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THE

WATER-CURE JOURNAL

AND

HERALD OF REFORMS;

DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

OUR OBJECT

TO PROMULGATE THE PHILOSOPHY AND PRACTICE OF HYDROPATHY—EMBRACING THE TRUE PRINCIPLES OF HEALTH AND LONGEVITY, TOGETHER WITH DIRECTIONS FOR THE APPLICATION OF WATER, AIR, EXERCISE AND DIET, TO ALL THE VARIOUS DISEASES WITH WHICH MANKIND ARE AFFLICTED.

VOLS. XVII.



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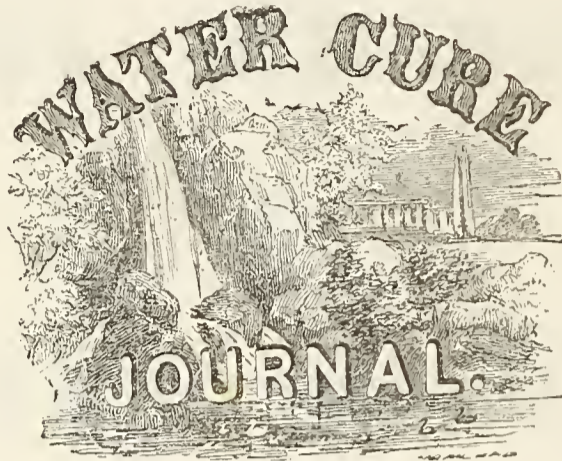
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1854.

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WE labor for the Physical Regeneration of the Race, well knowing that only through this can we successfully promote the Intellectual and Moral Elevation of our fellow men. Health of Body and health of Mind and Heart are so intimately connected, while we abide in the flesh, that, while the former is wanting, we despair of the latter. It is the appointed and glorious mission of the

WATER-CURE JOURNAL

to proclaim and hasten the advent of UNIVERSAL HEALTH, VIRTUE AND HAPPINESS. We ask all who love their brothers and sisters of the Human Family to aid in this work, by becoming co-workers with us in the great cause of Hydropathy.

Fowlers & Wells



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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."

WATER-CURE PROCESSES AND RULES FOR BATHING.*

BY JOEL SHEW, M.D.

It is often objected that Water-Cure is a *one* remedy, and that it therefore cannot be applicable in *all* diseases. The following description of some of its leading processes will serve to convince any unprejudiced and intelligent mind that the objection is a fallacious one; and that water, in its multiplicity of ways of application, both as to method and temperature, is capable of being made to answer all the various indications in the healing art.

FIG. 1.

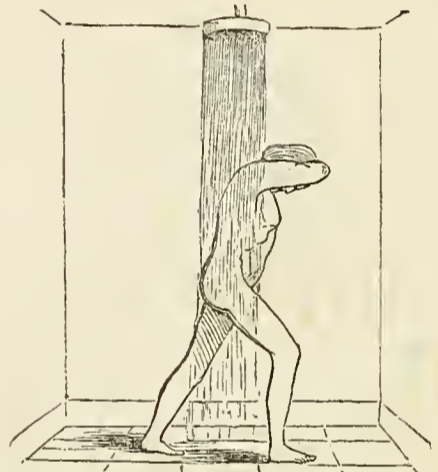


THE DOUCHE BATH.—This is the most powerful, but not the most useful, of all the hydropathic appliances. A common douche consists of a stream of water from one to two inches in diameter, with a fall of ten, fifteen or twenty feet. But douches may be arranged of any desirable size and height. (See fig. 1.)

This remedy is useful in paralysis, stiff joints, gout, rheumatism, tumors, and old swellings of

various kinds. Those who have weak lungs, stomach, or other abdominal organs, should not resort to the douche without the best of medical advice.

FIG. 2.



SHOWER BATH.—This also is one of the more powerful of the hydropathic appliances, and needs judgment in its use. It consists, in fact, of a vast number of small streams or douches, and hence is a powerful refrigerant as well as excitant to the system. It should never be taken upon the head, especially if the water have any considerable force, or fall from any considerable height, for the reason that the head should never be subjected to mechanical force. It is useful in some cases to commence by taking this bath only upon the limbs. (See fig. 2.)

FIG. 3.



CATARACT BATH.—This is also one of the more powerful of the hydropathic processes, and is to

GOOD THINGS IN STORE.—Our numerous and excellent contributors have filled our copy-drawer to overflowing with their valuable communications, and laid us under renewed obligations; but we are utterly unable to give *half* of them a hearing in the present number. Among the articles on hand are the following: "Water-Cure at Sea," by Rev. J. Butts; "A Letter from the West," by Mrs. Frances D. Gage; "Hydropathy at Home," by Mrs. S. A. Wright; "Mary's First Child," by the author of "Hot Corn;" "Pleasure vs. Health," by Mrs. J. A. Hanaford; "Diary of a New England Physician, No. 12," by Noggs; "Water-Cure in Lung Complaint," by Dr. S. Frease, &c. We shall find room for them as soon as we can, as well as for the scores of other communications which we are expecting.

CITY ERRANDS.—To save time, extra postage, and to oblige our country friends, the Publishers of this JOURNAL will receive Subscriptions for all *Magazines, Newspapers or Periodicals*, and forward the same to the respective Publishers in New York, Boston or Philadelphia, providing, always, the amount accompanies the order. Being located in the heart of these Metropolitan Cities, from whence most of the Newspapers and Periodicals emanate and radiate, and where the various Expresses have their "head-quarters," it is an easy matter for the Publishers to communicate with each other, and for us to obtain and forward Papers, Journals, Books, and so forth, to any place, and to all who may wish or desire our services.

THE WATER-CURE JOURNAL, for December, is before us; of all we receive, none is more welcome: every number we have seen has been worth a year's subscription. To a family who value health and comfort, this journal would be cheap at twelve dollars a year; whereas, the price is only one dollar!—*Phil. Sunday Ledger.*

* Abridged from the HYDROPATHIC FAMILY PHYSICIAN.

be classed with the two preceding baths. Like these, it may be said to be stimulant, tonic, and alterative, while it is also highly sedative, so far as animal heat is concerned. (See fig. 3.)

FIG. 4.



HOSE BATH.—Through the modern improvements in India Rubber, Gutta Percha, leather, &c., it is easy, wherever there is a small fall or head of water, to arrange what is called a hose bath. It is in principle a douche, with the additional advantage that it can be made to act upon every part of the body and from any direction we choose. Rightly applied, the hose is a valuable means. (See fig. 4.)

FIG. 5.



RUBBING WET SHEET.—We come now to one of the most useful as well as most convenient of all the Water-Cure resources. The application consists of a coarse linen sheet, (although cotton answers a very good purpose,) large enough to throw about the body like an Indian's blanket. It is wrung more or less, according to the demands of the case. Thereupon it is thrown quickly about the body of the patient, who, if able, is in the standing posture—and then both patient and assistant set vigorously at work, rubbing over the sheet, not *with* it, as some do, three, four or more minutes, until the surface becomes thoroughly warm. If there is fever, however, less friction is required. After the wet sheet comes a dry one, used in the same manner. Those who have sufficient reactive energy—and most have—may dry the body simply by fanning it with the dry sheet, the windows at the same time being open. This sort of "air bath" exerts a highly pleasurable and genial effect upon the skin. Instead of giving one a cold, it helps greatly to ward it off. This method of drying the body was one of Priessnitz's later improvements; and it was he who improved Water-Cure more than all the world before him combined. (See fig. 5.)

The rubbing wet sheet, it should be remembered, is not a *single* application, capable only of

producing one effect. It is used in *three* different gradations, and to produce very different results. It is well wrung, or only moderately wrung, or left quite wet and dripping. If a person is fatigued, or has a low degree of reactive energy, the first form is the one to adopt; if there is not much fatigue, and good reactive energy, the second; and if the person is feverish, and the object is to abstract heat simply, we use the sheet quite wet, dripping, as we say. We repeat it, moreover, as many times in succession as the case may need. One great advantage, too, is, that we give it before or after a wet pack, when no bath is at hand; we also give it in connection with any other bath we may choose.

The rubbing wet sheet appears a trifling application—one which is not capable of producing any great result. But when we remember the myriads of nerves of animal life spread over the skin, and derived from the brain and spinal cord, it need not surprise us that its application should so invigorate the body, take off bodily and mental depression, remove languor, fatigue, expel flatus from the bowels, remove thirst, give appetite, and cause a feeling of calmness and relief which can be appreciated only by those who have experienced it. A preacher, for example, preaches three times on a Sunday, and gets his brain so excited that he cannot sleep. A cold bath would be too powerful for him, and opiates would only act as stimulants, making the matter worse. Two or three successive applications of the rubbing wet sheet, with powerful friction, bring the blood so much to the surface that his brain becomes relieved, and he very soon falls into a sound and quiet sleep. So, too, if one has been long wet and drenched of a rainy day. He comes home with the surface and extremities cold, the blood pressing hard upon the brain and other viscera. The well-wrung rubbing-sheet is applied with plentiful friction, and at once the oppressed organs are set free.

FIG. 6.



PLUNGE BATH.—In sea, river, and lake, as well as by artificial means, and as a matter of luxury, religious observance, purification, and the prevention and cure of disease, the plunge has, in all periods of time, and in all parts of the world, been a favorite resort. So efficacious, indeed, has this simple means proved in healing the sick, that not a little superstition has been mingled with it. Springs and wells have often been supposed to possess some mysterious power, and for that reason been named after some pa-

tron saint. In this respect, the world has loved mystery and marvelousness rather than the pure and simple truth.

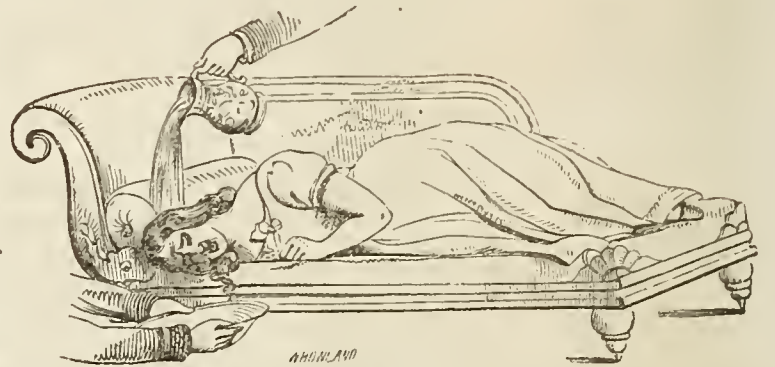
In hydropathic practice, the plunge is much used; but it is not every patient who is able to bear it. Those who are not sufficiently strong for it at first should practice the rubbing wet sheet, half bath, hip bath, drinking, exercise, &c., until the plunge can be borne. It is a favorite remedy at all of the establishments, to be taken directly on coming from the wet sheet pack. (See fig. 6.)

FIG. 7.



HEAD BATH.—From time immemorial, cooling applications to the head have been much depended upon in that violent and dangerous disease, in-

FIG. 9.



flammation of the brain. All other known means failing, certain obstinate affections of the head have been known to give way to the affusion of cold water upon the part. In headache, drunkenness, delirium tremens, the delirium of fever, epilepsy, rheumatism of the head, diseases of the eye, carache, deafness, loss of smell and taste, and in nose-bleed, this highly energetic remedy is brought to bear. In taking the head bath (see

FIG. 8.

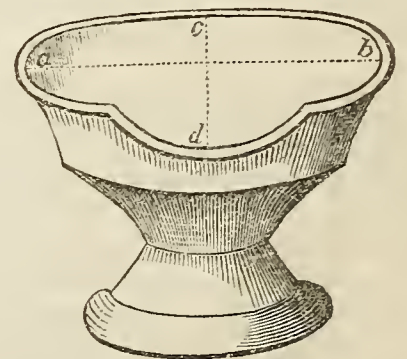


fig. 7), the person lies at length, sits, or stands, as the case may be, and subjects the back and sides of the head in succession to the action of the water. In case affusion is practised, the head must extend a little way from the edge of the bed or couch, as in figure 8.

A convenient, though somewhat expensive apparatus for the head bath is represented in fig. 9. The length from *a* to *b* is 11 inches; depth, 3½ inches; height from the floor, 7 inches. The bottom is concave. A good common wash-bowl, however, answers a good purpose.

FIG. 10.



WET SHEET PACK.—This is the great “bug-bear” of water treatment. In the process we use a coarse linen sheet—although a coarse cotton one answers tolerably well—of length sufficient to reach from the patient’s head to the soles of his feet, and about two yards in width. The bed is stripped of all its covering, one or two pillows only being left for the patient’s head. One or two comforters are then spread upon it, and over these a like number of woollen blankets, which are not so much injured by the wet as cotton comforters. Or what is better, but more expensive, we may use blankets only, two or more pairs, as they may be needed. The sheet having been pretty well wrung out of cold water—pure and soft always, if such can be had—is then spread out, as smoothly as may be, upon the upper blanket. The patient, being undressed, lays himself at full length upon the sheet, and holding up his arms, an assistant laps one side of it over the body and lower limbs; the arms are then dropped at the side, after which the other part of the sheet is lapped over as before. The blankets are then, one by one, brought over the person in the same way and tucked under from “head to foot,” and then comforters in the same manner, if such are used. It is best always to place a wet towel, covered with a dry one, on the patient’s head while he is packed; or if it does not chill too much, the dry towel may be left off. This is the ordinary way of taking a “pack” in chronic disease.

The wet sheet is one of the most soothing and agreeable of all water appliances, and I may add, of all remedial measures known to man. Hence it is that the wet sheet is so often misused. It is so delightful, and tends so much to slumber, the patient never feels ready to get out of it. But this slumber—so profound and sweet, as it often is—he should remember, may be only an apoplectic stupor, that leaves him with a swimming, giddy feeling in the head, attended with faintness, perhaps, and ending in a severe headache; giving him, in short, a congestion of more or less severity in the brain. Now all this happens in consequence of there being too much heat accumulated about the surface, and by robbing the skin too long of the air it should breathe. The skin, be it remembered, is a *breathing* apparatus, just as truly as the lungs are.

One of Priessnitz’s improvements was to give short

packs. “Remain enveloped for fifteen or twenty minutes only,” he said; “if you are not able to bear the pack in that way, take the rubbing wet sheet and the lighter processes until you are.” In some cases, he gave two or three of these short packs in succession, the patient rising between each to take an airing, a rubbing wet sheet or other bath, and then again to the pack. Oftener, however, one only was taken at a time, once, twice, or thrice in a day, as the case might be; and as to becoming warm, some American ladies told me at Graefenberg, in the depth of winter, that they never, in a single instance, had begun to get comfortable; yet they were growing well as fast as any one could desire, notwithstanding they had been under the care of a number of the best allopathic and homœopathic physicians on both sides of the water. Cold water, in fact, cured them, but drugs could not. Nor were the applications made in a manner so *very comfortable* as some suppose must necessarily be. In these hard cases it is up-hill, self-denying work to get well, even in the best and only way. (See fig. 10.)

If the object is to abstract caloric from the body, we cover the sheet but little, with a single dry sheet, or a blanket or two, or perhaps with none of these. If, in a hot day, we keep a wet towel about a keg of water, we know that by evaporation—a natural process—the water is rendered more cool. In the same way, if the patient is hot and feverish, we keep one, or, still better, two wet sheets about him, without other covering, and thus bring down the heat and circulation to any desirable degree. We sprinkle water upon the sheets, or re-wet them as often as is necessary; in some extreme cases of fever, continuing them almost constantly a whole week or more.

The wet sheet acts also by absorption. It draws morbid matter out of the body, as any one can see who applies it for a short time only, and then washes it. Observe, too, what an odor comes from the sheet when a diseased, tobaccoized, narcotized, and tea-and-coffeeized, pork eating patient has been packed. At the same time, *the diseased body absorbs the pure water into its finest tissues on a large scale*, thus supplying that fluid which, of all substances, the system under such circumstances most needs. The moist warmth of the sheet also acts as a most soothing poultice, producing over the whole surface the same good effects as a smaller local application.

FIG. 11.



LEG BATH.—This is useful in cases of ulcers, swellings, eruptions, gout, or rheumatism, sprains, wounds, &c., of the leg and thigh. The relief and

strength obtained, often by a single application of this remedy, is truly wonderful. A variety of apparatus may be contrived for administering the leg bath. A common wooden tub, constructed for the purpose, is a very good one. (See fig. 11.)

FIG. 12.



SITTING BATH.—Convenient tubs, wooden or metallic, are constructed for this bath; but an ordinary wash-tub answers very well. The article should be large enough to admit the motion of the arms in rubbing the abdomen, sides and hips, first with one hand and then the other. Water enough is used generally to come pretty well up the abdomen. The more movement and friction, while in this bath, the better. It is more convenient if the tub be elevated two or three inches from the floor. Some undress completely, and place a blanket or sheet over the upper part of the body, but oftener the parts only of the person to be exposed to the water are uncovered. In a variety of ailments, this bath is highly valuable. It may be made one of the most powerful of all of the hydropathic modes. Like all other powerful applications, it should be made only after digestion is nearly or quite gone through with.

As a tonic to the stomach, liver, bowels, womb, spine, &c., this bath is highly useful. In constipation and other irregularities, it is famous. Those of sedentary habits will find its use of rare service. For the tonic effect, it is taken ten to twenty or twenty-five minutes or more. If it is continued some length of time, the water is to be changed once or more, as it would otherwise become too warm. (See fig. 12.)

FIG. 13.



HALF BATH.—This bath may be used as one of the mildest of Water-Cure processes, or as one of the most powerful. An ordinary bathing-tub is a very good apparatus for the purpose. A good-sized washing-tub will answer very well, if there is nothing else at hand. The water is generally

quite shallow in this bath—from three to six inches. Priessnitz's halfbaths were made of wood, four or five feet long, about two and a half feet wide, and twenty inches deep. This simple contrivance was one of his most powerful means—that by which some of his highest triumphs were achieved. The water is generally used of moderate temperature, at 60° to 70° F., and when long-continued is changed, as it becomes warm from the heat of the body. This bath may be used—

1st. As a means of cooling the mass of the circulation in the hot stages of fever, and inflammatory attacks of every kind.

2d. As a revulsive or means of deriving blood in congestions or inflammations of the nobler organs, the brain, lungs, stomach, liver, &c.

3d. As a means of resuscitation in the shock of serious accidents, sun-stroke, and before, during, or after apoplectic and other fits. In drunkenness and delirium tremens, the half bath is a sovereign remedy.

4th. As a milder means, and preparatory to the general bath in weak constitutions.

FIG. 14.



In the latter of these indications, the bath is generally used but for a few minutes, after the wet sheet, or at other times, as may be desired.

In the former indications, much practical knowledge is necessary in order to proceed always with safety, and to obtain the best results. Thus six or even nine hours may be required, with the greatest perseverance, the patient being thoroughly rubbed over the whole surface, and this to be kept up constantly by relays of assistants, the patient's head and shoulders being supported meanwhile. (See figs. 13 and 14.)

RULES FOR BATHING.

THE TIME OF DAY.—In general, the more powerful applications should be made in the early part of the day. At this time the calorific powers and the circulation are more vigorous, and, consequently, the body more able to resist powerful applications of whatever kind.

THE MEALS.—Ordinarily no powerful bath should be taken within three to four hours after a meal. A full stomach and cold water do not at all agree. But in certain diseased conditions, as feverishness, inflammation, cholera, cramp in the stomach, cholera morbus, and other sudden attacks, water appliances are to be commenced, without reference to hours or meals. The symptoms, then, are our only guide.

THE LIGHTER BATHS.—If there is doubt as to which application to make, the well-wrung rubbing wet sheet, the tepid shallow bath, or a warm bath should first be taken.

REACTION.—Within a reasonable time after a bath, the body, in all its parts, should become naturally warm. If the feet and hands remain cold, and the nails and lips blue, the bath has, to say the least, done no good. In some cases of fevers and other inflammatory diseases, it is better to keep the body chilly than to allow it to become too warm.

ULCERATION.—If any part of the body, as the extremities, lungs, bowels, &c., is undergoing any considerable ulceration, very cold baths are inadmissible.

NERVOUSNESS.—With some persons who are highly nervous, and particularly with nervous females, much cold bathing, although it appears to agree well, and be the best for a time, is in the end harmful, rendering the nervousness and general debility worse.

EXERCISE.—For the douche, plunge, cold sitz and foot baths, and all others that abstract a large amount of caloric from the system, the body should be fully warm, and the circulation somewhat accelerated by exercise. Exercise should also be taken *after* the bath, until the heat and circulation are fully restored. But if exercise is impracticable, either before or after the bath, friction should be made to take its place.

INCREASED HEAT.—Elevation of temperature constitutes no objection to bathing, provided the body is not excessively fatigued. The reason why overheated persons sometimes lose their lives by plunging into or drinking largely of cold water, is that the vital force has been too much exhausted. Mere heat is an advantage.

PERSPIRATION.—Neither does this constitute an objection to bathing or water-drinking, if the foregoing rules are observed.

THE AIR.—Bathing in the open air is always preferable to indoors, provided the extremes of heat and cold are avoided.

THE HEAD.—It is well always to wet the head with cold water, both before and after a bath. Douches and the shower should never be taken on this part. Simple pouring or affusion is the only mechanical force of water that should be allowed on the head.

PREGNANCY.—This, as abundant experience proves, forms no objection to bathing, or any form of properly regulated water-treatment. Cold bathing and water drinking are of the greatest service during this period.

MENSTRUATION.—Not only is bathing safe at the monthly periods, but is of remarkable advantage, as thousands in this country can already testify. A course of water-treatment sometimes arrests the menstrual functions for several months, even a whole year or more, the patient, at the same time, gradually recovering her accustomed health and strength.

THE SEASON.—If the lungs are not extensively diseased, and if there is no considerable ulceration going on in any part of the system, the cool and cold seasons are preferable for a course of bathing. With right management, a patient gains two or three times as much in a given time during the cold months as he does in the hot.

DAYS OF REST.—One day in seven, water-treatment should be discontinued, with the exception of a simple ablution in the morning. Six days' treatment in the week are worth more than seven, because it is a law of nature, that if a re-

medy is continued steadily, and without change, it loses much of its good effect. This is as true of water as of any other agent. Those who do wisely will omit the treatment on Sunday, whatever their religious convictions may be.

