishment is now commencing its seventh season. The number of patients treated at the establishment has been on the increase from year to year, for the past six years, until the last season, when the demands of the public far exceeded our power to accommodate them. The increasing rapidly and proportion of cures, from year to year, induces the subscriber to believe that his enlarged experience and opportunities for treatment give facilities to the invalid rarely equalled. Diseases peculiar to females are treated with a success and rapidity of cure believed to be surpassed by none.

June 11. T. T. SEELEY, M.D., Cleveland, Ohio.

YELLOW SPRINGS WATER-CURE, GREEN Co., Ohio.—This Establishment, situated on the Little Miami Railroad, one mile south of the town of Yellow Springs, and in sight of Antioch College, is unequalled in the beauty of its location, and offers inducements to the invalid, not surpassed by any similar establishment in the United States.

The buildings were erected for their present purpose, and possess every convenience for comfort and successful treatment, with a Gymnasium and Ball Alley attached, for exercise and amusement.

Resident Physician, A. Cheney, M.D. Consulting Physician, G. W. Bigler, M.D., Cincinnati. TERMS, \$6 to \$8 per week (paid weekly) for all ordinary attention. Further particulars on application. Address Dr. A. CHENEY & Co., as above. June 61.

MOTORPATHIC CARD.

Dr. H. HALSTED, formerly of Halsted Hill, Rochester, N. Y., well known as the author of the System of Motorpathy, and by his great success in the cure of Chronic and Female Diseases, has recently purchased and removed to the celebrated ROUND HILL WATER-CURE RETREAT, at Northampton, Mass., where, with improved facilities, he will continue the practice of his peculiar System, in connection with the Hydropathic Treatment.

Dr. H. was one of the earliest advocates, and has long been, and still is, one of the most successful practitioners of the Water-Cure System. Nevertheless, in the treatment of Chronic Diseases, and especially those incident to Women, experience has taught him that MOTORPATHY combined with the Water-Cure Treatment, is in all cases much more effectual, and will restore many patients who are beyond the reach of Hydropathy alone. This has been made apparent in the cure of very many nervous and spinal affections heretofore unremoved, and of Dyspepsia and Paralysis, and the numerous and complicated diseases of the Liver and Kidneys.

Dr. H. is confident in saying that in many long-standing diseases, Motorpathy is the only available remedy. More than seven thousand persons have been successfully treated at his former Institution; and with the improved facilities of Round Hill, Dr. H. looks forward to increased success. Physicians are respectfully invited to call and test for themselves the merit of his System.

As a summer retreat for the friends of patients or others seeking relaxation and pleasure, Round Hill stands alone and unrivalled. Its mountain air, limpid water, and delightful scenery have given it a world-wide reputation.

His former Institution at Rochester is for sale. His work on Motorpathy can be obtained by remitting ten postage-stamps.

Address H. HALSTED, M.D., Round Hill, Northampton, Mass. Sept 11.

GEORGIA WATER-CURE — At Rock Spring, near Marietta, Georgia, is open, summer and winter; terms, \$40 per month. C. COX, M.D., Proprietor. Sept 11.

DR. HAYES' WATER-CURE INSTITUTE, AT WYOMING, N. Y.—For a full advertisement of this Institution, see April number of the Water-Cure Journal. A report embracing nearly 400 cases treated at this ESTABLISHMENT will be sent free to all post-paid applicants. Address P. H. HAYES, M.D. Wyoming, June, 1854. 11.

MRS. L. F. FOWLER, M.D. — OFFICE HOURS—From 9 A.M. to 2 P.M. at 50 MORTON ST. between Hudson and Bleeker Sts. From 4 to 5 P.M. at PHRENOLOGICAL ROOMS, 308 Broadway.

TO VEGETARIANS.—One or two families, or a few single persons, who desire a healthy diet, and opportunities to live a pure and genial life, can be accommodated with board and rooms at No. 13 Wooster Street, near Canal St. Charge moderate. A few day boarders can be accommodated. Nov. 11.*

WILLIAM WEST, 133 Hudson Street New York, Manufacturer of Sitz-Baths, Bathing-Tubs, Shower-Baths, Pumps, Water-Rams, and every description of Plumbing work. Sept 11

**NEW YORK
HYDROPATHIC AND PHYSIOLOGICAL
SCHOOL.**

The third Lecture Term of this School—a department of the Hydropathic and Hygienic Institute, 15 Laight street—will commence November 1st, 1854, and continue Six Months. Additional Chemical, Anatomical, Surgical and Obstetrical Apparatus has been provided; the Library has been increased; the Professorships re-arranged and enlarged. Particular attention will be paid to Practical Anatomy, Dissections, and Obstetrical Demonstrations.

FACULTY.

- R. T. TRALL, M. D.,**
Institutes of Medicine, Materia Medica, and Female Diseases.
- G. H. TAYLOR, M. D.,**
Chemistry, Surgery, and Obstetrics.
- JAMES HAMBLETON, M. D.,**
Anatomy, Physiology, and Hygiene.
- J. E. SNOBGRASS, M. D.,**
Medical Jurisprudence.
- ASA CHRISTIE, M. D.,**
Medical and Special Gymnastics.
- H. F. BRIGGS, M. D.,**
Philosophy of Voice and Speech.
- L. N. FOWLER, A. M.,**
Phrenology and Mental Science.
- MISS A. S. COGSWELL, M. D.,**
Class Leader in Chemistry and Physiology.

The design of this School is not only to qualify male and female practitioners of the Healing Art, but also to educate and send into the field of human progress, competent Health-reform Teachers and Lecturers. Ample facilities are provided for a complete and thorough medical education, and for practical instruction in all the details of Hydropathic home-practice, as well as the management of Water-Cure Establishments.

Students will have the opportunity of witnessing the treatment of almost all forms of chronic diseases in the Institution, and by visiting the clinics and hospitals of the other Schools in the city, they will not only become proficient in *diagnosis*—the most important element in a physician's education, so far as success in securing public confidence is concerned—but also enabled to see the different medical systems *practically contrasted*; in other words, to witness the effects of water-treatment in contrast with the various modifications of drug-treatment.

PROGRAMME OF EDUCATIONAL EXERCISES.—Usually, there will be four Lectures daily, of one hour each. Half an hour, morning and evening, will be devoted to gymnastic and elocutionary exercises; and specified portions of each day will be allotted to private study, and to conversation in the class. A *clinique* will be held every Friday afternoon; and on Saturdays the students will visit the hospitals and public institutions, where a great variety of surgical operations are performed, and where almost every phase of diseased and deformed humanity can be seen.

There will be a Lyceum debate on general subjects, each Wednesday evening, open to the public, and a discussion every Saturday evening on professional questions, by members of the class exclusively.

EXPENSES.—Tuition for the term, \$75; do. with board in the Institution, \$150. Fires and lights in private rooms will be an extra charge; but the lecture-room will always be kept lighted and warmed for the use of students, without charge. Those who do not choose to purchase their own text-books, can have the use of the School and Office Libraries during the term for \$1. No matriculating or graduating fees will be required; but whenever the student can exhibit competency to teach and practise the reform doctrines and medical appliances of our system, he or she will be accredited to the public by a proper diploma.

SUMMER TERM.—There will be a Summer Term of six months, from May 1st to November 1st, with occasional lectures and clinics for such students as choose to remain the year round. Tuition, \$50; Do., with board, \$100.

NOTE.—The course of instruction in this Institution embraces not only all the positive facts and ascertained principles of Medical Science taught in other Schools, and the theory and practice peculiar to the Hydropathic System, but contemplates, also, a critical examination of all past and existing systems, with a recognition of whatever truths they embody, and an exposition and refutation of the falsities they contain. It embraces, indeed, a much wider range of subjects than are taught, or even introduced, into any other Medical School.

R. T. TRALL, M.D., Principal,
15 Laight St. New York.

GLEN HAVEN.

In four years, during which we have been the Physicians of this Establishment, we have treated over 1400 cases of disease. Our patients have come from every State in the Union almost, and from Canada, and have been afflicted with every form of disease. At any rate, such has been our success, that from being able to accommodate twenty-five, we grew to be able to take and make comfortable 130 persons, and for a year and a half have seen no day in which we did not have under treatment at least seventy, till our late *crisis*, a report of which having gone out, that we were all burned down, many were induced to go elsewhere. We have out-lived that report, however, and now have fifty-five patients, with numerous applications, and can easily take and give good accommodations to ninety persons; so that those who would like to visit us this winter may come.

That it may be seen what we do in the way of curing the sick, we transcribe, from our note-book of the current year, a schedule of cases:

- No. 1. Lady—**SORE EYES** for long time, tried distinguished oculists, got no help; came to the Glen, staid nine months, recovered her sight, and is well.
- 2. Lady—**SCROFULOUS ABSCESS** on the thigh, delicate, thin in flesh, feeble in strength; tried every body and thing; given up by the doctors; staid nine to ten months; can walk five miles in a day, and is smarter than since she was a child.
- 3. Scrofulous Child—**CONSUMPTION**; expected to die; feeble, night-sweats. **HIP DISEASE**; doctors said he could not live. Disease at the hip checked, gained flesh, is quite healthy and rugged, though a cripple.
- 4. Young Man—**CHRONIC INFLAMMATION OF THE EYES**; weighed 170 lbs.; took treatment four months at another Water-Cure, no better. Came to the Glen, staid four months; lost 40 lbs. Eyes sound and health good.
- 5. Man, lull habit—**SCROFULOUS SORE LEGS**; hard worker, careless eater, irregular in his habits; doctors could not cure him, tried every thing; took treatment eight weeks, legs became smooth; lost a great deal of flesh, and is now well.
- 6. Man—**SCROFULOUS SALT RHEUM ERUPTION**; tall, muscular, great brain, business man, ate, worked, drank, slept in a hurry; terrible sight to look at; tried all sorts of things, and water too, got no help. Came to us, staid three months, and was well.
- 7. Woman—**CONGESTION OF BRAIN AND LIVER**, Dyspepsia, Inflammation of Os Uteri; hard case; treated twenty-two months, no rash, and not much perceptible improvement, at which time rash appeared; terrible humming all over the trunk and neck, very offensive, lasted three months; patient rowed two miles, picked blackberries, rowed back, and was not fatigued, and said she wished she had a tongue to proclaim the value of Water-Cure to her sex the world over; has left the Glen, a wonder to all who know her.
- 8. Woman—Had been Principal of a large seminary in the West, broke down; **CONGESTED BRAIN**, dyspeptic, nervous, sleepless, female difficulties; took treatment about three months, had very offensive rash, was better; left the Cure, saying, "that no one could have made her believe, when she first came here, that it was possible for a human being to be made, in three months, to feel as much better as she did."
- 9. Old Man, 66—**PARALYTIC**; a very bad case, intellect nearly spoiled, cry if you speak to him; off and on with us about eight months; recovered his mind, his speech, and could walk up and down stairs, and anywhere, without help. His friends thought we wrought almost a miracle with him.
- 10. **PROLAPUS UTERI**—We will simply say that we have treated all forms of uterine disease with great success; that those who would like can be put in communication with ladies all over the Union, who have been under our care, and who will corroborate our statements in full, and who will testify that their cures have been effected by Water-Cure treatment alone. In four years we have treated over 500 cases of uterine disease of marked character.
- 11. Woman—**CONSUMPTION**; case abandoned by doctors and friends; came to the Glen weak, coughed, expectorated pus, night-sweats, hectic, and very thin in flesh; was cured, and is now fleshy, and does her own work.
- 12. Man—**CONSUMPTION**; abandoned by the doctors; had liver-complaint, dyspepsia, had a bad cough, raised bloody expectorations, weak, thin in flesh; took treatment, had a great-rash crisis, and got well; is now very fleshy, and works hard.
- 13. Girl—**CONSUMPTION**; brought to us in last stages, her physicians said; examined her ourselves, rejected her; she plead with us to try, we consented. Her pulse, which was 130, came to 100 in a fortnight; cough increased, but expectoration was easier; at the end of a month had a rash, with fever, grew better, and got well, and to-day is as hearty as one could ask,—round, plump-faced, healthy woman, a living wonder to all the drug-doctors in her region.
- 14. Young Man; nearly dead of **HÆMORRHAGE OF THE LUNGS**, said by the best physicians to be incurable, no help for him; was told that water-treatment would hasten his dissolution; came, took treatment about five months, had a crisis, and is now perfectly well, having done as much work as any man in his harvest-field, this summer past.
- 15. Man—**LIVER-COMPLAINT**; yellow with bile; tried every doctor he could get hold of in the West, received no help; came, took treatment six months, and is now perfectly well. We have treated this year over ninety cases of this disease, mainly of men and women from the Western and South-western States, and have not failed in a single instance.
- 16. Man—**DYSPEPSIA**; emaciated to a skeleton, nervous, weak, feeble in mind, could scarcely eat any thing, a pitiable object; took treatment fourteen months, and now at his counter selling goods, as hale as ever.
- 17. Man—**RHEUMATISM**; swollen joints, swollen muscles, distorted limbs; young, with fine constitution, but terribly drugged; took treatment in 1853, eight months, and is now well. We never had a case of rheumatism that baffled us, unless compli-

cated with pulmonary consumption, provided the Patient gave us time.

18. **ST. VITUS' DANCE**.—A woman had spasms badly, was with us four months, and was quite cured. A child had it terribly, accompanied with lils, emaciated, scrofulous swellings under the chin, diarrhœa of long standing, entire suppression of urine for 36 hours at a time; given up by the doctors to die, when the mother brought it to us, and we cured it by water-treatment.

19. Woman—**NURSING SORE MOUTH**; very long standing; tried all sorts of remedies, grew discouraged, disheartened, dyspeptic, emaciated, and threatened with consumption; came, staid some months, had a severe critical action, recovered, and is now well.

20. Man—young, tall, thin, feeble, consumptive; came, took treatment, had a crisis, and is now stronger and better than ever before in his life.

21. Woman—**CONSUMPTION**, liver-complaint, female difficulties, very weak; staid some months, got smart, and the last letter we had, she walked two miles at a time with ease.

22. Woman—**UNDEFINABLE DISEASE**; doctors could not tell what ailed her, gave her up, tried this, that, and the other thing; was induced to visit the Glen, despondent, despairing, weak, feeble, pale, poor in flesh, and doomed to die. Put her under treatment, staid one year, and went home fleshy, hale, hearty, and has not had a sick day since.

23. Girl—**BRONCHITIS** and incipient consumption; had throat cauterized till the mucous membrane was dead; came, took treatment one year, and completely recovered her health, so her friends write us.

24. **SPEERMATORRHEA**.—One of the worst cases ever had; took treatment nineteen months, and was well. Dr. Jackson has treated over 400 cases of this disease with extraordinary success, and he never fails unless the case is far advanced in scrofulous consumption.

Now, reader, we could give hundreds on hundreds of just such and similar proofs of Water-Cure treatment, spread over a large province of diseased conditions, from those of moderate to those of the worst type; and we challenge, without fear of contradiction, any Homeopathist, Allopathist, or Eclectic, to show such results from their medications as we can show from our Hydropathic treatment. Facts are stubborn things, and from one end of this land to the other, the old, the young, men and women, girls and boys, can start up like Roderick Dhu's men, at our call, to testify of the good we have done them.

Though we give no names, we are ready to give the reference to those who wish it, so that they can satisfy themselves of the truth of what we state.

Those wishing to know about terms, rooms, &c., will please address us, postpaid, as follows: J. C. Jackson, M.D., Scott, Cortland Co., N. Y., and they will have a Circular sent free of charge.

Those who wish to consult us by letter, and have prescription for home treatment, will enclose FIVE dollars. We always answer all letters for admission or advice, IMMEDIATELY on their receipt.

ROUTE.

From East or West, on CENTRAL RAILROAD to Syracuse, then by Syracuse and Binghamton Railroad to HOMER; or, from East or West on the Erie Railroad to Binghamton, then by Syracuse and Binghamton Railroad to HOMER, at which place find Van Anden's Hotel—a capital house with capital landlord, who will tell you how to get to us easily and cheaply.

For the Proprietor,

- J. C. JACKSON, M.D.
- L. E. JACKSON,
- H. W. AUSTIN,
- WILLIAM JANSEN.

Scott, Cortland Co., N. Y.,
Nov. 1, 1854. PHYSICIANS.

The Book Trade.

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EMBRACING descriptions of Scenery, Climate, Wild Productions, Capabilities of Soil, and Commercial and other Resources of the Territory. Interspersed with INCIDENTS OF TRAVEL and Anecdotes, illustrative of the Characters of the Traders and Red-men: to which are added Directions as to Route, Outfit for the Pioneers, Sketches as to Desirable Localities for present settlement, with other information, which make it a MANUAL FOR THE EMIGRANT, and work of reference for the Student, as well as an instructive Winter Evening Book of WESTERN LIFE.

The whole will be contained in about 150 pages, beautifully printed on fine paper. Being written, not compiled, it will be the most authentic and reliable work treating on the new Territory yet published.

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This is a story of life in the Southern States, sketched by a most observant and powerful writer. It has been read (in proof-sheets) by several of the most eminent literary men of our country, and the unanimous opinion is, that it is really an extraordinary book.

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PUBLISHERS, BOSTON.

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COME WITH THY SWEET VOICE AGAIN. S. C. Foster. 25 cents. The above, like all of Foster's compositions, is meeting with a large sale.

"FAR AWAY." ROMANCE. By J. R. Thomas. 25 cents. A charming melody, and becoming popular. Played by "Buckleys," and Bauds generally.

MARY GRAY. Another of Thomas's beautiful ballads, also sung by the "Buckleys." 25 cents.

LOVE. A song composed by Mrs. Brinkerhoff, the popular vocalist of New York. 25 cents.

VALLEY OF CHAMOUNI. Music by Stephen Glover, author of "What are the wild words, Adieu, dear Home." By E. J. Loder. 25 cents.

I PRAY FOR THE LOVED ONES AT HOME.
"I pray for them when sunset is gilding every hill,
And darkness steals the twilight and all around is still.
When I am tired and weary, and all my work is o'er,
'T is sweet to pray at close of day for those I see no more."

This is without exception the dearest and best ballad published in a twelvemonth, and it cannot be too strongly recommended. It will doubtless be found in every home in this country. Music by C. M. Traver. 25 cents.

LEAVE US NOT: a beautiful Ballad. By Henry Tucker, author of Agnes May. 25 cents.

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GOLD FISH SCHOTTISCH. By H. Tucker. With tasteful vignette. 25 cents.

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All of Foster's Songs, viz:

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12. Nelly Bly.
13. Oh, Boys, Carry me 'long.
14. Willie, my Brave.
15. Eulalie.
16. Maggie by my Side.
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18. Farewell, my Lily Dear.
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Prospectus of the Tenth Volume

OF THE

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FOWLERS AND WELLS, 308 Broadway, NEW YORK.

TO LECTURERS on Phrenology, Physiology, and Kindred Subjects.

For the more complete elucidation of the above sciences, we would direct the attention of our numerous friends and patrons, as also the several lecturers who are about entering the lecturing field this fall and coming winter, to the following list of MANIKINS, SKULLS, CHARTS, &c., which will be found to render material assistance in giving an exposition and illustration of these most important interests.

THE PRESENT COST OF MANIKINS.—Those of the best quality and largest size with seventeen hundred objects six feet high, imported from France, cost in New York \$1000.

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The smallest size of all, only eighteen inches high, is sold at \$100.

SKELTONS, wired and hung, ready for use, may be had at from \$35 to \$50, with all the parts complete. An inferior article is sold at \$20.

SKULLS, with jaws and teeth, properly prepared, cost from \$8 to \$10. Rare specimens, of different races, are sometimes sold at prices ranging from \$25 to \$50; while those gathered from old battle-fields may be bought at various prices, from twenty-five cents up to five dollars.

ANIMAL SKULLS—such as the Dog, Sheep, Pig, Bear, Wolf, Lion, Tiger, Cat, etc., etc., and those of Birds, Reptiles, &c., are sold at from 25 cents to \$1. All affording excellent contrasts to the student in Phrenology and Natural History.

In addition to the above, Paintings, Drawings and Engravings, showing all parts of the Human Body, fully developed, may be added to the collection of a Physician, or a Lecturer on Physiology, Phrenology, and Anatomy.

PORTRAITS, the size of life, painted in oil on canvas, cost from \$5 to \$50. Outline Drawings of Heads, on pasteboard, from one to three dollars each.

ANATOMICAL DRAWINGS, full figures, the size of life, on rollers, in colors, from \$2.50 to \$3.50 each. A full and complete set consisting of eleven figures, the size of life, or about six feet high, may be had for \$25 a set.

Orders for any of these articles may be addressed, with enclosures, by mail or express, to the publishers of this Journal, as follows:

It is no more the moral duty of man to provide the daily bread for his family while he lives, than it is to provide against their being left penniless in the event of his death.—[EDIN. JOURNAL on Life Insurance.

Have you insurance on your life, for the benefit of a surviving family, relatives or friends? Are they fully protected, by insurance on your life, from the many evils that may arise from your unexpected death, at a moment of embarrassment, perhaps of utter insolvency?

The relief from anxiety afforded by Life Insurance very frequently contributes to prolong the life of the insured, at the same time that it materially augments the comfort and well-being of those dependent on him. It has, also, an obvious tendency to STRENGTHEN HABITS OF ACCUMULATION. Having thus been led to contract a habit of saving to a certain extent, it is most probable that the habit will acquire additional strength, and that he will insure an additional sum, or privately accumulate.—McCulloch's Com. Dic.

Statement of the Affairs OF THE

Mutual Life Insurance Company of New York, For the Quarter ending 31st July, 1854.

OFFICE, TRINITY BUILDING, 111 BROADWAY, NEW YORK.