FRICTION.—One of the most common errors in regard to bathing, is the notion that the skin should be rubbed a good deal—rasped off, so to say—and the more the better. Hence the use of very coarse towels, flesh-brushes, hair mittens, straps, etc. I do not deny that filthy, seldom-washed, gross livers, had better have their skins "curried off" now and then; but one who bathes daily, as all persons should, and especially a water-patient who bathes repeatedly every day, ought to be careful to preserve the skin as much as possible. This was the doctrine of Priessnitz, and the true one. Practice the rubbing with the wet hand or *over* a dry or wet sheet, as the case may be, and not with it. Thus the cuticle will be preserved; but if we keep rasping it off continually, as too many do, we give nature an unnecessary task to perform in replacing it. I repeat, IN THE WATER-PRACTICE, PRESERVE THE SKIN IN AS SOFT AND NATURAL A STATE AS POSSIBLE. It is good to scrape off the old bark from a tree now and then; but who, in his senses, would think of doing it constantly?

With the above precautions respecting friction, a patient can scarcely have too much of it, particularly in those cases where the skin is bloodless and inactive.

UTILITY OF THE BEARD.

The True Flag argues on the affirmative of this question in the following strain:

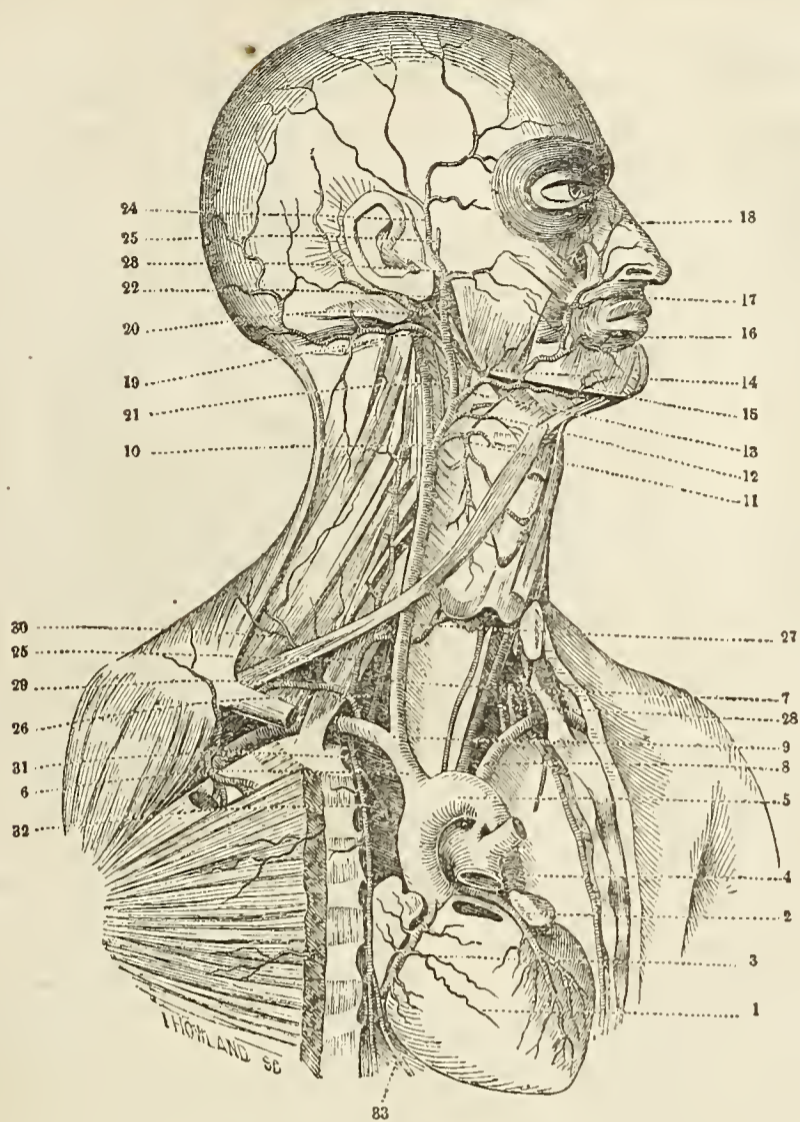
The usefulness of the beard, which we take so much pains and razors to get rid of, is shown in the following letter from a number of employes on a Scotch railway, to their superintendent:

"SIR: We, the servants of the Scottish Central Railway, beg to inform you, that having last summer seen a circular recommending the men upon railways to cultivate the growth of their beards as the best protection against the inclemency of the weather, have been induced to follow this advice, and the benefit we have derived from it induces us to recommend it to the general adoption of our brothers in similar service throughout the kingdom. We can assure them, from our own experience, that they will, by this means, be saved from the bad colds and sore throats of such frequent occurrence without this natural protection."

Half of the bronchial difficulties now existing might be obviated by allowing the beard to grow, instead of mowing it off. This was the purpose of nature in placing it upon the human face divine, and her penalties are rigidly enforced where a man violates her laws to make himself beautiful. But is a man more beautiful without a beard? The idea of beauty centuries ago was different from now. Then the hirsute prevailed, and the hairy-faced worthies come down to us rather shaming our modern barefacedness.

The apostles, and patriarchs, and poets of old times all wore the beard, nor ever dreamt of razors; and that antiquated history of Samson's strength lying in his hair is worthy of note.

FIG 1.



THE HEART AND LARGE ARTERIES.

The sternum is sawn through, and the thorax is opened on the left side.

1. Heart—2. Left coronary artery.—3. Right coronary artery.—4. Pulmonary artery, cut through.—5. Arch of the aorta.—6. Arteria innominata.—7. Left primitive carotid.—8. Left subclavian artery.—9. Division of the arteria innominata into the right primitive carotid and right subclavian.—10. Division of the primitive carotid into external and internal carotid.—11. Superior thyroid artery and its principal branches.—12. Lingual artery.—13. Facial artery.—14. Inferior palatine artery.—15. Sub-mental artery.—16. Inferior coronary artery.—17. Superior coronary artery.—18. One of the branches of the lateralis nasi.—19. Occipital artery.—20. Posterior auricular artery.—21. Ascending pharyngeal artery.—22. Division of the external carotid artery into internal maxillary and superficial temporal.—23. Transversales faciei artery.—24. One of the anterior auricular branches.—25. Middle temporal artery.—25'. The arteria cervicalis ascendens, a branch of the inferior thyroid artery.—26. Vertebral artery.—27. Place where the vertebral artery enters the canal of the transverse processes.—28. Superior intercostal artery.—29. The transversalis humeri artery.—30. The transversalis colli artery.—31. Internal mammary artery.—32. Anterior mediastinal artery.—33. Superior phrenic artery.

DISEASES OF THE HEART.*

WITH ILLUSTRATIONS.

BY R. T. TRALL, M.D.

I do not propose, in a brief essay, to enter upon the general subject of organic diseases of the heart; but merely to treat of the functional derangements of this organ, which are frequently mistaken for organic affections. Irregular action of the heart, and abnormal pulsations of the larger arteries, are so common now-a-days, that it would seem that medical men ought not very often to mistake a nervous fluttering, or dyspeptic palpitation, for ossified valves, aneurismal enlargements, hypertrophy of the

whole viscus, &c. &c., yet I happen to know that such mistakes are very frequent occurrences.

Within half a dozen years, I have seen more than a score of cases which have been pronounced organic diseases of the heart, without finding in all of them but one *real* disease of that character. Many physicians appear to regard a pulse habitually irregular, and irregularly abnormal, as almost a pathognomonic sign of organic disease of the heart itself. And I have known several patients sent to the very verge of the grave, by the "horrors" which were induced by the false prognosis of their medical attendants.

To illustrate: G. F., Esq., of Michigan, came to my establishment three years ago, laboring under all the complicated ailments which constitute the progeny of that parent malady, dyspepsia. The doctors said he had an affection of the heart. What kind of an affection, they did not very clearly explain; but the general impression was, that something ailed some one or more of the valves. No less than eight eminent physicians had been consulted; and, after the most careful examination by percussion, the stethoscope, &c., each came to the conclusion that it was some sort of an organic disease of one or more of the structures in or around the heart.

The history of the case ought to have put those physicians on their guard against expressing such an opinion; but I could not learn that they paid much attention to any of the antecedent circumstances of the case.

A lawyer by profession and education, the patient had lived for eight or ten years a very exciting life. Strong coffee had broken down the digestive organs, and excessive cigar-smoking had rendered the whole nervous system extremely irritable. These two circumstances alone were sufficient to account for almost any kind of pulse that could have been imagined. The heart throbbed, palpitated, and fluttered in various ways; the pulse was weak, frequent, irregular and intermitting; the respiration was frequently oppressed, and the head was often affected with a "rush of blood," &c. In short, the assemblage of symptoms would warrant the suspicion of heart disease, had it not been for the facts, which warranted a stronger suspicion of "nervous debility."

The patient submitted to a long course of water-treatment at different institutions, with apparently but little benefit, for the reason that the prognosis of his previous medical advisers weighed him down like a millstone suspended from his neck. The apprehension of sudden death at any moment, kept his spirits gloomy and depressed; and, notwithstanding I expressed my own opinion decidedly, that the heart disease was merely functional and sympathetic, and suggested a score or two of reasons for doubting the correctness of the adverse opinion, which, of itself, was seriously threatening to destroy his life; it was not until he adopted an extremely abstemious diet, in fact amounting to the actual "hunger-cure," nearly a year after I first saw him, that he began to get rid of the distressing pulsations and nervous symptoms, and to doubt, or rather disbelieve in the fatal prognosis. In a few months thereafter he regained a good degree of health, and is now attending to the duties of his profession, entirely relieved of all apprehensions of bursting ventricles and rupturing blood-vessels.

Now the anatomical connections of the heart, viewed in connection with correct pathological notions of the nature of dyspepsia, will explain at once the liability that those physicians labor under, whose pathological ideas are always wrong on this subject, to mistake sympathetic derangements of arterial action for evidence of organic mischief in some portion of the circulating system.

In Fig. 1 is seen the normal position of the heart and large bloodvessels. As the apex of the heart is almost in contact with the inner surface of the chest, it is easy enough to understand how a violent pulsation of the organ, from any cause, should occasion a strong, jarring, tumultuous motion over the whole chest; and it is impossible to distinguish the throbbing or beating experienced there, originating from functional derangement, from that occasioned by organic disease, unless an absolute protuberance exist externally.

In Fig. 2 are seen the numerous plexuses and ganglions in the immediate vicinity of the heart, and to which various sensations are attributable, which are supposed by the uneducated to be felt or experienced at the heart itself. These ganglions, in various conditions of dyspepsia, become morbidly sensitive, and, on the least exciting cause, occasion extreme

* From the NEW ILLUSTRATED HYDROPATHIC QUARTERLY REVIEW, a Professional Magazine, devoted to Medical Reform, 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 Illustrations. New York: Fowlers and Wells, 131 Nassau street, Publishers. Terms, \$2 a year, in advance.

FIG. 2.

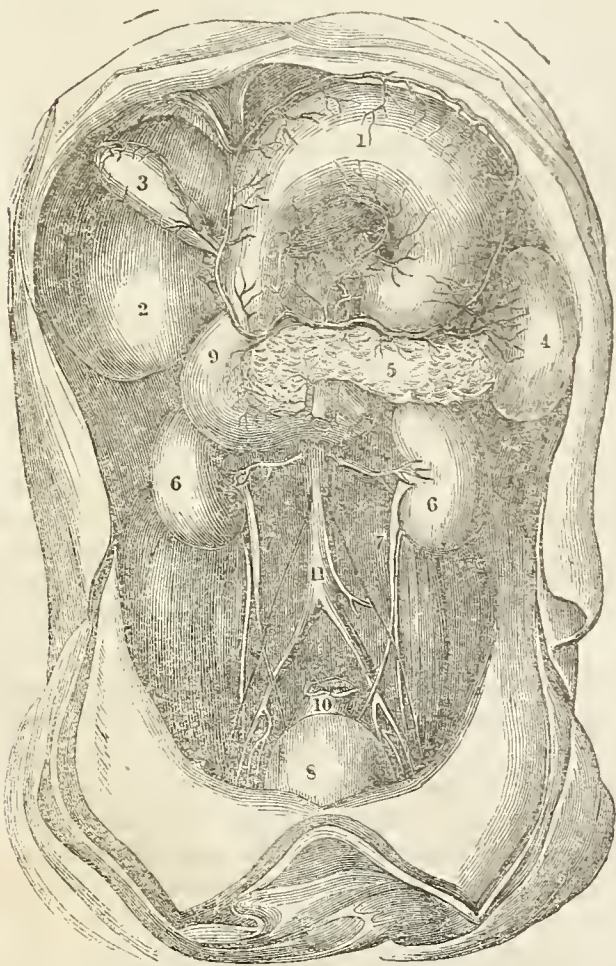


NERVOUS PLEXUSES.

below the sternum. This symptom is always aggravated on lying down, especially if the stomach is in the least overloaded with food.

Fig. 3, which represents *in situ* the principal abdominal viscera, affords

FIG. 3.



ABDOMINAL VISCERA.

an easy solution to this phenomenon. The descending aorta is the immediate cause of the abnormal pulsation; and it is sometimes so violent as to shake the whole bed. Whenever the stomach is overloaded, on the patient lying down on the back, the stomach presses upon the abdominal aorta, and the ordinary current of blood would necessarily excite some degree of a painful throbbing sensation. But with dyspeptics, the stomach is usually more or less contracted, and the abdominal muscles are also rigid, inflexible, and contracted, all together increasing the pressure upon the aorta. To these causes, that of constipated bowels has often to be added;

and the worst cases of misnamed "organic diseases of the heart" I have ever known, occurred in persons in whom all these causes cooperated.

Another reason why the symptoms of heart disease are so complicated,

irregularity of the heart's action, attended generally with irregular and intermitting pulse.

With many invalids, any sudden exertion or strong mental emotion will occasion the most distressing and indescribably painful sensations in the region of the semi-lunar ganglion. Nervous females often describe them by saying they feel as though they were going to die.

Amongst the most distressing and alarming symptoms which lead the patient to fear an organic disease of the heart, is a hard throbbing or beating near the pit of the stomach, felt usually most distinctly just

obscure, and various, when the whole difficulty is merely functional derangement, is the association of the diaphragm in the train of abnormal actions.

Fig. 4 represents the diaphragm, with its apertures, through which pass the aorta (2), the œsophagus (3), and the vena cava (4). A weakened stomach and contracted abdominal muscles, if they exist for a considerable time, always produce a third difficulty. The diaphragm does not descend sufficiently in the act of inspiration to admit of a full supply of air to the lungs. In consequence of this, the lungs themselves are, to some extent, engorged and oppressed, the blood imperfectly arterialized, and hence, still another cause is added to those which operate to produce a hard, laboring, irregular action of the heart; or an abnormal, irritable pulsation in the large arteries in its vicinity, especially in the abdominal aorta.

In order to demonstrate completely the effect these causes have on the circulation, a person whose digestive powers are weak, and whose abdominal muscles are drawn in towards the spine, has only to examine the pulse at the wrist while he makes full and prolonged inspirations and expirations. He will at once discover a pulse indicative of great oppression—jerking, irregular, intermitting, &c.

Yet, if to all these causes we add still another, as is done by thousands of females who laze in the diameter of the chest, we find the evidences of abnormal respiration and circulation still more complicated, and the patient

disturbed with so many bad feelings, that she cannot tell the half of them if she talks from morning till night.

In Fig. 5 are seen the normal relations of the heart, lungs and diaphragm. If to all the causes of a deranged circulation I have thus far adverted to, we add that of diminishing the diameter of the chest one-fourth or one-third, we have exactly the state of affairs our hydropathic establishments are called upon to cure every day in the year. And what aggravates them especially is, their former physician, after drugging, and blistering, and leeching till his very humanity revolted against tormenting them any further, threw out a suspicion that there *might* be some affection about the heart which medicine wouldn't reach!

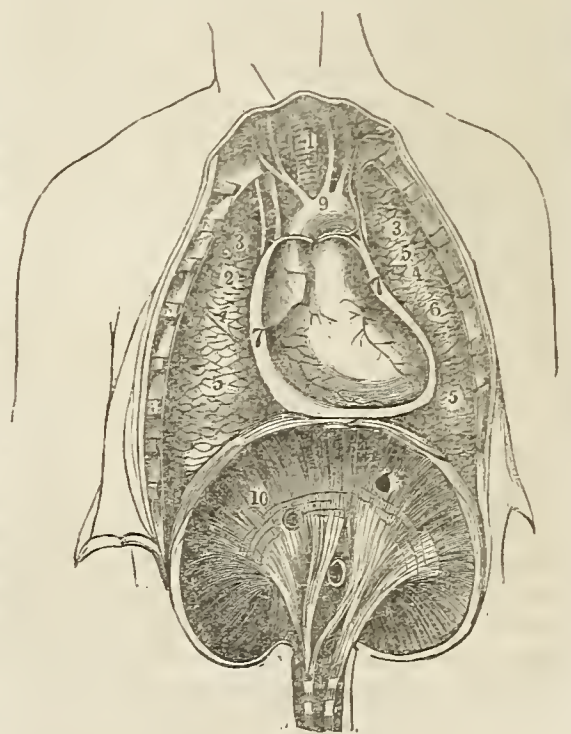
Let us now reverse the picture, and consider the whole matter *à priori*.

FIG. 4.



DIAPHRAGM AND AORTA.

FIG. 5.



THORACIC VISCERA.

The ordinary unphysiological habits of living—constipating food, salted meats, tea, coffee, tobacco, etc.—clog up the liver, weaken the stomach, obstruct the skin, shatter the nerves, contract the chest, and render the external abdominal muscles inelastic; all of which conditions operate directly upon the heart and bloodvessels, by rendering the circulation laborious. The overworked muscular structure of the heart, and the muscular coat of the arterial tubes, eventually acquire that degree of morbid irritability and mobility, that the most trifling exciting cause, mental or corporeal, produces more or less derangement of the circulation, with an irregular pulse. The repeated application of the exciting causes, coupled with the permanent morbid condition resulting from wrong voluntary habits, eventually induces a permanent and constant irregularity of the pulse; hence then it is that the doctor, or patient, or both, are apt to come to the conclusion that there is an organic disease of the heart.

Now there may be connected with all of these circumstances an actual change of structure in the auricles, or ventricles, or valves of the heart, or of some of the large arteries in its immediate vicinity. But it is nearly certain that ninety-nine in every hundred cases will prove functional or sympathetic. Wherever, therefore, the symptoms of organic disease are not clear and positive, the strong presumption is, that by curing the primary malady, or, in other words, by restoring the general health, the heart disease will disappear.

TREATMENT.—I have but little to say of the remedial management of these cases, for the reason that it must be conducted on general principles. Whatever form of functional derangement exist—constipation, dyspepsia, liver complaint, etc.—must be attended to. There is, however, one general rule of practice which has a special importance in relation to the cases under consideration. *All the bathing appliances must be mild and gentle so long as there is great disturbance of the respiratory system, or an inconsiderable irregularity of the pulse.* When the breathing is easily disturbed, and the heart thrown into a palpitation or flutter on any trivial excitement, no very strong or shocking bath should be employed. Towel washes, tepid half-baths, and hip-baths, moderately cool, are the leading measures to commence with.

In all these cases, too, a strict dietary is of the utmost importance. It must be very plain, and extremely abstemious. One reason for a "starvation diet" in the beginning of the treatment is to give the blood *more room* to circulate in. After the respiration has become free and easy, so that the patient can walk up and down stairs rapidly without panting, and can lie in a horizontal position without feeling as though his heart was working through his ribs, he may gradually increase the quantity of food to the point of satisfaction to the stomach.

The *Merchant's Ledger* has made a calculation of the number of persons who have died since the commencement of the Christian era. It sums up the deaths at three billions one hundred and forty millions.

HAPPY NEW-YEAR

FOR INVALIDS.

BY JAMES C. JACKSON, M.D.

ALL over the broad domain of the Republic goes up the swell of joy. From millions of lips issues forth the hearty wish for a *happy New Year*. The old year is dead and buried, carrying to the tomb the hopes and welfare of many who, at its opening, felt sure of enjoyment for a long time to come. Nevertheless, the voice comes up from midnight, as Nature brings to birth a new-born child of Time,

"I wish you, I wish you
A happy New Year."

How sweet that voice—how musical its tones! The voice of the angels only, on the plains of Bethlehem, was sweeter. It thrills the soul. Why should it not? Life in its fulness is a glorious gift—a boon beyond comparison. Life, with the blood bounding, the muscles firm, the nerves steady, the mind clear as crystal, the heart soft and warm, the passions alive and appropriately at work, the soul gushing forth noble aspirations; the whole fabric—body, mind and heart, each honoring the other—life is unpurchasable. Who would part with it? Who holds his birthright lightly? Who that sees the stars twinkle on his pillow, as he presses it, that feels the night-wind fanning his brow, that sees the sun rise, rejoicing in his strength; who that is capable of appreciating the outspread beauties which God, with lavish hand, daily presents, as proofs of his love, wishes to die? None but the sick. They, sometimes, wish to lie down in a dreamless sleep, and spare themselves the daily pangs that kill,

"Slowly, but surely."

Perhaps you do not believe in Water-Cure. Perhaps you class it with the "thousand and one" schemes to mislead the unwary, and rob them of their money. If you do think so, it would not be a matter of surprise, for you have been educated to think all that is new in the line of medical administration is, and must of course be worthless. If you do thus think, you are mistaken, and none the less so for being educated as you are. The treatment of diseases by the Water-Cure method is scientific. Not only is it not quackish, but it is superior to all other methods.

1. For no drug which is poisonous ever cured, or was instrumental in curing any person. Poisons always kill, or tend to kill, so that the sick who wish to get well must cease to use them. Whoever being sick takes poison and recovers, does it in spite of the drug, and at much less advantage than without it—so that all the various medical systems, based on the drug-giving principle, are false and indefensible; those being the worst which give the most.

2. Those cases of long standing—say from six months to twenty years, and which the various schools have operated on, and given up as incurable, are cured by water-treatment.

3. Not a dozen cases have ever been published in the United States, which, being pronounced incurable by hydropathy, have ever been cured by any other method, whilst not less than ten thousand cases, in the various Water-Cures in the Union, are annually restored to health, or great-

ly benefited, after sentence of condemnation has been passed by the different medical schools.

4. If this is true—and it is strictly so—then the conclusion is, that *Water-Cure* is entitled to confidence. Why will not the sick try it? It is a natural method, strictly philosophical, and based on a theory of disease new to the profession generally.

I propose to give you—accidents and extraordinary exceptions—monthly reports of cases treated by myself and assistants. They shall be, not those cases which, in general estimation, would have gotten well had they taken no treatment, but cases which *defied* all the skill of drug doctors of all the schools.

No. 1.—SCROFULA.

In the winter of 18—, a young man, graduate of Yale College, applied to me to be cured of scrofulous eruption. He had inherited it, and it had been very troublesome. His body was covered with it, and it oozed an ichor constantly, leaving him filthy, and emitting a very bad smell. He had tried all the remedies known to men of great skill, but to no purpose. I responded by telling him to come. He came, and remained with me eight months. Had one of the severest crises I ever witnessed, of rash, scaly eruptions and large boils, and left me with a skin as smooth as velvet, and health perfect. Months after, he writes—

"Dr. J.—Words cannot express the gratitude I feel for your treatment. I am well. Life is no longer a burden."

Here was a case of hereditary scrofula eradicated from the system, and the victim of it for nineteen years made whole. What do you think of it? This gentleman is now in Germany.

No. 2.—BRONCHITIS AND RHEUMATISM.

This subject was also a young man, who had, after his own statement, "been murdered by the doctors." His bronchial affection was decidedly bad, running him close to the edge of consumption; and though stiff of rheumatism, so that he could hardly walk, he thought less of his deprivation in the way of locomotion than he did of his throat difficulty. I put him under treatment. He stayed with me eight weeks; went home and followed my prescription for about four months, and is now well, and a hard daily laborer on a farm. His was a case abandoned by the best physicians in his neighborhood. I had a message from him, through a gentleman who comes to the Glen at his instance, which was as follows: "Tell Dr. Jackson that I am well, and owe my life to him. My father is no longer opposed to the Water-Cure." This gentleman lives in Ohio.

No. 3.—NERVOUS DYSPEPSIA, OF TWENTY YEARS' GROWTH.

This subject was a gentleman who came two thousand miles to see me. He was, professionally, a teacher. Had won for himself great reputation in his calling. He was one of the worst dyspeptics I ever saw. He was at the Glen nearly a year. On examination I decided to reject him, unless he would bind himself to stay at least a year. He knew and felt that it was his last chance. I knew and felt it also, so I made my own terms, and we had no difficulty in a mutual understanding.

I put him under treatment. During its progress, for long months, from his arm-pits to his hips, his skin looked like raw beef, and he was compelled to change his bandages (scalding them) at least from five to seven times a day. I shall not dilate on this case more fully, as I have the hope that he will feel it due to the cause that he and I so deeply love, to make a detailed statement, for publication in the WATER-CURE JOURNAL, over his own signature. I close this report by an extract from a letter of his, just received:

"Dear Sir: After a long and tedious journey, I am at — once more, having suffered terrible trials in the dietetic way. This country is all hog, hog, hog. God have mercy on this poor defiled world, and hasten the good time coming, and give you ample success! I did not know that I was so much attached to your beautiful North, till my return. My health is perfect, and I am a wonder to many. I shall send you many patients next summer."

This gentleman lives in Mississippi.

No. 4.—MARASMUS.

This case attracted very general attention throughout the Glen. The subject was a young man, of fine mind, fine person, though small of stature, and fine culture. He was exceedingly cadaverous, being nearly, if not quite, as lean in flesh as any person I ever had on arrival. It would seem that the water-treatment was to be his last resort. He was much discouraged, and proposed to try it as much from a sense of duty as from any expectations of benefit. I put him under treatment, gave him but two meals a day, saw that his food was simple, and that he ate carefully, and he soon began to show a better state of the skin. In less than a month I was satisfied that I should save him—and during the last two weeks he gained seven pounds, and left the Glen in the finest condition. He was with me less than two months. He resides in Massachusetts.

No. 5.—SCROFULOUS ULCERS, OF FOUR YEARS' STANDING, ON ONE LEG.

This case was that of a lady from Wisconsin. In personal appearance, she was one of the finest-looking women it has been my good-fortune to meet. She had tried and failed, till absolute discouragement ensued. Coming east, to make a visit, Judge J., a friend of mine, insisted on her taking water-treatment at the Glen. She consented, and the Judge, with his wife, accompanied her. On examination, I found on the limb two ulcers, one as large as a dollar, the other as large, or nearly as large, as the top of a tea-cup, of the worst-looking type, and utterly indolent in the way of healing. I told her I could cure her. She asked the length of time. I replied, I could not tell. She staid under treatment for about three months, and left me, with one ulcer healed, the other reduced to the size of a two-shilling piece. Her husband was at the Glen a few weeks since, and says his "wife's health is entirely good, and that she is enthusiastic in the water-treatment. Her residence at this time is in this State.

No. 6.—CHRONIC DISEASE OF THE LIVER AND DYSPEPSIA.

This case came to me under circumstances

which, to me, are always unpleasant. He had been under water-treatment for some months, without that perceptible benefit which persons are always anxious to see, and in the absence of which they grow impatient. His habit of living had been accordant with his social position, till his appetite was completely perverted from its natural conditions, and food simply cooked and healthful was disgusting. I found him in bad condition, totally lost to self-control in the matter of appetite—eating and drinking heavily, under temptation. He felt mortified at his want of self-guidance. I cheered him up, told him that his habits did not correspond to his judgment, that his disease was, in its clamor for indulgence, too strong for resolutions, and that he did not want *moral sense*, nor self-respect, nor conscience, but correct *bodily habits*. This was a new view to him, but it did him good. It gave back hope to him, and he consented to go to work. He remained about ten weeks with me, and gained flesh and strength, and came round to a natural appetite, and left me to go into business, a saved man. He was one of the most deeply diseased persons who have ever put themselves into my hands, and I rejoiced greatly over his recovery, as he is a man of very high culture, and one of the most influential men in the State of Indiana.

Now, in closing these reports for this number, let me say, that a large class of cases pass under water treatment, which do not find their way into the JOURNAL, as that paper is for general and popular reading, and it is thought not advisable to report them in it. But we have now a Scientific Review;* in that, leaving out names, places of residence, &c., we are at liberty to present our reports of any cases in detail; and I venture the assertion that, during the coming year, there will appear in its columns reports of cases which will be strictly true, and yet surprise its readers. Will you not read? Will you not investigate? Will you persist in cherishing a falsehood, stupendous in character, and none the less deadly because honestly entertained by able and skilful men? It is not needful to charge physicians who give poisons as remedies with knavery or dishonesty, or want of sympathy or want of skill. All I wish to say is, that I am sure they are *wrong*—that there is no need of medicines, internally administered, nor externally, unless in surgery, and that water is amply and absolutely equal to every human disease which is *curable*. "Will you except no disease?" No; I will not. "Not yellow fever? No. "Nor syphilis?" No. "Nor small-pox?" No, nor the plague of the Oriental world. I do declare that the most enthusiastic devotee of hydropathy has but entered the outer court of this new idea. It is clothed with immeasurable strength and virtue. What is wanted to add to the list of those already saved by it, such triumphs as will gladden human hearts everywhere, is a faith in it, on the part of those who administer it, which shall amount to a consecration.

Give us patient thinkers, careful practitioners, earnest men and women, who do, from their inmost souls, believe that there is a divine way of healing, and where pallor sits, will we place the peach-blossom; and where disease and death

* Hydropathic Quarterly Review, published by Fowlers and Wells, New York.

laugh at broken hearts, and revel in the agonies of the dying, will we have rosy health and her merry-makings.

A WORD TO THE WISE.

BY E. A. KITTRENCE, M.D.

DEAR FRIENDS: Allow one who has grown gray in the service of the healing art, to give you a little wholesome advice, though he is well aware that the world in general will swallow anything, even "physic," better than advice.

In the first place, I would advise you not to be sick at all, and then you will need no "treatment" of any kind. You may think this is nonsense, but not so; it is within every man's power who has a decent constitution to keep well, if he will but live in obedience to his being's laws. The idea that so long has tranneled the world, that diseases are "sent of God," without regard to the receiver's mode of life, is too ridiculous to merit any man's attention. "As ye sow, ye shall reap," is as true in physiology as in psychology; and the less you sin, either way, the less you will suffer. This you know to be true: at least I do.

Secondly. Do away as fast as possible, if the idea has ever possessed you, "that if you are to get well, you will, and nothing that you can do will alter it"—or, in other words, "if it is God's will that you shall get well, you will recover, otherwise not; so there is no use of doing anything!" A more foolish idea than this could not possibly possess you, for it effectually shuts the door against even God's help. It is absurd to suppose ends can be produced without means.

"The hart panteth for the water-brooks." Why? Because she knoweth that life and health will surely come therefrom. Supposing a man should say that he or his should have neither food nor drink for a month, as God had the power to preserve them hale and hearty without any such instrumentalities! But I will not insult the readers of such a journal as this by arguing this point.

We will, therefore, take it for granted that you believe in using some kind of means, when sick, to restore you. The question then arises, What are the means best adapted for this purpose?

The allopaths will tell you that emetics, cathartics, &c., of drugs, are necessary to clear the first passages; that blue pill and calomel are requisite for altering and increasing the secretions; that opium is indispensable to the abolition of pain; and that liniments, issues and blisters are *a sine qua non* in producing counter-irritation. But "I say unto you," Not so.

I once thought, as do many of the allopaths now, that such things were absolutely necessary to man's salvation from sickness—but I have learned better things in my old age. For fifteen years I groped in darkness, wondering why my patients did not oftener and sooner recover.

I know now. "Whereas I once was blind, now I see." Drugs are not only unnecessary in sickness, but decidedly injurious. This, to any one who has reflected on the subject unbiased, will be apparent; for all drugs are irritants, and foreign to our nature, and cannot but disturb the harmony of the system; and when anywise powerful,

produce mischievous effects that often result in the crippling of the energies for life. I do not mean to say that they will not remove obstructions, and thereby temporarily "cure" disease. This I know they have done, and can do. But I do say that it is impossible, in the nature of things, that they should remove entirely diseased action from the system, the which is the legitimate result of false living. They may get up a new action that will swallow up the old, and they often do; and we hear, not unfrequently, of such "remedies" being worse than the "disease;" but the old action is there still, "not dead, but sleeping," and will—the cause not being removed—come back again, as soon as the drug is discontinued, unless its action has been so potent or long-continued that it will perpetuate itself, till death ensues.

Let any man of common sense ponder this question. If a man is eating one-third more each day of his life than he ought, and goes unwashed for months, chews tobacco daily, drinks beer or spirits habitually, uses his brain inordinately, and omits to take even moderate exercise in the open air—if such a man becomes sick, as he surely will, what number of drugs, and what kind, will it be necessary for him to take, in order to be well, he continuing those same habits? And yet this is the precise state of things usually existing.

Priessnitz, a man of uncommon good sense and strong mind, perceived all this intuitively, while we, poor slaves of ancient custom, were groping in the darkness of self-conceit, laying the flattering unction to our souls, that we, with our lancets and pills, &c., were the great conservators of the public health; and without us—the college-learned doctors—the recuperative power within would have to give up entirely, thereby virtually saying that God's own plan of maintaining health was a failure. No man pretends to repair any other kind of machinery in this way. If our watch refuses to keep good time, we know—those of us who have good ones—that the watch itself is not at fault, but would delight, so to speak, to keep perfect time, if it could be allowed; and that all the trouble is, that it is not in good condition. The watch doctor knows this, and he goes to work accordingly, not to pound and shake, or *throw away any part* of it, as the doctors of the body do the blood, &c., which is the life of the human machine, but they remove all the dirt that obstructs the delicate movements of its wheels, and lo! it is a keeper of time again, and its "pulsations" all are regular.

Just so, my friends, do the followers of Priessnitz treat their patients, simply putting them into good condition, and keeping them there; and then they find, if they are anybody to begin with, that they will sooner or later be well, and, as is the case with the watch, will, if thus kept, continue to "keep good time," until worn away by age and much friction.

As for the implements to be used in putting the human machine in order, when out of repair, they are various. The more skillful the artisan, the less particular is he as to tools. It matters not how a thing is done, if it be WELL done. For instance, if a man be burning up with fever, it will be of little consequence to him, or anybody,

whether you put out the fire that is consuming him by the means of a sitz-bath, a wet sheet, or simple cold affusion; the only consideration with him will, or ought to be, that "if it be well that it were done, it will be well if it be done quickly."

Neither can any man tell beforehand how much water it will take at a time, or how often it must be repeated to effect this; fortunately, it is no matter, for, unlike drugs, the water poisoneth no one. All you have to do is to persevere, until you accomplish your end, using what is necessary, and that only.

As for when to use emetics and injections, &c., &c., all of which are of water, you, of course, will consult your books or your physician. It is not my purpose here to prescribe for particular diseases. I only wish to tell you—and I *know* what I tell you—that water and its adjuncts are all-sufficient in all cases. Nothing can vomit you so easily as warm water. Nothing relieves the bowels so speedily and beautifully as injections, &c., of the same precious fluid; and nothing can possibly be thought of that will give such immediate relief, in all cases of pain, as the wet sheet, cold compresses, and such like applications. And all we ask of you, inexperienced reader, is to throw aside your prejudices, and try for yourselves whether these things be so or not. Give them a fair trial, and we will wager this same golden pen of ours, that you never more will be guilty of insulting your recuperative power by offering it poisonous drugs as an atonement for previously inflicted wrongs.

BODY AND MIND.

IN TWO CHAPTERS.

BY G. H. TAYLOR, M. D.

CHAPTER II.

OUR former picture, which attempted to throw a cheerful sunbeam into a darkened ravine, made however but a partial disclosure, the completion of which, though more sombre, is not without its peculiar interest. The tone of gloom that pervades the present subject is scarce relieved by a cheerful ray. Between us and the source of light there seems an impenetrable veil, though we are conscious, perhaps, of its diffused radiance. The sun of other days has grown chary of his beaming countenance, and groping wanderers cast up longing eyes for his vivifying effulgence; but, purblind and weary, they involve themselves in inextricable labyrinths. At nearer approach, forms arise which seem environed by a torturing parasite, cold and slimy as Eve's tempter, that relaxes not, but rather tightens its folds as the measures of time are cast into the past. The very Hydra would blush for its poverty of heads in comparing with it. The name of this monster, it will not compromise the interest of our narrative to mention, is CHRONIC DISEASE. Unlike its counterpart, it is sure of no speedy termination, nor does it "still educe good from seeming evil," by doing a disagreeable, though perchance kind labor; but it comes, with bare bones and jagged scythe, to hew by ineffectual inches.

A lady seeks our professional acquaintance. She was once deemed beautiful, but sadness has

stolen by degrees over that erstwhile redolent countenance, and has tinged, and perhaps furrowed it. A fond husband doats upon her, and anticipates her every want. She has given life to two or three little blessed images of love, that were judged worthy to be excused from the trials of an earthly probation, and were dropped into an infantile grave—that gloomy portal to bright scenes beyond. These fragmentary expressions of the Great Author are the sweetest, and no wonder He so frugally gathers them. They will be the choicest portions of his book, if rescued ere they are mutilated and tarnished.

Or perhaps our lady-patient is single, and, conscious of her inefficiency, wisely hesitates before involving herself with matrimonial duties and obligations. Love she can, all too ardently; but what momentous considerations does its consummation involve! Nothing less than the physical well-being of a generation.

Confidentially she imparts the story of her personal physical griefs. What a pack-horse is a doctor, to receive such burdens! And what bowels of compassion he must have, duly to mete out sympathies wherever they are so earnestly craved. At first glimpse, professional tact fathoms her thoughts, and knows nearly as much of the detail of her story as she herself could impart. She finds herself under a ban of physical misery; words of encouragement and hope have almost ceased to convey a meaning, so often have they been falsified; still, while there is life, an effort for its preservation is the proper use of it. Her illness is general, yet there are many localized symptoms of significance, such as pressure in the top of the head and in its front, flutterings at the stomach and heart, aching of the loins, dragging of the hypogastrium, and pains down the limbs. Exercise aggravates all the symptoms. She learns to avoid exertion; languor and total unfittedness for life's duties and enjoyments hold the place, with astonishing perversity, of the capabilities of making life the heavenly experience that woman can make it. Of late, our fair claimant of succor has been getting worse, feels imperatively that something must be done, and appeals to our wisdom, real or professed, for aid. But why this sad necessity? Where is the defect in carrying out the plans of a beneficent Providence? There is no defect in His wisdom; evil is only an impious attempt to act counter to it.

Life and health are composed of a concatenation of circumstances; an individual control over these is a necessary condition to self-improvement and progression; but this makes retrogression also possible. Whenever this *possibility* is realized, it is proof that the control we exercise over ourselves is unworthily exercised, and the resulting experience is lamentable, and not joyous. But though the individual experience be a penalty, the folly and the crime of inducing its visitation belongs farther back than the individual—to society and its conventionalities—represented, during infantile years, by parents. Nature was doing the best possible for the "budding hope," while parents were unconsciously tugging in an adverse direction. Nature for a time conquered, but, in doing so, only convinced parents that she looks with "placid eye serene" upon recklessness and ignorance, and that their

exercise is not incompatible with our good, and that all the talk about the integrity of her laws and forces is only stupid gammon, got up by designing doctors and squeamish hypochondriacs.

It is very evident, that whatever were the conditions which have surrounded our unfortunate complainant, they must have been more or less *wrong*, that the facts of which we have become cognizant are the legitimate fruits of these conditions, and that the remainder of her term of years, of which she has reached the middle, must be dragged out in misery. Body and mind are both impatient of their copartnership.

When a steamer gets into shoal water, and is in danger of foundering, the engineer reverses the machinery, and is happy if warned early enough to avoid a fatal catastrophe. So the sick must consider they have been steering by a wrong beacon, and should try the soundings.

The greatest perfections are the most spontaneous outgrowths of nature and God. Did nature and reason feed our vexed inquirer? Yes; but care was taken to alter the quality of what her generous hands provided, till its constitution and nutritive adaptation were quite impaired. Is not the sense of taste a sure guide in these matters? Not after its perceptions are blunted to all but the most piquant combinations.

We live in a sea of air, and are obliged to breathe it. Is that wrong? Our complainant has thought so, for she has, by elevating its temperature, rarefied it, and so breathed as little as possible; and then, economically, reconsumed it, diluted with the excretions of her own body, which have been eliminated from the lungs and skin, having become foreign and poisonous from use. The body casts off nothing but useless matters.

Has not nature, since our maternal ancestor of antique and fig-cloth memory, given us reason to contrive the fabrication of coverings for the body, so that we may cultivate and use our delectable tastes in these matters? Yes, but with restrictions. Nature contrived no stocks for the body—no effeminating bandages for the muscles of the pelvis—but emphatically prescribes free motion as the only condition of muscular health. Has this absolute condition of life been observed? If attempted, it has been in a harmful way. *Parts* are used to their detriment, and to the equal detriment of the other parts, and the general equilibrium is destroyed.

Diversity of motion, calling into health and tone *all* the organs of the trunk and viscera, our patient was taught were unlady-like; while to sit in a stooping, cramped, confined posture, intent over some exquisitely frivolous and useless needlework, was accounted both genteel and industrious.

But the individual consists not of a body alone. The wholesome, natural, due performance of the functions of the mind are of equal importance to those of the materiality. Time enters as an essential element in working for the perfection of the individual; and development must necessarily go through a consecutive course of gradations. No one can be preternaturally stimulated without detriment to the whole being. Hence partial precocity is equivalent to degeneracy, whether of body or of mind. Non-nutritious, sensorial excitants, in the enticing form of beverages, and ganglionic

excitants and irritants, in the form of condimentary spices, have a large share in the work of overturning the judgment with the natural impressions of body and mind. They erect a barricade, and turn the current of reason.

The education of the age plies the imagination ere its suitable development with trashy fiction, which raises the young and tender mind to a morbid ecstasy, and ere it is aware, it abandons itself to a dreamy delirium; it is taught to prefer the contemplation of exaggerated shadows; it swims with a giddy whirl in their fascination; unconscious of life's realities, the strength of mind is insufficient to grasp these gaudy baubles, and still retain a hold on realities; the *physique* languishes and becomes a prey of sickening torments, which the morbid stimulus of a highly exaggerated fancy nourishes to any extent. Just those feelings have become excited which should by all means have lain dormant, till time and circumstance called them forth. Their morbid precocity is destruction.

How curiously circumstanced is the life of woman! Obligated by the rich endowment of her nature to experience thrilling emotions of the affections, the conventionalisms of society suppress their true expression, and the prolific flow may take a morbid turn. Perhaps she submits to the embrace of one who is inappreciative, or incapable of responding to so much warmth and purity. How her fragile and sympathetic frame is racked by the painful endurance of feelings that should find a happy outlet! But, alone, she is inadequate to baffle circumstances.

The body is strung with vibrating cords, extending to each infinitesimal molecule, receiving their origin in the sensorium, each of which is susceptible of being thrilled from the fountain-head, and of conveying a morbid when not a healthy stimulation to each corresponding part, and so reproduce its morbid impression upon the nutrition of the part. Hence disease of important organs *can* have a *mental* origin. Shall we continue to wonder whence originates so much suffering and incapacity of females?

Aberrations of the functions of nerves, and of parts endowed with nerves, are, by the foregoing means, directly invited. The good of the whole is displaced by a failing or morbid vitality.

As we have said, such disease comes to no spontaneous termination. It has none of the purifying tendency that we have before contemplated. Its cause is inwrought and compromised with the constitution itself, and must be thrown off by labor, carefully, unremittingly, and appropriately directed to that end.

Our dear female friends, lured by revolving, parti-colored, and false lights, have found themselves in an inextricable maze; but there is a star of hope on which they may fortunately fix their anxious eyes.

The thing to be attempted is to retrace their steps. It will be difficult, but not impossible, to stem the current of false habit which sets so strongly; but this force, like that of gravity, increases as the distance decreases. Be not discouraged by discouragements; they were sent by Heaven to increase confidence and to warn of remissness.

Society prescribes but a partial scope for the powers, physical and mental, of woman. A free

and full expression of them is essential to their equilibrium; while, if there be an unexpressed surplus, it will be likely to take a morbid form.

The progress of modern science, too, has been in many ways the destruction of female health. The control man has gained over the forces of nature has been made to supersede the necessity of the use and development of the *vital* powers, in the performance of the common duties of life; the consequence is, the vital must languish, and also take unprofitable and illegitimate courses. Society, then, with its conventionalisms and ignorance of relations, has to entertain a multitude of inefficient and diseased females as a penalty for the wrong it subjects them to. Females, then, with the false notion of availing themselves of material comforts, and the favor of equally silly friends of either sex, wed themselves to passion, weakness, and disease. Consider, then, O woman, ere you make factitious and deceitful pleasures your choice, what will be the cost; and when you know that for them there is to be freely surrendered all that makes life desirable or valuable, you will hesitate in the choice that the conventionalisms of society seem to force upon you. Do not, we conjure you, languish and perish for the lack of incentive to wholesome thought and action, while the world lies before you, threaded with numberless avenues, wherein is to be found the fulfilment of hope, and the consummation of the ends of life.

But here we have but one of the infinite number of agencies which are busily and constantly at work in the endeavor to subvert God's work in the construction of His own image. A pure and vital representation of *His* beauty and perfections we will not have, but prefer to make it an elucidation of His justice and inexorable law; and so we draw out His retributive manifestations in our own persons, in vindication of His own perfections and integrity.