Assets on hand January 31st, 1854, as per last report, - - - - - \$2,596,309 88

Receipts during the Quarter.

Received for premiums, - - - - -	\$137,813 35	
“ “ Interest annuities and bills payable, - - - - -	50,977 68	
		188,791 03
		<u>\$2,785,100 91</u>

Disbursements for Quarter.

Paid expenses, including rent, salaries, medical fees, commissions, advertising, exchange, postage, State and city taxes, - - - - -	\$21,830 34	
“ claims by death and additions to same, - - - - -	75,790 10	
“ surrendered policies and dividends, reduction of premiums and annuities, - - - - -	11,384 13	
“ bills payable, and bond and mortgage, - - - - -	56,750 00	
		165,754 57
		<u>\$2,619,346 34</u>

Assets.

Cash on hand, in bank, and Trust Company, - - - - -	\$ 15,447 11	
Advance on policies, - - - - -	4,950 00	
Bonds and mortgages, - - - - -	2,487,114 72	
Deferred premium account, - - - - -	25,592 25	
Deposited to meet taxes and fire insurance accounts, - - - - -	4,542 16	
Interest, - - - - -	32,140 87	
Due from agents, - - - - -	49,559 73	
		\$2,619,346 34

Losses unpaid, \$27,500.

Amount at risk, 1st May, 1854, - - - - -	\$20,469,877 34	
“ “ 1st August, 1854, - - - - -	21,109,427 34	
		\$639,550 00
Increase for quarter in amount at risk, - - - - -		
Number of policies running 1st May, 1854, - - - - -	7,638	
“ “ 1st August, 1854, - - - - -	7,834	
		196
Increase for quarter in policies, - - - - -		

The PECULIAR FEATURES of this Company are—

- 1st. Its perfect security.—The premiums are received in cash only, and the accumulations are invested according to charter in REAL SECURITIES, worth in all cases twice the amount loaned.
- 2d. Its great success,—possessing at the beginning of its twelfth year accumulations of over two and a half millions of dollars, a result unparalleled in the history of life insurance.
- 3d. Its purely mutual character, all the profits or accumulations being for the benefit of POLICY HOLDERS, thus adding to the amount of the policies every thing gained over the cost of insurance, instead of giving to moneyed stockholders the first-fruits of our earnings.

FREDERICK S. WINSTON, President.

ISAAC ABBATT, Secretary.

C. GILL, Actuary. Nov 11.

Printing in Colors.

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EDWARD O. JENKINS, Plain and Ornamental CARD & JOB PRINTER, BY STEAM POWER, 114 NASSAU STREET, NEW YORK. Billheads & Blanks. Handbills, Posters.

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Sept 31 b D

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World's Fair Prize Medal

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Special provision being made for the supply of a large amount of

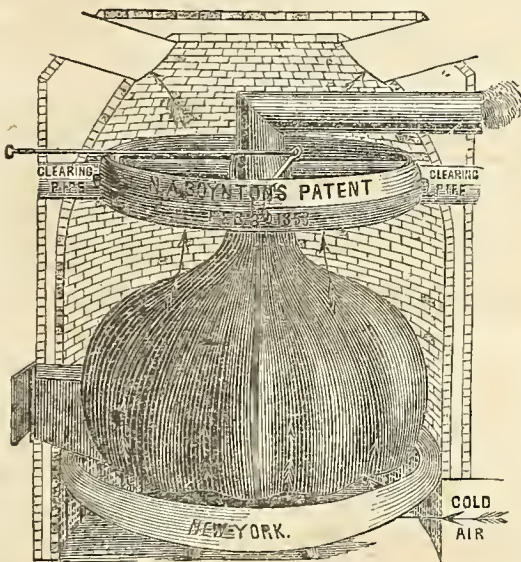
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An entirely new article, combining strength and durability, simplicity of construction, and economy in the use of fuel, with perfect efficiency in operation. Is entirely of CAST IRON, (the Pot lined with Soapstone,) and so constructed as to prevent the escape of gases or smoke. Four sizes adapted for brick work; five sizes of Portables.



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FOR COAL, (FOUR SIZES,)

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Boynton's Ventilating Wood Stove.

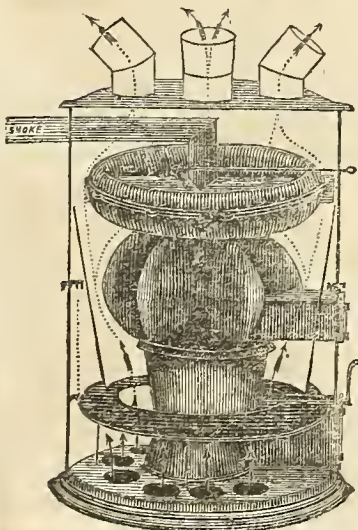
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Emerson's Patent Ventilators of all sizes, and Ventilating Apparatus in every variety.

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VACCINE VIRUS.—Letters addressed to J. M. YOUART, M. D., at No. 139 Seventh st., Cincinnati, Ohio, enclosing \$1, PREPAID, will be answered by return of mail, with ten quills charged with fresh Vaccine Lymph, sent for that sum, (with full directions how to use,) and more at the same rate. May 1y

WEBER'S ANATOMICAL ATLAS OF THE ADULT HUMAN BODY, lithographed and republished by ENDICOTT & Co., No. 59 Beekmanstreet, New York, from the German edition by Prof. M. J. WEBER, consisting of eleven entire figures, natural size, with a comprehensive explanation. For sale, in sheets, or mounted. Sets in sheets, \$15. Mounted, \$25. May, 1y

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HAVING made arrangements with the best Map-Publishers in the United States, we are happy to inform our readers we are now prepared to furnish, singly or in quantity, the latest editions of pocket-maps of all the States. These maps are recently published, and corrected to the time of going to press. They show all the Railroads, Canals, principal Post-Routes, &c. They are printed on strong, tough paper, beautifully colored in counties, and put in a neatly gilt muslin case or cover, of convenient size to be carried in the pocket. We will send the following, free of postage, for 37½ cents each.

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Maps showing the townships, which are accurate, of the States of Ohio, Missouri, Wisconsin, Iowa, Massachusetts, Connecticut and Rhode Island, New Hampshire and Vermont, and New York, showing a portion of the Canadas, put up in the same style, will be sent, prepaid, for 75 cents each.

We can furnish any map in any style, put up in any form; but those ordering maps in frames or on rollers must tell us how to send them, as they cannot be sent by mail.

Direct all orders, postpaid, to FOWLERS AND WELLS, 308 Broadway, New York.

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ALBANY.—Hudson River Railway.—Way Trains. 8 A.M. and 12 M. Return . . . 5.45 & 10.45 A.M.; 4 & 6 P.M.
POUGHKEEPSIE.—Hudson River R. R., Chambers St. . . 4, 7, 9, 10 A.M., 12 M., & 3, 4, 5, 6 P.M.
TARRYTOWN . . . 7.10, 10 A.M. & 3, 4, 5.30, 10.30 P.M.
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FOR THE EAST.

BOSTON via STONINGTON.—Steamers C. Vanderbilt and Commodore—Pier 2, N.R., 4 P.M.
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BOSTON via NORWICH.—Steamers Worcester and Knickerbocker.—Cortlandt St., 4 P.M.
BOSTON.—New Haven Railroad.—Canal Street, 8 A.M. & 4 P.M.
SPRINGFIELD.—New Haven Railroad.—Canal St., 8, 11.30 A.M. & 4 P.M.
HARTFORD.—New Haven Railroad.—Canal Street, 8, 11.30 A.M. & 4 P.M. Steamers City of Hartford and Granite State—Peck Slip, 4 P.M.
NEW HAVEN.—New Haven Railroad.—Canal Street 7, 8, 11.30 A.M. & 3, 4 P.M. Return. 5.30, 6.45, 9.35 A.M. & 1.10, 9.25 P.M.
PORT CHESTER.—New Haven Railroad.—Canal St., 7, 9.15, 11.30 A.M. & 6.15 P.M.

FOR THE SOUTH.

PHILADELPHIA.—Amboy Railroad—Pier 1, N.R., 1 & 5 P.M.
PHILADELPHIA.—New Jersey Railroad—Foot of Liberty Street, 7, 9, 11 A.M. & 4, 5.30 P.M. Return, 1.30, 8, 9 A.M. & 4.15, 5.30 P.M.
EASTON.—Morris and Essex Railroad—Foot Cortlandt Street, 5.30 A.M.
ORANGE.—Morris and Essex Railroad—Foot Cortlandt Street, 12 M.
DOVER.—Morris and Essex Railroad—Foot Cortlandt Street, 8.30 A.M., 3.30 P.M.
MORRISTOWN.—Morris and Essex Railroad—Foot Cortlandt St., 8.30 A.M., 4, 5.30 P.M.
NORFOLK, PETERSBURG AND RICHMOND.—Steamer Jamestown—Pier 13, N.R., Saturday, 3 P.M.

FOR THE WEST.

BUFFALO.—Erie Railroad.—(Express Train)—Foot Duane Street, 6 A.M., 5.30 P.M.
CHICAGO.—Erie Railroad.—(Express Train)—Foot Duane Street, 6 P.M.
DUNKIRK.—Erie Railroad.—(Mail Train)—Foot Duane Street, 8.15 A.M.
DUNKIRK.—Erie Railroad.—(Express Train)—Foot Duane Street, 6 A.M. & 5.30 P.M.

Hudson River Railroad.

NEW ARRANGEMENT.—Trains leave Chambers street daily for Albany and Troy. On and after MONDAY, August 14, 1854, the Trains will run as follows: Express Train, 6 A. M., through in four hours from 31st street, connecting with Northern and Western Trains. Mail Train, 8 A. M. Through Way Train, 12 M. Express Train, 4.30 P. M. Accommodation Train, 6.30 P. M. For Poughkeepsie—Way Passenger Trains at 7 A. M. and 5 P. M.; and Way, Freight and Passenger Train, at 1 P. M. For Peekskill—at 9 A. M., 3.30 P. M., and 5.30 P. M. The Peekskill and Poughkeepsie Trains stop at all the Way Stations. Passengers taken at Chambers Canal, Christopher, 14th and 31st streets. SUNDAY MAIL TRAINS at 9 A. M. from Canal street for Albany, stopping at all Way Stations.

OLIVER H. LEE, Vice-President.

Home Voices.

FROM A. F. V., Pomeroy, O.—We now enjoy the pleasure of sending to you our fourth list of subscribers for your Journals. One year ago, my husband and I began to act as your voluntary agents in this place. We have since that time sent fifty-eight names; in procuring which, we have spent much time, and had to stem the tide of public sentiment, as we are but obscure individuals in a flourishing county-seat on the Ohio river. We are urged on in this work by the thought that, under a kind Providence, we owe the life of our only child to our knowledge of the Water-Cure. When an infant of four months old, he was taken with erysipelas of the head and face. We did not call a physician, but applied cold water to the head, wet bandages to the chest, and general ablutions, which kept the fever down till nature performed the cure. There was a copious discharge of matter from the top of the head and about the ears, but the hair never fell off, and the child was not inwardly sick after we commenced the treatment. He is now a healthy, thrifty boy of six years old, that knows not the taste of tea, coffee, flesh, fish, or fowl. Our town is quite backward in medical and dietetic reform; we have a perfect swarm of Allopathic physicians in this vicinity, and it is easy to trace the footprints of their cruel system of practice. We see lovely babes wither in their bloom and die of slow poison; our middle-aged have chronic diseases and pale faces; but we hope for brighter days to come. The good seeds of health reform have been sown here, and though we have seen with deep sorrow that many have fallen on stony places, we know that some have taken root in good ground; for we now get assistance in making up our clubs from a few who have been blessed by the teachings of the WATER-CURE JOURNAL.

We believe every person should do something for the good of mankind, so we mean to labor on for the spread of your publications. We have bought, lent, and given away as many WATER-CURE JOURNALS as our limited means would permit. I am making this letter too long; and wishing you all health, happiness and increasing success in your labors of love, I remain your humble co-worker for the spread of truth.

FROM N. Y., Otsego county, N. Y.—Dear Sirs: It is with warm feelings of gratitude that I announce to you that I am a Hydropathist in principle; you can easily guess why when you peruse my letter. In the year 1849 I was residing at P——, Otsego county, in the State of New York, when I was attacked with typhus fever: it originated from a bad cold. I was advised to call the physician of that place, an Allopathic M.D.; he soon obeyed the summons; blue pills, calomel, and the lancet, had their respective turns in quick succession; besides a dozen other pills and powders, which no one but the famous pill pedlar knew any thing about; but, strange to say, I was not cured, but quite the reverse: I grew worse every hour. After being pilled and purged, steamed and bled, that I should not recover was more than the doctor could account for; and after trying every thing he could think of, he finally despaired, and said he could not help me. But I was not to be Allopathed out of the world yet: I tried the Water-Cure, and was restored to health. The pack, followed by the dripping-sheet, soon subdued the fever. In seventeen days I was able to ride home—sixteen miles; and in a few days longer I was well, and have enjoyed good health ever since.

We have a little girl, sixteen months old; an only child. In the month of November she was severely attacked with chicken-pox. We applied the pack once, with frequent washing, under which treatment she recovered in three or four days. These are "home truths for home consumption," which may be of some use to those who are beginning to open their eyes to this great health reform.

FROM Mrs. A. B., Cummington, Mass.—We have no physician of the right kind nearer than twenty-five miles, and we were obliged to take charge of our sick. We have cured typhus fever, lung fever, and obstinate cases of dysentery, many of them, with nothing but *pure water*.

We want a Water-Cure doctor very much. Public sentiment is *all right* on this point. In my ride of forty miles or more, I heard but one family express any opposition, and they were unread and ignorant people.

FROM D. McC., Fort Madison.—You will find enclosed a list of subscribers, on one of your printed lists: those on the Phrenological side for that Journal, and those for the WATER-CURE JOURNAL on the other side.

The cause of Hydropathy gains slowly here, but where we can prevail on people to subscribe and read, we do not fear the result. We have had a number of subscribers who have taken the Journal the last year, who say they have not time to read it, and of course they, poor souls! must be left to Doctor Allopathy, who will read and think for them. We have likewise a number of Puritans, or the descendants of Puritans, who think your writings savor of *infidelity!*

I shall keep up the club and increase it if possible. Some of our Doctor Allopathies think your doctrine not worth notice, although they practise the sponge-bath every morning themselves: but it would not be good for their patients, poor souls!

We shall be glad to hear that discussion. Success to Phrenology, Water-Cure, Hunger-Cure, and last, though not least, Bloomerism! Down with tobacco, whiskey, and drugs!

J. W. S., California, Mo., says: In 1852 I was the only person in the county that took either of your Journals; but now almost all the folks think it will do to seek for some further light, and they can nowhere get so much, so cheap, as by taking the Journals. I think I can send you about one hundred subscribers for the next volume.

FROM WYNONA, MINNESOTA. M. D. S. says: I have been a laborer in the cause of Hydropathy for ten years, and you may count on me as a "life subscriber for the WATER-CURE JOURNAL."

T. F., Spring Ridge, Miss., writes as follows: I use the water-treatment on my plantation entirely, with success in all cases. You may consider me a lifetime subscriber to your paper.

THE HYDROPATHIC REVIEW.—This great work is completed. No. 4 contains an INDEX to the volume. It may now be bound and placed in the library of the Hydropathic student and the practitioner. It is full of fact and philosophy. Its pages contain scientific articles by our best writers. But the Review was not "popular;" it was PROFOUND. It was designed to fill a vacant place in our Hydropathic literature. That place has now been filled, and the Review brought to a close. Each and every one of our Journal readers would do well to procure a copy of that work. It is invaluable, containing, as it does valuable thoughts and information, not to be found elsewhere. It will be sent, prepaid, by mail, in paper covers for \$2; substantially bound, \$2 50. Address the publishers of this Journal.

COLD WATER SONG.

BY HORACE S. RUMSEY.

The joyous bird, whose glad song is heard
When morning opens her eye,
Laves her sweet throat when, all afloat,
Her music fills the sky:
Then cold water bring from the bubbling spring,
From the fountain gushing free;
For who would be strong and his days prolong,
A true temperance man must be.

Each giant tree in the forest free
Sips of the dew and the showers;
And the lotus that laves its lips in the waves
Is the most beautiful of flowers:
Then, ye maidens wan, go forth with the can
Unto the bubbling spring,
And never more tea and coffee pour,
As they every nerve unstring.

Oh! never sup of the fiery cup;
The serpent of the still,
With venom'd fang and many a pang,
Doth soul and body kill;
But the rosy blush his cheek shall flush,
Who quaffs of the sparkling dew,
And every day, as it rolls away,
Shall yield him pleasures new.

Kanona, Steuben Co., N. Y.

OUR POPULAR FAMILY JOURNALS.

FOWLERS AND WELLS, 308 Broadway, New York, publish the following Popular and Scientific SERIALS, which afford an excellent opportunity for bringing before the Public all subjects of general interest.

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Its columns contain Original Essays, Historical, Biographical, and Descriptive; Sketches of Travel and Adventure, Poetry, Painting, Music, Sculpture, etc.; articles on Science, Agriculture, Horticulture, Physiology, Education, the Markets, General News, and every topic which is of importance or interest; all combining to render it one of the BEST FAMILY NEWSPAPERS IN THE WORLD. Published Weekly, at TWO DOLLARS a year in advance.

THE WATER-CURE JOURNAL AND HERALD OF REFORMS. Devoted to Hydropathy, its Philosophy and Practice; to Physiology and Anatomy, with illustrative engravings; to Diets, Exercise, Clothing, Occupations, Amusements, and those Laws which govern Life and Health. Published monthly, in convenient form for binding, at One Dollar a Year in advance.

The WATER-CURE JOURNAL holds a high rank in the science of health; always ready, straight-forward, and plain-spoken, it unfolds the laws of our physical nature, without any pretensions to the technicalities of science, but in a form as attractive and refreshing as the sparkling element of which it treats. We know of no American periodical which presents a greater abundance of valuable information on all subjects relating to human progress and welfare.—*New York Tribune*.

This is, unquestionably, the most popular Health Journal in the world.—*Evening Post*.

THE AMERICAN PHRENOLOGICAL JOURNAL. A Repository of Science, Literature, and General Intelligence; devoted to Phrenology, Education, Magnetism, Psychology, Mechanism, Architecture, and to all those Progressive Measures which are calculated to Reform, Elevate, and Improve Mankind. Illustrated with numerous portraits and other engravings. A beautiful Quarto, suitable for binding. Published monthly, at One Dollar a Year in advance.

It may be termed the standard authority in all matters pertaining to Phrenology, while the beautiful typography of the Journal, and the superior character of the numerous illustrations, are not exceeded in any work with which we are acquainted.—*American Courier*.

A Journal containing such a mass of interesting matter, devoted to the highest happiness and interests of man, written in the clear and lively style of its practised editors, and afforded at the "ridiculously low price" of one dollar a year, must succeed in running up its present large circulation to a much higher figure.—*New York Tribune*.

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FOWLERS AND WELLS,

308 Broadway, New York.

Water-Cure Journal



AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

VOL. XVIII. NO. 6.]

NEW YORK, DECEMBER, 1854.

[\$1.00 A YEAR.

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THE

Water-Cure Journal

FOR 1855.

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WATER, by bursting open myriads of closed skin-pores, casts out morbid matter through each.

PURE WATER cleanses the entire body, within, without, and quickens every organ and function to renewed sensation and action.

WATER, applied warm, cold, or tepid, inter-

nally or externally, is nature's great restorative agent. How to APPLY IT, then, embodies most important knowledge, and will be shown in all its forms in the HEALTH-promoting pages of our WATER-CURE JOURNAL.

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PREVENTION, too—the most important of all—by right diet, exercise, cleanliness, ventilation, clothing, occupations, education, amusements, social relations, and whatever else any way affects that complete function, LIFE, and its prolongation; and how to secure those physical conditions which confer the highest order of MENTAL vigor and moral perfection, will all receive the attention their importance demands. Our platform, how broad! Our plan, how comprehensive! Let our past course endorse our promise to render EVERY SUCCEEDING NUMBER THE BEST YET. Then SUBSCRIBE, ye parents who would dispense with drug-medication by not needing it. SUBSCRIBE, ye invalids, who have spent all on "regulars" and quacks, without avail, but would learn how to RESTORE YOURSELVES without money. SUBSCRIBE, ye who are well, and would know how to continue so.

SUBSCRIBE, YOUNG MEN AND WOMEN, that yourselves and prospective families may escape those terrible scourges, sickness and premature death. Subscribe, progressives, all classes, and you will obtain the value of your money MANY HUNDREDFOLD.

ESSAYS.

HERE each Contributor presents freely his or her own Opinions, and is alone responsible for them. We do not necessarily endorse all that we print, but desire our readers to "PROVE ALL THINGS" and to "HOLD FAST" only "THE GOOD."

TYPHOID FEVER.

BY HENRY J. HOLMES, JR., M.D.

I HAVE observed that many Hydropathic writers seem to consider a distinction among fevers immaterial and unprofitable, supposing the treatment of one class sufficient for all. This I look upon as being a mistake, a serious and unfortunate mistake, resulting too frequently in seriousness and unpardonable mischief. For I consider fever, in almost every instance, a mere symptom, and the treatment of symptoms is but palliative, for the radical removal of which we must treat *the disease*. Thus, we would not be satisfied with relieving the fever in bilious fever. We would wish the derangement of the liver corrected. The fever in scarlet fever is but a symptom of a peculiar exanthema. The fever in gastric fever is but a symptom of an inflammation of the stomach, to which we should direct our treatment. So, also, with typhoid fever. We should do injustice to our patient, and bring discredit upon our cause, if we relied upon merely keeping down the pulse and the abnormal heat, and not endeavoring to reduce the inflammation of Peyer's Glands. For that, to my mind, is clearly the pathology of that disease, as evinced not only by the investigations and post-mortem examinations of many truth-loving philanthropists, but by many of the symptoms, as, tenderness from pressure upon the abdomen, abnormal heat thereof, tympanitis, &c.