Undoubtedly this is a lesson that we need to be taught, and may we ultimately apprehend and benefit by the severe instruction. It may be thought that our explanation is inadequate to account for the facts to which we have adverted, and of which all are cognizant. It will be said that the habits of effeminacy indulged in by our females are not so marked as we depict, and that females generally scarcely enjoy comforts, much less luxuries.

But the very fact of disease implies the conditions which procured it. By it, they are proved to exist, without the search to discover them. We have only to compare the habits of life of our females with that of their mothers, or with the foreign population among us, in whom such disease is utterly unknown, and the correctness of our position is overwhelmingly demonstrated.

Causes as potent as those adverted to must produce their natural results, whatever be the sex, or age, or condition of those on whom they operate.

But there are others at work no less efficient, and among them we might name *medicine-taking*. We question the morality even of attempting to annul or obscure the penalties of wrong-doing. How else are we impelled to war against sin but by the pain it inflicts? If we experience pain, the first instinct of the most stupid is to avoid it, by avoiding its cause.

If we can *cure* it, no such lesson is taught; we partake a seductive sweet, unconscious that it is a medium concealing a deadly poison. This, then, is medicine, a saviour from the consequence of sin—conveying an implied immunity by accepting its grace, and receiving a professional benediction.

A man ignorantly or unavoidably gets into a condition in which the forces concerned in his being assume hostilities in the shape of fever, and labor for a general purification. Medicine is given to thwart this design. He lingers; then recovers. One or two successive attacks are rebuffed in the same fashion. He then becomes subject to another condition—that is, the impression of, and dependence on, the peculiar irritation of foreign matter in the shape of medicine. The *mental* symptoms attending this state of the body are even greater than those of the body itself, displaying many very ludicrous phases. We will rough-sketch some of their peculiarities.

Our bedrugged man is formidable in his own esteem for the extravagant amount of aches that he embodies, and quite as much so to his friends as a psychological phenomenon. He is never done consulting his physician in reference to the history, progress, prognosis, and peculiarities of his complaints; and not only his physician, but any one whom he is successful in retaining by the button-hole. One in his presence feels as though he were receiving a retaliation of some mighty grievance, or staggering under an undue burden belonging to another.

In being examined, he will plead guilty to every unlucky accident and every misanthropic feeling the fertile imagination can invent for him. At the suggestion of any grave malady, he will declare that his case is hit by it precisely. Getting a little of his confidence, he is ready to do for the hour any ridiculous performance one's wicked sportiveness may invent, and is equally ready to change by the next for any thing no less ridiculous.

Seventh-son doctors, and no less wonder-working patent-medicine venders, receive countenance and encouragement from the trooping armies of this class every where to be found; for never a day passes in which his sinful stomach does not receive its purgatorial infliction of some nauseating medicament. He is a walking apothecary's shop, in the most incongruous and unassorted confusion. The blood has been plied with *purifiers* till it has been purged of its color, even, in a good measure, and jaded with stimulation till it only lazily creeps without it. The native instinct of the poor stomach is puzzled; it hesitates over each successive dose till it receives another.

The countenance is a sensitive surface, on which has been etched, in confused lineaments, a history of the internal condition. The peculiar yellowish, swarthy hue; the anxious, starting eye; the restless air, skin alternately flushed or bloodless; the indecisive, hesitating movement, stooping gait; the gulping style of alimentation, without suffering the sapid morsels to scarce come in contact with the palate; the *tout ensemble* addressed to the eye, without the medium of word-language, are significant and infallible tell-tales, advertising him wherever he goes, as an ever-effervescing well of woes—giving further, at the same time,

the previous medical and physiological history of the case.

There are all degrees of these cases, from those who cherish an affection for the slightest frailty they may possess, by complimenting it habitually with a bitter, an alkaline solution, or an aperient, to him who has despair depicted on his countenance, and whose only thought is one of interminable sinking, and whose every act is to gesticulate his woe.

Mentally, our subject has an utter lack of confidence in himself, and has no consecutiveness of purpose; he is always hastening away from death, which fact, as well as any other, indicates the guilty nature of the influences concerned in this depravity.

According to his own statement, he never eats, nor sleeps but by the slightest catches. He finds no other conversation of any interest save what relates to his own dear person. He drinks in sympathy with an unappeasable fever-thirst, and it seems to be thrown away upon him, like water upon a sand-bank—he is always calling for more, more. It would be his greatest misery to believe that any one was ever before like him; he claims a patent and exclusive monopoly for his peccadilloes—he nurses them as does a fond mother an idiotic child, while the others are left to shirk for themselves.

It seems to us that the mention of a disease, especially of the character adverted to, conveys with it the suggestion of the remedy.

The precious metals are never obtained by alchemic magic, but by a process of refining and separating the baser mixtures; so the blood and the body and the mind can never be rendered pure by admixing with the vital current foreign ingredients.

Dietetics.

MATRIMONY AND VEGETARIANISM.

[THE announcement of our friend who desired a vegetarian wife has set both bachelors and maidens a-thinking, and the result has been various communications setting forth the requirements and the qualifications of sundry persons of both sexes who are not unwilling, provided their true mates can be found, to exchange their state of single blessedness (?) for the, to them, untried one of matrimony. We give five or six more of them, reserving others for another occasion. We have the names of the parties for the use of those who may be entitled to know them. We continue the numbering from the August JOURNAL, and present first]

LETTER NO. IV.

HURRAH FOR A BETTER HALF!

GENTLEMEN: Your 'fair' correspondent, aged twenty-two, writing from Quasqueton, Iowa, and possessing common sense, and *such* a horror of Greek and Latin dandies; who thinks chickens understand French, whose musical accomplishments I admire, whose mathematical attainments suit me to a nicety, and whose love for children and notions in regard to dress express much candor, appears to be just such 'a one' as I have been

looking for these three years, but have not been fortunate enough to discover.

And now, for my part: I am twenty-four years of age; I do not (and never did habitually) use tea, coffee, tobacco, tight boots, *stitched* shirt bosoms, or pickles; and besides, I am a Son of Temperance in good standing; I am intellectual (as an ape), amiable (as a tiger), cheerful (as an owl); I can 'put up' 'with a cold dinner three times a day;' would allow my companion 'freely to manage her *own* concerns,' and allow her an equal share in the profits of *mine*, and, if she is a pretty shrewd calculator, perhaps a *little* more; I *think* my wife would be 'my dear,' but curtain lectures I 'know not of.'

I *much* like the appearance of a thunder-cloud, but I have not yet learned to snarl; and with all her other requirements, she will find me most obediently to acquiesce. Moreover, I possess a healthy, rugged constitution, and hope she has the same. I was born poor, and I suppose she will not blame me for holding my own remarkably well ever since!

But, gentlemen, I don't know but I shall have to sleep *alone*, for I, long time ago, kicked the feather bed out of the window, and threw the pillow *under* the bed. Success to every reform!

DAN DUANE.

[Deerfield, Lake Co., Ill.]

LETTER NO. V.

EDITORS WATER-CURE JOURNAL: 'Young ladies, don't all speak at once!' Such was the terminus of your remarks under the communication from that rare specimen of his sex who wanted a vegetarian wife. And with deference to your request, which I construed in this way—namely, that we should be deliberate enough to shun the vortex of *haste*, and sufficiently versed in etiquette to give our superiors the first hearing, I have impatiently waited, consoling myself with the promise that 'the last shall be first.'

I am a lonely vegetarian, daughter of a farmer, and highly delighted with the vocation, so far as it is carried on scientifically; but when I fall in company with a farmer whose theme of conversation is exhausted in the graphic rehearsal of the number of *hogs* he is fattening, &c., I set him down to be too nearly allied to the ancients who were ignorant of the necessity of aspiring to the cultivation of the 'immortal mind.'

I profess to be a reformer to the fullest extent; have been a reader of scientific and health journals, to the total exclusion of novels, for several years; am twenty-five years of age, 'fearless and independent enough to' place convenience paramount to public opinion. To abridge an otherwise prolix story, I will add, that I am possessor of about all the qualities that 'Mary Meadows' and 'Priscilla Mindfulness' claim to have, and am happy to say that I am a personal acquaintance of the latter, and heartily wish her abundant success in her undertakings. In short, I think I should be pleased with about the same qualifications in a husband that they are pleased to apply for. In conclusion, must assert that I am destitute of beauty, wit, and genius, but have a fair share of common sense; and, to intrust a secret with you—Mr. Sizer says I would make a good wife.

GRACE TRUTHFUL.

[Greenwich, N. Y.]

LETTER NO. VI

MESSRS. EDITORS: Being a reader of the WATER-CURE JOURNAL, I have noticed an application of a brother bachelor for a vegetarian wife, and I have also noticed in the August number several applications of ladies for vegetarian husbands. Now, Sir, I will state to you that I am in no particular hurry for getting a wife, and even do not intend to get one until I can find one to answer my purpose. But I have observed the qualifications, as far as given by those applicants, and have concluded that the 'Priscilla Mindfulness' would suit me very well. I do not wish to stand in my brother's way, or trespass upon his rights. But my reasons for addressing you are, that he has more applicants than he can properly dispose of *alone*, and perhaps his taste and mine might both be suited; and, furthermore, I consider that I should come short of my duty to stand and see such a chance pass by without making an effort. I sincerely make this request, that, if the lady spoken of does not become otherwise engaged, you may introduce us to a correspondence in such way as you may see fit. I think it would be of use to us—at least there need be no harm by it. I would be very glad to compare notes with such a lady as I take her to be.

I am a vegetarian in practice, and friend of reforms. I am a plain-spoken man, and mean just what I say. I am slow, but sure. D. W.

[Horse Heads, N. Y.]

LETTER NO. VII

DEAR EDITORS: One word of congratulation to that bachelor friend who has been so successful in his search for a vegetarian wife. I, too, am a bachelor of twenty-four and a half years, with a fair start in the world, and want a vegetarian wife; but, in all my circle of acquaintance in the West, I do not know of such an one.

I have from my youth abhorred salt meat, tea, coffee, tobacco, and strong drink. Now, kind Sirs, you will do with this short note as you think proper, but I blush not to own the fact, that I have fallen in love with the spirit of Letter No. II. S. [Almont, Mich.]

LETTER NO. VIII

["HERMIONE," Breeze Hills, Oakland Co., Mich., sends us a petition in behalf of a lone uncle whom she thus describes:]

He is not what would be called handsome, but he has 'a good look,' after all, and an honest, open-hearted expression of countenance. He is about medium size, has light hair, light eyes, light skin, (tanned some now, but that is no matter, the tan has not reached his heart yet,) an amiable disposition, moderate, pleasant, and agreeable. What more shall I say? Must I tell you he is fond of literary food, taking one or two weeklies, a Monthly Farmer, and your Journal always. Oh! yes, there is one thing more I ought to mention. He is a widower of two years' standing. (I presume you thought so by his looks.) Has a small family, the oldest of his children fourteen years of age, the youngest four. He is a little over forty himself.

Now, he really wants—wants, did I say?—he really needs a helpmate—a partner in the weal and woe, the clouds and sunshine, of his existence. I must also tell you he is rather hard to

please. He does not want the woman he calls his wife to be a tea-drinking, pork-eating, tight-lacing, fashionable lady. He wants a noble-hearted, high-minded, thinking, reflecting woman—one who thinks coolly, deliberately, dispassionately, and then acts for herself, regardless of what others may say or do; one who, in all the changes and vicissitudes of life, will nobly merit the name of WOMAN.

LETTER NO. IX

MESSRS. EDITORS: I am in search of a wife, and I am encouraged by those letters in the August number of the JOURNAL to try my luck through the same channel.

And now, my fair readers, I will try to hold myself up and let you look at me. I am a farmer and a vegetarian, and a strong believer in, and advocate of, the water-cure system. I don't raise, and fatten, and slaughter animals on my farm, to fill my body with disease and make a slave of my wife, (when I get one;) but I mean to and am now adorning and enriching it with the choicest fruits with which the All-bountiful Father has blessed the earth. I am under thirty years of age, rather bashful, &c. I want a woman who is a slave to no bad habits—who knows something of her own wonderful organism—who is not afraid of cold water. She may be a Bloomer or not, just as she chooses; but she must be of a decidedly reformatory cast. I should prefer one who can make music on a piano as well as the 'washboard.' I care not how much Latin and Greek and Algebra she knows, but I do not consider these half as important as *some other things*—my readers can easily guess what. In short, I want a woman who has a sound mind in a sound body; and the handsomer that body and the more cultivated that mind may be, the better.

I forgot to say that I wish her to be my junior in years—if from five to seven years, the better. Now, ladies, (modesty aside,) I think I shall make a good husband, and I would like to communicate by letter with any one who thinks as I do.

AGRICULTOR.

[Orient, N. Y.]

LETTER NO. X

MESSRS. EDITORS: My natural sensitiveness shrinks from any public mention of what should be a strictly and sacredly private affair; but necessity knows no law; and, since I am to make a confession, I will admit that 'to love and be loved' is a necessity of my being.

Now, who knows but that I may find in some fair reader of the WATER-CURE JOURNAL the 'other half' of myself, for whom I have so long sought in vain. Let me tell you in a very few words who, or rather what, I am. I am a humble 'worker with the brain and pen,' toiling on in the city, and dreaming of the green hills and fields among which I hope one day to make a home. I am a man of quiet and studious habits, cultivated tastes, (pardon this necessary egotism,) refined feelings, somewhat reserved manners, and affectionate and not unamiable disposition, and think myself capable of returning in full the most ardent and devoted love. I am a hydropath, and in theory a vegetarian, though not wholly so at present in practice.

Well, I want a wife who can appreciate and love me. She must have a well-developed physi-

cal system, a sound and cultivated intellect, and, above all, *warm affections*. I do not want a *blue-stocking*, nor what is generally understood by the term 'strong-minded woman,' but one whose head and heart are developed harmoniously and in true feminine proportion to each other. I consider washing, cooking, sewing, French and music desirable accomplishments, but if any of them are lacking, the ability to acquire them will be all that is deemed essential. In regard to matters of dress, I should wish her to be free enough to consult her own taste, comfort, and health, without particular reference to Bloomerism or anti-Bloomerism; and in all things to study to comprehend and obey the laws of her being. But I must be brief, and will only add, she must not be ugly, nor over thirty years of age. I have spoken frankly. Am I too difficult? I hope not.

I omitted to mention—an important omission too—that I am *poor*! I will not require the same qualification in a wife, neither will I object to it.

Now, if any fair reader of the JOURNAL is disposed to allow me the honor of making her acquaintance, through the medium of a private correspondence, she can learn my name by applying to the editors, or by addressing 'E. J. C.,' Broadway Post Office, New York. [Williamsburg, L. I.]

[We have several other communications on the same subject in our copy drawer, but can find room for no more this month.]

Poetry.

COLD WATER—A SONG.

BY J. PARKER.

LET others sing the praise of tea,
Which makes this short life shorter;
A theme which better pleases me
Is Water, pure COLD WATER.

Health is not found in poisonous drugs,
Though there the world has sought her,
But 'mong the hills and in the streams
Of sparkling, clear COLD WATER.

She comes to those who seek her there—
To every son and daughter
Who lives aright, and drinks, and bathes
In sparkling, pure, COLD WATER.

CENSURE NOT THE HEART.

BY RICHARD STORES WILLIS.

Oh, censure not the heart that loves,
However strange a choice we see:
Each gentle spirit knows its mate,
Though hid from us the tie may be.

When mortals meet, their spirits hold
Communion in the silent air:
And trust, and doubt, and love, and hate,
Invisibly are wakened there!

Oh, let them freely love that can!
Our mortal loves will soon be o'er:
We cannot know what earthly bliss
Survives—upon a heavenly shore!

Full many a fragile, tender joy,
Was made for this poor world alone:
And whether found, or failed of, here,
In after-life will ne'er be known!

The Month.

NEW-YORK, JANUARY, 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.

SALUTATORY.

NEW-YEAR SUGGESTIONS.

BY R. T. TRALL, M.D.

"LABOR OMNIA VINCIT."

Who would not give
Some portion of his ease, his blood, his wealth,
For others' good, is a poor frozen churl.

THE "varied year" has completed another cycle of time. During its rapidly changing seasons, millions have been born. With its fleeting moments other millions have been hurried to the tomb. Wars, pestilences and famines have ravaged various parts of our world; yet every where the elements of peace and health have been profusely scattered, and the earth has teemed with abundant sustenance. Why all this?

Man's a phenomenon, no one knows what,
And wonderful beyond all wondrous measure.

Sole judge of truth, in endless error hurled,
The glory, jest, and riddle of the world.

A woeful phenomenon and a sad riddle indeed is man, if we are to trust the evidence of our senses!

But the seasons will continue to change. The years of time, like the generations of men, are passing through an ordeal of development. In this is our hope.

Weep not that the world changes; did it keep
A stable, changeless course, 'twere cause to weep.

"Labor conquers all." The seasons work, and so should we. Physical nature is ever faithfully working out its destiny. All the animal creation below us works out the purposes of its being. The vegetable kingdom lives and grows, and labors harmoniously with the laws of its constitution and relation. All in the universe, save man, conforms to the order of nature. He alone, though placed at the head of all, "mars the concord of the general plan," and makes himself and his fellow-creatures miserable. But,

Thought
Precedes the will to think, and error lives
Ere reason can be born.

As chaos existed before order, so must error, or ignorance, precede truth, or intelligence. That is but the darkness which

dwells in illimitable space, wherever creative power has not energized. This is the ray of the eternal, which gives birth to mind, and illumines its pathway onward, upward, and homeward, to its source and centre.

Truth
Comes to us with a slow and doubtful step;
Measuring the ground she treads on, and for ever
Turning her curious eye, to see that all
Is right behind; and, with a keen survey,
Choosing her onward path.

How beautifully and truthfully the poet has prefigured the course of the reforms we advocate! Every inch of ground in advance of us we have carefully to measure, and conquer by earnest, unremitting labor. On all sides we have to guard against the mistakes of injudicious friends and the wiles of secret foes; and behind, we must keep constant watch lest old customs, inveterate habits, false appetites, and blind superstitions fill up the pathway we have already cleared. Worse than all, we have to contend, in a circle all round us, against the pride of opinion;

And nothing's so perverse in nature
As a profound opinionator.

Herein lies the greatest obstacle in our department of medical reform. We are beset on all sides with learned men, profoundly read in all the mysteries of the schools; full to repletion of all manner of book-knowledge; steeped almost to mental stupidity in the theories of by-gone ages; and hopelessly confirmed in a thousand errors, by all the appliances of an elaborate *mis-education*. With these men, these physicians, we cannot reason; or rather they will neither listen to nor reason with us. Hence they can no more be converted to our system than we can shut our eyes and fall into theirs. Their system and themselves must "die out" together. Our appeal is and must be to the people. The people must understand the essential principles of the healing art, and then there will be no physicians, save those whose practice conforms to these principles. Then physicians will be teachers of health instead of mere tinkers at disease; they will restore the invalid by pointing out the laws of life, whose violation induced his affliction, instead of poisoning one part to draw off morbid action from another, and leaving him to transgress and suffer as before. Then we will have physicians who will talk to us in a living language, instead of dead and meaningless technicalities—as the poet hath it:

Explaining metaphysics to the nation—
I wish he would explain his explanation.

Then physicians will talk about food, and

drink, and air, and clothing, and exercise, and rest, and heat, and cold, and actions, and passions, and all other influences whose use or abuse constitutes our health, or brings on our diseases; instead of dealing out wonderful powders, mysterious drops, uncertain tinctures, complicated decoctions, inexplicable pills, incomprehensible plasters, etc.

But, friends, patrons, and readers, we intended to have said something more definite and personal. There is room yet. You know we are willing, anxious, yea, determined to redeem our land from this terrible fashion and awful curse of swallowing drug-medicines. We wish to do it *soon*. We would fain live to see the work accomplished, and mingle our voices in the "jubilate."

How slow the time
To the warm soul, that, in the very instant
It forms, would execute a great design.

Nor need the glorious realization of our hope be long in the future. At the commencement of 1854 we have more laborers, more hydropathic practitioners, more books, more lecturers, more writers, and more Water-Cure Journals in the field than ever before. The New York Hydropathic School is also in successful operation, from which will soon go out into various parts of our country, those who will be seen, heard, felt and respected, in the advancement of our "great design."

Prepare, friends, the way for them, for us, for yourselves, for humanity, in circulating our Journal among the people. All classes and all persons can do good to their race in this way. And, in conclusion, we will especially commend the resolution of the poet to the young men and young women of our country:

I would not waste my spring of youth
In idle dalliance; I would plant rich seeds,
To blossom in my manhood, and bear fruit
When I am old.

TOPICS OF THE MONTH.

QUININE A CAUSE OF INSANITY.—A correspondent sends us the following slip, cut from the *New Orleans Delta* of Oct. 15th, remarking, in corroboration of the ideas advanced in that paper: "In our small city, (Jackson, Mich.,) a very worthy young man, who had been allopathically cured of a fever, has been for several days insane, and his life is now despaired of."

INSANE—*Quinine supposed to be the Cause.*—No race or people on the face of earth is so little liable to insanity as the

Irish. Their tendency is to mirthfulness; and though the dews of misfortune may descend on them, they readily roll off, like quicksilver from the polished surface of a mirror. They are generally possessed of an indifference—perhaps we should say, wild recklessness—which makes them take but little “thought for the morrow.” And to this is attributed their ordinary exemption from one of the greatest “ills to which flesh is heir”—the curse of “a mind diseased.” Of late, however, matters have changed in this city with regard to the Irish mind, and scarcely a day passes that the Recorders are not called upon to send some unfortunate Celt to the Insane Asylum. Physicians, who are opposed to the use of quinine in yellow fever cases, give it as their opinion that this new development of a tendency to insanity is the result of a too general use of that subtle and deadly medicine. Public opinion attributes not a few of the many yellow fever deaths which have of late so terribly swelled our mortuary annals, to the unwise use of quinine; and if, to the supposed death-dealing qualities of quinine, be added the production of deafness, and blindness, and swollen limbs, and *insanity*, how great must be the responsibility of those who have so freely, in fifty-grain doses, administered it!

This matter was referred to some days ago in the *Orleanian*, the editor of which paper could only account for so new and remarkable a development of insanity among the Irish by attributing it to the potency of the “great yellow fever medicine.”