I would say a word concerning the nomenclature, which is perplexing and inappropriate. It is sometimes termed nervous fever, slow fever, continued fever, and has a number of other names, none of which give an idea of the nature of the disease, or suggest the proper treatment. And the name of a disease should suggest its nature. Why, then, not call it inflammation of Peyer's Glands? Professor Wood, in styling it enteric fever, gives it a far more appropriate name than typhoid fever, for we then know the disease is located among the bowels, and know to what region to direct our treatment. I do not wish to enter into a lengthened article on typhoid fever, but merely to publish, if deemed worthy, my mode of treatment in more than twenty-five cases, in all of which success crowned my efforts.

Scientific Allopathists are widely at variance as to the appropriate treatment of this disease. While Dr. Wood, Professor in the University of Pennsylvania, advocates *bleeding* and mercury, Dr. Mitchell, of the Jefferson College, rejects them, and reposes reliance upon the use of nitrate of silver. Dr. John Atlee urges the use of acetate of lead, while in France it has been repudiated, the treatment there consisting in the free administration of alum, mercury, and chloride of sodium. A diversity of treatment, but with a uniform result—a fatality of about 33 per cent.!

My treatment is very different—my success much more satisfactory. When the surface is hot and pungent, I sponge freely or use a tepid full-bath, with cold affusions to the head, if there be much heat and pain thereof. This is but palliative, my radical treatment being a tepid sitz-bath, followed by one small cold enema every two hours. Simple yet how effectual! The tepid full-bath mitigates the heat, reduces the pulse, and is pleasant to the patient; the affusions upon the head banish pain, and obviate coma and delirium. The tepid sitz-baths and cold injections abstract the abnormal heat from the bowels, dissipate the inflammation, and save

the patient. I will close, after reporting one case in illustration.

On the 1st of August I was called to see a negro boy, aged fifteen years, who had been confined eight days. Found him in the following condition: Eyes congested; tongue furred, with red tip and edges, and pointed; bowels loose,—the discharges being black and fetid; abdomen tympanitic, and tender upon pressure; skin hot and pungent, and pulse weak, frequent, and irregular, beating about 120 per minute. I ordered him to take a full-bath, temperature F. 85°, for five minutes, which relieved him of much of the abnormal heat, and reduced his pulse to ninety-five. He went to sleep in a few minutes, for the first time for two days. I left with the direction that he should take a sitz-bath, temperature F. 80°, every two hours, followed by one small cold enema. Aug. 2d, 3 P. M., pulse 90, discharges less frequent and fetid. Some abnormal heat of the head; abdomen still tympanitic, and tender upon pressure. Ordered cold affusions upon the head, and treatment as above. Aug. 3d, 5 P. M., no marked change, except in the discharges, which were reduced to three a day, with much less fetor; treatment the same. Aug. 4th, 5 P. M.; decided improvement: had slept several hours night before; pulse down to 85; tongue almost natural; no tympanitis of the abdomen; bowels nearly regular; treatment still the same. Aug. 6th, rapidly improving; has some appetite. Treatment the same; total abstinence enjoined for two days more.

I might here say that I am an enthusiastic advocate for the hunger-cure, particularly where the stomach, or any part of the alimentary canal, is implicated. One of my typhoid patients ate nothing for eighteen days, and recovered. What think Allopathists of that? On the 18th of August, the boy was sitting up, free from any disease, demonstrating that the disease can be cut short, in contrariety to the opinion of many practitioners. I believe myself that, under a treatment by medicine, the disease will run its course, and *madly*, too; whereas, if it be promptly attacked by appropriate water-treatment, within five or eight days it can be checked.

Spring Ridge, Miss.

"THE GOOD TIME COMING."

BY HORACE S. RUMSEY.

On the wings of the wind hoary Time sweeps along
The sorrows and sighs of to day,
Yea, ruthless oppression, shame, insult, each wrong
Must all pass for ever away—
Thank God,
Are passing for ever away.

Though the world to the millions appears to stand still,
Yet Galileo seeth it move,
And knows its high destiny time will fulfil,
And that all shall be governed by love—
Thank God,
That all shall be governed by love.

Two cycles have passed, and the third rolls away,
Yet Freedom shall rise from the tomb;
Despair not, ye nations; for come will the day
When earth a paradise bloom—
Thank God,
That earth shall a paradise bloom.

Elmira Water-Cure, N. Y., July, 1854.

"FATHER SAWYER," a Congregational clergyman, of Maine, now in the one hundredth year of his age, preached recently at Oxford, N. H. He was ordained in Oxford, 1787, and after remaining for some years in his first charge, he removed to Maine, where he has been preaching for over fifty years. He is now on a visit to his old friends in Oxford, accompanied by a man seventy-five years of age. His voice continues strong, and he seems to retain all his faculties, both of body and mind.

PURIFICATION.

BY DR. W. M. STEPHENS.

THERE is no quality of objects, whether material or immaterial, more highly prized by men than *purity*. The desire for it is instinctively planted in the human mind, although often perverted by false conditions and false culture. There is a pure religion, a pure morality, and a pure science. The truth preserves and is instinctively prized by men, and is called pure; whilst error perverts, destroys, corrupts, and, when mixed with truth, renders it impure. Thus we see that *error* in the region of thought and intellect bears an analogy to corruption and decay in the region of matter and the body.

In recent times much has been said of *pure air, pure water, pure diet, and a pure body*, by those who prize health, life, vigor, and enjoyment. Persons who believe and practise this kind of purity may be called *physical Puritans*, as our old New England ancestors were called Puritans for believing in a purer religion and a holier church than that of the times of Charles I. and II. It is our theme at present to speak of a *PURE BODY*—a body free from all foreign and unassimilable substances—a body washed and cleansed from all corruption and putrefaction.

That the human body may become impure both externally and internally, is a truth appreciable by our grosser senses. We smell the putridity in the breath exhaled. We discover it in every sick-room we enter. We see it when it comes to the surface in the shape of ulcers, tumors, boils, cancers, rotten teeth, rotten limbs, and rotten gums. We perceive it in the diseases to which men are liable. In all eruptive diseases, in scrofula, consumption, &c., we perceive the putrefactive diseased matter. We see many who upon the surface seem fair and beautiful, and are within filled with all manner of uncleanness. The lungs are decaying piecemeal; or the stomach is acid and cankerous; or the bowels overloaded with impurities; or the blood circulating a dark and poisonous stream, by which the life is corrupted at the fountain, and the seeds of death sent through the system at every pulsation.

That the human body becomes corrupt and impure is demonstrable by science. The matter of the body is continually decaying. Each particle of matter is endued with a vitality which is soon spent, and the matter must be removed from the system by the excreting organs, or it remains a source of corruption, obstruction, and disease. It is the function of the absorbent system to remove these particles after their life has been spent, and they have performed all they are capable of doing in the body. They are then carried into the general circulation, and thrown off by the bowels, the kidneys, the skin, and the lungs. Now, if the skin is not cleansed by a daily bath, it becomes coated over with a thick, hard paste, and its function is destroyed. If the stomach is continually supplied with food too concentrated and too nutritious, the bowels become inactive, and this depurating agent is cut off. If the lungs are not supplied with strong fresh air, pure, and highly oxygenized, they cannot perform their office of eliminating carbonic acid, and changing the blood from dark to red. In these various ways, and without actually taking any decayed and diseased matter into the system, it may and does become corrupt and impure.

Again, the body may be rendered impure by introducing into it foreign, unassimilable, and impure substances. These will enter the body through the medium of the lungs, the skin, and the stomach. Substances in a fluid state, placed in contact with the skin, will be absorbed and thrown into the circulation. All particles in the atmosphere we breathe are taken into the lungs. The stomach is the usual reservoir for the receipt of all kinds of poisons and impure substances which the ingenuity of man has been able to devise with the vain hope of curing disease. All

substances are impure to the body which cannot be digested and assimilated into its own nature, so as to form bone, muscle, nerve, brain, &c. Almost all agents used as medicines are unassimilable, and therefore impure and poisonous. When thrown into the stomach and intestines, they are generally absorbed, and pass directly into the circulation. They are there deposited upon some of the tissues, or lodged in the small capillary extremities of the bloodvessels, obstructing its circulation, and becoming a source of irritation and disease.

Being satisfied of the impurity of our bodies, and that this impurity renders us more liable to all diseases, and causes various aches, pains, disquietudes, and derangements, it becomes a question of great importance to the *purist*, how he shall purify his body. How am I to get clear of this humor which circulates in my blood? these poisons which have deposited themselves upon the solid parts of the body? these obstructions which stop the circulation of the nerves as well as of the blood?

Lover of TRUTH and PURITY! turn to Nature, and learn from her how to wash away the consequences of thy physical sins. Observe that water is the universal cleansing agent of all things upon the surface of the earth. It is water that cleanses the atmosphere of noxious gases and poisonous exhalations. It is water in our brooks and rivers that carries off impurities from the surface of the earth, to be neutralized and purified in the great ocean. The air and earth are purified by water, and the water itself is again purified by the earth, the air, and the ocean. It is rendered pure when filtered by running through the earth for a long distance. It is purified when taken up by evaporation in the clouds. It is by water then that Nature cleanses the earth, and it is by water that she has intended that man—a planet thrown off from her bosom—should also be cleansed and purified. But how shall it be done? you inquire. Can it be possible that simple bathing of the surface of the body will cleanse the interior? If you have deviated far from nature it may require much art in the application of nature's remedy to restore you; but bathing the surface will in time entirely cleanse the whole body, inside as well as out. We will look at this last proposition a little, and see how well it is based upon fact.

It is asserted that water, when properly used, will purify the human body of foreign substances, obstructions, or *materies morbi*. In proof of this, we will first endeavor to show how water acts in producing this effect.

In the first place, it must be remembered that it is estimated that four-fifths of the entire body and nine-tenths of the blood are water. It is in water that every particle of matter in the body is carried and deposited. It is in water that it is again taken up and removed from the body. It is in water the red globules of the blood are circulated, and it is by water as a menstruum that almost all the processes of life are carried on. This water which circulates through our veins and arteries, carrying the particles which are to nourish the various tissues of the body, also holds in solution all the impurities in the body not yet deposited or depurated. This water then we will suppose to be impure, unclean, dirty, filthy. How is it to be purified? In the first place, we prevent any more impurities from entering the body; we cut off the supply, and attempt to remove what is already accumulated.

We will now endeavor to illustrate how the blood may be washed and cleansed by bathing the surface. It is well known that the blood is continually passing from the arteries to the veins by means of a set of intermediate vessels called capillaries. These capillaries are distributed upon the surface of the body. Here then is a very thin membrane between the water of the blood, containing impurities, and the pure water upon the surface, so thin indeed that a constant interchange takes place between the two. The water in the body passes out whilst that in the bath supplies

its place. This exchange and circulation will continue to go on until both are equally impure.

To illustrate again: the body is of the nature of a sponge filled with impure water. Take this sponge and dip it in pure water, and a portion of its impurities pass off to the water. This will continue to be the case as often as the sponge is dipped in pure water, and this will continue to take place until the water in the sponge becomes as pure as that into which it is dipped. Now it may be said that the body is not a sponge, but it resembles it very much in this respect. None of the tissues of the body are water-proof, for water will penetrate any of them almost as easily as it will a sponge. Water taken into the stomach immediately passes through its walls into the blood. Water in contact with the surface of the body is also soon taken up and enters the circulation. If medicines or other matters of disease are still contained in the blood, they will either pass out with the serum in which they are held in solution, or be lodged upon the surface immediately under the skin, to be removed by some eruption, as a rash or a boil. Some impurities are removed by a fever, which appears to be of the nature of a fire kindled by the vital force, to burn up impurities and rubbish in the system which cannot be disposed of in any other way. When the impurities are thrown upon the bowels, they are removed by a diarrhoea or by a copious discharge of urine.

The blood once cleansed, those impurities which were previously deposited upon some of the more solid tissues are again taken up by the absorbents and thrown into the circulation, from which they are removed in the manner we have mentioned. This fact accounts for many things we witness every day in water-treatment. Sometimes patients will complain of feeling the effects of medicines which were taken many years previously. These symptoms would last until the medicine again thrown into the circulation had passed from the body or been deposited upon the surface. I have had patients to complain of feeling all the effects of quinine which was taken for intermittent fever many years before. I have had them to exhibit all the effects of mercurialization. Sometimes, under treatment, there will be an apparent aggravation of the disease, and all the symptoms will appear to be worse. If individuals do not understand the action of water, they will, of course, become frightened, abandon its use, declaring that they have tried water and found it did not suit their case, when, if they had persevered for a short time longer, or until the impurities could have been removed from the circulation, they would have had an entire and complete cure. All these things it is necessary for patients who undertake a course of water-treatment to understand, or they will fail in their endeavor to regain health. The impurities thus removed from the body can often be discovered upon the bandages and packing-sheets, and always detected in the odor of the packing-room immediately after that process.

Copious water-driking, followed by much exercise, or the blanket-pack, is another mode of removing impurities from the system; but as this mode is very powerful, and taxes the vital energies to some extent, there are but few cases in which it can be safely employed.

Having now shown that water properly used will remove impurities from the body, we desire to direct the attention of the reader for a few moments to the difference between water-treatment and drug-treatment. The contrast is so great that it can easily be drawn. They are as different as light and darkness; as good and evil; as right and wrong. The one introduces a drug, the other removes it; the one endeavors to cure the body by filling it with impure and unassimilable substances, the other removes all such substances from the entire system; the one endeavors to cure by subduing the efforts of the vital force to eradicate *materies morbi*, the other acts with and aids the vital force in overcoming disease. The Water-Cure is the reverse of all that has been commonly taught and believed in

medicine. It is not a reform; it does not lop off the branches of the old system and leave the tree still standing: it is a revolution, which undermines the basis and digs the tree up by the roots. It is from this fact that so few can at once comprehend Water-Cure. It is too far removed from all their common opinions in regard to medicine and curative agents. They have been educated to believe that it is the pill dropped into the stomach which has some mysterious property to charm away disease. They cannot comprehend that all our past education in medicine has been false—as false as Egyptian astrology—as false as the charms and devices by which witches, sorcerers, and fortune-tellers have deceived an ignorant and superstitious populace. It is not easy to make so great a revolution in one's mode of thinking and manner of belief, yet steadily and surely is the Water-Cure gaining ground, and will continue to gain ground with all intelligent and investigating people, for it is based upon the immutable principles of truth, and carries with it the blessings of Health, Temperance, and Purity.

Dansville Model Water-Cure, N. Y.

THE WET BANDAGE.

BY JOEL SHEW, M. D.

THE simplicity of the water-treatment, its safety, its efficacy, and its applicability as a home remedy, I have often insisted upon. The object of the present article is to explain briefly and in a familiar way the mode of application and the effects of what is denominated in Hydropathic parlance the *wet bandage*—a very simple application, and one of the best.



The body bandage—wet girdle or Neptune's girdle, as some one has called it—is commonly made in the following manner: Take two and a half or three yards of good toweling, not too heavy or harsh, but of good material; hem one end, and turn down and sew the corners of the other end, as may be seen in the cut; then sew a tape or tapes upon this pointed end, long enough to pass around the body two or three times and tie. If there is any peculiarity of form, or if it is desirable to make a very perfect fit, the toweling or linen may be narrower and lighter, and long enough to pass three or four times around the body. Some, too, are in the habit of making the body bandage of two or three thicknesses, and with *gores*; but in general it will be found best to use the plain form

of toweling; it is much more easily made, and will, as a general thing, be found the best.

In applying the wet girdle, one half of it usually is wet. Thus, if it is two and a half yards long, one half—the end having no tapes—is wrung out of water, and then, when wound round the body, beginning at one side and passing round in front, there come two thickness of wet upon the abdomen, one upon the back, and a thickness of dry all around the body, which prevents the bandage from becoming too cold and the clothing too damp. This is the way in which the wet girdle or body-bandage was used at Graefenberg; and every patient, male and female, young and old, wear it constantly, both night and day, and with the best of results. And the effect of thus persevering with this invaluable application was, in almost every instance, to bring eruptions, boils, and the like upon the body, but which, however, cured themselves readily enough, as the patient became well. The bandage used in this way, be it remembered, cannot cause eruptions upon a pure and healthy body; it is only the diseased and sickly that experience these effects.

In this connection I must protest strongly—as

indeed I have often before done—against the use of oiled silk and other air-tight coverings upon all wet appliances of this kind. Do we not know that the skin is naturally a breathing organ, and that if we varnish over the body, or in any way prevent the air coming to its surface, life is destroyed in a very short time? How inconsistent then is it to adopt such a practice, even upon a small scale, when we have the most indubitable evidence of its evil effects! This was one of several pernicious practices which had crept into Water-Cure, even years before its great founder had passed away; it was one which Priessnitz protested against in the strongest terms; and he assuredly would not have acknowledged any man a competent practitioner of his system, who would deliberately persist in it.

The wet girdle, then, rightly employed, is useful in a great variety of ailments, and in almost every conceivable form of disease. It should be changed or re-wet every three or four hours during the day, and once or twice during the night. Thus is it used in *chronic* disease; but in acute, it may be necessary to re-wet it every fifteen, thirty, or sixty minutes, according to the nature of the case. In all forms of bowel-complaint, diarrhoea, cholera morbus, cholera and dysentery, the wet girdle is peculiarly applicable, although, in some extreme cases of weakness it may be better, for convenience of application, simply to lay wet compresses upon the front of the body.

In extremely hot weather and in hot climates the girdle is liable to abuse from its soon becoming too warm. In some extreme cases, indeed, it may be advisable to substitute for it frequent washings of the surface. At all events, we must be very careful that it does not become too hot. In such case it does more harm than good.

I cannot close these remarks without recommending most earnestly to the studious and all who are troubled with sleeplessness, a trial of this favorite remedy. For the object of procuring sleep, it may be used only at night; and in cold weather it is easily managed so as not to produce a chill. Even flannel may be put over the girdle, if necessary; but yet we should remember we are always most liable to be harmed by heat. Put the girdle on, if you choose, when you go to rest; or if you are only sleepless towards morning, put it on then, and see if pleasant dreams and refreshing sleep do not result. Try it, I say, and then tell me if we do not all of us owe Priessnitz a debt of gratitude for giving us a remedy so good!

TO A YOUNG MAN.—HINTS ON BUSINESS.—HOW TO PROSPER.—The way to get credit is to be punctual! The way to preserve it is not to use it much. Settle often, have short accounts.

Trust no man's appearance, unless it corresponds with his phrenological developments—they are deceptive—perhaps assumed for the purpose of obtaining credit. Beware of gaudy exteriors. Rogues are usually dressy. The wise, honest, and judicious are plain men. Trust him, if any one, who carries but little on his back. Never trust him who flies into a passion on being requested to pay an honest bill; make him pay quickly. An upright man will not require incessant dunning;—the patronage of he who does is not worth having.

Be well satisfied before you give a credit, that those to whom you give it are safe men to be trusted. Sell your goods at a small advance, and never misrepresent them; for those whom you once deceive will beware of you the second time. Deal uprightly with all men, and they will repose confidence in you.

Beware of him who is an office-seeker. Men do not usually want an office when they have any thing to do. A man's affairs are rather low, when he seeks office for support. Agree beforehand with every man about to do a job; and, if large, put it into writing. If any decline this, quit or be cheated.

Though you want a job over so much, make all sure at the onset; and in a case at all doubtful, make sure of a guaranty. Be not afraid to ask it; it is the best test of responsibility; for, if offence be taken, you have escaped a loss.—*Multum in Parvo.*

General Articles.

THE DISCUSSION.

DR. CURTIS TO DR. TRALL. No. 2.

DR. TRALL—DEAR SIR: In accordance with your request in the WATER-CURE JOURNAL, page 85, we will tell you precisely what we mean by the terms "drugs," "poisons," "remedies," "hygienic agencies," "medicines," "food," "drink," &c, and by such phrases as "remedies that agree with the constitution," "innocent medicines," "medicines which are in their nature inimical to the human constitution," "medicinal agents," &c.

1st. *Drugs*: a popular name for every thing that is or has been given in the treatment of disease.

2d. *Poisons*: articles whose chemical affinities, war against organic integrity; as bichloride of mercury, (ratsbane,) rhus toxicodendron, (poison sumach,) eautharides, (Spanish flies.)

3. Articles which, being decomposed in the system, generate a gas that causes swelling and consequent mechanical obstruction to vital action, as the cause of milk-sickness.

3. Articles which deprive an organ of the power to perform its functions without producing lesion, as prussic acid, opium, and other narcotics.

3d. *Remedies*: articles or agencies which invite or incite the organs to physiological action without injury to the tissue or its functions; as pure air, water, ginger, raspberry leaves, lobelia, asafoetida, catnip, spearmint, bayberry, vapor bath, caloric electricity, magnetism, exercise, &c.; any and every thing that directly aids the vital force in producing the natural action of the organs.

4th. *Hygienic Agencies*.—See remedies of the imponderable class, as caloric, electricity, magnetism, and even gravity and chemical affinity, exercise, cheerfulness, &c.

5th. *Food*: those articles which, in quantities just sufficient to distend the vascular system to its proper dimensions, contain nutritive matter enough to sustain it, and irritative matter enough to excite the organs to a normal action and no more; and yet possess nothing in their nature inimical to the organs or their functions. See our Lectures on Medical Science, page 97.