But the new outburst of insanity is not wholly confined to any one class of our population. Every nationality contributes its victims, upon whose brains the “written troubles” of quinine have been traced; for all of those who have recently become insane have but a short time since had their names recorded in physicians’ books as among the lucky ones who were *cured of yellow fever!*

ABORTION INDUCED BY QUININE.—How happens it that, all at once—as it were the waking up from a long and dreamy sleep—our allopathic friends are finding out that the very medicines they have relied on for scores of years as *specifics* in the treatment of certain diseases, are really themselves the *special causes* of certain other diseases? A pretty evenly-matched *pro* and *con* discussion has been going on for several months in the old school periodicals, whether quinine is useful or injurious in typhus and typhoid fevers; one set of writers contending that it *cures*, the other that it *kills*. Among the evil results of its employment, that of inducing abortion is a recent discovery. Yet the testimony on this point seems conclusive. Thus, Dr. H. A. Ramsey, of Thompson, Ga., under date of Oct. 20, 1853, com-

municates to the *Boston Medical Journal* the following statements:

SIR:—Since 1843, I have been thoroughly convinced that quinine was an abortant of no inconsiderable powers. I recollect, in the fall of 1843, I had many cases of intermittent fever, among them three negroes *enceinte*. As the quinine practice was then in great vogue, and very applicable, as I thought, to the cases, I prescribed it freely, but invariably with the abortion of the case, and its speedy recovery. Since 1842 I have prescribed quinine in many similar cases, sometimes guarding it with opium, in others alone. In the latter cases abortion has often been the result, adding confirmation to my former views. I recollect, not many weeks since, I saw a case of intermittent fever in the fifth month of gestation. I prescribed quinine and opium. The ease went on well, but relapsed, with some signs of abortion. I was called, but illness prevented my attendance, and another was sent for, who prescribed quinine alone, and abortion resulted. Not long since, I mentioned my convictions to my friend, Dr. Wm. Martin, of this county. He had long entertained a like opinion, and was glad to find a taleman. Dr. Martin related a case to me, in which the same agent produced a profusion of catamenial discharge in remittent fever; the discharge abating when the medicine was suspended, and *vice versa*. This conclusion of my friend I can verify in many cases.

I am so thoroughly convinced of the abortive tendency of the medicine, that I never prescribe it but in combination with full doses of opium or some of its salts. How far this opinion is prevalent in the South, I am not able to determine, but I feel convinced there are many practitioners who can bear testimony to it if they will refresh their memories a little. I would not say it will invariably induce abortion; no agent will do it; but I am sure it should be cautiously administered in *intermittent fever when pregnancy exists*.

BOOT-PATHY.—The last “pathy” is thus alluded to in a paragraph which has been going the rounds of the newspapers:

DISEASES OF THE BRAIN.—Dr. Junod, of Paris, is on a visit to introduce into practice his invention of the exhausted air-boot for diseases of the brain. He places a large metallic tube upon the leg, which is exactly in the shape of a boot, and by an apparatus connected with it, he gradually exhausts it of air, the consequence of which is, the limb swells enormously, becoming three times the ordinary size. There is an immense quantity of blood thus determined to the lower extremity, whose capillary vessels become much distended, and relief is thus given to the overloaded sanguineous system elsewhere, which is often permanent, as the limb only slowly unloads itself from the hu-

mors driven into it. There is no reaction to be feared: the objection that at first presents itself is the probability of its giving rise to varicose veins, but from the numerous experiments that have been made, it would appear that this effect had not been produced. It would appear to offer a resource where there was great determination of arterial blood to the head, or where there is venous retardation.

The mission of Dr. Junod reminds us of an anecdote. About a dozen years since, a physician, with whom we had once been associated as fellow-student in the same medical office, called on us to explain a vast and wonderful discovery he had made in medical science. It was this: Inflammation, congestion, fever, and in fact all other morbid conditions of internal organs, were consequent on an engorgement of the blood-vessels of the internal organ or part affected; hence the indication of cure was to draw this accumulated blood off to the surface. He had constructed a large wooden box, or tub, which could take in the whole body up to the neck; the air was then exhausted by an air-pump; a general turgescence of the superficial capillaries took place, with immediate relief to the pain and other symptoms of disease.

Such was his account of the experiment he had made. But as the apparatus was awkward and inconvenient, he proposed going to the India rubber factory at New Brunswick, N. J., to get something more easily managed and portable made of that material. Since that interview we have never heard a word of his method of boxopathy, and rather suspect we never shall.

THE ALCOHOLIC CONTROVERSY.—Drs. Johnson and Hussey are still discussing, pro and con, the question of alcoholic medication, in the *New York Medical Gazette*, whose editor, as many of our readers know, has solicited the opinion of the profession as to the medical virtues of “gin schnapps.”

We find but little pith or point in the discussion thus far; but shall watch its progress carefully, and give our readers the benefit of any new light it may throw on the general subject.

In the October number Dr. Hussey remarks:

Neither will it be deemed legitimate to convert the vulgar practice of ignorant people into a pretext for accusing more than four-fifths of the profession of countenancing such a claptrap doctrine, as that brandy is both a preventive and a cure for cholera.

To which Dr. Johnson replies in the November number :

I again assert, that four-fifths or more of the profession here (in Cincinnati) sanction the use of brandy in epidemic cholera, both as a preventive and a cure.

But we have looked through the late numbers of the Gazette with more especial interest, to learn what responses "the profession" have made to the great question of the medicinal value of "gin schnapps." But we infer from the following editorial that they are all eminently eulogistic. We quote :

GIN AS A MEDICINE.—The articles sent us in eulogy of Mr. Wolfe's Aromatic Schiedam Schnapps are found to be too theoretical and irrelevant for the present state of the question of Alcoholic Medicine as discussed in our columns. We marvel that there should be so much evasion of the true issue among all the disputants; and both sides being now heard, in the present phase of the controversy, it can no longer either interest or profit our readers. We are free to respond to the numerous calls for our own opinion in explicit terms. We employ alcohol as a remedy, only in those pathological conditions in which it is indicated as preferable to other agents,—and we seek to obtain a pure article, whether wine, brandy or gin, by procuring it from some reliable importer; and having prescribed Mr. Wolfe's gin in a number of cases, and witnessed its effects, we have confidence in its purity and utility when judiciously prescribed, and used strictly as a medicine, and under professional advice. The common use of this or any other form of alcohol, as a beverage, we utterly condemn, as a bane for which total abstinence is the only antidote.

We have yet to find the first word of "response" from any allopathic physician to whom a bottle or two of schnapps has been sent, who does not pronounce it "first-rate;" and we have yet to see the first periodical of that school which does not either eulogize it or keep mum. We do not, however, marvel in the least that the responses are too "theoretical and irrelevant" to appear in print.

HEREDITARY SUICIDE.—Mr. Wolfolk, late the sheriff of Tioga county, committed suicide a few days since, by hanging. But a few days before this his father hung himself, and three years ago his grandfather ended his own life in the same way. It is a strange illustration of "hereditary taint," or of that and the power of association combined. They were all wealthy men in the most happy circumstances, and had gained their means by frugal industry and slow accretion, and were universally beloved for their uprightness, kindness and honorable bearing. It is a strange circumstance, illustrative of hereditary insanity but surely developed.

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.

A COMPLICATED CASE

BY MRS. R. B. GLEASON.

THE following case is reported for the encouragement of those whose infirmities are obstinate, and slow to yield under water-treatment.

At the request of the patient, but not in accordance with my usual custom, I give her name in full, she hoping the report may fall under the eye of some of the many physicians whom she had consulted, and who considered her case hopeless; and that it may also strengthen the failing faith of some suffering one, and thus induce him or her to protract the treatment, in hope of final and permanent relief.

On the first of September, 1852, Miss Pamela A. Chamberlin became a patient at Elmira Water-Cure. Her father is healthy. Her mother, always feeble, died with consumption, at the age of thirty-eight. In her childhood she was sickly. At fourteen she was bitten by a rattlesnake, and remained insensible three days. Her limb was badly swollen, and she walked with difficulty for one year, being always lame on taking much exercise. During her seventeenth year she had the bilious fever, and fever and ague, and took much calomel, quinine, opium, &c. Finally, she recovered so as to labor some, but suffered from indigestion, constipation, scanty and painful menstruation, &c., &c.

In October, 1851, while drawing water at a well with a low curb, she fell in, lacerating her scalp, bruising her side, and injuring her abdomen *seriously*. She was confined to bed four weeks in consequence. During that time, she had no evacuation without cathartics, and then her stools were attended with intense pain.

After that, she discontinued medicine for a week, and had no movement during the time. Profuse diarrhoea and severe spasms followed, which were arrested by medicine, when constipation again intervened. From November till June she had evacuations no oftener than once a week, and no menses during that time. Urine was scanty. In June she was attacked with diarrhoea, attended with spasms so severe that she lost her reason. This being checked, she had no movement for three weeks, though increasing doses of cathartics were administered every day. No urine was passed oftener than once in three or four days, and then only about a gill. She got no sleep, except by taking large doses of morphine or opium. Finally, in response to the most powerful purgatives, a profuse discharge was secured. The patient was now greatly reduced, and had abdominal spasms, worse than before, every day.

Medicine was then discontinued for one week, when active cathartics of various kinds, medicated injections and tobacco to the abdomen, were in turn resorted to, but all to no purpose, except to induce severe abdominal spasms daily, till, between four and five weeks after the previous drain, another equally profuse one came on.

This was followed by the same absence of all normal abdominal movement, and an increased spasmodic action. Recourse was again had to constant cathartising, with a result similar to that before obtained, only the pain was *more severe*, and the spasms *more frequent and more intense*, so that no appreciable sleep was enjoyed for four or five nights, even when under the influence of anodynes. Her physician then gave up her case as hopeless.

She was then brought to our Cure, where she arrived September 1, having then had no passage from the bowels in three weeks, and none from the bladder in four days. Her form was bent, as if with the weight of years; her distress being so great that she had not stood erect or walked for some weeks. Her face was expressive of the most intense agony, and protracted suffering had written lines so deep, that I supposed her past thirty years of age, though really only twenty. The catheter was immediately used, and a well-nigh incredible amount of dark-colored, foetid urine drawn off, more than I supposed the bladder could have contained without a rupture. Doubtless, much of it had been long retained, and that the urinary cyst had been but partially emptied in many weeks. So I judged from some of the symptoms, and from the present and permanent relief the operation afforded; for all the so-called "prolapsus uteri" vanished, and the patient could now stand erect, and walk about her room with comparative ease.

The following day I gave the patient an enema of two quarts of water at 75°, which was retained; after half an hour, repeated the same, when several abdominal spasms came on, which were relieved by a hot hip bath; but no evacuation, even of the water taken, occurred. The next day I gave three enemata, two quarts each, of water at 98°, at intervals of an hour. After the last was taken, a profuse discharge of dark fœces took place, accompanied by intense pain, which continued for some hours after. For some weeks, injections of a half-pint of water at 72°, three times a day, were used, all of which were retained. Larger injections of warm water were often tried, but no operation from the bowels oftener than once in two weeks could be secured, though protracted friction and kneading of the abdomen was used. General treatment was also perseveringly applied. The patient, meanwhile, improved in strength, slept more, and had less frequent and less severe spasms. The urine increased in quantity, and I had no occasion to use the catheter more than three or four times.

In six weeks from the time she came here, the left side of the abdomen, where the injury was, began to swell, and become painful and sensitive, as did also the adjoining hip and limb, so that she could not walk. As this subsided, a bright red rash covered the body. This continued two weeks. About ten days after, another eruption, consisting of blotches, similar to those induced by the poison-ivy, covered the entire body, except the extremities, which were so burning and painful that there was no peace for the patient, except when cold wet bandages were freshly applied. She had little rest either night or day for two weeks, and for several nights did not lie down, her back and sides being so sore and sensitive to pressure. About three weeks

after, another crisis, in the form of a red rash, appeared, and covered the entire body and lower limbs to the knee. This was less painful than the preceding, but very foetid in character, and continued two weeks. Soon after this, the fourth eruption covered the entire body, even to the feet, which were much swollen, sensitive and painful.

All this time the patient steadily gained in strength, but it seemed impossible to induce any normal intestinal action. Enemas, small and many, large and few, warm and tepid, were tried, but the same torpor continued, despite these remedies and many others, such as kneading, friction, magnetism, &c., &c.

Ever since her head was injured by the fall, there had been a strong tendency to determination of blood thither; and as spring returned, these symptoms become more severe. In March, there was another discharge of blood and pus from the bowels. After this, I discontinued the use of large enemas, fearing a rupture of the intestines, as there were strong symptoms of some organic lesion. Small enemas secured no action, but merely added to her distress, being all retained. I then resorted again to friction, which was applied gently by an attendant, half an hour at a time, twice a day. This was felt to be a great relief from pain, but no movement was had oftener than once in two or three weeks. She had been dyspeptic for several years, but now her ability to digest seemed to diminish. Still she was no lean dyspeptic, for her system seemed built up of waste material retained in it, so that she had increased rapidly in size for the last year, despite all her suffering.

At this time the left limb, which had been bitten by the rattlesnake six years prior, presented much the same appearance as at the time of the accident; and much pain and lameness were experienced for several weeks. There were also frequent discharges of blood and mucus from the bladder. For ten days after this ceased, she suffered much from strangury, and had a profuse discharge of blood and mucus from the bowels several times. During all this time she was confined to the room and adjoining hall. January 1st, she came down stairs for the first time since the commencement of the first critical action. From that time she gained rapidly in strength, and was comparatively free from pain, except in the region of the abdomen, where the injury was. She had no spasms after the first eruption, except at each evacuation, which was usually once in two or three weeks.

To tell all the various changes which were rung on our varied forms of baths, would require an extra number of the JOURNAL. All that Yankee ingenuity could invent, counselled by my wiser half, was tried in the way of hip baths, half baths, dash baths, packs, bandages, compresses, fomentations, &c., &c., &c.

Her form had now become so unshapely, and her size so great, as to be both burdensome and embarrassing in the extreme. In June, the friction used seemed to be losing its power. Strong symptoms of apoplexy appeared, with much pain in the head, redness of face; patient often complaining that when she heard, it seemed so difficult to comprehend what was said.

I then resorted to full baths at 105°, of five minutes' duration, with constant cold pouring to the head while in; after this, a general pail-pour at 65°. The first operated as a cathartic and emmenagogue, though a painless one. This treatment was continued every other day for two weeks, and a free evacuation after each hot bath was the result. After that, the hot bath was used but once per week, but still the bowels moved freely every day, or every other day, till July, when a profuse diarrhoea set in, but without pain or prostration; on the contrary, the patient improved in strength and spirit daily. She also diminished rapidly in size, and though short in stature, she has lost thirty pounds within three months, and still has a plenty of flesh remaining. The diarrhoea continued some weeks, and ceased, leaving bowels regular, and without pain or soreness. The menses are now regular; the urine healthy. She sleeps well. There is no pressure in the head, and she says she has not known such a feeling of general health since her remembrance. She can work and walk with an ease to which she has heretofore been a stranger. She leaves us now, after a sojourn of a year and one month. She has not been subjected to a constant series of packing, bathing and bandaging, but for weeks, at varied intervals, treatment has been partially or entirely suspended, as symptoms seemed to indicate.—*Elmira Water-Cure.*

Reviews.

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; the whole illustrated with upwards of TWO HUNDRED ENGRAVINGS. By JOEL SHEW, M.D. Published by FOWLERS AND WELLS, 131 Nassau St., New York. Substantially bound in one large volume. [Price, \$2; with postage prepaid, by mail, \$2 50.]

Having before made reference to this work, we herewith present our readers with an abbreviated analysis of its contents; and we will likewise add, that we bespeak for THE HYDROPATHIC FAMILY PHYSICIAN a circulation commensurate with its importance and real worth:

CHAPTER I. PRELIMINARY OBSERVATIONS.—Health and Disease—Characters and Forms of Disease—Of the Temperaments—Sex—Occupation—Of Symptomatology—Pain, Physiologically and Pathologically considered—Prognostics in Disease—After Sick-room.

CHAPTER II. OF FEVERS.—Theories—Characters—Ephemeral, or One-Day Fever—Hectic Ague—Malaria—Remittent, or Bilious Fever—Milk Sickness—Yellow Fever—Continued, Typhus, and Typhoid Fever—Plague—Milk, Childbed and Mercurial Fever.

CHAPTER III. OF THE NERVOUS SYSTEM.—(Illustrated)—The Cerebro-Spinal Axis—Ganglionic System—Brain and Spinal Marrow—Cerebrum—Cerebellum—Medulla Oblongata—Dura Mater—Arachnoid Membrane—Pia Mater—Spinal Cord—Cranial and Spinal Nerves—Hygiene—Mental Occupations as affecting Longevity and Health—Different Professions—Rules of Mental Labor.

CHAPTER IV. DISEASES OF THE NERVOUS SYSTEM.—Inflammation of the Brain—Water on the Brain—Headache—Vertigo—Diseases of the Cerebral Substance—Apoplexy—Compression and Concession of the Brain—Paralysis or Palsy—Cramp—Lockjaw—Hydrophobia—Neuralgia—Injuries of the Nerves—Epilepsy—St. Vitus's Dance—Convulsions—Chorea—Ecstasy—Trance—Hysteria—Insanity—Hypochondriasis—Delirium Tremens—Drunken Fit—Fainting—Sleep Disturbance—Somnambulism—Sleep-Walking—Night-Pollution—Nightmare—Sleeplessness.

CHAPTER V. OF THE DIGESTIVE ORGANS.—The Alimentary Canal—Mouth—Salivary Glands—Pharynx—Oesophagus—

Stomach—Intestines—Liver—Pancreas—Lacteals—Thoracic Duct—Process of Digestion.

CHAPTER VI. DISEASES OF THE DIGESTIVE ORGANS.—Inflamed Mouth—Cancer Ovis—Cancer of the Lip—Hare Lip—Diseases of the Tongue—Tonsillitis—Salivation—Dysphagia—Morbid Thirst—Diseased Appetite—Anorexia—Depraved Appetite—Dirt Eating—Inflamed Stomach—Organic Diseases of the Stomach—Indigestion—Cramp of Stomach—Nausea, Vomiting, and Sea-Sickness—Colic, Bilious—Lead Colic—Intestinal Worms—Inflamed Bowels—Diseases of the Liver—Bilious Attack—Jaundice—Diseases of the Pancreas and Spleen—Diarrhoea—Cholera Morbus—Cholera Infantum—Asiatic Cholera—Dysentery—Obstructions of the Bowels—Constipation—Flatulence—Hemorrhoids, or Piles—Prolapsus Ani—Fistula In Ani—Fissures and Ulcers of the Anus and Rectum.

CHAPTER VII. OF THE THORAX OR CHEST.—Mechanism of Respiration—The Lungs—Bronchial Tubes—Physiology of Respiration—Circulation of the Blood—The Arterial—The Venous—Importance of these Functions.

CHAPTER VIII. DISEASES OF THE CHEST.—Consumption—Inflammation of the Lungs—Bronchitis—Cold upon the Lungs—Suppression of the Voice—Nervous Cough—Abscess of the Lung—Gangrene—Foul Breath—Pleurisy—Asthma—Whooping Cough—Croup—Inflammation of the Heart—Chronic Heart Disease.

CHAPTER IX. OF THE SKIN AND ITS APPENDAGES.—Description of the Skin—The Epidermis—Rete Mucosum—Cutis Vera—Offices of the Skin—Perspiration—Appendages—The Hair and Nails—Their Health and Uses.

CHAPTER X. DISEASES OF THE SKIN AND ITS APPENDAGES.—Small-Pox—Inoculation—Cow-Pox—Grease-Pox—Chicken-Pox—Menses—Scarlatina—Nettle-Rash—Rose-Rash—Papulous Sals—Gum-Rash—Lichorous Rash—Prurigo—Millet Rash—Acne—Dandruff—Leprosy—Dry Scall—Scaly Tetter—Fish Skin—Kunuing, Scabby and Papulous Scall—Itch—Water Blisters—Tetter or Herpes—Sordid Blain—Heat Eruption—Scurvy—Freckles—Sunburn—Vul Skin—Mole—Orange, Plebald and Albino Skin—Carbuncle—Wart—Corn—Bunion—Callus—Morbid Swell—Chafing or Galling—Clapped Hands, Feet and Nipples.

CHAPTER XI. OF THE BONES, MUSCLES, AND JOINTS.—Number of Bones—Composition and Growth—Names—Muscle or Flesh—Number of the Muscles—Growth—Effects of Exercise—Apparatus of the Joints—Cartilage—The Synovial Membrane.

CHAPTER XII. DISEASES OF THE BONES, MUSCLES AND JOINTS.—Rickets—Spinal Diseases—Curvature and Distortions of the Spine—Tumor of the Bone—Inflammation—Bending—Fragility—Caries—Necrosis—Exfoliation—Cancer—Periostitis—Of Club Foot—Weak Ankles—Wry Neck—Hip Joint Disease—Stiff Joint—White Swelling.

CHAPTER XIII. THE TEETH AND THEIR DISEASES.—First and Second Dentition—Management of Teething—Cutting the Gums of Infants—Tartar—Caries—Toothache—Extraction of Teeth.

CHAPTER XIV. OF DROPSICAL DISEASES.—Cellular Dropsy—Chronic Hydrocephalus—Dropsy of the Spine—Belly—Ovaries—Fallopian Tubes—Womb—Scrotum—Wind Dropsy—Obesity.

CHAPTER XV. GOUT, RHEUMATISM, AND NODOSITY.—Causes of Gout—Treatment—Causes of Rheumatism—Cure—Nodosity.

CHAPTER XVI. SCROFULA AND CANCER.—Symptoms, Causes, and Cure of Scrofula—Cancer—Its Treatment.

CHAPTER XVII. OF TUMORS, SWELLINGS, ULCERS AND ABSCESSSES.—Different kinds of Tumors—Wheal—Nerve—Aneurism—Varicose Veins—Varicocele—Boils—Whillow or Felon—Stone Bruise—Milk Leg—Elephant Skin—Mumps—Ulcers and Sores—Abscesses.

CHAPTER XVIII. OF THE EYE, EAR, NOSE AND THEIR DISEASES.—Anatomical Description—Hygiene of the Parts—Inflammations of the Eye, Acute and Chronic—Fistula Lachrymalis—Cataract and Anenrosis—Short and Long Sight—Squinting—The Ear—Deafened Hearing—Deafness—Inflamed Ear—Earache—The Nose—Nasal—Smell—Polypus—Inflamed Nose—Lupus—Ozena—Sneezing—Coryza—Catarrh.

CHAPTER XIX. DISEASES OF THE URINO-GENITAL ORGANS.—Inflamed Kidney—Bright's Disease—Inflamed Bladder—Gravel—Stone in the Kidneys, Ureters, and Bladder—Destitution of Urine—Stoppage—Strangury—Diabetes—Incontinence—Erratic Urine—Syphilis—Gonorrhoea and Gleet—Spermanorrhoea.

CHAPTER XX. OF WOUNDS AND HEMORRHAGES, AND THEIR CURE.—Historical Uses of Water in Wounds and Other Injuries—Hippocrates—Celsus—Ambrose Pare—Lamorie—Theden—Lombard—Percy—Larrey—Treille—Sanson—Iacobierre—Lons—Macartney—Billing—Liston—Mutter—H. M. Smith—Of Wounds—Incised—Punctured—Lacerated—Contused or Bruised—Of Fainting—Treatment of Wounds generally—Modes of applying Water—Of Hemorrhage from Wounds—Means of arresting them—Nose-Bleed—Hemorrhage from the Extraction of Teeth—Hemorrhage from the Mouth, Throat, Lungs, Stomach, Bowels—Piles—Uterus—Leech Bites—Females recover most readily from Hemorrhage.

CHAPTER XXI. FRACTURES AND DISLOCATIONS.—Different Kinds of Fracture—Fracture of the Nose—Of the Lower Jaw—Collar Bone—Ribs—Upper Arm—Forearm—Thigh—Leg—Knee—Cap—Compound Fractures—Of Dislocations—Dislocation of the Jaw—Shoulder—Thigh—Wrist—Thumb—Fingers, &c.

CHAPTER XXII. OF ACCIDENTS, CASUALTIES, &c.—Rupture or Hernia—Sprains—Rupture of Muscles and Tendons—Wounded Tendo-Achilles—Bruises and Contusions—Asphyxia, Suspended Animation and Apparent Death—Drowning—Hanging—Stroke by Lightning—Sun-Stroke—Stifling—Choking at the Gullet—Swallowing Pieces of Money, &c.—Choking at the Windpipe—Scalds and Burns—Swallowing Hot Liquids—Frost-Bite—Chilblains—Swallowing Poisons—Poisonous Reptiles, &c.—Wounds of the Veins—Of the Eye—Substances in the Eye—Abuses of the Feet—Boring the Ears—Things in the Nostrils and Ears—Webbed Fingers—Spontaneous Combustion—Cold Hands and Feet.

CHAPTER XXIII. DISEASES OF WOMEN.—Menstruation—Amenorrhœa—Chlorosis—Menorrhagia—Dysmenorrhœa—Change of Life or Critical Period—Leucorrhœa, Fluor Albus, or the Whites—Prolapsus Uteri, or Falling of the Womb—Inflammation of the Womb.

CHAPTER XXIV. OF PREGNANCY AND CHILD-BIRTH.—Signs of Pregnancy—Duration—Mode of Reckoning—Management—Its Disorders—Safety of Labor—Amount of Pain—Premonitions of Labor—Symptoms and Stages—The Waters—First and Second Labors—Placenta or Afterbirth—Flooding—Management after Delivery—Bathing—Exercise—Sitting Up—Binders, Compresses, &c.—Afterpains—Lochial Discharge—Inflamed and Broken Breast—Sore Nipples—Importance of Suckling—Management of the Child.

CHAPTER XXV. PROCESSES OF WATER-CURE.—Wet-Sheet Pack—Rubbing Wet-Sheet—Douche—Shower-Bath—Cata-ract, Hose, Wade, Half, Plunge, Head, Leg, Sitting-Baths—Affusion—Towel and Spongio-Bath—Eye-Bath—Sea-Bathing—Vapor—Sweating—Rules for Bathing—Drinking—Clysters—Division of Baths—Crisis—Air and Exercise.

CHAPTER XXVI. THE HUNGER-CURE.—The German Method—Theory and Practice—Acute and Chronic Disease—Rules of Diet.

We will here simply add that an important feature of this work is that relating to the subject of Diet as a means of curing disease. The HUNGER-CURE, as practised in Germany, and under the same sanction of Government as the WATER-CURE, is here elaborately explained, and for the first time published in America.

THE PRACTICAL FAMILY DENTIST: A Popular Treatise on the Teeth, exhibiting the Means necessary and Efficient to secure their Health and Preservation; also the various Errors and pernicious Practices which prevail in relation to Dental Treatment. With a variety of useful Receipts for Remedial Compounds, designed for Diseases of the Teeth and Gums. By DEWITT C. WARNER, M.D., Dentist. New York. Fowlers and Wells, 1853. [Price, prepaid by mail, 87 cents.]

If we are not much mistaken, this little volume will do much towards rescuing the dental art—an art so very useful and necessary in these days of bad teeth, from the hands of ignorant quacks and pretenders, and placing it under the control of science and common sense. The public will thank Dr. Warner for the boldness and earnestness with which he has denounced the absurd and destructive practices of many who profess to practise the art. We commend the work both to dentists and to all who have occasion to employ them, and especially to the latter, that they may thereby be enabled to guard themselves against the impositions of quackery. To give the reader an idea of what may be found in the book, we copy the "Contents:"

INTRODUCTORY REMARKS—General Anatomy of the Teeth—Chemical Composition—Form, Number, and Arrangement—Dentition—The Gums, or parts contiguous to the Teeth—Causes which affect them injuriously, and their modes of operation—Teething, or the First Dentition—Dentition as a predisposing cause of Caries—Chemical Agents the result of Putrefaction—Tartar—The Tooth-brush as a cause of Disease—The Dentrifice, a cause of Dental Disease—Filing the Teeth injuriously—Cleanliness, as a Remedy—The Tooth-brush a means to obtain it—The Dentrifice, as a Remedy—Scaling the Teeth—Plugging or Filling Carious Teeth—Destruction of the Nerve in order to Plug Teeth—The Extraction of Teeth—

Cutting the Gum—Materials for Filling Teeth: Gold, Tin, Silver, Metallic Paste—Artificial Teeth—Inserting on Pivots—Inserting Teeth on Plate—Composition of Plates—Silver for Plate—Platina—Gold—Galvanizing—Artificial Teeth: their Composition.

NEW EDITIONS.—Fowlers and Wells will publish immediately new editions of the following valuable works:

THE DOMESTIC PRACTICE OF HYDROPATHY, with Fifteen Engraved Illustrations of Important Subjects. By EDWARD JOHNSON, M.D. [Price, prepaid by mail, \$1.50.]

This work is from the pen of a learned English physician, and contains detailed descriptions of the various water-cure processes, the manner and time of applying them, observations on diet, clothing, sleep, exercise, general observations on the hydropathic treatment, and minute descriptions of each disease, with its appropriate treatment, etc.

WATER-CURE IN CHRONIC DISEASES.—An exposition of the Causes, Progress, and Terminations of various Chronic Diseases of the Digestive Organs, Lungs, Nerves, Limbs and Skin, and their Treatment by Water and other Hygienic Means. By JAMES MANBY GULLY, M.D., "Licentiate of the Royal College of Surgeons," etc., etc. [Price, prepaid by mail, \$1.50.]

Dr. Gully's work is an able and scientific one, and has already had a wide circulation both in this country and in Europe. The title-page copied above indicates very well the aim and scope of the book.

LIFE, HEALTH AND DISEASE. BY EDWARD JOHNSON, M.D.: Author of *Hydrophy, Noces Philosophicæ*, etc. [Price, prepaid by mail, 87 cents.]

This volume embraces a series of letters addressed by the author to a brother, who was suffering from a complication of diseases, or at least of dissimilar symptoms, supposed to be all represented by the term indigestion; and are intended to explain in common language the nature of the animal economy, detailing, step by step, the processes of life, and showing how life is sustained and health preserved. It is an excellent and useful work.

Miscellany.

NEW YORK HYDROPATHIC SCHOOL.—We are gratified in being able to announce that Dr. Trall's educational enterprise has been opened, and is now progressing under the most favorable auspices. The introductory exercises, which took place on the evening of Oct. 31st, were attended by a large and highly intelligent assemblage of the friends of health reform.

All the addresses, though brief, were spirited, bold, progressive, and *to the point*. Dr. Trall explained the general plan and objects of the school, and alluded to the communications he was constantly receiving from all parts of the country, asking for *competent* teachers and practitioners of Water-Cure, whilst he had none to send or to recommend. To meet this demand, he had determined to associate all the Hydropathic talent of this city, so that students of both sexes could be thoroughly qualified to go forth, either as lecturers or physicians. In this enterprise he had

been promptly seconded by every Water-Cure practitioner of the city—Drs. Shew, Taylor, and Wellington—each of whom generously proffered his services. Dr. Trall also paid a fitting compliment to Dr. Snodgrass and Miss Cogswell, who had refused the offer of more profitable situations in order to become teachers in this school.

Dr. Shew exposed the fundamental absurdity and absolute danger of the whole drug system. He showed, from the confessions of the principal authors and advocates of the popular medical science, that it was a curse instead of a blessing to the world; and adverted to the great field of usefulness now opening to those who can teach in theory and exemplify in practice the true principles of the Healing Art.

Dr. Taylor forcibly reviewed the various theories which had, in different ages, prevailed amongst medical men, swayed the world by turns, and passed away, to be succeeded by others equally futile and unenduring. He contended, that notwithstanding Chemical and Physiological Science and the laws of Hygiene were constantly advancing, the drug-medication of diseases was at this day more ruinous and destructive to human constitutions than it was in the dark ages.

Dr. Snodgrass illustrated the importance of the physician having a thorough acquaintance with Medical Jurisprudence, by a reference to appropriate cases which were constantly occurring in our courts of justice.

L. N. Fowler adverted to the relations of mind and matter, and the controlling influence which the former exercises over the latter in many cases of disease, as he would have occasion to explain in his lectures before the class.

Brief and pertinent addresses were also made by Mr. Steere, Miss Cogswell, Mrs. Vaughan, Mrs. Buckley, Mr. Brewster, and other friends of the enterprise. Altogether it was one of the most earnest and interesting gatherings of health-reformers we have ever witnessed.

In the medical class were a dozen or more who have given considerable attention to medicine in general and water-cure in particular, and amongst these are several who have already had some experience in hydropathic practice. They are well posted in all the progressive movements of the day and age, and are destined, wherever they go, to do honor and insure success to the principles they will advocate and practise.

Probably there was never before a medical class assembled, having so many advantages for a useful and practical education. Daily lectures are given by Drs. Shew, Taylor, and Wellington, and clinical explanations by Dr. Trall. Nearly every day new patients are introduced to the class, their cases examined, their symptoms explained, their diseases prescribed for, and all the difficult points in pathology, diagnosis, and practice, fully discussed between the members of the class and the teachers. There is also a general *clinique* on each Friday afternoon, which is open to the public, and which is always well attended. We wish the students of our drug schools would attend these *cliniques*, and see how different it is, and how much better it is, to tell a patient plainly and precisely what causes his suffering, and point out to him the road to health, than to astonish him with learned nonsense, and prescribe a few little

doses of insidious poisons, which leave his mind a little more ignorant, and his body a little worse diseased than it was before!

In conclusion, we cannot refrain from expressing the high gratification we felt, in noticing in the class five or six females who are also wives and mothers. Of such, more than all others, "the world hath need."

A CONVERT FROM THE OLD SCHOOL.—The following letter was received by me from an Allopathic physician of good talents, and of fifteen years' extensive practice, who attended this Water-Cure Establishment between two and three months the present season.

Having been afflicted for years with epilepsy, and now having passed for some time without an attack over the usual recurring periods for the paroxysms, the mind of the writer, as the reader will observe, has passed from "no faith" to exultant hope and enthusiastic confidence; a result to be generally expected when physicians of the old school investigate our *theory*, and themselves experience our *practice*. DR. O. V. THAYER.

Mt. Prospect Water-Cure.

DOVER, Russel Co., Ala., Sept. 23d. 1853.

DR. THAYER—DEAR SIR: Up to this date I have escaped any further attack of epilepsy; and the symptoms—of which I have had but few—(and they occurred in the city of New York,) were slight. I arrived at home the last evening of August, greatly fatigued by travel, and much prostrated by the sea-sickness I had suffered, and the intense heat of the weather, all which had unstrung my nervous system, and would tend, as I thought, to bring on a paroxysm; and yet I escaped.

I am strongly of the opinion *now*, that I may, by a prudent course of life, recover from what I esteem one of the most incorrigible diseases to which the human race is subject. My sufferings have been beyond my power of language to express. It has not been the physical pain, but the prostration of my mental powers—the darkness of mind, the hopeless despair—these have constituted the suffering.

For eleven long years have I suffered from the ravages of this fell destroyer of health and earthly happiness. Many remedies have I taken, most of which have ministered rather to the destruction of my health than to its restoration. Often, when a new remedy has been presented, have I grasped it, as a man overboard would a plank, thrown in vain for his rescue. Like his, my hopes would brighten for a short time; but soon the recurring paroxysm, like an engulfing wave, would bury me in despair.

When I visited your institution, I had slight faith that I should be benefited by its treatment, and none at all that I should be cured by it.

But there is now opening to my vision a ray of hope that brightens every prospect, and thrills through my heart as the cry of "land ahead" thrills the heart of the long-absent sailor when approaching his native shore. But even now I can scarcely realize that I shall be cured. So long have I suffered the fearful pangs of epilepsy—so long have I given myself up as one of its sacrifices, that it seems a departure from a proper standard of faith to believe it. I certainly feel very

grateful to you for the good I have already received, and I cannot but regard you as worthy of my entire confidence as a physician and a friend. You have been to me as an angel of mercy, and I may say to you as one of the ancient prophets said: "Thou hast led me by a way which I have not known." You remarked to me one day that "it was hard to convert me to a faith in the water-cure practice." Afflicted by a fearful disease, and encased in old habits as I was, it would take *something* more than ordinary to effect a change in my medical faith; *but you have done it to a large extent.*

Your services are much needed at the South. Would that I could persuade you to establish yourself here!

CHARLES A. BROWN.

INTERESTING LETTER.—Those of our readers who have the WATER-CURE JOURNAL for August, 1853, will, by reference to an article from Mrs. McConnell, in that number, find the present communication of additional interest:

PONTIAC, Mich., 1853.

TO THE REV. MR. BRAY: My dear friend and brother: Your favor was duly received. You mention my mother and sister. Their health continues about the same. My mother has decided on giving Hydropathy a thorough trial. She left home one week ago for "Cleveland Water-Cure," which has a very high repute, not only here, from the success that has attended the visits of some of our citizens there, but also throughout the country. N. J. S. spent six weeks there last summer, and returned *so robust* in appearance as scarcely to be recognized. Miss C—, who was ill of dysentery last summer, had suffered from a complication of diseases, and was reduced to a very low state, having nearly lost the use of one side; had been treated by Dr. P— all through the winter and early spring; has been at the Cure *six weeks only*, and now walks three miles a day with the most perfect ease! She has also been a great sufferer from *spinal* affection for several years, but now rejoices in the prospect of a *perfect restoration* to the pleasures and real enjoyments of *life* and health. You kindly inquire after *my health*; and I must reply that since my restoration to *life*, (is that term too strong?) it has been excellent, better than it had been before for fourteen years: I will say it is *perfect*! Dr. Trall's *Encyclopedia* and the *JOURNAL* enable me to cure all attacks of sickness in my family without the horrible medicines whose very names fill me with disgust and loathing. No *physician* has ever visited our house *professionally* since you left Pontiac. I fancy I am no great favorite of the *faculty*—a living, breathing monument of the blessing of God on *water only* as a remedial agent, after the fiat had gone forth that I *must die*! Wherever I go, whatever company I am in, I never hesitate to recommend Hydropathy to *all invalids* as the only remedy on which I feel that I can seek the Divine blessing. And when my friends sometimes accuse me of enthusiasm, I ask them, Is it not just and right that I should be an enthusiast—a *grateful* one? which all who know me readily admit. I feel that my recovery was not alone a blessing to the little circle of my own friends and family, but that the notoriety and fame which the *great remedy* acquired from this one circumstance, in your hands, will prove of

such vast benefit to numbers around me, that the great good thus accomplished is incalculable; and for this alone, I feel that I have not lived in vain. I beg you will accept for yourself and Mrs. B. the most sincere assurances of grateful esteem from my husband and self; and believe me ever your friend,

CLEANTHA B. M'CONNELL.

TOBACCO—A PETITION.—Our readers know where we stand on the tobacco question, and we know where they stand! They are with us. We all fight shoulder to shoulder in the war of extermination which we are waging against the vile weed. We have again and again impeached this enemy of human health, purity and happiness at the bar of general public sentiment. Let us now drag the culprit into the halls of legislation, and ask our lawgivers to interpose between it and the young, at least, whose destruction it seeks, the strong arm of the law. But the following document speaks for itself. Give it the widest possible circulation. Let some zealous and energetic reformer in every town, village, and neighborhood in our State, take it in hand at once, and get as many signatures to it as possible. It should be copied upon a properly prepared sheet or roll of paper, and thus presented. When all the names which can be procured have been signed to them, the documents may all be forwarded, post-paid, to Fowlers and Wells, 131 Nassau street, to be sent up to the Legislature.

The form below, it will be seen, is adapted to the State of New York, but a similar one should be sent to the Legislature of every State in the Union. Friends and co-workers, see ye to it. Here is the

P e t i t i o n .

To the Honorable, the Legislature of the State of New York:

The undersigned inhabitants of — Co., believing the use of tobacco predisposes strongly to the use of intoxicating drinks, besides the destruction of health and morals, and that in almost every case the habit is acquired during the years of minority, we therefore would respectfully ask of your Honorable Body the passage of a law prohibiting the sale or giving away of tobacco to minors, and that provision be made therein for arresting, and detaining minors (when found using it) till such times as they will divulge the name of the persons from whom it may have been obtained.

Should your Honorable Body have doubts of the evils flowing from the use of tobacco, we ask that you will appoint a competent committee to make a full and searching investigation of the subject, and report thereon.

And your petitioners will ever pray, &c.

THAT DISCUSSION RESUMED.—Just as the *JOURNAL* was going to press, we received Dr. Wilson's rejoinder to Dr. Trall's "guns" fired at Allopathy, in the August number. We regret its reception too late for this number, but it shall appear in February, together with Dr. Trall's "surrejoinder," as the lawyers would say. Dr. Wilson now avows himself ready and willing to go on with the discussion; hence our subscribers for 1854 may look for something rich.

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.

SCROFULOUS SORE EYES.—M. A. G., Warren, Mich. How should we treat a child ten years of age, who inherits scrofula, but has every other appearance of perfect health? Last December, her eyes were attacked with inflammation, very bad for awhile, though now they have ceased to be painful; but she is almost blind, yet, not with any thing on the eye that we can perceive; they are very weak, and continue to run. She cannot bear the light. I feel anxious to do something for the little sufferer, before they doctor her to death. She is now suffering a living death with a seton in her neck. I wish the Dr. had it in his neck, and was obliged to have me to dress it. Wouldn't I handle the string rather roughly? I assure you it is not my child. Probably a daily tepid bath, with a strict diet of unfermented bread, and fruit, would in due time rid her of both the distressing disease and tormenting doctor.

POROUS GLASS FILTER.—R. R. R., Syracuse. We have never used this kind of filter, but have no doubt it will answer all the purposes you desire in the filtration of rain-water.

STOPPAGE OF THE BOWELS.—W. N., Upland, Pa. Copious injections with tepid water, the wet abdominal girdle, and a plain unconcentrated diet, constitute the general plan for removing such difficulties as you describe. Of course we regard all the drugs the patient you mention has taken, as worse than useless.

LECTURES ON PHYSIOLOGY.—J. P., of this city, asks if we cannot give the people a course of lectures on physiology, this winter; as there is no subject on which lecturing is so much needed. We are too busy to attend to such calls this winter; but we know of some promising lecturers who are preparing to take the field soon; and some of them will, no doubt, gratify our friend when the next lecturing season comes round.

CRAVING APPETITE.—S. B. C., Ypsilanti, Mich., who is troubled with dyspepsia, sour stomach, morbid craving, etc., wants to know how to bring about a uniform and natural appetite. Eat a very moderate allowance of unfermented bread and good apples, twice a day for a few weeks, and nothing else. There may be many other ways, but this is one.

SEVEN-YEARS ITCH.—E. E. E., Grand Rapids, Mich., tells us he has "got stuck" with a skin disease, which oven sulphur cannot cure, or rather, has failed to cure. He tells us also, that his principal diet is "white bread and butter," and potatoes, fried in "swine's grease." Now it is our decided opinion that if the patient will reform his diet altogether, his itch will cease to trouble him. Get the Hydropathic Cook-Book, friend.

SKIN DISEASE.—E. C. P., Monument. Use tepid or warm water when the skin is very irritable, and be extremely abstemious in diet for awhile. Probably you have in former life had some eruption, which was repelled by ointments or medicated washes; and this may account for the obstinacy of your present disease. Do not drive it in again.

MULTUM IN PARVO.—The following questions we will answer as we go along:

DR. TRALL.—If we should eat fruits, vegetables, and nuts, more in their natural state, and harder bread, should we not have better teeth? Yes.

"Does not nature allow organs to decay that are not used?" Yes.

"What would you advise one to do who has the sick headache, if *one cup* of weak coffee is not taken in the morning?" Omit the evening meal.

"After one has been in the habit of using warm food, and

especially warm drink in the morning, all their lives, till 30 or 40 years old,—can they ever get so as to do without them, and feel equally as well?" In a few months they can.

"By eating at regular periods, are we not liable to overload the stomach?" Not if the periods are properly regulated. "Is it not natural for all animals to eat when they are hungry?" Yes. "And is hunger and thirst periodical?" Yes.

"Is it proper to sit up nights, either to dance or pray?" Not *too* late. Is it not best for one to rest and sleep all they desire to?" Yes, if their desires are natural.

"Will you please answer these questions to your students, and if you think proper, and can spare time, through the Water-Cure Journal?" *We have done so.*

"Can you not have weekly discussions, at your lecture-room, on reforms in general, and admit a limited number of outsiders on some terms?" We can and do.

SHORT-SIGHTEDNESS.—E. C. C., West Eaton, N. Y. "What treatment ought to be pursued in the case of a young lady sixteen years of age, whose eyes are so short-sighted that it is impossible for her to see across the room without spectacles?" Judicious manipulations would doubtless, if persevered in for several months, improve the vision, if not effect an entire cure. The chief point in practice, is to draw the fingers gently across the eye-balls several times a day, so as to flatten them ultimately.

SOUR STOMACH.—D. B. L., Ypsilanti, Mich. Employ a strict diet of unleavened bread and good fruit, with very little of vegetables. Be careful, too, and not overload the stomach when the morbid craving comes on. The daily sponge bath will be sufficient, as a general rule. When the stomach is very acid, drink one or two tumblers of tepid or warm water.

COLD FEET AND SICK HEADACHE.—C. M. M., Thorpville, N. Y. "What shall I do for continued cold feet, and frequent sick headache? Which is best, cotton stockings, or woollen?" Take foot baths, two or three times a day, and adopt a strict vegetarian diet; cotton stockings are best.

FOMENTATIONS.—A. G., Penn Centre, N. Y. We cannot describe the various forms of, and indications for, fomentations, in a single paragraph. You will find them fully explained in the water-cure books, which you say you are about to send for.