6th. *Drink*: fluids which simply distend the vascular system to its normal dimensions, without containing either poisonous or irritating matter, as water. This article loosens tissue and thus removes irritation, dilutes and dissolves substances and conducts them to their places of destination. I am not sure that any other fluid than distilled water at the animal temperature deserves this definition.

7th. *Remedies* that agree with the constitution are those that excite the organs of the body to the regular performance of their functions, without injuring their integrity or their capacity for action; as catnip tea, ginger, lobelia, &c.

8th. *Innocent medicines* are those that do the body no harm, as the above.

9th. *Medicines* which are in their nature inimical to the human constitution are those which unite with and decompose its tissue, atom by atom, and thus commit depredations on the tissue; as the bichloride of mercury; or whose power dispossesses the available vital force without destroying the organic structure; as narcotics.

10th. *Medicinal Agencies* are the forces, as caloric, electricity, chemical affinity, &c., as distinguished from solid substances. It is not, however, material to use the word agencies at all: agents will do as well for all, and we have used them sometimes indifferently, the one for the other.

Having given you the definitions you requested, we respectfully ask why you wish us to finish all we have to say before you reply? We finish each article as we go, and see not why you do not reply

to each. Is there not something in our first article, page 106 to 108 of our journal, worth your careful attention? Are not our positions very plainly stated on page 108? Possibly you have not noticed that article. We commend it to your attention, and would like to see how you refute its arguments. You simply state, on page 82, that drugs do not act remedially on the animal economy, but that "the system acts against the drug, contemplating its expulsion." You give us no proof of the correctness of this statement, but go on, "*this being true*," (which is to be proved, as we deny it,) "it follows that all drug-remedies—the lobelia and cayenne of the Physiopaths, as well as the calomel and opium of the Allopaths," (and you might as well have added "the cold or hot water and all the food of the Hydropaths")—are absolutely poisons." You say this principle is either true or false; you think the former. We say the latter, and we think that we fully proved it, pages 106 to 108 and 113 to 116, by facts and arguments which you have not attempted to answer. You say (page 86) we are to prove that our articles are innocent. If a man is to be considered innocent till he is proved guilty, why not a medicine? Do you require us to prove a negative? We declare that we never knew our remedies to do any harm when rightly applied—you say they are "absolute poisons." On whom devolves the *onus probandi*? But we can prove even the negative. We have taken them and given them to others for twenty years, and we are sure that they have not injured either us or our patients. They have always relieved myself of sickness, and made us feel better than before we took them. Is not this proof that they are "innocent?" Will you give us demonstrative proof that they are "absolute poisons?" Mere "opinions" will not do for science. That you need not be at a loss for our positions, we here state them in brief, and refer you to our article in the "*Life Illustrated*" for further particulars.

1st. We agree with you that the organism *acts* (in some way) on all substances introduced into its domain.

2d. We affirm that all substances thus introduced act upon the organism. Here we are at issue.

3d. We believe that different substances act very differently on the organism.

We shall prove our assertion—

1st. By your own testimony for it, which is as good as the same evidence against it.

2d. By vital, chemical, and mechanical demonstrations—the only admissible evidences in science.

The first proof we have given, page 106 to 108.

If that is not satisfactory, you shall have more.

This article being already long enough, we shall adduce the second proof in another. Meanwhile we wish it to be understood that we do not attach so much importance to the decision of the question whether medicine acts upon the body or the body on it, or both, (which is true,) as our friend Dr. Trall does. For, if this were settled, there would still remain several other questions: viz., *How* does it act on the body or the body on it, and why do different medicines excite different actions and taste? and, most important of all, What is the rule which will enable us to distinguish what articles or "agencies" are fit for medicines or "remedial means," and what are not? This last question will call up the "error of errors" of the faculty, in which we are sorry to say that Dr. Trall will find himself equally involved with them; and we beg him to rest assured that we shall neither "back out," "skulk," nor "dodge," till we shall have brought him "square up" at this point. Then we will talk about the question whether Hydropathy or the Physio-medical system shall surrender, or whether the former shall fly into the arms of the latter, as her best friend, support, and protector. See *Life Illustrated*, No. 2.

Yours truly,

A. CURTIS, M. D.

DR. TRALL TO DR. CURTIS. NO. 2.

DR. A. CURTIS--DEAR SIR:--The only reason I waited for you to finish your article in review of my positions, was, that I might understand precisely the whole ground you would occupy in this debate, and be enabled thereby to come at once to "close quarters," without wasting any of our wordy ammunition in fruitless skirmishes.

It is with great pleasure I acknowledge, that I do find matter in your articles so far worthy of careful attention, and careful attention they shall have in due time.

Your definitions seem to involve a wide range of problems, all of which are properly matters of discussion; but I am sorry you could not shape your definitions in some way that would not beg the question. In defining poisons and remedies, for example, you say of poisons, "articles whose chemical affinities war against organic integrity, as bichloride of mercury;" and of remedies you say, "articles which invite or excite the organs to physiological action, as lobelia." Do you not see that you herein *assume* the very thing to be proved? Why lug in your opponent's drug-medicine on the side of poisons, and place your own on the side of remedies? A proper explanation of poisons and remedies, I respectfully submit, would define those terms without reference to corrosive sublimate or lobelia; but leave these articles to come in afterward, under whichever head they may belong.

I apprehended, when I called for your definitions, that I should be obliged to dissent from them in the main. I am not disappointed. I do differ with you radically as to the correct or philosophical definition of the terms "poisons," "remedies," "food," and "drink;" and I think that, whenever we can settle these definitions on a satisfactory basis, we shall find our discussion very nearly concluded.

I assume, and shall hereafter prove, that both bichloride of mercury and lobelia are inimical to the organic integrity; and I deny your position that lobelia "invites or excites the organs to physiological action, without injury to the tissue or its functions." I think I shall have no manner of difficulty in demonstrating my position here conclusively; but, as you have assumed your whole side of the question under cover of the definition of a word, I must first contest the definition itself.

I will now state my definitions of all the terms which are essential to this discussion, so that we can perfectly understand each other.

1. *Poisons* are those articles or agencies which are not in any form or quantity, convertible into any of the structures of the living body, nor employed by the organism in the performance of any of its functions. I neither include nor except corrosive sublimate, nor lobelia, nor water. The definition, I insist, is true in itself. Let these articles take care of themselves. I could go farther, and say (and, indeed, my definition implies it) that poisons are chemically incompatible with the structures, and physiologically incompatible with the functions of the living organism. All these things, I say, are poisons, no matter what becomes of mineral medicines, nor vegetable remedies, nor vapor-baths, nor wet-sheet packs, nor bread, nor water.

2. *Remedies* are those agents or influences which supply favorable conditions, or remove impediments to the operation of the vital powers inherent in the living organism, without being chemically or physiologically incompatible. This definition is also true in itself, let asarum, cod-liver oil, ginger, or gin-schnapps, cold water, or hot water, be what they may.

3. *Food* includes all those substances whose elements are convertible into, and do form, the constituent matters of the tissues. This is true in itself. We may take too much or too little of it. We may *abuse* it; but we *can use* it. Your definition implies that alimentary articles are only food when they produce a certain degree of vascular distension, and contain "irritative [?]"

matter" enough to excite the organs to a normal action, and no more. Here, again, your definition assumes several affirmatives, each of which I deny. I deny that food has any thing to do with the quantity eaten. That is a question of use or abuse; not of the abstract quality of the thing itself. I deny, too, that food necessarily contains any "irritative matter;" I deny that food does irritate the organs in the least. Finally, I deny that food excites, or irritates, or acts upon the stomach, or the system, in any manner whatever. My position is, (and I will try and not forget it,) that the stomach and the system act upon the food. If the food acts on the stomach, please tell us what the result is. What does the food do to the stomach? What changes does the stomach undergo? I cannot understand how there should be an action *on* the stomach, and yet the stomach be the same all the time. There must be some effect. Pray tell us what it is.

If you ask me the same questions, on my theory I can answer them. Perhaps you will ask, what effect the stomach has on the food. I will just hint to you now, what I am going to demonstrate to your full satisfaction by-and-by. The stomach *does* act on the food; all the vital powers act upon it. They masticate, dissolve, decompose, elaborate, use and appropriate it. The food is gone; it disappears. The food is changed; *it* is acted on,—and not the stomach, by any "manner of means."

Now apply your own dear lobelia to this principle, or this principle to lobelia. You say it acts on the stomach. Not so; the stomach acts on or against it. Let us see. What effect does the lobelia have on the stomach? You say it invites or excites the stomach to the regular performance of its functions. Well:—that in effect is nausea and vomiting—sometimes very severely, too. Is vomiting the "regular performance of its functions?" I rather guess not; I think we shall find that it is the stomach all the while that does the acting. And what does the stomach do to the lobelia? It ejects it; it expels it; it throws it out of the system; it changes its place from within the body, where it has no business, to without the body, where it naturally belongs. If the lobelia acted on the stomach, the stomach would be changed, or expelled, perhaps. Probably you will cut this gordian knot by saying the action is reciprocal,—that the lobelia acts on the stomach, and the stomach on the lobelia. If so, I have only to remark—Prove it.

4. *Drink* I define to be *pure water*; not just enough to distend the vascular system, nor to dilute any thing, nor carry on nor carry off any thing. I define drink to be water alone, without any reference to quantity,—without any regard to use or abuse. You commence your definition by saying "*fluids*" which do so and so, and end your definition by expressing a doubt of the correctness of its commencement. That will hardly do for a scientific employment of technical terms! If there is no fluid except water deserving the name of drink, will you be kind enough to enlighten us a little, as to wherein the medicinal virtues of your *medicated* fluids reside—your tinctures, your infusions, your decoctions, your beers and solutions, &c., &c.?

All these are grave questions, and, as you well suggest, their discussion is predicated on the primary question, "*How* do these things affect the living organism? What is the rationale of their *modus operandi*?"*

After hearing from you again, I will copy your former articles, published in your Physio-Medical Recorder, and reply to the several positions you there present.

Yours truly,

R. T. TRALL, M.D.

* Probably you now begin to see why I attach so much more importance than you do to the question, Whether remedies act on the body, or the body on the remedies?—and why I regard your own personal experience, or my own personal experience, as to the sensible effects of such drugs as we may have swallowed, as of very little consequence in this discussion.

AN INCIDENT IN THE ANNALS OF WATER-CURE.

No. V.

BY OLIVIA OAKWOOD.

A TERRIBLE panic was created among the friends of the intelligent and gifted Richard R—, when it was announced that he had suddenly become insane, and was confined in his room at college, a raving maniac. What could have brought about so sad a change? was the immediate inquiry in all quarters; for Richard was a universal favorite; as well on account of his family, as himself. Of course his friends hastened on to M— to restore him to home, and, if possible, to reason.

Close and unremitting study both by day and by night, occurring just after a season of active physical exercise in the open air, had resulted in dethroning reason from her empire in the mind of Richard. The professors, immediately upon discovering the fact, summoned a corps of the Faculty, and calomel, bleeding, blistering, morphine, and *even cold water on the head*, were resorted to, in all the dignity of medical confidence. But the sturdy disease refused to retreat, and the once amiable and reserved Richard became a terror even to his physicians. Six athletic men were compelled to guard him every moment.

With difficulty he was removed to his home, to which the best medical counsel in the country was speedily summoned. Their advice was but a repetition of the former course, which resulted as before in a complete failure, on which they immediately pronounced him incurable, and coolly recommended his consignment to a "Retreat for the Insane." With this opinion friends of the family coincided. But the never-dying love of a fond mother and sisters could not so readily yield. "We can bear with him," said they: "we cannot commit him to the care of strangers, now that he needs our love more than ever. At all events, we will wait a while before we send him from us." And so, apparently hoping against hope, these angels of the household resolved to continue their guardianship of him who was unconscious of the suffering he caused. Doing all the system of Allopathy permitted them, they worked in vain: the over-taxed brain, excited to its utmost extent, refused to become calm, or listen even to the voice of a mother's love.

But like a sunbeam across her path, came the stray leaves of a publication to that mother's eye. Known to but one family in that vicinity, the "WATER-CURE JOURNAL" was put into her hands by a stranger friend who had looked on her sorrows with sympathy. It was a back number of the Journal, containing the record of a case similar to that of Richard R—, exhibiting the potency of WATER to

"Cool the frenzy of the mind."

The mother's heart caught the ray of hope, and studying well the mode of treatment therein described, she immediately commenced its application to her son. How unweariedly did both mother and sisters labor with their own hands to subdue the refractory disease, nerved by affection and stimulated by hope! And when, after a few days' administration of the remedies, they saw the violence of his symptoms abate, how were they encouraged, and how the task of attendance seemed lightened! Poor wearied nurses! had there been at hand one who understood the scientific application of Hydropathic principles, and who was deeply read in the physiology of the human system, how much less anxiety and labor need have been theirs! But Heaven blessed their untaught efforts with the happiest results. Their sleepless, raving patient ceased to alarm their nights, and yielded to peaceful slumbers. His ravenous appetite gradually abated; his furious ebullitions of maia softened by degrees into his native urbanity of demeanor; the iron-bound

lightness of his brain (as he himself expressed it) relaxed, and finally the whole disease gave way, leaving but a natural weakness of frame, which soon disappeared, and Richard stood forth himself once more, as completely calm and sane as before the attack. Some of the M. Ds. termed it brain-fever, others a *permanent* destruction of the intellect. Whatever it might have been, both he and his friends have cause for the joy with which they exclaim :

"Richard 's himself again;"

redeemed by the agency of WATER ALONE.

FADING BEAUTY OF AMERICAN WOMEN.

It has long been a matter of common observation that Englishwomen retain their health, vigor, and beauty much better than American women. This fact we have often explained on the ground of the more sedentary and worse eating habits of our women. Mrs. Stowe, in her recent work, "Sunny Memories of Foreign Lands," indicates essentially to the same conclusion. And in the language of a contemporary we would say, "Read it, O fading, fleeting, attenuated American dames! and lay it to heart."

"A lady asked me this evening what I thought of the beauty of the ladies of the English aristocracy. (She was a Scotch lady, by the bye, so the question was a fair one.) I replied, that certainly report had not exaggerated their charms. Then came a home question—how the ladies of England compared with the ladies of America. 'Now for it, patriotism,' said I to myself; and, invoking to my aid certain fair saints of my own country, whose faces I distinctly remembered, I assured her that I had never seen more beautiful women than I had in America. Grieved was I to be obliged to add, 'But your ladies keep their beauty much later and longer.' This fact stares one in the face in every company; one meets ladies past fifty, glowing, radiant and blooming, with a freshness of complexion and fulness of outline refreshing to contemplate. What can be the reason? Tell us, Muses and Graces, what can it be? Is it the conservative power of sea-fogs and coal-smoke—the same cause that keeps the turf green, and makes the holly and ivy flourish? How comes it that our married ladies dwindle, fade, and grow thin—that their noses incline to sharpness, and their elbows to angularity, just at the time of life when their island sisters round out into a comfortable and becoming amplitude and fulness? If it is the fog and the sea-coal, why, then, I am afraid we shall never come up with them. But perhaps there may be other causes why a country which starts some of the most beautiful girls in the world produces so few beautiful women. Have not our close-heated stove-rooms somewhat to do with it? Have not the immense amount of hot biscuits, hot corn-cakes, and other compounds got up with the acrid poison of saleratus, something to do with it? Above all, has not our climate, with its alternate extremes of heat and cold, a tendency to induce habits of in-door indolence? Climate certainly has a great deal to do with it; ours is evidently more trying and more exhausting; and because it is so, we should not pile upon its back errors of dress and diet which are avoided by our neighbors. They keep their beauty, because they keep their health. It has been as remarkable as any thing to me, since I have been here, that I do not constantly, as at home, hear one and another spoken of as in miserable health, as very delicate, &c. Health seems to be the rule, and not the exception. For my part, I must say, the most favorable omen that I know of for female beauty in America is the multiplication of Water-Cure Establishments, where our ladies, if they get nothing else, do gain some ideas as to the necessity of fresh air, regular exercise, simple diet, and the laws of hygiene in general."

Dietetics.

It is proposed to devote a portion of our space to the discussion of DIETETICS. Contributions will be received from the leading writers, and published—in other departments—under their own names.

THE BATTLE OF THE ALMA.

BY HENRY S. CLUBB.

THERE are some Vegetarians from principle, but there are many more who are such from necessity, or habit, from whom we have no right to expect great moral results. And among the latter may be classed, according to recent disclosures, the hardy Russian soldiers, at the late battle of the Alma. Whilst they cannot serve to illustrate the morality of Vegetarianism, they may fairly be adduced in support of its physical advantages. We give the words of the war correspondent of the *London Times*, who, speaking of the Russian soldiers, says :

Their knapsacks astonished our soldiers. On opening them, each was found to contain the dress uniform coat of the man, blue or green, with white facings and slashes like our own, a pair of clean drawers, a clean shirt, a pair of clean socks, a pair of stout mitts, a case containing a good pair of scissors marked "Sarum," an excellent penknife with one large blade, of Russian manufacture, a ball of twine, a roll of leather, wax, thread, needles and pins, a hairbrush and comb, a small looking-glass, razor, strop, and soap, shoe-brushes, and blacking. The general remark of our men was, that the Russians were very "clean soldiers;" and certainly the men on the field had white, fair skins, to justify the expression. *Each man had a loaf of dark brown bread, of a sour taste and disagreeable odor, in his knapsack, and a linen roll, containing a quantity of brown, coarse stuff, broken up into lumps and large grains, which is crushed biscuit or hard granulated bread prepared with oil.* This, we were told by the prisoners, was the sole food of the men. They eat the bread with onions and oil; the powder is "reserve" ration; and if they march, they may be for days without food, and remain hungry till they can get fresh loaves and more "bread-stuff." *It is perfectly astounding to think they can keep together on such diet, and yet they are strong, muscular men enough.* The surgeons remarked that their tenacity of life was very remarkable. Many of them lived with wounds calculated to destroy two or three ordinary men. I saw one of the 32d regiment on the field just after the fight. He was shot right through the head, and the brain protruded in large masses at the back of the head and from the front of the skull. I saw with my own eyes the wounded man raise his hand, wipe the horrible mass from his brow, and proceed to struggle down the hill towards the water! Many of the Russians were shot in three or four places; few of them had only one wound. They seemed to have a general idea that they would be murdered; possibly, they had been told no quarter would be given, and several deplorable events took place in consequence. As our men were passing by, two or three of them were shot or stabbed by men lying on the ground, and the cry was raised that "the wounded Russians" were firing on our men.

We would not, of course, be understood as advocating a resort to a diet composed of "dark brown (rye) bread" and onions and sweet oil; but the fact that such a diet, which may be regarded as the very plainest of vegetable food, sustains these men in their extraordinary exertion, enabling them to live "with wounds calculated to destroy two or three ordinary men," may certainly

be regarded as a conclusive proof that the well-selected vegetable diet such as we advocate will sustain men under any ordinary circumstances of physical trial and endurance.

The ways in which truth is disseminated and good made to come out of evil, are always remarkable; and it is an encouraging fact for reformers to contemplate, that however low man may be sunken in moral degradation—however barbarous recent developments may prove even the Christian nations of the earth still to be; yet, out of the very depth of this great wickedness—from the battle-field reeking with human gore—there issues forth a truth which contains all the elements of that thorough reformation which must ultimately overthrow all war, cruelty, and bloodshed. This truth is not merely left to be proclaimed by those who are seeking to reform the world in these respects, but it has become so mixed with the occurrences, even of the great European war, as to be proclaimed throughout the world by the newspapers of every civilized country.

Let this great fact be uttered again and again, that man can enjoy the greatest amount of physical health and power by subsisting on the simple productions of the vegetable kingdom, and the way is made clear in the minds of many who are otherwise prepared for the adoption of the vegetarian system on principle, and thus something may be done to redeem the character of the Christian world from the foul stain which the additional slaughter of upwards of ten thousand human beings has placed upon its history.

The degrading effects of war should place all moral reformers on the alert to counteract them; otherwise, the progress already made will be lost, and succeeded by a serious demoralization of society. No one can read the account of the battle of the Alma and doubt the existence of infernal agencies; and if the spirits of darkness and evil are so active in the world, it is for every philanthropist to throw himself more open to the reception of love and truth, that at least the equilibrium may be kept up, and the character of the nineteenth century preserved.

IMPERFECT HEALTH:

ITS CAUSES.

I

BY SETH HUNT.

"He that offends in one point is guilty of all."

Most if not all persons who seek health employ partial or incomplete measures to secure it; forgetting that perfect health demands perfect obedience. Some who are correct as to the *quality* of their food, err as to *quantity*. Others who are correct as to *quantity*, err as to *quality*. Some whose dietetic habits are unexceptionable both as to quality and quantity, are remiss in their duty as to *exercise*. Others who are correct both as to exercise and diet, neglect *cleanliness* or bathing. And thus we find, even in those who are the most exemplary, some *one defect* or more to defeat the attainment of the desired object, namely, perfect health.

Now this want of wholeness or perfection as regards obedience to the laws of health, puts stumbling-blocks in the way of many. For instance, they hear it proclaimed, and with truth,

that man is naturally frugivorous; but on referring to the experience of some Vegetarian, and finding him subject to occasional sickness, owing to his own imperfect obedience to Nature's laws, or perhaps to constitutional weaknesses, inherited from many generations of flesh-eating ancestors, they erroneously conclude that vegetable diet is not as wholesome as animal food. Persons who make such unfair inferences as this, seem to forget that the laws of health are uniform and far-reaching, as well as unbending in their demand of entire obedience. He who seeks perfect health must control every passion, give every faculty its appropriate exercise, and, bursting the iron chains of ungoverned lust, "stand up a man," perfect and entire,—a symmetrical image of his Creator.

S W E D E N B O R G ON EATING FLESH.

EATING the flesh of animals considered in itself is something profane; for the people of the most ancient time never ate the flesh of any beast or fowl, but only seeds, especially bread made of wheat, also the fruits of trees, esculent plants, milk and what is produced from milk—as butter. To kill animals and to eat their flesh, was to them unlawful, and seemed as something bestial; they only sought from them service and uses, as appears also from Genesis i. 29, 30: but in succeeding times, when man began to grow fierce like a wild beast, yea, fiercer, then first they began to kill animals, and to eat their flesh; and because man was of such a character, it was even permitted; and at this day also it is permitted; and so far as man does it out of conscience, so far it is lawful; for his conscience is formed of those things which he thinks to be true; wherefore also at this day no one is by any means condemned for this, that he eats flesh.—*Arcana Celestia*, Vol. I., No. 1002.

We believe that this is the view held by all Vegetarians, that it is only "with the light that sin cometh." When the conscience is enlightened to perceive that flesh-eating is a physical outrage upon the noble nature of man as a moral and intellectual being, then does flesh-eating become a profanation. But although man is not condemned so long as he acts according to the light of his conscience, he nevertheless suffers the natural consequences of his transgressions, just as a child who innocently takes a poison-berry suffers the natural consequence of its act, although not morally culpable.—H. S. C.

V E G E T A R I A N BOARDING-HOUSES.

THE fact that the flesh of animals is eaten as much because it is daily placed before people to eat, as from any decided preference, which exists, is one which should lead all Vegetarians who desire to promote their practice to establish and sustain houses where vegetarian diet alone is served.

An approximation to a vegetarian boarding-house has for some time been established in our New York city Water-Cure Establishments. Dr. Trall and Dr. Taylor have both done considerable in this way, and they are to be thanked for their efforts; but it is quite time that a house should be established entirely on vegetarian principles. What we want is a good hotel and restaurant where travellers can be accommodated and those who "dine in town" can get a good, wholesome, well-cooked, and handsomely served vegetarian dinner.

In the mean time, however, we are glad to find that a private boarding-house has been opened on vegetarian principles at 13 Wooster street, New York, by a lady who we understand is an excellent cook. It should be sustained.

Dress Reform.

AN ILLINOIS BLOOMER.

MESSRS. EDITORS:—I see in your Journal many cases reported by learned M.Ds., of females with such and such diseases, caused by an erroneous system of diet, &c.;—one source of disease they almost invariably leave out, namely, a wrong method of dressing.

More than half of the females in this country are killed, (that's the word,) not by accidents unavoidable, nor by what too many ills are attributed to—Providence—but by the too prevalent custom of wearing tight waists, whalebones, and long, heavy skirts, until—not until a good old age, but until wearied nature sinks to an early rest.

Why have we permitted this hideous viper, fashion, to coil herself about us, until her virus is communicated to our life-blood? Have we not grown wise enough by a sad experience, to use one mighty effort, just as we stand on the verge of destruction, and cast her off for ever? The question no longer is, Is a reform needed? All who are possessed of common sense (not too common) know that we are the slaves of fashion. In former times, people gave more attention to curing diseases than to searching out their causes. Now, the only obstacle to removing one of these causes is, we have become so habituated to our present style of dress, that it is difficult at once to admire any other so different. We have now to remove popular prejudice. Happy, thrice blessed are those who, when convinced of "the evil of their ways," have minds strong enough to stem the mighty tide of public opinion, that strives vainly to bear them down. The mass, I am sorry to say, willingly bow down at murderous fashion's shrine, content to live the insipid lives they do. Some there are who would gladly wear a robe more in harmony with their own convictions of duty and right; still, they waver; their Approbativeness and Conscientiousness hold a conflict, the severity of which none can know, unless they have experienced it. They have my heart's deepest sympathy. They need much encouragement.

When I commenced wearing the American costume, oh! how keenly alive was I to the least word of censure on the subject; every smile of derision, like a poisoned arrow, pierced deep into my heart; but I had counted the cost beforehand, and was determined to go on. One day, Mrs. E—, an intelligent lady, called, and as she stood high in public opinion, naturally I wished to stand the same in hers; but, rather unaccountably, my change in dress seemed to have changed her former sentiments in regard to me. You can scarcely imagine with what sensations I received her first salutation of,

"You look like a perfect fright!"

Indeed, this was a damper to my overwrought Approbativeness; still, I jestingly replied that I thought I looked pretty.

She said I "looked at least a foot shorter;" I answered that I "felt loftier,—that I was none the less the woman—only less superfluous skirts."

Vainly I endeavored by force of reason to convince her that I was right in donning an apparel not opposed to the free exercise of every bodily organ. The old lady, (and she represents a numerous class,) of course, had had ample experience to satisfy her that it was a useless humbug, this health reform; she never would wear the bloomers; had never washed all over in her life; always ate when, what, and all she had a mind to; and, with a look of exultant pride, said she had always been very healthy. Healthy! poor deluded creature! Because she had not been confined to her bed, she fancied herself healthy. The weight of those skirts had sadly bent, but not broken, that reed. She could not be described as with buoyant spirits and bounding step; therefore, I say she was not healthy.

Another lady (she represents the majority of American women) told me she did not believe in lacing; she never had. (Had you seen that tapering waist, you would have said that she—that it was no production of Dame Nature's, to say the least.) Indeed, she was sure she couldn't breathe; but she added, casting a contemptuous glance at my loose robe, "I want my clothes tight enough to look decent."

I replied, my decency lay not in the fit of my clothes, but in my behavior. I cannot understand why we should have our waists so very tight, and our skirts so very full, and why our feet share not a little of the enormous weight of cotton we carry.

O fashion, fashion! what hast thou done? Thou hast robbed the maiden's cheek of its rose, the matron of her beauty; and yet, if a noble few dare rise up and call thee cruel, thy blind followers uphold thee and scout thy opposers! Free America! as the Paddy said, where stones (woman's rights) are all tied down, and the dogs (fools) are all let loose. Truly, if there is a martyr in the nineteenth century, it is she who has a spirit sensitive to public opprobrium, and yet conscience enough to wear raiment chosen by her reason.

The first time I appeared in public after my change of costume, there were cries among the little boys, and whisperings among those larger, of, "There goes a Bloomer,—see the Bloomer!" &c.; but this arises from the novelty of the thing. I fear not that, before long, we shall be treated with even more respect than the long-skirted part of the community; for a person with unswerving principles of right cannot fail of gaining respect wherever she moves; and as our opponents see more clearly the superior advantages of our costume, and become more habituated to its appearance, they will adopt and admire it.

The press has done, and is doing, much in the advancement of all reforms. We would respectfully ask a little more aid and encouragement in this much-needed revolution. The field is large, and the harvest would be plentiful, if those who can wield the pen so effectually would use their best efforts to stay the mighty evil that now threatens the deterioration of the nation. Especially let all females who have the love of reform in their hearts, hang out the sign by wearing the American costume, whether in the pulpit or the kitchen. But, there! I had almost forgotten that I must rise early, (for you know that farmers' daughters are a little more temperate in this respect than city damsels; we are up to enjoy the early sun,—they prefer pleasures by gas-light,) and one yet in her teens needs much refreshing slumber.—[Aurora. E. A. H.]

FRIENDLY CRITICISM.

MESSRS. EDITORS:—On the last page of the October number of the JOURNAL, I notice a plate representing "the lady of fashion" and the "sensible woman," and some accompanying remarks by E. D. H., to none of which I have the least objection, except the following: He (or she) says—"On the whole, the young lady in the picture looks so perfectly comfortable and at her ease, that we are quite confident every free-born American woman will adopt her style of dress, and make it a national costume." I admit the lady looks very comfortable and easy, compared with the fashionable fool, whose trail sweeps the dirty street, and whose bonnet so beautifully adorns the "small of her back." But I think she would appear still more comfortable, if her dress were very much shorter than it is—a regular "Bloomer." Long dresses are decidedly oppressive and injurious, even though they are loose at the waist, and no heavy skirts are suspended upon the hips. The so-called Bloomer dress is as long as any lady's dress ever ought to be for comfort,—or elegance either,—according to my notions of elegance. Let any reader look

at the plate on the last page of the June number of the Journal, and, if he does not say that the dress of the lady on the right is far more *easy, comfortable, and elegant*—mark that—*elegant*, and more worthy the title, "The American Costume," than that in the October number, he certainly must possess a perverted taste.

If our "free-born" countrywomen are to adopt any style of dress, to which the term of "American" can justly be prefixed, I object to any half-way work,—any compromise between real utility and elegance, and the present silly and comfortless fashions. Let them adopt a fashion that will not need to be altered the next six months, but which will commend itself to our children and grandchildren, and which will, so far as dress is concerned, answer all the wants of the sex. Such, in its general arrangement, is the "Bloomer Costume," and it would soon be adopted as the national costume, if our ladies would act in the matter according to their better judgment, and their husbands, fathers and brothers, would support and stand by them like men, instead of ridiculing them like fools. It is already worn by a greater number than our fashion-mongers would have us believe, and that number is constantly increasing. It comprises, too, some of the first in respectability and intelligence—the very cream of society. Thank God and the good sense of some of his creatures, the day of deliverance from the slavery and health-destroying, soul-destroying, influence of fashion, is near at hand.—[Homer, N. Y. X.

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OUR THREE JOURNALS.—FOR THREE DOLLARS, remitted in advance, a copy of LIFE ILLUSTRATED, THE PHRENOLOGICAL JOURNAL, and the WATER-CURE JOURNAL, will be sent a year to one address.

Practical Water-Cure.

FACTS are the arguments of God—the outworkings of his power. He who fights against facts fights against God.—Dr. F. LEAS, F. S. A.

A CHAPTER OF EXPERIENCE.

BEING one of "the dear people," for whom all emissions of the press and all stump speeches are specially designed, it may not be amiss that I should present you a brief sketch of the benefits, past, present, and prospective, accruing to us (wife, babe, and self) since we were convinced of the errors of our ways, and made to turn from them with full purpose of obedience to the laws of nature, life, and health.

Having been for years justly celebrated for my valor in "the battle of pork and beans," I was, however, at length compelled to lay down my arms, and retreat behind the sick list—March, 1848.

Here I was drugged, salved, blistered, and plastered, "inside and out," until I was hardly "able to draw my last breath," and was given up to go down to the grave. Where Art ceased, Nature began; and her recuperative powers were slowly upbuilding my wasted frame.

"He bears it well!" the doctor said:
Forthwith again his pills he plied,
"Nature's upward course to aid."

And so it was, upward and downward, and downward and upward, like "a teeter," nature on one end, and the doctor with his saddle-bags on the other, throwing pills and powders at her, with terrible effect to the stomach, liver, and bowels. My disease was chronic diarrhoea—my physician, Allopathic.

Thus, through the spring and summer, I was worse and better by turns, according to the quantity and quality of the medicines prescribed for me.

When I had reached the month of August, all the usual and many of the unusual remedies had been tried in vain for my permanent relief. I dismissed the fifth doctor by soliciting my own dismissal from the "service" of Uncle Sam. I thought I had enough drugs in me to have killed or cured any person not already dead or well; but I was mistaken, of course, then, as I had been previously in the choice of remedies.

Finding myself now "quite open" for the reception of any thing new, I first began experimenting in diet, and found that corn-bread, wheat-bread, boiled potatoes, and corn-meal mush, eaten without drink, or with a little sweet milk scalded, agreed best with me of all the common articles of food at hand. Next, I took frequent foot-excursions each day, when the weather would permit, and, as I had strength, from one to six miles. Thirdly, I kept my sleeping-room well ventilated by means of open windows, took an occasional full cold morning bath, in the open air, (in winter,) and evening foot-bath.

By the adoption of these simple rules I gradually attained a sufficient degree of strength to begin farm-work in March, 1849, after one year of uninterrupted illness of that wasting disorder. I continued my somewhat strict and abstemious vegetarian diet, gaining health all the ensuing summer.

There is one event connected with this extraordinary recovery richly worthy of remark. In May, '49, while "farrowing out" for corn-planting, there came many sores *not sore* upon every part of my back, emitting bloody and offensive matter in large quantities. I continued work—never felt better—sores healed in about five days.

2d. Wife had been afflicted from the hour of her birth,

Now with fever, now with chills;
Now with calomel and pills.

Sick-headache, nightmare, cold feet, tight waists, and tight garters, were every-day ills, for which her physician failed to find or present the proper remedies.

But we have been reading the Journal and

Encyclopedia *thinkingly*—the former two years, the latter one year—and, of course, all the above-named ills, and the liabilities thereto, we have left behind, in the ranks of rank error.

3d. Our babe, eight months old, born of the right spirit of love, and of pure "water all over" every morning, is the healthiest and *best* in this quarter of Uncle Sam's vast empire.

Wife has steadily improved in health for *the last two years*, or since she began adopting Hydropathic principles.

With me it has been prevention rather than cure; for when I take cold, or otherwise feel symptoms of approaching illness, I fast, and fling myself into the "drink" an extra time or two, and I am made whole every whit.

Besides all this, the practice of those principles has saved us the "feet" of the doctor's bill, and the flesh, tea, and coffee bills, amounting to several dollars per month. And they have guided us in the purchase of a choice piece of land, having better water and better soil for all the fruits of this climate than can be found in this part of the State.

These are some of the past and present advantages derived from those sources; while a large part of our prospective joys consists in the rational hope of lengthened and happy lives, of a healthier and better offspring than we, and of seeing smiling fruit trees of all that's good, and bright gardens filled with the luscious needs of life, all growing and glowing in one grand natural harmony around us. Our example in deeds of physical righteousness will doubtless lead some neighbor to go and do likewise, until redemption, passing from neighbor to neighbor and from village to village, shall soon reach round the world and become the universal fashion. W. W. M.

WHAT "A WORD TO THE WISE" WILL DO.—In several of the counties of the central part of the State of New York, the writer had occasion to make, for a number of years in succession, frequent tours for the purpose of preaching the gospel; and he ever kept in mind that the cause of temperance and of health, and whatever could improve the condition of man, were only so many varied manifestations of the benevolence of that system which bears on its banner the comprehensive motto: "Peace on earth, and good-will to men."

On one of these journeys, as evening approached, I called at a house where hospitality had often been cheerfully rendered me. The lady of the house could not speak aloud; with much effort she expressed herself in a hoarse whisper. She complained of soreness of throat, and intimated that she had serious apprehensions that a severe illness had commenced: she did not know but she ought to call the doctor speedily, &c.

In a quiet way I said to her:

"Put a cloth wet in cold water on your throat as you retire; put a dry bandage over it, and you will be well by morning."

When we met at the breakfast table, her speech was as clear and as full as ever. I remarked, "I am happy, Mrs. E—, to notice that your hoarseness is gone."

"All gone," said she, "and sore throat cured too—all right now."

She laughed merrily, and in substance added: "Last evening, when you mentioned such a simple remedy, it seemed strange enough to me; nothing but politeness kept me from laughing at you, for I saw that *you* fully believed what you said. But after I retired to my room, I thought, It can do no great harm: for the curiosity of it, I will try it. I did so—and here I am, well as ever."

She then informed us what sad experience she had derived from such attacks in previous years, when their commencement had been less alarming than the one which troubled her yesterday.

The sequel is, that WATER-CURE JOURNALS were soon ordered by that family, and that enlightened household have been a blessing to others around them. J. R. J.

Wading River, L. I.

FOR MOTHERS.

A SHORT CASE.—JAUNDICE, NURSING SORE MOUTH, INDIGESTION, WIND, COLIC, AND CONSTIPATION IN A YOUNG CHILD.

BY JOEL SHEW, M. D.

SUCH a complication of disorders as that here indicated is enough surely for a little being that has, as it were, but just commenced its terrestrial existence, being only two and a half weeks old!

Why is it, we are led to ask, that new-born infants should so often be attacked with jaundice, sore mouth, and all the other concomitants of such a state? Assuredly to the defective, constitution or habits of the mother are we to look for such results.

And we see here, likewise, the beautiful operation of Nature in bringing on what we call disease. In other words, we see disease acting as a *friend* instead of an *enemy* in the system.

The mother, in such a case, has, perhaps, been too inactive in her habits; or she has eaten too heartily of rich, concentrated, and perhaps greasy food; or she may not have given that attention to bathing and bodily purification generally which her condition demanded. At all events, the child's body became bilious and impure.

Now, as the child begins to grow stronger through the circumstances that surround it in its new existence, nature sets herself about the task of purifying its system. We know this to be true from the fact that although the infant is made sick for the time in these manifestations of what we call disease, she yet, if no harm be done the constitution by drugging or other improper measures, in due time recovers herself, and the child becomes well. But we also can aid nature in her curative operations.

TREATMENT.

1. The wet-sheet pack early in the morning; *i. e.*, the child is to be wrapped in a rather light, soft linen diaper, wet, and tolerably well wrung out of water at 70° F., with small flannel blankets sufficient to insure a proper degree of warmth outside; the same to be continued for twenty minutes only at a time, unless the child be sleeping, in which case it is allowed to remain till it wakes. Care must be taken, however, not to allow it to become too warm in the envelopment. After the pack, a thorough ablution in water at 80° F.

2. The same treatment in the afternoon, near evening.

3. The wet girdle to be worn constantly night and day, long enough to pass two and a half or three times about the body, one half wet and pretty well wrung; water at 70°; to be re-wet every three or four hours during the day, and once at least during the night; to be often washed, so as to ensure as near perfect cleanliness as possible.

4. Clysters of tepid water once or twice daily, according as there may be need, till the bowels act naturally.

5. The air of the room not to be above 60° F. at any time, and cool at night.

6. No other nutriment except the mother's milk. Nursing to be at intervals of three to four hours during the day, and not too often at night.

7. The plan to be followed rigidly till the child is thoroughly well.

The above treatment will cure the child of its jaundice in a few days. The other ailments will prove more obstinate, but will give way gradually before the curative power of nature, aided by the tonic and purifying effects of water. It is, moreover, not only safe and harmless to the utmost, but is incomparably more efficacious than any drug or combination of drugs can be in such a case. God grant that the time may soon come when parents universally shall have a knowledge of the inestimable value of the water-treatment in all possible ailments that can come upon a new-born child!

THE WOES OF ALLOPATHY.

I HAVE taken much interest in reading in the WATER-CURE JOURNAL the experience of those who are seeking health and happiness by living in accordance with the laws of their nature. I, too, have been searching for the true way, but am sorry to say, I have wandered now and then into forbidden paths, and suffered the inevitable results of transgression—sickness and pain. When but a little girl, I heard Dr. Graham; and although not old enough, perhaps, to appreciate the force of his arguments, yet his public lectures and private conversations, to which I was often a listener when he visited my father's house, made such an impression on my mind, that I resolved to abstain from animal food, and drink nothing but cold water. To this resolution I adhered without exercising much self-denial; for my father, having become a Vegetarian, had persuaded his family to follow his example, and the consequences were indeed happy. For a long time, his family was exempt from sickness, and gloried in their physical strength and powers of endurance. Until last fall, for more than a dozen years, a doctor had not crossed the threshold of our door. But he came—a regular Allopath, and to see me, who had so long been a Vegetarian, and a reader of the WATER-CURE JOURNAL, and who, therefore, had no business to be sick.

In this wise it happened. I left my vegetarian and country home, and went to the city to live, boarding with a family whose tastes and habits were most adverse to my own, and where pure, soft water could not be had to drink. Though I still adhered to my anti-meat and tea-and-coffee principles, yet my diet was far from correct; and for two months, while boarding, my health became so impaired, that when afterwards I returned to visit my country home, I was attacked with typhoid fever, which so alarmed my friends that they said I must have a physician. My husband proposed going to a neighboring village for a Hydropathic physician, there being none in town, but finally acceded to the request of a friend, who desired to have one of the Regular physicians of the place called; and a sorry time I had under his treatment. Powders, pills, and medicines that seemed like liquid fire, were forced down my throat; for I had the greatest horror of taking them, and would spit them out when I could get an opportunity to do so, without being seen by the doctor. He even denied me the use of cold water. "Do not let me put my hands into cold water—they are so dry and hot," I said to those attending me; but I was so sick, no one dared to disobey the doctor's orders. I grew desperate; it seemed as if I must have some water to wash my hands; and when I was left alone for a moment, though so weak before as to be unable to change my position in bed without help, I made an effort to rise and get to a dish of water which was in the room. But I was too weak to stand, and fell. The noise alarmed the family and brought them to my room. They restored me to my bed, but the water was gone, just as I was about to touch it. I was in a worse condition than Tantalus, for, though he might not quench his thirst, yet he was favored with a perpetual bath.

While suffering thus under Allopathic dispensation, and growing worse day by day, my friends became excited, and knew not what to do. I plead that the doctor might be dismissed; for, if I had got to die, I wanted to die a natural death. But he continued his visits until, as a last resort, my husband sent Dr. Kittredge from Boston to see me. It was a moment of inexpressible delight to me when I heard the well-known voice of "Noggs," and knew that his coming would insure the exit of the Allopathic physician, and I should henceforth be allowed the free use of cold water. Dr. K. banished the medicine bottles from the shelf, prescribing, at the same time, a rational, common-sense course

of treatment, which I followed, and was in a short time completely restored to health, notwithstanding the Allopath's report that I was growing worse under Hydropathic treatment. But when I was really well, he took the credit of the cure to himself, asserting that I had begun to amend before he was dismissed.