WEAKNESS OF THE KNEE-JOINT.—A. J. C., East Abington, Mass. Probably a moderate douche once a day, with cool or cold leg baths, two or three times, for ten minutes, and the wet bandage occasionally, would effect a restoration of strength.

FEIGNED DISEASES.—Several communications have lately been received, asking for information on the subject of counterfeiting such maladies as spitting of blood, convulsions, &c. The following article, which we cut from one of our daily papers, may, perhaps, satisfy our correspondents better than our mere opinion would:

For the last two years past, many stories have been in circulation respecting the operations of a young man said to be of German descent, passing under the following cognomens—Don Carlos de Castro, Ernest David Schenck, C. Castelo, and many other aliases not recollected. This individual was of good figure, between twenty and thirty years of age, about five feet eight inches in height, dark complexion, and a Italian cast of countenance; he wore long black hair, turned back behind his ears, touching his coat collar; eyes black, with rather a sleepy look; moustache and imperial. Some of his recent places of operating have been Tallahassee, Florida; Cold Springs, Virginia; and many other places South and West. The *modus operandi* by which this speculative genius obtained money is alleged to be the following:—

He effected an introduction into some respectable family, and by his plausible and fascinating manner very soon attracts the attention of the daughter, who in many instances becomes the victim of the seducer, who, having the confiding girl in his power, threatens her with exposure if she does not furnish him a certain amount of money. In other cases, in order to carry out his plans with a fuller degree of certainty, he will fall suddenly in the parlor and pretend to have convulsions; a sympathy at once is enlisted by the female portion of the household, and the greatest possible care is taken of him; in addition to the fits, he pretends to have

weak lungs, and *expectorates what is thought to be blood*, but which is nothing else than some red mixture chewed to represent blood. In gratitude for all this kindness, the ras-cal effects the ruin of one of the daughters, and then makes bis escape, taking with him, in many instances, valuables from about the house. Thus this *vampire* is said to have made his living throughout the South and West for several years past. New York is not exempt from the depredations of this libertine.

PAIN IN THE STOMACH.—E. D., Worcester, Mass. The cause of your sick turns is bad bile; and bad bile is caused by a diseased liver; and this by improper diet, and other unphysiological habits. Take a sponge bath daily; wear the wet girdle occasionally; and adopt a strict vegetable diet, in which wheaten grits or Graham bread, with good apples, are the leading articles. You will find fomentations described in all water-cure books.

SEMINAL WEAKNESS.—"A reader" will find the desired information in a work on "Sexual Diseases," published at the office of this Journal. Price, prepaid, \$1 25.

Business.

TO PREVENT MISCARRIAGES, DELAYS, OR OMISSIONS, all letters and communications relating to this Journal should, in ALL CASES, be post-paid, and directed to the Publishers as follows:

FOWLERS AND WELLS,

No. 131 Nassau street, New York.

IN ADVANCE.—The exceedingly small price at which this JOURNAL is furnished singly, or in clubs, precludes the possibility of its continuance on any other principle than that of *payment in advance*; consequently, no names are entered on our book till *paid for*, and none are continued longer *than* paid for, unless the subscription be renewed.

CLUBS may be composed of the names of persons residing in all parts of the United States, or the Canadas. It will be all the same to the publishers, whether they send the JOURNAL to one or a hundred different post-offices.

SPECIAL DISCOUNT.—For Three Dollars, one copy of the WATER-CURE JOURNAL, one copy of the PHRENOLOGICAL JOURNAL, and one copy of the NEW ILLUSTRATED HYDROPATHIC REVIEW, will be sent one year.

THE POSTAGE on the two JOURNALS above named is only *six cents a year*, and on the REVIEW, *eighteen cents a year*, when paid quarterly, in advance, by the subscriber, at the office where he resides.

CERTIFICATES OF AGENCY to obtain subscriptions will be given to travelling agents, who come properly recommended, say by the postmaster, or other public officer.

THE NEW ILLUSTRATED HYDROPATHIC QUARTERLY REVIEW.—Fowlers and Wells, who are accustomed to succeed in all they undertake, have issued the first number of a quarterly, to be devoted to the illustration and diffusion of the principles of the Water-Cure. It will embrace articles, by the best writers of the school, on Anatomy, Physiology, Therapeutics, Midwifery, &c., besides criticisms of the theory and practice of the various medical systems, reports of remarkable cases, and reviews of new publications on medical science. Dr. Trall, one of the editors, is a skilful and practised writer, who thoroughly understands his subjects, and has no fear of the prevailing authorities. Each number will be copiously illustrated, and contain about 192 pages of reading matter. The terms are two dollars a year.—*New-York Evening Post.*

PORTRAIT OF HENRY WARD BEECHER.—We have received from the engraver, Mr. McRae, of this city, an artist of the first order, a beautiful, large, and highly finished portrait of that eloquent and popular clergyman, Henry Ward Beecher. It is almost a full-length, from a painting by Hicks, and is executed in the highest style of art. It is a mezzotint of remarkable spirit and brilliancy, and will prove a most acceptable offering to the friends of its distinguished subject.

FOR ONE YEAR, OR FOR TEN YEARS.—When not convenient for our friends to form large clubs for the JOURNAL, in sparsely settled places, they may obtain it at *club prices* by ordering it for a number of years. For example, one copy sent five years for four dollars; or one copy ten years, seven dollars; or twenty years, ten dollars.

AGAIN. One person may receive both the WATER-CURE JOURNAL and the PHRENOLOGICAL JOURNAL five years for seven dollars, or ten years for ten dollars.

AGAIN. Ten persons in a neighborhood may receive both JOURNALS one year for ten dollars, or two years for twenty dollars, thus bringing the JOURNALS within the lowest club rates to a small number of individuals composing the club. By ordering the JOURNALS for several years together, both time of writing and letter postage is saved to subscribers. The plan is respectfully submitted for the benefit of those who may wish to adopt it.

Our regular terms may be found in the Prospectus on the last page.

EARLY ANNOUNCEMENTS.—Proprietors of the various Hydropathic Establishments are now busy enlarging, fitting up, and preparing for the coming spring. Every establishment within our knowledge, in city and country, proved quite inadequate, the past season, to accommodate the increasing number of applicants. The people are heartily sick of swallowing drugs in any form. They are sick of pills, plasters, and colored slops, put up in either *large* quart, pint, or any other bottles, and the knowing ones will have no more of them. Still they seek and *need* treatment. They need physical purification, and they find it in Hydropathy. Persons suffering from chronic diseases in cases which are beyond self-treatment at home, will obtain admission, when possible, to the Water-Cure Establishments, where they may receive daily advice and full treatment. Invalids see the evil of drug-taking, and foresee their inevitable fate, if continued. Converts to the truth as it is in Water-Cure are rapidly increasing; hence the demand for enlarged accommodations.

We shall be glad to announce editorially, in an early number of the WATER-CURE JOURNAL, the capacity of each establishment, for the benefit of the public. We are often requested to answer questions (*by letter*, and sometimes at our own expense for postage) relating to this or that establishment, the terms, how to reach it, and so forth. And not a few request the publishers to state "which particular establishment is the best." Now this is a delicate question. As well might they demand of us, "which is the best preacher," as which the best doctor. We can only say, in general terms, we don't know.

Our Journal is sent to press nearly a month in advance of its date, and all announcements, business notices, or advertisements, should be sent in *early*, to insure insertion.

PEACE IN THE FAMILY.—A man called at the office of the WATER-CURE JOURNAL lately, and anxiously called for the "New Cook-Book," remarking that he had made his wife a promise not to return home without a copy; and knowing the effect which a broken promise would have upon his future happiness, he considered it an imperative duty to attend, first of all, to this matter. He was promptly provided with a copy, and, with many thanks and some compliments, he "went on his way rejoicing." We may add, for the comfort of those similarly situated, that "there are a few more left of the same sort." Price, pre-paid by mail, only 87 cents. Wives! you have it in your power to serve your husbands, children, and friends, with meals on HYDROPATHIC PRINCIPLES, with little cost or labor to yourselves, by reading this book. And a gentle hint to most men will be sufficient to incline them to adopt the plan above proposed, to "KEEP PEACE IN THE FAMILY."

THE OHIO FARMER is a capital agricultural journal, published in Cleveland. We are glad to learn that it receives a generous support. Western farmers will find it just the thing they need. See advertisement.

THE WATER-CURE JOURNAL, for December, is welcomed to our table. It is hardly possible for us to say more than we have already said in behalf of this most valuable publication. As the next number commences a new volume, let all our readers who have not done so, secure it for the coming year, read and practise its teachings, and then judge for themselves. If they do not find it worth ten times its subscription price, then our experience goes for nothing.—*Boston Pathfinder*.

Literary Notices.

A COMPENDIUM OF THE THEOLOGICAL AND SPIRITUAL WRITINGS OF EMANUEL SWEDENBORG: Being a Systematic and Orderly Epitome of all his Religious Works, selected from more than thirty volumes, and embracing all his fundamental principles, with copious Illustrations and Teachings; with an appropriate Introduction, prefaced by a full Life of the Author, with a brief view of all his works on Science, Philosophy and Theology. Boston: Crosby and Nichols, 1853. [Price, prepaid by mail, \$2.50.]

Thousands of persons who have desired to become acquainted with the doctrines of the great Swedish Seer, have been effectually deterred by the voluminous character of his writings. To undertake the reading of *over thirty volumes* is a task too formidable for most persons. The design of this work is to obviate this difficulty, and present the substance of these volumes in one. It is a timely production, and will, no doubt, be extensively read. The Life of Swedenborg is the fullest ever written. The book is a large super-royal octavo volume, in double columns, and contains nearly 600 pages, which are equal to 1,500 pages of common octavo books. For sale by Fowlers and Wells, Clinton Hall, 131 Nassau street.

MAPLETON; or, More Work for the Maine Law.

By PHARCELLUS CHURCH, D. D., Author of "Philosophy of Benevolence," etc. New York: LEWIS COLBY & Co. 1853. [Price, prepaid by mail, \$1.25.]

Another Temperance Tale. We cannot have too many of them if they are good, as this truly is. These books have their mission, where the sermon and the lecture are not heard, and where the elaborate essay would be thrown aside as dull and tiresome. "This Work," says the author, in his Preface, "is a humble contribution to a great reform in morals and legislation." As such, we wish it a wide circulation and a multitude of readers. For sale by Fowlers and Wells, 131 Nassau street, New York.

HARRY HANSON; or, the Benevolent Bachelor.

By the Author of "The Attorney." With Illustrations. New York: SAMUEL HUESTON. 1853. [Price, prepaid by mail, \$1.25.]

This is a powerfully written and graphic work of fiction, the scene of which is laid in New York, before imprisonment for debt had been abolished. That cruel penalty for poverty and misfortune furnishes the principal material for the ground-work of the volume. Many of the scenes and characters are said to be real. In style and general character it resembles "The Attorney," which has been widely read and much admired by the lovers of that kind of mental aliment.

A REVELATION FROM HEAVEN; or, the New Faith:

Being an explanation of the various Spiritual Manifestations which have of late been so common throughout the country. By LEWIS B. MONROE. Boston: Printed by Damrell and Moore. [Price, prepaid by mail, 62 cents.]

We shall not discuss the claims upon our credence of the "Revelation," an exposition of which is briefly presented in this little volume, leaving that to others; but shall content ourselves with quoting the first article of the "New Faith." It is as follows:

"A full belief that God is making a revelation of his plan of salvation in a clear and perfectly consistent manner, through the instrumentality of the author of this work."

ALCOHOL AND THE CONSTITUTION OF MAN; Being

a Popular Scientific Account of the Chemical History and Properties of Alcohol, and its Leading Effects upon the Healthy Human Constitution. Illustrated by a beautifully-colored Chemical Chart. By EDWARD L. YOUNG, Author of the "Class-Book of Chemistry." New York: Fowlers and Wells, Publishers, Clinton Hall, 131 Nassau street. [Price, only 25 cents. Postage, when prepaid by mail, 5 cents.]

FROM the Table of Contents:—Chemical Origin, Nature, and Properties of Alcohol—Influence upon the Digestive Process—Relation to the Constituents of the Tissues—Water—Albumen—Effects of Alcohol upon the Respiration and Circulation—A Heat-Producing Agent—A Stimulant—Relation of Alcohol to Disease—Alcohol a Poison—Value of the Brain in the Human Constitution—Exercise of the Brain

controlled by Physical Conditions—Poisons have a Local Action within the System—Alcohol attracted by the Cerebral Matter—A Brain Poison—Disease caused by Alcohol—Forms of Mental Disorder and Insanity Produced by It—Intensity of the Appetite for Alcohol—Responsibility in Drunkenness, &c., &c.

"We would call especial attention to an original work now in press—[just issued]—entitled, "ALCOHOL AND THE CONSTITUTION OF MAN," by E. L. Young, illustrated by a magnificent diagram in colors, and giving the fullest, clearest, most convincing demonstration of the intensely poisonous nature of alcoholic liquids that has yet appeared. The price of the common edition is twenty-five cents; and no Temperance lecturer or intelligent advocate of the cause can afford to be without one, while any child who can read may, with this volume, put to flight the ablest and subtlest adversaries of Total Abstinence."—*New York Tribune*.

We shall notice this important work more at length in a future number of the WATER-CURE JOURNAL.

Talk and Topics.

We feel that our readers, however distant, are not STRANGERS, but FRIENDS, with whom we may sit down and have a quiet familiar TALK, and to whom we may suggest TOPICS for CONVERSATION, DISCUSSION and INVESTIGATION.

WESTERN MILITARY INSTITUTE. We have received the "Official Register of the Officers and Cadets of the Western Military Institute, at Drennon Springs, Ky., for the collegiate year 1852-3." The Institution seems to be in a prosperous condition. No less than 227 students were in attendance during the session—a number surpassed by but few colleges of our country.

Whatever views one may entertain in regard to the morality or the necessity of a military education, as such, it must be conceded that we have at present few if any other schools in which young men receive the thorough *physical training* which they get in a military institution. When will our merely civil schools and colleges learn a lesson from them; learn to care for the development of the *body* as well as the *mind*?

THE GREAT WEST.—A correspondent of the *Chambersburg (Pa.) Whig* thus "comes down" upon the people of the West. What he says may be true of a class of Western men, but our Western readers are of another kind altogether—they don't use the weed at all, are polite to the ladies, courteous in their general manners, and hospitable to strangers. (Is it not so?) But here is what the impudent fellow says:

"I had heard so much of this great West, that I expected to find a people superior to all else; and alas! forgive me—but—well—A more bigoted, bragging, bullying set of individuals Providence never placed me among. But to my personal experience. In the cars they don't *spit*, but *throw up* their tobacco-juice. Men seven feet six inches high (I mean six feet seven inches) force themselves into seats and let ladies stand; occupy two seats and let ladies stand; lie down on one whole seat, stick their feet (and such feet) on another, and let ladies stand. Might makes right. A Western man (resting on his republican dignity) steps neither to the right nor left, but moves on like a mower, caring not for the weeds he cuts down by the way. Their very appellation of 'stranger' to any one they meet, shows their feelings. A *stranger* is a natural enemy."

THE LILY.—Mrs. Bloomer's excellent paper, *The Lily*, devoted to the interests of woman, has been removed from Seneca Falls, N. Y., to Mount Vernon, Ohio. May success attend it.

DRESS REFORM.—We have been compelled to omit this department in the present number, but shall by no means lose sight of the subject. It has too important bearings on the great cause of Health Reform to be neglected.

LECTURERS.—We are happy to add to our list, Dr. Wm. T. Vail, Concord, N. H., and Mr. J. Washington Smith, Croton, Del. Co., N. Y.

VERY PLAIN YOUNG LADY: Now, my dear—a-hem—how is it that you look so delicate and fairy-like, when for the life of me I can't? Delicate Young Lady: Well, Anna Maria, after a great deal of experimenting, I have found out that eating slate-pencils and drinking vinegar, combined with tight-lacing, sitting up late at night, and several other things, have made me fairy-like, as you say.

OUR BRANCH HOUSE IN PHILADELPHIA.—To facilitate the great work in which we are engaged—the promulgation of laws and principles governing physical, intellectual and moral development, and by the dissemination of knowledge among men, through journals, books, lectures, &c., the PUBLISHERS have effected an arrangement with Mr. NELSON SIZER, formerly employed in our New York office, and have established a Branch House in the city of Philadelphia, under the name of FOWLERS, WELLS AND COMPANY, where all our publications will be kept on sale, at New York prices. Our patrons may here obtain the professional services of a competent Phrenological adviser and lecturer. Mr. Sizer has been engaged, directly and indirectly, for many years in the various reforms, and will continue to do good service in a calling to which he is so well adapted.

Citizens and strangers visiting Philadelphia will find our bookstore and cabinet at 231 ARCH STREET, where they may be instructed and entertained.

Dr. SHEW, of New York, proposing to locate a Water-Cure in the country the coming spring, wishes to purchase a place suitable for a first-class establishment of the kind. The location should be a healthy and salubrious one, free from fogs and all malarious influences; water abundant, and of the softest and purest quality, near the institution, and with sufficient fall; easy of access, and not too near any already established Cure. Mountain scenery and location would be preferred. It is desirable that the building be already in part or wholly erected, and a farm should be connected with the establishment. Dr. Shew will be glad to hear, at an early date, from any one having a property of this kind to dispose of. Address, Dr. JOEL SHEW, care of FOWLERS AND WELLS, 131 Nassau street, New York.

THE TOBACCO PRIZE ESSAYS.—The Publishers of this Journal, assisted by a committee of competent literary gentlemen, after a careful and thorough examination of the manuscripts—nearly twenty in number—submitted to them in competition, have awarded the prizes offered through their columns last April to the successful competitors in the following order:

JOEL SHEW, M. D., *New York.*

REV. DWIGHT BALDWIN, *Lahaina, Sandwich Islands.*

The accepted essays will be published immediately for the benefit of mankind. Particulars in regard to terms, etc., will be given in our next, when we hope to have the tracts ready for delivery.

The unsuccessful essays, many of which possess much merit, and lead us to regret that we have no more prizes to bestow, are subject to the order of their authors.

* Essay, entitled "Tobacco." By [J. L. H.] The author's name, at the time of going to press, is unknown.

NEW PUBLICATIONS.

THE NEW HYDROPATHIC COOK-BOOK, with Receipts 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. Price for the extra fine embossed edition, in gold, prepaid by mail, one dollar. For the plain edition, in muslin binding, prepaid by mail, 87 cents. For the cheap pamphlet edition, prepaid by mail, 62 cents.

A HOME FOR ALL; or the Gravel Wall, and Octagon Mode of Building. New, cheap, convenient, superior, and adapted to rich and poor; showing the superiority of this gravel concrete over brick, stone, and frame houses; manner of making and depositing it; its cost; outside finish; clay houses; defects in small, low, long-winged, and cottage houses; the greater capacity, beauty, compactness, and utility of octagon houses; different plans; the author's residence; green and ice-houses; filters; grounds; shrubbery; fruits, and their culture; roofing; school-houses and churches; barns and out-buildings; board and plank walls; the working-man's dwelling, etc., etc. Stereotyped edition; revised and enlarged; with engraved illustrations. By O. S. FOWLER. Price, prepaid, 87 cents.

CHEMISTRY OF ALCOHOL. Illustrated by a diagram in colors, and giving the fullest, clearest, and most convincing demonstrations of the intensely poisonous nature of all Alcoholic Liquids. By Prof. E. L. Youmans. 30 cents.

TEMPERANCE TRACTS. By Dow, Trall, Greeley, and others. 12 pages. Per 100 Copies, 50 cents.

ALPHABETICAL LIST

of Books on Water-Cure,

By FOWLERS and WELLS, New York.

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.

ACCIDENTS AND EMERGENCIES. By Alfred Smeed. Notes by Trall. Illustrated. 15 cents.

BULWER, FORBES AND HOUGHTON on the Water Treatment. One large volume. \$1 25.

CHILDREN; Their Hydrophatic Management in Health and Disease. By Dr. Shew. \$1 25.

CONSUMPTION: Its Causes, Prevention, and Cure. By Dr. Shew. Muslin, 87 cents.

CURIOSITIES OF COMMON WATER. A Medical Work. From London edition. 80 cents.

CHOLERA: its Causes, Prevention, and Cure: and all other Bowel Complaints. 30 cents.

CONFESSIONS AND OBSERVATIONS OF A WATER PATIENT. By Sir E. Lytton Bulwer. 15 cents.

ERRORS OF PHYSICIANS AND OTHERS, IN THE APPLICATION OF THE WATER-CURE. 80 cents.

EXPERIENCE IN WATER-CURE, IN ACUTE AND OTHER DISEASES. By Mrs. Nichols. 30 cents.

HYDROPATHIC ENCYCLOPEDIA. A Complete System of Hydropathy and Hygiene. Illustrated. By R. T. Trall, M.D. Two volumes, with nearly One Thousand pages. Illustrated. 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 Reforms, &c., with appropriate Illustrations. Terms, \$2 00 a year, in advance.

HYDROPATHY, OR WATER-CURE. Principles, and Modes of Treatment. 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.

PARENT'S GUIDE AND CHILDBIRTH MADE EASY. By Mrs. H. Pendleton. 60 cents.

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THE TRUE BASIS OF AMERICAN INDEPENDENCE. An Address before the American Institute, New-York, Oct. 20, 1853. By William H. Seward, U. S. Senator, and Ex-Governor of New-York. 12 cents.

THE NEW AND COMPLETE HYDROPATHIC FAMILY PHYSICIAN. An Elaborate Work. By Dr. Shew. \$2 00.

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WATER AND VEGETABLE DIET IN SCROFULA, CANCER, ASTHMA, &c. By Dr. Lamb. Notes by Shew. Muslin, 87 cents.

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COMPLETE CATALOGUES, embracing all works published by FOWLERS AND WELLS, on Hydropathy, Physiology, Phrenology, Phonography, Psychology, Magnetism, and the Natural Sciences generally, with prices, may be had on application. AGENTS in every neighborhood supplied at a liberal rate.

OUR PREMIUM LIST.

FOR the encouragement of our co-working friends, and with a view of remunerating them for their generous services in promoting the good cause—the cause of humanity—to which this JOURNAL is devoted, the publishers offer the following valuable premiums:

FOR ONE HUNDRED DOLLARS, two hundred copies of the WATER-CURE JOURNAL will be sent, one year, to one or as many different post-offices as there are subscribers, and a premium of ten dollars, in any books published at this office, and two hundred copies of the "Water-Cure Almanac," for the year 1854.

FOR FIFTY DOLLARS, one hundred copies of the JOURNAL, the worth of five dollars in books, and one hundred "Water-Cure Almanacs," for 1854, will be sent.

FOR TWENTY-FIVE DOLLARS, fifty copies of the JOURNAL, two dollars in books, and fifty Almanacs.