Now that I am again in health, and trying to live naturally and truthfully, I feel renewed confidence in Hydropathy, and would say to those who have violated the laws of their nature, and are suffering the retributions of an all-wise Providence, *Don't resort to Allopathy*. It will never guide you to health, but will torment you as long as you live, or until cold water has purified your system from its poisonous effects. Almost every day I hear of people dying and strong constitutions ruined, through the ignorance of the regular Allopathic physicians. What a thick veil their sophistry has woven for our eyes! And what marvel that we go astray, when groping thus in darkness, with every ray of truth obscured? The birds of the air and the fishes of the sea, following their instincts, are never sick, and the land animals are more exempt from disease than mankind. Is nature kinder to them than to us? How soon she cures a poor disabled chicken, or repairs the wings of an insect which has accidentally fallen into a human snare! And she will, and does, cure us oftentimes, though we are ungrateful, and do not acknowledge it. When we suffer externally from bruises, cuts, or burns, how quickly reparative is made, by simply aiding nature, or letting her entirely alone; but when we are disordered internally, then we are drugged, and dosed, and blistered, till life is extinguished, or rendered a burden.

That the experience of one who has been thus doctored may be a warning to others, is the wish of the writer,
J. S. G.

AN EDITOR IN THE SHEETS.—One of the editors of the *Elmira Republican*, writing from Little Falls, *alias* Roekton, says:

When I wrote you last, I was spending the few remaining days of "parting summer" under the cooling influences of a wet sheet and flowing *pail*, at the Geneva Water-Cure; but the demands of business, and a desire to put an agreeable finish upon my convalescence, have resulted in my removal to the midst of the rustic pleasures by which I am surrounded. The "country residence" whose hospitalities I am enjoying is not far from the village, so that the united comforts of town and country are always at hand. I do not know of a more delightful way of disposing of one's infirmities, than by first giving them a few mortal thrusts at the aforesaid Water-Cure, and afterwards the final blow among these valleys and mountains. These "dashes" and "plunges" and "packs" come very near to the "elixir vitae" so much sought after, especially when combined with a horseback ride before breakfast. There is no lack of fun, either, among those sorry anatomies whose ills have driven them to the "healing waters." It would amuse you to hear Col. K. tell of the exploits of a fly on the end of his nose, as he lay "packed" in the similitude of an Egyptian mummy; and those fish, which this same Col. would have caught if he had only "*spit on his bait*," very often nibble at the corners of my mouth. Some German lady of note has expressed the idea that the way to become healthy is "to place implicit reliance on the axiom, *that health is most lovely and lovable*;" and the great danger at a Water-Cure, where so many sources of amusement are afforded, is, *that you will rather deplore the departure of your ailments*.

Many are the "cases" brought on beds to the Establishments, pronounced "hopeless" by the drug-doctors,—cured and sent home rejoicing in health, strength, and a knowledge of the laws of life.

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EXTRA NUMBERS of the JOURNAL, for specimens, will cheerfully be furnished, (of such as we have to spare,) with which to obtain new subscribers. The reading of a single number will usually be sufficient to incline every intelligent MAN or WOMAN to subscribe.

OUR CIRCULAR PROSPECTUS will facilitate the recording and transmission of subscribers names. Let them be returned with all the names they will hold, together with the "needful" to pay the printer. Please be particular to write the names of persons and places distinctly, to guard against mistakes.

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FRIENDS, What say you? Shall we have the pleasure of enrolling you among the hopeful band of co-workers for 1855. If so, give us your name, your influence, and aid.

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NOTICES OF THE PRESS.

It is indeed most gratifying to receive for our new paper the unanimous approval both of the "press" and the "people." We quote a few Editorial Notices, which will show our readers in what light LIFE ILLUSTRATED is regarded.

"A new candidate for popular favor has just appeared, being nothing less than a fresh newspaper enterprise, started under the auspices of that public-spirited and energetic firm, FOWLERS AND WELLS. It bears the title of "Life Illustrated," and is devoted to news, literature, improvements, the arts and sciences included. It has a remarkably clear face, and to all appearance, clean hands, which alone will recommend it to a multitude of people of taste. Moreover, it looks, every line, American—young American—and will undoubtedly succeed. [The Home Journal.]

"LIFE ILLUSTRATED is the title of a very handsome weekly journal, recently started by Messrs. FOWLERS AND WELLS, 308 Broadway. It bids fair to be ably conducted with an eye to a good moral purpose, with abundant variety." [Knickerbocker Magazine.]

"It is filled with excellent and varied matter, ranging over literature, art, science, news, sentiment and common sense. Its typographical appearance reaches to the model. We wish it abundant success, which it will unquestionably enjoy. [Boston Bee.]

"It is printed on superior type and paper, filled with a great variety of interesting matter, and shows the well-known energy and tact of the spirited publishers, as caterers for the people." [New-York Tribune.]

It is certainly one of the most beautiful specimens of newspaper printing that we have ever seen. The eminent publishers are capable of succeeding in any enterprise they attempt. The "Life" will be popular. It cannot be otherwise, presented as it is." [Buffalo Christian Advocate.]

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The Month.

NEW YORK, DECEMBER, 1854.

By no other way can men approach nearer to the gods, than by conferring health on men.—CICERO.

VALEDICTORY
FOR 1854.

BY R. T. TRALL, M. D.

In closing up the labors of another half-yearly volume of the WATER-CURE JOURNAL, we are reminded of several questions it would be natural for our readers and patrons to ask; and we are provided with the means and pleased with the opportunity of answering them.

How prospers the cause? What has been done during the last six months? What new projects for the next volume? What prospects for the future?

We wish to whisper (in answer to the whole group of interrogatories) to our friends and co-workers, (but let it be kept a secret from all drug-doctors till the "fulness of time,") that we happen to know, because we are in a position to read and hear the evidence, that the elements of a mighty revolution are faster than ever heretofore extending themselves, and are rapidly arranging themselves in that order of progress, the results of which will soon be heart-cheering to every philanthropist.

During the last half-year, a number of true and intelligent teachers of the science of life, and practitioners of the healing art, have gone into the great field of labor, and are doing a good work for themselves and for humanity.

During the same time, too, our infant system has actually emerged from its swaddling-clothes. It has become of age. It has now, as a permanent and progressive organization, its own school. Its elements and principles have been modelled and fashioned into a system *per se*. It must now stand (or fall) on its own merits. Hydropathy is before the world, with its own broad, distinct, independent, and progressive doctrines of medical science; courting the strictest investigation from all persons, and offering to meet and discuss, with all rival and all opposing systems, its principles and its philosophy, and their principles and their philosophy.

The New York Hydropathic and Physiological School has commenced its winter term with a class double that of either of the preceding terms, in point of numbers, and not inferior in point of talent. Its students, male and female—fathers, brothers, maids and matrons—are from the "bone and sinew" of the people, the working, thinking, doing class, who will make their mark on society. The teachers are ready, willing, and anxious to go before the world on all questions of difference, and to meet, in oral or written discussion, any and all persons, who represent any of the modifications of the drug system extant.

In speaking thus in their behalf, we hope not to be charged with vain-gloriousness. We have no boast to make of superior talent nor of great

advantages. But we mean to express our entire confidence in the truths of the system we teach, whilst we believe that truth, when clearly apprehended, is easily defended.

We are, furthermore, determined, whether our opponents will or no, to bring this great subject of human health, in all its bearings in relation to preventing or curing diseases, before the public, and to discuss it before a jury of the whole people. If our system is wrong, will it not be possible for somebody to show wherein? If it be right, ought not all the people to know it?

The discussion with Dr. Curtis will probably run through the whole of the next volume; and we think cannot fail to interest all who desire to have the whole law and the testimony on the subject of drug-medication contrasted with hygienic medication, in as condensed a form as possible. In other respects, too, we hope, from the greatly increased facilities of the publishers, that the WATER-CURE JOURNAL for 1855 will be a more able messenger of health-reform doctrines, and a more efficient adviser in the family circle than any previous volume has been.

Notwithstanding we claim, with no small degree of satisfaction, to have fully responded to the prospectus of every preceding volume, we desire to have its character ever keep pace with its increasing circulation; and we greatly desire that our friends—the friends of the world's redemption from disease—should make at this time a special effort to get us subscribers for the ensuing volume. In a word, we want, for the year 1855, ONE HUNDRED THOUSAND SUBSCRIBERS!

DECEMBER TOPICS.

BY R. T. TRALL, M. D.

OYSTER MORBUS.—Next in importance to the "siege of Sebastopol" has been the "oyster epidemic," as the newspapers have termed it, which "ragged" amongst our people recently, and destroyed, as is supposed, some of our most distinguished citizens. Some half-a-dozen or more persons, in the enjoyment of ordinary health, have eaten oysters and "the fixings" late in the evening, and the next day a "morbus" of some sort took them out of the world.

It was quite natural that our oyster-loving people should be somewhat panic-stricken under these circumstances; especially those who are almost profoundly ignorant of the science of eating,—as, indeed, is the case with the great majority of the people.

The doctors were called upon to "explain" the matter; but, as usual, they could only express the deepest uncertainty: "*Perhaps, or probably, some one or more of the oysters might have been in a damaged condition.*" Most of the city newspapers have said their say on the subject. Some *conjectured* that there may have been *some unknown* disease affecting the animals. Others *suggested* that, *possibly, some peculiar* kind of food which we are *ignorant of*, may have affected the health of such of the oysters as happened to be eaten by those who died. Others *thought, perhaps, it was possible, if not probable, that the injurious bivalves were too deep in salt water, so that fresh water sufficient*

to deterge their livers, and keep the terrible gall from their delicate stomachs, was missing. Others *imagined* that they were *possibly* grown in too shallow water, or too near fresh water, so that, *perhaps, "the elements"* had in *some way* a prejudicial effect upon them, as an article of diet. Others *considered* that, *possibly, they might* have been raised too far south, or east, or toward some other erroneous direction of the compass. Others pronounced the *opinion* that it all *may have been*, in some inexplicable manner, owing to the dry season.

Dr. Chilton, the celebrated chemist, analyzed several varieties of the crustaceans implicated in this grave accusation of murdering those who feasted on them, and found—nothing.

What a mystery all round! One of our city papers, in a long article on the melancholy subject, informs us that "nothing can be more delightful or more wholesome food than good oysters;" but, in accounting for these bad results of oyster-eating, the same paper is as badly puzzled as is "the press" in general.

To an intelligent and observing physiologist, there can be nothing new nor strange in these phenomena of mortality. A dish of oysters, whether one or all of the creatures composing it, were stale or damaged, whether raw, baked, broiled, roasted, or fried, would not have induced death in a healthy person; in a stomach accustomed to healthy food in reasonable quantities, and at proper hours. But many of our city people—and many of our country people, too—so "live to eat," as to keep the whole digestive system in a state of prostration, and the whole alimentary canal in a state of excessive irritation, obstruction, or inflammation, and the whole blood impure and putrescent, and all the secretions morbid, foul, and disease-engendering, so that any unusual debauch in eating or drinking, whether in the line of oysters, clams, lobsters, ham and eggs, old sausages, &c., &c., is just exciting cause enough to develop the predisposition into a rapidly fatal disease. In confirmation of this explanation, we need only refer to the fact that, on the evening preceding the death of one of the victims of the late "oyster epidemic," he was in usual health, and, with three other gentlemen, went to a refectory and partook of oysters raw, and also cooked in every style, with the usual accompaniments, and drank also of brandy, ale, champagne, &c. Those who will turn a blind eye to such facts as these, are so hard to educate, that we think we must let them go, and try the more earnestly to instruct the rising generation.

A CORONER ON HOMŒOPATHY.—A very singular trial has lately been before a coroner's inquest in our neighboring city of Brooklyn. It was a trial of the Homœopathic system or practice before a legal tribunal. A Dr. Wells, homœopathist, it seems, attended a patient, a little girl, for several weeks, and the patient finally died. The coroner of that city, who happens to be of Allopathic predilections, summoned a jury and proceeded to hold an inquest on the case. Whether this was the first case ever lost in Brooklyn under Homœopathic treatment, or whether deaths under that system of practice are so very unusual and extraordinary, as to justify legal in-

vestigation, is not our province to say. But it was certainly a most unusual and extraordinary proceeding on the part of the Coroner.

It may be that no one has any right to die unless *secundem artem*; unless attended by an Allopath; and then, if nature's laws are proper, he has but little right to live. However, as the inquest did not hurt Homœopathy very seriously, nor exalt Allopathy very much in public estimation, we will let the proceedings pass for what they are worth.

Our special purpose in noticing the transaction is, to call attention to another point which is nothing less than our favorite topic, the *modus operandi* of medicines. Dr. Alonzo Clark, of this city, one of the Professors in the New York College of Physicians and Surgeons, was called to the witness stand, and asked the following question:

Coroner: What is the *modus operandi* of medicines in general?

Answer: The question is too big for me. We don't in general know. *We only know they act.* The use of medicines is all the result of observation.

Nearly all the learned authors of the text books in the Allopathic schools, confess that they know nothing of the mode or manner in which the thousand drug-poisons which they give to cure disease, act or operate upon the human system. "They only know they act." But we never expected that the fact of this ignorance would so soon be established under oath, in a court of justice. We may now consider it as *proved*.

BAD FLOUR.—One of our city papers, the *Mirror*—in alluding to the opinion that sour or stale flour is one of the prominent causes of cholera, makes the following rather startling announcement:

That sour flour forms one-third of all the loaves baked in the city of New York, is well known. This discovery becomes of the first importance to the resident families of this city, and we commend the subject to the careful consideration of the Common Council. Read the following from a late London paper:

A London miller states the cause of cholera is the consumption of stale flour and bread-stuffs. He states that in 1832 he purchased a large quantity of old foreign flour in bond, and while tasting it for the purpose of separating the fresh from the stale, both he and his men were seized with excessive salivation, accompanied by disordered bowels. He tried some of the same old flour in his family, and the consequence was, that three of his children were seized with violent purgings and sickness, as in the case of cholera, which disease soon made its appearance in London. On one occasion he became aware that a quantity of stale wheat was about being shipped from London to Leeds, and he foretold that, if that corn should be allowed to reach its destination, the cholera would follow in its wake. Within fifteen days after, the cholera broke out in Leeds with great virulence.

A CRAZY MAN.—An exchange paper relates the following incident, which seems to imply a salutary moral.

HYDROPATHY.—We were no little interested in a circumstance which occurred during the recent visit of the cholera to Pittsburg. One evening, at the Howard Association, a man was reported as laboring under a severe attack of the cholera, and the person reporting it added that he thought

he must be crazy, for he obstinately refused to take drugs, or be visited by a physician, persisting in cold bathing, and drinking cold water. *The man recovered.*

Not long since, we were called into a neighboring city to visit a patient lying sick at one of the hotels. The patient had got a tub of water in his room, and was doing with wet bandages and sitting baths, the best he could for himself. But not feeling a sufficiency of self-confidence, he had called in an Allopath, who left him a few powders. The patient kept the powders in readiness, if "worse came to worst," but kept on his splashing the water about until our arrival. On inquiring of the landlord for him, we were informed that "he acted very strange—something wasn't right about him; he was crazy." Of course we did not contradict his craziness, for that would have rendered us obnoxious to the straight jacket; but, as we expected, we found the hallucination of our patient to consist solely in his unwillingness to take the doctor's "stuff." We need scarcely add, "the man recovered."

To Correspondents.

HARD WATER.—G. S. G., Wisconsin. "We take the WATER-CURE JOURNAL, and as every sensible person should, have left off using pork, coffee, tea, &c. But the water here is very hard, and we think it has been the means of a rash or humor to break out over the body. We bathe regularly, but yet the skin seems to be dry; it comes out in little specks all over the body, always attended with intolerable itching in warm weather and nights." Your only natural remedy is soft water. Probably you can get rain water most of the time, certainly you can by building a proper cistern.

TORPID LIVER.—G. B., Albion, Ill. A daily tepid wash or bath; a cool but not very cold hip-bath; the wet girdle for two or three hours each day, and a strict vegetable diet, constitute the general plan of medication. We cannot describe the Water-Cure processes in this place you will find them in our standard works.

HYDROPATHY.—J. T. Q., Columbus, Ind. "What education would be necessary for a young man preparing to be a Hydropathic physician?" A common school is the only preparatory education necessary to commence with. All the professional matters are taught in the New York Hydropathic and Physiological School.

MERCURIALIZATION.—H. J., West Gardiner, Me. "Last winter a young lady cut her left hand, took cold in it, and it affected her whole side from head to foot. She came very near having the lock-jaw, was cured by an Allopathic physician. The medicine which she took, made her teeth sore, and they have pained her by spells since then, sometimes very severely. Her left side is also weak yet and sometimes she has severe pains in that side of her head and arm, &c., probably the trouble is in the nervous system."

Probably the main trouble comes from the calomel in her system; to get it out requires a thorough and judicious course at a Water-Cure, unless she has good home conveniences and a good attendant. The principal bathing appliance is alternate hot and cold bathing; or the wet sheet pack, if the temperature of the body be good, and the dry pack, followed by the tepid bath, or a wash if the bodily heat be low.

MOTORPATHY, &c.—A Lady, New Haven. "As the WATER-CURE JOURNAL professes to give every information in relation to the laws of life, I would, in common with many other females, like to have explained to us, what is this Motorpathy? This process of statuminating vitalization, given personally, &c., as advertised by Dr. Halstead. I have procured his work called 'Exposition of Motorpathy,' but it is nothing but an advertising medium." Most persons

are charmed with words which they cannot understand, and which are so far beyond their comprehension as to relieve them of all trouble of thinking at all. All those big-sounding phrases you have quoted, mean *exercise*, nothing more, nothing less; exercising a weak, enfeebled and torpid muscle, or part judiciously, is the best way to restore its strength or action. There are many ways of doing this; and some physicians make it a speciality under the names of gymnastics, kinesiology, motorpathy, statuminating, vitalization, &c., &c. Some of Dr. Halstead's gymnastic appliances are very successful in many cases; as to his technical phrases, that is a matter of taste. If they please him and the public, why should we be dissatisfied? Three-quarters of mankind will not pay for truth unless it comes in some fashionable dress.

NEAR SIGHTEDNESS.—T. H. P., Canterbury, Conn. Your defective eye-sight is probably connected with constitutional debility or derangement, and only to be cured by careful attention to the general health. We would not advise the use of spectacles. Proper manipulations might be serviceable.

TOXICOLOGICAL.—A. V. W. "Which of the four poisonous substances is most injurious to the constitution, or to the brain and nervous system, tea, coffee, alcohol, or tobacco, as generally employed?" In our opinion in the exact ratio of the order in which you name them. We know that temperance people regard alcohol as incomparably worse than tobacco, but our observation compels us to regard tobacco as intrinsically the greatest evil to health and vitality.

SCALDED HEAD.—S. A. M. Undoubtedly the pustular eruption on the head is the result of the drugs with which your child has already been dosed. Wash her daily in tepid water—about 75°—give her a hot and cold foot bath at bed time, and let her diet be coarse and opening.

RHEUMATISM.—C. H. C., Virginia. "How shall I treat sub-acute Rheumatism or chronic nearly? I had an attack at seven years of age and have had five or six attacks since. At first it was acute or inflammatory, but it is settling down to a chronic form. I have been bled and blistered, and enpped, and drugged with calomel, opium, Dover's Powders, &c., &c., but each subsequent attack is worse than the preceding one. Habits regular, diet simple, abstaining from tea, coffee, tobacco, and liquors, &c., occupation, farmer and a school teacher. My heart is threatened with rheumatism since my last attack but one. My digestive organs are somewhat deranged also. My age is twenty-six." Quit all kinds of druggery; take a daily tepid bath; and the wet sheet pack once or twice a week; use plain vegetable food.

THIN BABIES.—H. H., East Wareham, Mass. "Dr. Trall: Dear Sir,—Please to tell me which you consider the best specimen of 'baby,' of those you allude to in the WATER-CURE JOURNAL, of November, page 109. Would you prefer the child that was thin, pale, &c., or the children that were fat, dull, &c.?" We go for the thin, pale, and active, in preference to the fat, if the fat are dull, and very fat children are apt to be rather dull. The majority of babies are too fat and duller than they need be. We hardly ever saw a baby's face in a picture gallery that was not a perfect caricature on a baby as it should be. Their heads are almost always rounded too much like a pumpkin, and too little like—a baby.

THAT DISCUSSION.—W. S. B., Galesburg, Ill. "Will you not publish in the WATER-CURE JOURNAL, both sides of the discussion between Drs. Trall and Curtis? Every body cannot afford to take Curtis' Journal, and if the discussion is of any value, give us the benefit of it." Certainly you shall have both sides. Every word will appear in this journal, and we hope also in the Physio-Medical Recorder.

HOMŒOPATHY IN DYSENTERY.—O. W. "Please inform me whether the medicine generally administered by Homœopathic physicians to children in dysentery has a tendency to drive the disease to the head; or create a disease in the head?" When given in Allopathic doses, as is too frequently the case with the infinitesimal professors, it produces *congestion of the brain*.

Miscellany.

VALUABLE TESTIMONY.—MESSRS. EDITORS: It is more than a year since there occurred in our family an extreme case of dysentery. For several days we expected, hourly, a fatal termination. About the fifth or sixth day, when we felt the trying crisis had come, the patient complained of acute pain in her foot. Without any perceptible improvement in the dysenteric symptoms, others, more alarming, if possible, were developed, such as pains in both ankles, knees, wrists, with great soreness and swelling, until she became perfectly helpless; the interal inflammation extending, till the whole alimentary canal must have been affected to such a degree, that not only the mucous but the membranous covering was destroyed.

We were near out of the best and most skilful physicians who saw her every day, and sometimes twice, and she had the best attendance, night and day: but nothing relieved her. For four months she lay in this emaciated, suffering state. All that could be said, from day to day, was, that she still breathed. Her physician said that he had done all he could for her, and we believed him, and felt that she must die.

We buried a lovely daughter a few years ago, with the same disease, and our hearts were very sad.

About this time, a friend called, who said he would like to send me Dr. Trall's "Encyclopædia" and the WATER-CURE JOURNAL, and that we might find something that would relieve our daughter a little, though he did not think she could bear much change.

I had studied our own practice, so as to depend on myself in all common cases, and commenced reading, more to find something that would amuse or divert the mind, so long occupied with the "Materia Medica," than in any other expectation. I first read the effect our medicines have upon the system, and found it true to my experience. But what then? Where is wisdom to be found, if not with us? Not in the hot practice, surely; and to seek it in the cold is another step towards quackery.

But I could not help reading, and every day I found my prejudices lessening. My judgment became convinced. I soon proposed making a little innovation, by using the warm bath. We commenced with the water at 80°, in a warm room, with plenty of warm blankets to put her into from the bath, and help enough to rmb her as soon as she was rested. Then the cold girdle followed, and the cold and warm injections, as I thought the case required. I never tried packing but twice, though I think more might have been accomplished in the same time, after a little while, if she could have taken them. We followed this for several weeks before we could see much, if any, change. But she lived; and we practised upon the proverb, "As long as there is life, there is hope;" though she would say, frequently, she could not take another bath. I would then read to her some one's testimony in a case almost as hopeless as her own, and she would then consent to try once more.

At length the symptoms began to improve. The muscles, which were rigid, began to relax, and the skin to change from its fixed sallowness, and I felt that we had found at last the *all-healing panacea in water*.

I kept on with renewed courage, and in less than five months she was walking about the house. Her health is better now than it has been since four years ago, at which time she had a fever and was badly salivated.

My object in writing was, not only to express my gratitude to God, to my friend, and to Hydropathy, but to advocate the home practice for your heaven-born system. How few, comparatively speaking, can be benefited by it at your institutions! I am aware that home treatment has its disadvantages for the poorer classes, requiring more attendants, clothing, and other conveniences. But its superiority over every other practice must insure its triumph, if it can be simplified so as to be made practicable for all.

Is not that the only way to sustain a physician in every town? Let the public become convinced of its potency to reach all diseases; let mothers know enough to take their children in this practice as far as they do in the old; still they will lack advice, and they cannot go to New York for it, and rather than take the responsibility, will send for their old doctor, just as my friend who brought me the books has done within a few weeks, and whose child died. Oh, how I wish this region could secure an honest Hydropathic physician!

DOWN EAST.

A MOTHER IN HER FAMILY.—Mrs. F. Gale, of Columbus, Ohio, in a letter to Mrs. Aldrich, editor of the *Genius of Liberty*, Cincinnati, after stating that women are slaves to fashion—to appetite—to mau—to physicians, etc., proceeds as follows:

"During the present month, we have had in our family six cases of small-pox, all of them children under twelve years of age. Five of them were my own children, the other a babe of two months old, belonging to a woman living in the family, I took charge of all of them—carried them through the different stages of the disease with very little difficulty—did not even consult a physician, or administer any medicines of any sort whatever, for we were thorough-going Hydropathists and Vegetarians. Our children are now playing about as usual, and nothing seems wanting to perfect their entire recovery but to wear off the discolored spots in the cuticle.

"It does seem to me that the time has not been lost which I have spent in gaining a knowledge of the art of taking care of my own children, both in sickness and in health. I have taken the time which perhaps some mothers would have spent in their parlors trifling and talking nonsense, or lounging at ease on the sofa, or preparing some dainty dish to tickle the palate and destroy the functions of the stomach. Dear sisters, shall we not supply ourselves with a few choice hooks on the art of living in the constant enjoyment of sound health, and thus break one link in the iron chain that has bound our sex in the dark bondage of ignorance from time immemorial?"

So much for *our* side of the question. Now, if the *cod-liver oil* gentlemen can show us a "better way," we'll not only adopt it, but will recommend it to our fifty thousand sensible women who read Water-Cure or Hydropathic publications.

S. C. F., P.M., SANDY CREEK, N. C., writes:—I was a subscriber to the *Universal Phonographer* while you were the publishers, and not unfrequently received notices of the Water-Cure system, but I thought it was a humbuggery, like a great many new "isms" that are springing up in the country, and I never paid much attention to it. But, during the last few days, one of my cousins, from the western part of this State, has been at my house, and he is quite a Hydropathic doctor, and has been telling me what success he has met with in his practice, and especially that flux may be cured easily by that treatment. I was more easily persuaded into this mode because, on the second of this month, a tender infant of mine, of one year's age, was taken off by this scourge.

My cousin informed me that he knew of forty-eight cases of different diseases that were entirely given up by the most eminent drug-physicians in his section, of which number only four were lost by the Hydropathic treatment.

There are no Hydropathic doctors in this section, and if I should chauce to effect any thing by the Water-Cure system, it will be considered almost a miraculous work; and I have no doubt but I shall be ridiculed for my foolish idea, as the neighbors will term it. But I am resolved to see what can be effected by means of water. I am no physician, and do not know much about physiology; but I am blessed with a tolerably good head, and think that I can learn so much of it in a few months, that I can do something for my family and friends.

We are glad to know that Hydropathy is finding hosts of good friends and earnest advocates in various parts of the Old North State.

THE ABSORBENT POWER OF THE EARTH USED AS A PREVENTIVE OF DISEASE.—The earth is a powerful absorbent, and will prevent the spread of disease. If we have a dead animal, or any thing which becomes troublesome to the olfactories by reason of unpleasant odors produced by decomposition, we bury it in the earth, and immediately every thing of the kind is neutralized. It is remarkable how small and thin a coating of earth will oftentimes effect this. In some of the Southern cities, where the cholera has been prevalent, an observing gentleman has taken advantage of this fact, and applied it practically to the neutralization of the *malaria* which is supposed to produce it. This he does by noting the place where the pestilence first broke out, and covering all the filthy and neglected puddles and sewers, or other fountains of foul air, with clean fresh sand, and on this a sprinkling of fresh lime or plaster of Paris. By following up this course he has been uncommonly successful in checking the prevalence of this terrible disease.—*Maine Farmer*.

NOT "REGULAR."—The following is a case of a cure effected by an Allopath in a very unorthodox way: Dr. J., an Allepath told me he was called to a patient who earnestly desired water from a certain spring. A council of seven M.Ds, of whom he was one, had all decided that water could not be allowed. But the case was one in which he felt so strong an interest that he went in the night. She still craved spring-water. He told her brother that, were she his own sister, he should give her water. "If you would give water to your own sister," said her brother, "then give it to mine."

He ventured the fearful experiment; and between one o'clock A.M. and daybreak, she drank four quarts of water. A pleasant perspiration resulted in immediate relief. He told the young lady not to allow the doctors to know any thing of the water. When they came, the surprising improvement was supposed to be the result of their medicine. And to this day they know nothing of the *real* cause of her prompt recovery.

G. P. W.

DIRECTORY CONTINUED.—In our directory of Hydropathic Physicians, published in the October number, we omitted the names of those below; all of whom, we are happy to state, stand high in the profession. There are still others, deserving of honorable mention, of whose locality we are ignorant:

J. H. STEDMAN, Ashland, N. Y.

WM. S. BUSI, Galesburg, Knox county, Ill.

H. J. HOLMES, Spring Ridge, Miss.

Mrs. W. M. STEPHENS, Dansville, N. Y.

GEORGE C. WOOD, Evansville, Ind.

WM. H. SHADGATE, New Haven, Ct.

E. POTTER, La Port, Ind.

Literary Notices.

ALL Works noticed in this department of the JOURNAL, together with any others published in America, may be procured at our Office, at the Publishers' prices. EUROPEAN WORKS will be imported to order by every steamer. Books sent by mail on receipt of the cost of the work. All letters and orders should be postpaid, and directed as follows: FOWLERS AND WELLS, 308 Broadway, New York.

IN PRESS, to be published in January, 1855, a new work by the Author of "Hopes and Helps," entitled, **THE WAYS OF LIFE**; showing the right way, the wrong way, the high way, the low way, the true way, the false way, the upward way, the downward way, the way of infamy, and the way of merit. The work will be issued on fine white paper, and be substantially bound in muslin, suitable for the Library or the Parlor table. Price 75 cents.

THE LOST HEIRESS. By Mrs. EMMA D. E. N. Southworth. Philadelphia: T. B. Peterson. [Price, prepaid by mail, \$1 50]

This is generally pronounced one of the best of Mrs. Southworth's productions. It certainly contains passages of great power and pathos, and is very graphic in its descriptions. The conversational parts display the author's undoubted talents to good advantage, but the plot is not well-managed, and there is an evident straining to make one part fit another. Maud Hunter is a well-conceived and admirably executed piece of character-painting.

A portrait of the author is prefixed to the work.

THE HYDROPATHIC REVIEW.—A Professional Work, embracing articles by the best writers; on Anatomy, Physiology, Pathology, Surgery, Therapeutics, Midwifery, etc.; Reports of Remarkable Cases in General Practice. Criticisms on the Theory and Practice of the various opposing systems of Medical Science, Reviews of New Publications of all Schools of Medicine, Reports of the Progress of Health Reform in all its aspects, etc., etc., with appropriate engraved illustrations. Complete, and substantially bound in one large octavo volume of 760 pages, with Index. Price, prepaid by mail, \$2 50. Please address FOWLERS AND WELLS, No. 308 Broadway, N. Y.

IVISON AND PHINNEY have issued, under the auspices of the Children's Aid Society, "The Singing Book for Boys' and Girls' Meetings," an excellent collection of easy songs and tunes by W. B. BRADBURY. We should think it admirably adapted to the purpose for which it is intended.

THE KANZAS REGION. By MAX GREENE. Embracing descriptions of Scenery, Climate, and interspersed with Incidents of Travel, and Anecdotes; to which are added directions as to Route and Outfit for the Pioneers, with other information, and a map, which make it a MANUAL FOR THE EMIGRANT, and work of reference for the student, as well as instructive winter-evening book of WESTERN LIFE. Published by FOWLERS AND WELLS, 308 Broadway, New York.

This is not a mere compilation from the reports of topographical engineers and other official gentlemen, who have passed over small sections of the Territory under rapid escort of military companies. Nor is it the dry rehearsal of some stay-at-home hackney-writer of what has already appeared in unauthentic newspaper paragraphs. But it is, *par excellence*, the book of the times. It is a reliable and graphic account of Kansas as seen by a traveller during two years' progress through her forests, upon her prairies, and among the Rocky Mountains. It is an inkling of her resources, as accurate as may be given by an earnest observer who has loitered westward along her trading thoroughfare, with an ox-train at an average of seven miles a day, and who, being exempt from camp duties, was at leisure to make many side-excursions, and examine whatever was note-worthy; and who, subsequently, in the guard of the United States mail, repassed old scenes, and adventured into new. It is the record of one who has himself chased the Buffalo and Antelope in their wild haunts, and who once, during six continuous months, never slept under shelter of a roof. In all that relates to the Far West, Mr. Greene comes to us in no "questionable shape." He is known to the conductors of several popular journals as having been their engaged correspondent from those theatres of interest and danger, where he was the comrade of Old Williams, of Kit Carson, Robert Brandt, Budeau, and Frank Aubrey, and of the red hunters, Chacone and Meotona. From boyhood he has been a traveller, and, yielding to an inborn restless impulse, has traversed much of North America. He had been upon the classic battle-fields of the East, and had gone from northern lako to southern limit, so that when he crossed the western boundary into the dreadful, but beautiful wilderness, he had already stored an infinity of memories upon which to draw for illustration and comparison. He went thither in quest of the fresh and wonderful, and not that he might write a book; but this is done incidentally, and in obedience to the wish of intelligent friends, who feel assured that he is the only author among us, who, from the round of his own observation, can so entirely supply the universal want of the reading community for a sufficiently full and truthful portraiture of the Kansas region—the emigrants' land of hope; and who, at the same time, will speak of it as an American-born descendant of a pioneer family of a Northern State, who is in love with the free institutions, as well as the material grandeur of our country.

Copies sent by mail, prepaid, on receipt of 30 cents.
FOWLERS AND WELLS, 308 Broadway N. Y.

NEW ALMANACS FOR 1855! with Calendars adapted to the whole of the United States and the Canadas, now ready. Price, prepaid by mail, *Six Cents* a copy. Just published, by FOWLERS AND WELLS, 308 Broadway, N. Y.

THE ILLUSTRATED WATER-CURE ALMANAC, 12mo. 48 pages, with a variety of Physiological and Hydropathic reading matter useful to every body. Single copy 6 cents, Twelve copies 50 cents, Twenty-six copies \$1.00 Good to give away. Let every family have a copy.

THE ILLUSTRATED PHRENOLOGICAL ALMANAC, for 1855, contains some twenty engravings, portraits of distinguished persons, with descriptive matter, etc., etc. 6 cents single, 50 cents per dozen, \$1.00 for twenty-six copies, prepaid by mail to any post office in the United States. Address the publishers as above.

THE ILLUSTRATED VEGETARIAN ALMANAC FOR 1855, is now ready. It is full of interesting facts and thoughts on the subjects coming properly within its range. The following are the titles of some of its articles: W. A. Alcott, M.D.; Alice, or the Lost Child, (Illustrated); The Vegetarian Almanac; Portrait of Michael Angelo; Anniversaries, and Chronology of Reforms; Vegetarian Literature; The Reign of Love, (Poetry); Portrait of Newton; Potatoes and Progeny; Self-Healing Power; Vegetarian Kansas Emigration Co.; First Arrival of Vegetarians. It has, the usual calendar, and other Almanac matter, with engravings. Fine edition 12 cents, cheap edition 6 cents.

ATLAS OF THE WORLD.—We have been favored by the publishers, Messrs. J. H. COLTON & Co., 172 William street, with the third number of this superb work. It is printed on the finest of paper, each page making about 19 by 16 inches, and contains beautifully colored maps of New Jersey, Michigan, Lake Superior, and North Carolina, from stool plates, with letter-press descriptions of each, and a table embracing Agricultural statistics from the last census. We cannot speak too highly of this work, and trust the public will duly appreciate its merits.

The whole Atlas is to be completed in about Twenty-seven Numbers, embracing 280 maps on 110 sheets.

GIFT BOOKS FOR THE HOLIDAYS.

As the days of the dying year grow few, and we see close upon us the dawn of another year, our friends will desire to commemorate its return by the interchange of gifts and tokens of friendship. We look upon such exchanges as being productive of much real good. The bonds of good-fellowship are strengthened, and the giver as well as the receiver is enriched in kindly feelings, and another stage on life's journey is commenced with light hearts and good intentions.

For the *better* class of society, (we use the word in its *true*, not its popular sense,) we know of nothing more appropriate for gifts than books—good books with which one can spend an hour or a day, and arise from their perusal wiser and better—and it is for this reason that we call the attention of our readers, whom we know to be sensible people, to some of the best books to be had.

We offer, in plain, substantial bindings, books, one page of which is worth whole volumes of the trash usually got up in fancy styles, to sell during the holidays. This assertion will not be contradicted after the annexed list is examined, which comprises some of the most truly valuable books ever published: We have

HOPES AND HELPS FOR THE YOUNG OF BOTH SEXES. Relating to the Formation of Character, Choice of Avocation, Health, Amusement, Music, Conversation, &c. By Rev. G. S. Weaver. Price, 87 cents.

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SELF-INSTRUCTOR IN PHRENOLOGY AND PHYSIOLOGY. Illustrated with One Hundred Engravings. 50 cents.

THE HYDROPATHIC ENCYCLOPEDIA. By Dr. Trall. The most comprehensive and popular work yet published on the subject of Hydropathy, with nearly a thousand pages. Fully Illustrated. \$3.

THE HYDROPATHIC FAMILY PHYSICIAN. By Dr. Shew. A Ready Prescriber and Hygienic Adviser, possessing much practical utility. Containing over 800 pages and about 300 Engravings. \$2 50.

HYDROPATHIC COOK-BOOK, Containing Recipes for Cooking the various dishes usually chosen by those who eat to live. Price, 87 cents, and \$1 will procure a copy elegantly bound and gilded.

Than these books, can any more appropriate or valuable gifts be found?

Matrimony.

MATRIMONIAL CORRESPONDENCE, NEW SERIES.

Editors of the WATER-CURE JOURNAL:

You will oblige by noticing in your Journal, that No. 28 old series and No. 31 new series, have withdrawn, "hand-in-hand," from the list of Matrimonial Correspondents. Your obliged,
"LONE STAR,"
"DUENNA."

[We congratulate our correspondents, and wish them much joy—a long life of usefulness and happiness. We shall be glad to hear from them often.—Eds. W. C. J.]

No. 37.—A young man, now in college, self educated, to graduate next year, who has taken a good standing in the classics, and also in modern languages; will take law as a profession; and "physically every way a man," would like to make the acquaintance of some young lady not over twenty-four, well educated, and willing to reciprocate devoted attachment. Address WILLIAM, care of FOWLERS AND WELLS.

No. 38.—I want to find my spirit-mate—the half of my soul. She is one who follows nature rather than fashion; with body and brain well developed; age from sixteen to twenty-five; education desirable, but not essential; property indifferent.

My age is twenty-three; height five feet ten inches, and well proportioned, with fine dark hair and beard, to be "shorn and shaven nevermore." I graduated at a first-class college; have large Benevoence; am social, and called "good looking."
O. S. FOWLER marks all my groups of faculties large. Am a Vegetarian, Hydropathist, Phrenologist, Abolitionist, and anti-tobacco, tea, coffee, and liquor. Not wealthy, but engaged in a pleasant business, with a good salary. A small daguerreotype sent, prepaid, will be returned again to the owner, prepaid. I shall till the soil and lecture on some reform.
SAMUEL.

No. 39.—I am thirty years old, five feet ten inches high, weigh about 160 lbs.; light brown hair and blue eyes. Phrenologists give me nearly an even balance of temperament, with a predominance of the moral sentiments and reasoning organs; have good health and teeth; religious, industrious, and economical. Am a firm believer in Phrenology, Water-Cure, and Vegetarianism, and have made the two former my study for five years; am very fond of music; can sing, and play an instrument scientifically; am a farmer by profession, with a fair start in the world; am a lover of the cultivation of fruit; in short, am of the progressive stamp; use no intoxicating drinks, or tea, or coffee, or tobacco, or opium, water being my only drink.

What I wish in a wife is congenial sentiments to my own; of good health and teeth, with a well-developed physical organization; one who understands domestic duties, and of industrious and economical habits; (should prefer full medium size, with dark hair and eyes.) I would suggest that each correspondent give their town, county, and State. I am of Clinton, Dutchess co., New York. Any lady desiring further acquaintance, (and living within fifty miles of me,) may obtain my address of FOWLERS AND WELLS.
C.

No. 40.—I desire a companion, and have concluded (after the manner of others,) to make my wants known through your paper. I deem it only necessary to say, that any lady wishing to communicate with me, can do so by getting my name of FOWLERS AND WELLS.
JOHN.

No. 41.—To you I will confess that I desire to be mated—physiologically, mentally, and spiritually mated. She must be "rich,"—not in "dimes," but in a higher and nobler sense.

Physiologically, I require one above medium height, with a fairy-like form, light hair, and blue eyes. These last are subordinate qualifications.

Now give to me the maiden that I can love intensely, or give me none—ous capable of leading the way in all that is truly great and noble.

No. 42.—I am five feet nine inches in height, weigh 172 lbs., black hair, under thirty-two years old; I am a farmer, and own a good farm; good parentage, but poor; I use no tobacco, tea, coffee, or spirituous liquors. I want a wife to make my home happy; I want one that is pliable, affable, prudent, and domestic in her disposition; a good housewife, and not above milking in fine weather. I wish her to be a Vegetarian, and from twenty to twenty-six years old. I have lived in the West about ten years.
S. N.

No. 43.—WANTED.—The acquaintance of one who wishes to become the wife of a farmer. She must possess in a good degree, those physical, intellectual, and moral qualities which will fit her to fulfil woman's part in making a happy home. I shall ask no more than I hope to offer. My age is twenty-seven years. My home is to be near a thriving village in Central New York. Further particulars to her who may accept of my offer of acquaintance.
LYSANDER.

No. 44.—A MODEL MAN.—The Editors will vouch for the truth of the following, in EVERY PARTICULAR. This we know to be "Simon Pure," whatever others may think. As "No. XXXII.," in the last October Journal, contains some typographical and material errors, it is thought best to supersede it by republishing the same under a new number, corrected and somewhat modified, by the author, as follows:

The subscriber is a bachelor, a college graduate, a tee-totaller from boyhood, a lawyer by profession; was for ten years a temperance editor; uses no tea, coffee, opium, alcohol, profanity, tobacco, leeks, nor onions; is industrious, affectionate, philanthropic, social, domestic, and moral in all his habits; is not a "church member," but deems the Bible a priceless boon from Heaven; admires teetotal, moral, devotional, mental, AFFECTIONAL, and physical beauty in woman; has vital temperament, size of head, and the groups of social, moral, and intellectual organs each marked "6," or large, by O. S. Fowler and other phrenologists; weighs about 170 pounds; is five feet ten inches tall, well-proportioned, healthy, not bad-looking, free from all hereditary and other disease, and "every inch a man" in all his physical functions and developments; has an estate of about \$10,000, and is now (but has not been for the last ten or fifteen years) in a situation to marry, and, as a husband, would love and cherish, with passionate fondness, some worthy, lovely, and loving woman as a wife, whose feelings, tastes, sentiments, and habits should happen to be congenial with his own.

The young lady for such a wife must have seen not more than about thirty summers, and be endowed with a mild and amiable disposition, a sound and healthy constitution, free from all hereditary predisposition to insanity or consumption; a taste for personal and domestic neatness and order; a good and well-educated mind; a fair, pleasant face; a fine and fully developed form, of about medium height and size; such practical knowledge of household affairs as to enable her both to rule the kitchen and to grace the parlor; and such an all-pervading femininity as to render her "every inch a woman" in all the developments of her phrenology, feelings, face, form and physical functions. As to wealth, she may have much, little, or none! For gold alone he would never marry; but, other things being equal, he would, for her sake, prefer a wife with a fortune not less than about half of his own and would at marriage have it so placed under her own exclusive control, as to protect her and her children from poverty or want in case he should ever again be financially unfortunate, as he once has been.

Should any such lady, with a view to matrimonial relations, desire a correspondence or personal interview with such a bachelor, and should, over her true name and address, write him a sealed letter, to the care of Messrs. FOWLERS AND WELLS, the publishers of this Journal, (to one of whom—Prof. O. S. Fowler—he is personally well-known,) they will super-envelope, re-address, and re-mail the same to him, who will treat it as strictly private and sacredly confidential, and in due time will write her, confidentially, over his true name and address, in return, and give her such additional facts and information as she may require or the case render appropriate.
A CONJUGIAL CANDIDATE.

No. 25.—FLORA having found a "congenial spirit," requests us to withdraw her name from the list.

No. 29.—* withdraws his name.

Advertisements.

A LIMITED space of this Journal will be given to Advertisements, on the following terms:
 For a full page, one month, \$15 00
 For one column, one month, 20 00
 For half a column, one month, 12 00
 For a card of four lines, or less, one month, 1 00

At these prices the smallest advertisement amounts to LESS THAN HALF A CENT A LINE, or forty cents a column for EVERY THOUSAND COPIES, our edition being 56,000 copies.

Payment in advance, for transient advertisements, or for a single insertion, at the rates above-named.

Copies of this JOURNAL are kept on file at all the principal Hotels in NEW YORK CITY, BOSTON, PHILADELPHIA, and on the STEAMERS.

ALL ADVERTISEMENTS for this JOURNAL should be sent to the Publishers by the first of the month preceding that in which they are expected to appear.

Water-Cure Establishments.

HYDROPATHIC AND HYGIENIC INSTITUTE. R. T. TRALL, M.D., PROPRIETOR. This commodious establishment, 15 Laight St., can now accommodate one hundred or more persons. Its business arrangements comprehend:

1. GENERAL PRACTICE, in which Dr. A. Crystie and Miss A. S. Cogswell assist.
2. OFFICE CONSULTATIONS, by Dr. Trall, personally.
3. DEPARTMENT FOR FEMALE DISEASES.
4. SCHOOL DEPARTMENT, for the education of physiological teachers and lecturers, and Hydropathic physicians. TEACHERS: Dr. Trall, Dr. Taylor, Dr. Hambleton, Dr. Snodgrass, Dr. Briggs, Dr. Christie, L. N. Fowler, Miss A. S. Cogswell.

Regular term of Lectures, from November 1 to May 1, of each year. Private or Summer term, with private lessons and occasional lectures, from May 1 to November 1.

EXPENSES: Tuition for the Winter term, \$75; do., with board, \$150. Summer term, \$50; do., with board, \$100.

5. PROVISION DEPOT, for the manufacture of pure and proper articles of wheaten grits, hominy, oatmeal, farina, crackers, &c. Orders for all kinds of farinaceous preparations, dried and preserved fruits, &c., will be supplied.

6. BOARDING, for those who desire the dietary of this institution.

NEW YORK HYDROPATHIC AND PHYSIOLOGICAL SCHOOL.—The regular Lecture Term of this School will hereafter commence November 1st of each year, and continue six months. Tuition, \$75. Do. with board, \$150.

There will be a Summer Term from May to November, with occasional lectures, clinical demonstrations, &c. Tuition, \$50; do. with board, \$100.

For circulars, &c., address,
 Dse R. T. TRALL, M.D., Principal.

WATER-CURE, Corner 6th Avenue and 35th St., N. Y. Dr. SNEW joins Dr. TAYLOR during the fall and winter season, at his large and commodious Establishment, as above. The location combines, as far as possible, the advantages of both city and country, and is easy of access from all parts of town. Boarders, transient and permanent, as well as patients, accommodated on reasonable terms. Females specially treated through female advice. Out-door practice, in all its departments, in the city and vicinity, promptly attended to. Also, letters for advice. Patients, whether in-door or out-door, can have the counsel of both physicians without additional expense. Establishment open during the whole year.

N. B.—Down-town patients may leave their registers, at Messrs. Fowlers and Wells', 308 Broadway.

JOEL SHEW, M.D. GEO. H. TAYLOR, M.D.
 Nov. 1st.

ORTHOPATHIC WATER-CURE, Cleveland, Ohio.—Dr. G. W. STRONG and ISAAC JENNINGS, M.D., Physicians.

The public are informed that they have opened their New Establishment in Forest Dale, and are now ready to receive patients of both sexes for the winter.

The new edifice is of brick and stone, and finely adapted to the purpose for which it is designed. It is warmed and ventilated on scientific principles, and hot and cold air can be introduced at pleasure.

The rooms are pleasant, the water soft and abundant, the pleasure-grounds picturesque, and the gymnasium commodious.

No expense has been spared in its construction, and they are determined to make it second to none in remedial facilities.

TERMS:—\$7 to \$12 per week, according to rooms, and attention required.

Each patient requires two coarse cotton and one linen sheet, one woollen blanket, one comfortable, and six or eight crash towels.

All communications addressed to Dr. G. W. STRONG, or ISAAC JENNINGS, M.D., Cleveland, Ohio, postpaid, will receive immediate attention. Dec 1 yr

CINCINNATI WATER-CURE, five miles from the City, on the Cincinnati & Dayton Railroad, and but a few rods from the Carriage Depot. This large and flourishing Institution is open Summer and Winter, for the reception of patients.

Terms, from \$8 to \$10 per week.
 For further particulars address D. A. PEASE, M.D., Carriage, Hamilton Co., Ohio. July 1st.

FOR WATER-CURE ESTABLISHMENTS.—The finest sorts of Fruit and Flowering Trees and Plants at the lowest rates. Catalogues gratis. Carriage paid to Boston or New York. B. M. WATSON, Old Colony Nurseries, Plymouth, Mass. Aug. 9th.

ATHOL WATER-CURE, MASS.—For healthfulness of location, purity and softness of water, variety and beauty of scenery, and the large proportion of cures it has witnessed, this establishment is deemed unsurpassed.
 TERMS: \$6 to \$7 per week. For particulars address
 Mch. 1st. GEO. FIELD, M.D.

New Lebanon Springs Water-Cure.—This Establishment is now open for fall and winter treatment. Having the water from the celebrated WARM SPRING, which is never below 72 deg., Fah., renders our houses UNEQUALLED as a fall and winter resort for invalids.
 WILLIAM A. HAWLEY, M.D.
 NEW LEBANON SPRINGS, Sept. 7, 1854. Oct 1st

Dr. E. A. Kittredge has given up his Establishment in Franklin Place, and has taken rooms in Avery street, No. 13, (Boston, Mass.) Dr. K. will be in readiness at all times to visit the sick, prescribe at office, and lectures anywhere in New England. Oct 1st

Spring Ridge Water-Cure, Hinds County, Mississippi.—Dr. H. J. Holmes respectfully informs the citizens of Louisiana, Alabama and Mississippi, that he is gradually converting his present Female Infirmary into a regular Water-Cure Establishment, and that he is now prepared to receive patients to be treated in accordance with the principles of this modern discovery. In this enterprise he is pleased to announce that he will have effective aid in the person of his son, Henry J. Holmes, Jr., M.D., who has superadded to a thorough medical education a personal knowledge of the theory and practical operations of Hydropathy as taught by Dr. R. T. Trall in the city of New York. He will also be aided by his brother, General T. J. Holmes, whose success in the treatment of chronic diseases by water has indeed been unparalleled. Ladies and gentlemen visiting Spring Ridge Water-Cure, will be required to furnish two linen sheets, two comfortable, towels, &c.
 Terms, \$10 per week, paid in advance. Oct 31

DR. GEO. HOYT,
 Office and Residence, 77 Bedford Street,
 BOSTON, MASS.
 Sept 1st

PHILADELPHIA.—Dr. Weder's City Water-Cure Establishment, No. 80 North Eleventh street. Oct 31

WORCESTER HYDROPATHIC INSTITUTE, No. 1 GLEN STREET.—This Institution is well arranged for treatment at all seasons.
 TERMS, usually from \$7 to \$9 per week. For treatment without board, \$3 to \$4 per week.
 July 1st. S. ROGERS, M.D.

CHICAGO WATER-CURE RETREAT, on Lake street, between Holsted and Green streets.—Open summer and winter for the reception of Patients. Female difficulties receive special attention. We also attend patients in the city and country.
 Dec 1st J. WEBSTER, M.D.

ELMIRA WATER-CURE.—This Institution is well adapted to winter treatment.
 The Bath-Rooms, four in number, are so arranged as to be in proximity to patients' rooms; and all comprised within the same building, so that there is no out door exposure in going to and from baths.
 The male department is in charge of Dr. S. O. GLEASON. This female in care of Mrs. R. B. GLEASON, M.D. Their entire attention has been given to Hydropathy for the past eight years.
 All classes of cases will be treated here.
 Mrs. GLEASON will give special attention to female diseases.
 The Establishment is reached direct by railroad from every direction.
 Address,
 S. O. GLEASON, M.D.,
 Elmira, N. Y.
 Dec 1st

LYING-IN INSTITUTE, 201 West 36th St., by Mrs. C. S. BAKER, M.D., graduates. She will also consult with and visit patients at their residences.

CAPE COD WATER-CURE; W. Felch, Physician. Address
 GILBERT SMITH,
 Harwich Port, Mass.
 Oct 31

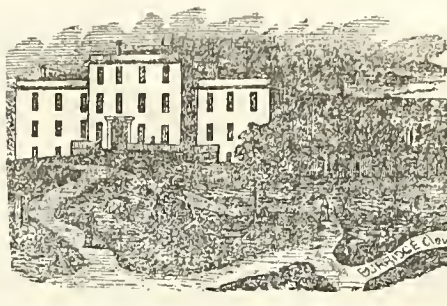
FORESTVILLE WATER-CURE, at Forestville, Chautauque Co., N. Y., eight miles from Dunkirk, on the New York and Erie Railroad. For Circulars address the Proprietor,
 C. PARKER, M.D.
 July, 1st.

AUBURN WATER-CURE, Auburn, Macon Co., Ala.—Dr. WM. G. REED, Physician. Apl 1st.

DR. BEDORTHA'S WATER-CURE ESTABLISHMENT is at Saratoga Springs. Aug 1st

EMPLOYMENT.—Young Men, in every neighborhood, may have Healthful, Pleasant, and Profitable Employment, by engaging in the sale of our New and Valuable Books, and canvassing for our POPULAR FAMILY JOURNALS. For terms and particulars, address, postpaid,
FOWLERS AND WELLS,
 No. 308 Broadway, New York.

P. S.—All who engage with us will be secured from the possibility of loss, while the profits derived will be very liberal.



CRYSTAL FOUNTAIN WATER-CURE.

This Establishment for the cure of CHRONIC DISEASES, is conducted by Dr. B. L. HILL, (Professor of Surgery in the Cleveland Homoeopathic College), and Dr. N. G. BURNHAM, both experienced Physicians and able Hydropaths.

The facilities in this "Cure" for the successful treatment of Chronic Diseases, and especially the different forms of Dyspepsia, Diseases of the Liver, Spine, and Nervous System, Rheumatic Affections, Neuralgia, Femoral Diseases, General Debility, Bronchitis, and Incipient Consumption, as well as diseases caused by improper or excessive medication, are not surpassed by any Establishment in the country. Especial attention will be given to diseases commonly known as SURGICAL CASES, such as Hip-Diseases, Fever Sores, White Swellings, Fistulas, Cancers, (in the early stages,) Diseases of the Eye, Spine, &c.

THE FEMALE DEPARTMENT is under the special charge of a skillful FEMALE PHYSICIAN, who will also have the aid and counsel of the other professional attendants. Her experience in one of the most successful Water-Cures of the East, and her devotion to the suffering of her sex, we trust, will recommend her to the favor of those who seek restoration to health.

Patients will have the benefit of the most skillful Homoeopathic or specific prescriptions—an advantage enjoyed in but few "Water-Cures" at present, in this country.

The Rooms are large, airy, and well ventilated. The Bath-rooms are ample, and supplied with an abundance of soft water, of the purest quality, flowing from sandstone rocks, free from any calcareous or other mineral substance.

The SOIL is dry, and sandy, the air pure, and free from fogs. This locality is celebrated for healthfulness—no epidemic disease ever having prevailed here—its parallel in this respect is unknown in the West. It is on the highlands, 4 miles from, and several hundred feet above Lake Erie—is very accessible, being 2½ miles from the Berlin Station, Cleveland and Toledo Railroad, via Sandusky; 4 miles from Townsend Station, Southern Division C. and T. Railroad, via Norwalk; 8 miles from Norwalk, and 14 miles east from Sandusky, via C. & T. Railroad.

The prices for residence at this Cure, including board, treatment, and nursing, will vary from \$6 to \$12 per week.

Address,
 "CRYSTAL FOUNTAIN WATER-CURE,"
 BERLIN HEIGHTS,
 Erie County, Ohio.
 Aug. 1st.

NEW GRAEFENBERG WATER-CURE.—For full, printed particulars, address R. HOLLAND, M. D., New Graefenberg, N. Y. Aug 1st

PAWTUCKET WATER-CURE, No. 7 Spring Street. Open Summer and Winter. For particulars address ISAAC TABOR, M.D., Proprietor and Physician, Pawtucket, R. I. July 6th.

H. KNAPP, M.D., Water-Cure Physician and Surgeon, Lockport, Niagara Co., N. Y. Dr. K. keeps constantly on hand and for sale, Water-Cure and Phrenological Books, at New York prices. Jan 1st

MOTORPATHIC CARD.

Dr. H. HALSTED, formerly of Halsted Hall, Rochester, N. Y., well known as the author of the System of Motorpathy, and by his great success in the cure of Chronic and Female Diseases, has recently purchased and removed to the celebrated ROUND HILL WATER-CURE RETREAT, at Northampton, Mass., where, with improved facilities, he will continue the practice of his peculiar System, in connection with the Hydropathic Treatment.

Dr. H. was one of the earliest advocates, and has long been, and still is, one of the most successful practitioners of the Water-Cure System. Nevertheless, in the treatment of Chronic Diseases, and especially those incident to Women, experience has taught him that MOTORPATHY combined with the Water-Cure Treatment, is in all cases much more effectual, and will restore many patients who are beyond the reach of Hydropathy alone. This has been made apparent in the cure of very many nervous and spinal affections heretofore unreached, and of Dyspepsia and Paralysis, and the numerous and complicated diseases of the Liver and Kidneys.

Dr. H. is confident in saying that in many long-standing diseases, Motorpathy is the only available remedy. More than seven thousand persons have been successfully treated at his former institution; and with the improved facilities of Round Hill, Dr. H. looks forward to increased success. Physicians are respectfully invited to call and test for themselves the merit of his System.

As a summer retreat for the friends of patients or others seeking relaxation and pleasure, Round Hill stands alone and unrivalled. Its mountain air, limpid water, and delightful scenery have given it a world-wide reputation.

The former Institution at Rochester is for sale. His work on Motorpathy can be obtained by remitting ten postage-stamps.
 Address H. HALSTED, M.D., Round Hill, Northampton, Mass. Sept 1st.

GEORGIA WATER-CURE—At Rock Spring, near Marietta, Georgia, is open, summer and winter; terms, \$10 per month. C. Cox, M.D., Proprietor. Sept 1st.

DR. FRANKLIN'S ORIENTAL HYDROPATHIC INSTITUTE at FREEDONA, N. Y., is now in successful operation. Terms, from \$6 to \$12 per week.
 Address, post-paid,
 Oct. 1st D. D. FRANKLIN, M. D.

CLEVELAND WATER-CURE ESTABLISHMENT. The above Establishment is now commencing its seventh season. The number of patients treated at this establishment has been on the increase from year to year, for the past six years, until the last season, when the demands of the public far exceeded our power to accommodate them. The increasing rapidly and proportion of cures, from year to year, induces the subscriber to believe that his enlarged experience and opportunities for treatment give facilities to the invalid rarely equalled. Diseases peculiar to females are treated with a success and rapidity of cure believed to be surpassed by none.
 June 1st. T. T. SEELEY, M.D., Cleveland, Ohio

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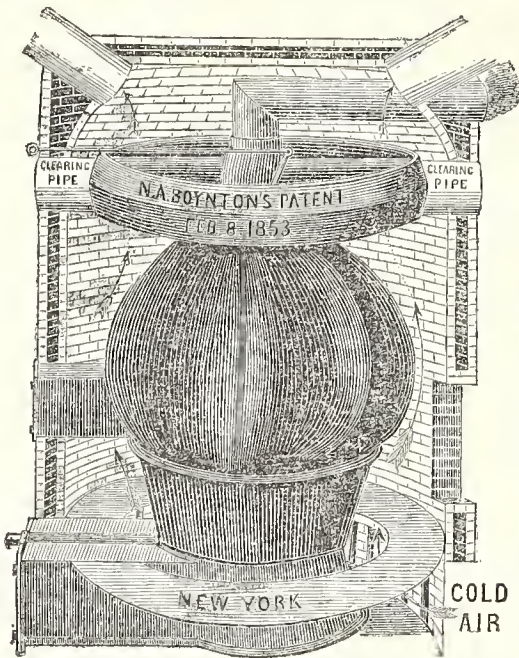
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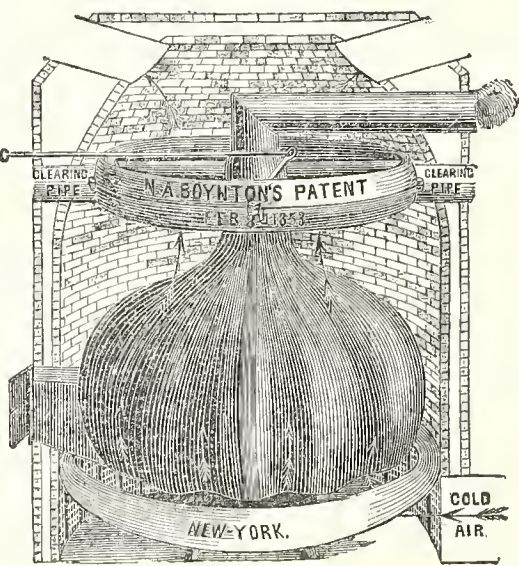
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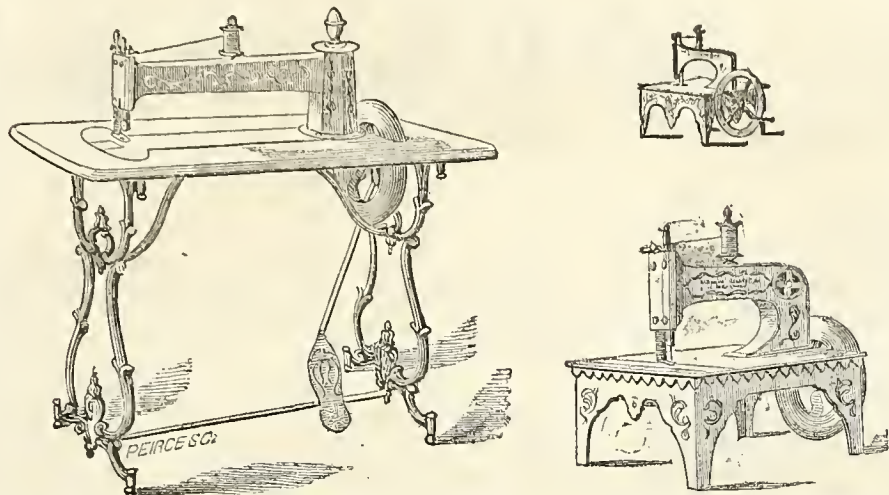
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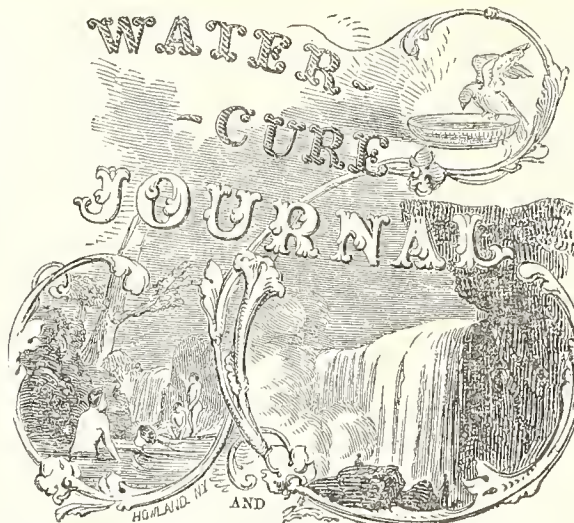
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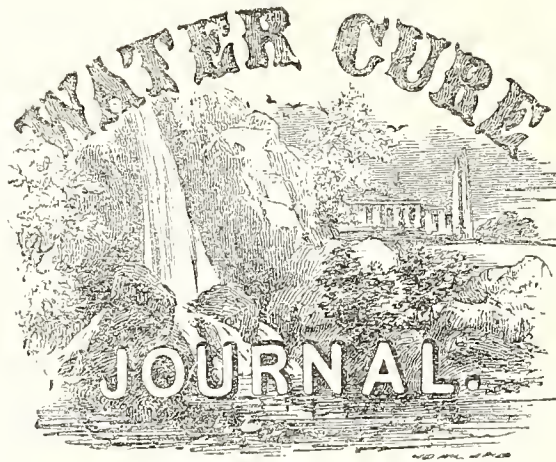
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