FOR TEN DOLLARS, twenty copies of the JOURNAL, one dollar in books, and twenty-five Almanacs.

For a single copy of the JOURNAL, one dollar a year.

At these club rates, very little profit is left, after paying for paper and printing; but, while so liberally patronized by zealous and devoted friends, no exertion to make it worth thrice its price will be spared by Editors Publishers.

THE SECOND NUMBER of the NEW HYDROPATHIC QUARTERLY REVIEW will be ready for delivery soon after this Journal reaches our readers. It will be an exceedingly valuable number.

POSTAGE on the REVIEW, when sent to regular subscribers, and paid by them quarterly in advance, at their own office, is only 4 1-2 cents a number.

When single numbers are sent to non-subscribers, and prepaid by the Publishers, at the New York Post Office, 9 cents a number; or, when not prepaid, double this amount.

Sample Numbers, for Agents, will be prepaid by the Publishers, and sent to any Post Office for 50 cents.

THE AMERICAN PHRENOLOGICAL JOURNAL for January presents the following attractive table of contents:

Phrenology in Literature.	Our New Year.
Analysis of the Organs.	Conscientiousness.
Wm. Elery Channing, (Portrait.)	A Sandwich Island Chief, (Illustr.)
Grace Greenwood, (Portrait.)	Tobacco—A Petition.
Anatomy and Phys. of the Senses, (Illustrated.)	Events of the Month.
Psychological Matters.	General Notices.
Electrical Lamp, (illustrated.)	Literary Notices.
Daguerreotypes on Wood.	Chit-Chat.
Keep in Step, (Poetry.)	Notes and Queries.
	Varieties.

TERMS: One Dollar a year. Published monthly by FOWLERS AND WELLS, 131 Nassau Street, New York.

Brevities.

AN advocate of capital punishment argues that the gallows is calculated to *elevate* mankind.

A GENIUS in Ohio has invented an engine that he supposes will supersede steam. The motive-power is a gallon of fever and ague boiled down to a pint.

It may not be generally known that editors get one important item of subsistence at a very low price; they get *bored* for nothing.

An apothecary's boy was lately sent to leave at one house a box of pills, and at another six live fowls. Confused on the way, he left the pills where the fowls should have gone, and the fowls at the pill place. The folks who received the fowls were astonished at reading the accompanying directions—"Swallow one every two hours."

In the geography of Young America, the following boundaries of the United States are now glibly given: East, by sunrise; West, by sunset; North, by the Arctic expedition; and South, *as far we darn please.*

A BROKER in State street, deeply absorbed in speculation, being asked the other morning—"How do you do?" replied abruptly, "About two per cent. a month."

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 ONE CENT A LINE FOR EVERY THOUSAND COPIES, our edition being never less than 40,000 copies.
 Payment in advance for transient advertisements, or for a single insertion, at the rates above-named, should be remitted.

All Advertisements for the WATER-CURE 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.

DR. SHEW, of New York, No. 98 Fourth Avenue, between 10th and 11th streets, attends to general practice as heretofore.

LEBANON SPRINGS WATER-CURE (Columbia Co., N. Y.) is now open for the full and winter. **DR. SHEW, of New York city, consulting physician.**

GREENWOOD SPRINGS WATER-CURE.—This establishment, in Cuba, Allegany Co., N. Y., on the line of the New York and Erie Railroad, will be sold or leased to a competent hydropathist, on liberal terms. The buildings are commodious, the water pure and abundant, and the locality one of the most salubrious in the State. Address the proprietor, **DR. S. E. PERRY, as above, or apply to Dr. TRALL, 15 Laight st., N. Y.** Aug 11

NEW YORK CITY WATER-CURE.—178 and 184 Twelfth St., corner of University Place. The best accommodations to be found in any city establishment, furnished on reasonable terms.
Jan 11 O. H. WELLINGTON, M.D.

STRANGERS VISITING NEW YORK can find a pleasant and comfortable home in a good family at the **NEW YORK CITY WATER-CURE, 178 and 184 Twelfth Street, corner of University Place.** Board by the day or week on reasonable terms.
Jan 11 O. H. WELLINGTON, M.D.

MOUNT PROSPECT WATER-CURE—BINGHAMTON, BROOME CO., N. Y.—This retreat for the Sick continues with increasing prosperity. For beauty of location, purity of water, healthfulness of climate, and adaptedness for pursuing treatment in winter, this place is unrivaled. It is under the entire care of **Dr. Thayer and Wife, whose thorough knowledge of disease, large experience in hydropathic practice, and the success that has attended their efforts, are ample assurances that this Institution holds out inducements rarely found elsewhere.**

The buildings belonging to and connected with it, have been erected with a strict view to the comforts and happiness of those persons who visit the "Cure" with a view to health. The house is warmed by Heaters situated in the cellar; all the halls and rooms are kept, night and day, at a summer temperature. We have recently erected an exercising hall, 70 by 20 feet, with Bill Alleys and other Gymnastic fixtures, which are so essential to an establishment for invalids. Terms, from \$5 to \$8 per week.

P. S.—Dr. T. can be consulted by letter, and prescriptions sent, free of charge, to any part of the United States. All letters must be pre-paid, to receive notice.
H. M. RANNEY, Proprietor.
O. V. THAYER, M.D., } Physicians.
H. H. THAYER, }

HIGHLAND HOME WATER-CURE, at Fishkill Landing, Dutchess Co., N. Y. **O. W. MAY, M.D., Proprietor.**

The pure air and water, beautiful scenery, fine large edifice, an easy access from every direction, combine to render this a desirable place for those who need Hydropathic treatment. This establishment is intended more particularly for the cure of Female diseases; but all other remediable diseases are here treated successfully.

CLEVELAND WATER-CURE ESTABLISHMENT.—The above establishment still continues in successful operation; having already entered upon its sixth season. The largely increased number of patients treated at the Establishment the past year, over any previous year, and the increased rapidity and proportion of cures, induce 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 unsurpassed by none.
May, 11 T. T. SEELYE, M. D., Proprietor.

FORESTVILLE WATER-CURE, at Forestville, Chautauque Co., N. Y., eight miles from Dunkirk, on the New York and Erie Railroad. The house is new, commodious, and the rooms pleasant and airy. Every facility will be afforded the patient to make the stay pleasant, and favor the restoration of lost health.
 Terms, from \$5 to \$8 per week, payable weekly.
Consult CHARLES PARKER, M.D., Proprietor. June 11

THE JAMESTOWN WATER-CURE will be open for the reception of patients summer and winter.
PHYSICIANS,
E. Potter, M.D., and Mrs. L. M. Potter. Oct. 11

AUBURN WATER-CURE, Auburn, Macon Co., Ala. **DR. WM. G. REED, Miss L. A. ELY, Physicians. April, 11**



HYDROPATHIC AND HYGIENIC INSTITUTE.

R. T. TRALL, M.D., PROPRIETOR.

This commodious establishment, 15 Light 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 physiological teachers and lecturers, and hydropathic physicians. TEACHERS: Dr. Shew, Dr. Taylor, Dr. Wellington, Dr. Snodgrass, Dr. Trall, L. N. Fowler, H. S. Clubb, Wm. A. Steer, and Miss A. S. Cogswell.
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.

GLEN-HAVEN WATER-CURE.—This establishment, situated at the head of Skaneateles Lake, is in full and successful operation this winter. It can accommodate easily 100 persons in the cold season. **Dr. JAS. C. JACKSON and Mrs. LUCRETIA E. JACKSON, with their assistants, Miss H. N. AUSTIN and Mr. C. J. ARMSTRONG, are the Physicians.** Of their success, let the prosperity of the establishment and Dr. Jackson's writings speak. Those who wish for further intelligence can find it by referring to the advertising columns of this Journal for October, 1853, or the next number, (Feb., 1854,) in which free information will be given, or if they wish, Circulars will be sent, giving minute information, on application by letter, post paid. Our address is **Scott, Cortland Co., N. Y.—THE PROPRIETORS, Jan. 1, 1854.**

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 dollars per week; for further particulars address **D. A. PEASE, M.D., Carthage, Hamilton Co., Ohio. June, 11**

WORCESTER HYDROPATHIC INSTITUTION, No. 1 GLEN STREET.—This Institution is well arranged for treatment at all seasons. It will remain under the medical direction of **Dr. GEORGE HOYT** until the return of **Dr. ROGERS** from Paris, in April, 1854.
 Terms, usually from \$1 to \$9 per week. For treatment without board, \$3 to \$4 per week. **Nov 11**

CONCORD WATER-CURE.—**Dr. VAIL'S** Establishment, at the Capitol of the "Granite State," is open summer and winter. No place affords superior advantages for treatment. Letters of inquiry answered without charge. Prescriptions for home treatment, \$2. Two comfortable, two woolen blankets, three coarse sheets, towels, &c., are required for purposes of treatment; or they may be hired at the establishment.
Dec 11

BROWNSVILLE WATER-CURE ESTABLISHMENT.—**DR. C. BAELZ** continues to treat Chronic Diseases successfully at his establishment near Browns-ville, Pa. Terms: \$6 per week, payable weekly.

THE SUGAR CREEK FALLS WATER-CURE continues open for Winter Treatment. Terms moderate. Address, **DRS. H. & S. FREASE, Dec 11 Denndorf's Mills, Tuscarawas Co. O.**

PHILADELPHIA.—DR. WEDER'S CITY WATER-CURE ESTABLISHMENT, No. 80 North Eleventh Street. Dec 31

G. H. TAYLOR, M.D., Practitioner of Water-Cure, No. 2 Eleventh st., cor. 4th Avenue. Domestic practice and office consultations particularly attended to. Also, letters for advice. **July 11**

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

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

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

TARRYTOWN WATER-CURE.—THIS ESTABLISHMENT, which was consumed by fire last year, has been rebuilt, and is now ready to receive patients.
 Address, **F. D. PIERSON, Tarrytown, N. Y.**

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

MERCER WATER-CURE, Mercer, Pa. By **Dr. J. and Mrs. M. F. R. CATLIN.** Terms \$4 to \$6 per week. **July 11**

NEW GRAEFENBERG WATER-CURE.—FOR full, printed particulars, address **R. HOLLAND, M. D. New Graefenberg, N. Y. Aug 11**

LYING-IN INSTITUTE, 201 West 56th st., by **Mrs. C. S. BAKER, M.D., graduate.** She will also consult with and visit patients at their residences.

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**

NEWPORT, R. I., WATER-CURE.—This Establishment is now in successful operation, under the direction of **DR. W. F. RICH,** whom please to address for particulars.

GEORGIA WATER-CURE — At Rock Spring, near Marietta, Georgia, is open, summer and winter. C. Cox, M. D., Proprietor. Sept 11

Business Advertisements.

FOWLERS AND WELLS publish the following Journals: **THE ILLUSTRATED PHRENOLOGICAL JOURNAL;** A Repository of Science, Literature, and General Intelligence; Devoted to Phrenology, Education, Biography, Mechanism, Agricultural Commerce, and the Natural Sciences, and to all those Progressive Measures which are calculated to Reform, Elevate, and Improve Mankind. Published Monthly, at \$1 a year, in advance. **THE WATER-CURE JOURNAL, AND HERALD OF REFORMS;** A Popular Work, devoted to Hydropathy, Physiology, and the Laws of Life and Health. Illustrated with Numerous Engravings, exhibiting the Structure and Anatomy of the Human Body—with familiar instruction to learners. It is emphatically a Journal of Health, designed to be a complete Family Guide, in all cases, and in all diseases. At \$1 a year. **THE HYDROPATHIC QUARTERLY REVIEW;** A New Professional Magazine, devoted to Medical Reform, 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 Illustrations. Each number contains from 150 to 200 octavo pages, at \$2 a year. Orders should be addressed, pre-paid by mail, to **FOWLERS AND WELLS, 131 Nassau street, New York.**

THE WRITING AND SPELLING REFORM consists in the introduction of a complete alphabet of forty-two letters, to represent all the sounds of the English language. This alphabet is adapted to Shorthand and Longhand Writing, and to Printing. Phonetic Shorthand is as legible as common writing; while it is written in one-fourth of the time, and with half the labor. By means of Phonetic Printing, children and ignorant adults may be taught to read accurately in about twenty hours' instruction; and, with a few hours' additional practice, they are capable of reading books printed in the common spelling. The education of the poor is thus rendered not only possible, but easy.

PHONETIC PUBLICATIONS for sale by **FOWLERS AND WELLS, New York.**—**IN PHONETIC SPELLING:** Twelve Sheet Lessons, in large type, 25 cents; First Phonetic Reader, 10 cents; Second Phonetic Reader, 20 cents; Transition Reader, 15 cents; Longhand Writer, 20 cents; Pope's Essay on Man, 20 cents; The Unbalanced, an original story, by L. A. Hine, 25 cents.

IN PHONETIC SHORTHAND.—Manual of Phonography, in paper covers, 40 cents; cloth, 60 cents; History of Shorthand, 80 cents; Reporter's Companion, 80 cents; Reporter's Reading Book, 80 cents; Flowers of Poetry, 15 cents; Chart of the Shorthand Alphabet for teaching, 40 cents.

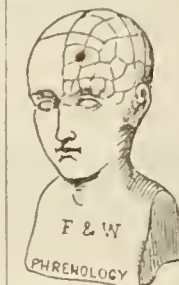
Constitution of the United States, in Phonography, Corresponding style, 15 cents. Declaration of Independence, in Phonography, a sheet for framing, 15 cents. Phonographic Teacher; being an Inductive Exposition of Phonography, intended for a school book, and to afford complete instruction to those who have not the assistance of an oral teacher, in boards, 45 cents. The Reporter's Manual; an Exposition of this Reporting Style of Phonography, by Andrew J. Graham. Price, 62 cents.

Orders for these works will be filled by return of this first mail, by **FOWLERS AND WELLS, 131 Nassau street, New York.**

THE NEW POCKET SYRINGE, WITH DIRECTIONS FOR ITS USE.—The undersigned takes pleasure in offering to the public, the Hydropathic Profession, and especially to families, a new and superior INJECTING INSTRUMENT, with an ILLUSTRATED MANUAL, by **R. T. TRALL, M.D.,** giving complete directions for the employment of water injections. The price of **THE NEW POCKET SYRINGE** is only Three Dollars and a Half, and may be sent by Express to any place desired. All orders containing remittances should be pre-paid, and directed to **FOWLERS AND WELLS, Clinton Hall, 131 Nassau Street, New York.**

This instrument has been manufactured to order, to meet the wants of hydropathic physicians and patients. 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 lifetime.

Extra Vaginal Tubes, 25 cents. Sent to any place desired by Express.



THE PHRENOLOGICAL

BURT, DESIGNED ESPECIALLY FOR LEARNERS: Showing the exact location of all the ORGANS of the Brain fully developed, which will enable every one to study the science without an instructor. It may be packed and sent with safety by express, or by freight, (not by mail,) to any part of the world. Price, including box for packing, only \$1 25.

"This is one of the most ingenious inventions of the age. A cast made of plaster of Paris, the size of the human head, on which the exact location of each of the Phrenological organs is represented, fully developed, with all the divisions and classifications. Those who cannot obtain the services of a professor, may learn in a very short time, from this model head, the whole science of Phrenology, so far as the location of the organs is concerned."—*New York Daily Sun.*



BOOK ILLUSTRATIONS,

Portraits, Buildings, Views, Machinery, Labels, Seals, Bank Checks, Bill Heads, Business Cards, Ornamental Designs for Color Printing, &c., engraved in the best style. **Nov. 11**

OUR BOOKS IN BOSTON.—New England patrons who wish for our various publications, may always obtain them, in large or small quantities, at our Boston establishment, 142 Washington street. Besides our own publications, we keep a supply of all works on Physiology, Phonography, Phrenology, and on the natural sciences generally, including all Progressive and Reformatory works.

PHRENOLOGICAL EXAMINATIONS with charts, and written opinions of character, may also be obtained, day and evening, at our rooms in Boston, No. 142 Washington street, near the old South Church. **11**

PHONOGRAPHIC GOLD PENS of the best quality, furnished by **FOWLERS AND WELLS, N. Y.,** at \$1 50—sent by mail, postage pre-paid. A cheaper, inferior article, may be had at \$1 25.

CANCERS CURED.—**DR. SCHELL,** late of New Orleans, is prepared to treat cancers without the knife, or any distressing surgical operation. He will also guarantee a cure in every case he undertakes. His treatment consists in strict hygienic attention to the general health, with local appliances, which are neither injurious nor painful. Further information may be had of **DR. TRALL, 15 Laight street,** to whom application may be made.

PLEASANT AND PROFITABLE EMPLOYMENT.—Capable Young Men and Women, with \$15 to \$25, may obtain healthful, pleasant and profitable employment in every town and village, by engaging in the sale of useful and popular Books, and canvassing for several valuable Journals. For particulars, address, post-paid, **FOWLERS AND WELLS, No. 131 Nassau Street, New York.**

P.S. All Agents who engage with us will be secured from the possibility of loss, while the profits derived will be very liberal.

THE WATER-CURE JOURNAL.

Prospectus

Vol. xvii.

For 1854.

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 terrors 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.

Those who are already acquainted with our JOURNAL, need only to be pointed to the past as a sufficient guarantee for the future; but, as we confidently expect that this Prospectus will fall into the hands of thousands who are not yet numbered among our constant readers, we shall take this opportunity of re-stating briefly our aim and plan of operations, in conducting it.

OUR AIM

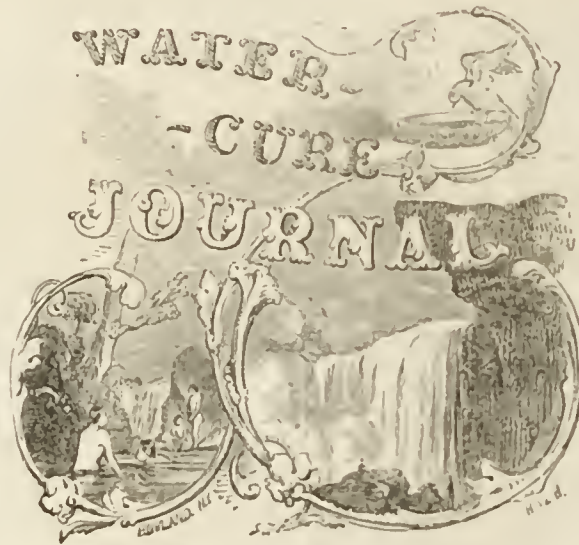
is a high one—the indoctrination of the people every where into the PHILOSOPHY OF HEALTH and the LAWS OF LIFE, with a view to the ultimate, entire PREVENTION OF DISEASE and the *Universal* prevalence of perfect PHYSICAL, and consequent INTELLECTUAL and MORAL HEALTH.

OUR PLAN OF OPERATIONS,

to correspond with this lofty aim, is a comprehensive one, embracing all subjects connected with Diet, Exercise, Cleanliness, Ventilation, Dwellings, Clothing, Education, Occupations, Amusements and Social Relations—all that makes up that complex thing called Human Life.

TEMPERANCE

on the *highest grounds*—grounds on which the Hydropathist alone can consistently stand, will be zealously and fearlessly advocated in the JOURNAL, making it, as it always has been, one of the most *efficient* TEMPERANCE PAPERS in the World.



AND

HERALD OF REFORMS.

THE PRACTICE OF THE WATER-CURE

will be illustrated in Reports of Cases treated by Physicians, and in numerous Records of Experience in Home Treatment by the people themselves, showing the vast superiority of the system, thus applied, over the most orthodox application of drugging in all its forms, and demonstrating that the PEOPLE, when properly instructed, may be *their own doctors*. Particular directions will be given for the treatment of ordinary cases at Home, which will enable all who have occasion to apply it practically, without the aid of a physician.

THE DRESS REFORM

will continue to be earnestly yet moderately and candidly urged, as an important means of promoting the Health and Happiness of the Race in general, and of Women in particular, and as standing in close relation with UNIVERSAL REFORM. To be Illustrated with Engravings.

THE PHILOSOPHY OF HYDROPATHY

will be fully unfolded in all its bearings, in thorough and reliable but popular essays from the pens of our best writers, who will also explain the application of its various processes to the cure of disease, and the preservation of Human Health.

PHYSIOLOGY AND ANATOMY,

in their relation to the Laws of Health, will be explained and illustrated by writers fully competent to treat those important subjects.

DIETETICS,

holding a prominent place in the work of Health Reform, will continue to receive attention, and a true diet be enforced by arguments and facts.

AS A FAMILY READER,

the WATER-CURE JOURNAL, embracing articles on a great variety of interesting topics, only incidentally connected with the subject of Hydropathy, will be found one of the most useful and attractive publications in existence for the HOME CIRCLE.

NUMEROUS BEAUTIFUL ENGRAVINGS

will, from time to time, be given in illustration of the various important subjects discussed.

TO OUR FRIENDS.

Believing that Health Reform—the basis of all other Reforms, and Human Progress in general—will be promoted by the circulation of the WATER-CURE JOURNAL, we rely upon the FRIENDS OF THE CAUSE OF HUMAN ELEVATION to continue their exertions until a copy is within the reach of EVERY FAMILY in which the English language is spoken.

THE JOURNAL will be published on the first of each month, on the following extremely low

TERMS, IN ADVANCE:

Single Copy, one year, - \$1	Ten Copies one year, \$7.00
Five copies, " - 4	Twenty copies, " 10.00

Please address all letters, POST-PAID, to

FOWLERS AND WELLS,

Clinton Hall, 131 Nassau Street, New York.

The New Volume commences in January, 1854. Clubs should be made up, and subscriptions sent in at once. Sample numbers gratis.

VOICES FROM THE PRESS.

We have the free press of America on our side on the great question of Health Reform. We might fill pages every month with incontrovertible proofs of this, in the form of notices, were it necessary. But it is not. Still, we are disposed to give a few, as specimens of the many, for the encouragement of our co-working friends, and to satisfy the curiosity of those who may wish to see what the Editors say of us. These notices are all voluntary, and—we shall do our brethren of the press the justice to believe—present the sincere and unbiased opinion of the writers:

THE WATER-CURE JOURNAL is a singularly beautiful display of distinct black impressions from neat-faced type on snow-white paper, emanating from the office of *Fowlers and Wells*, in New York. The new and rapidly-extending mode of cure which it advocates, with all the details of the processes, and their application to every species of disease, are well explained in this work. There is a world of invaluable information found here, on the philosophy of hydropathy, and on diet, drugs, and exercise.—*Model American Courier*.

Do you want to know how to enjoy and prolong your life—or if unwell how to recover your health, despite physic and doctors' bills? Then send \$1 to *Fowlers and Wells*, for the WATER-CURE JOURNAL for a year.—*Hartford Bank Note List*.

THE WATER-CURE JOURNAL is a decidedly popular and instructive periodical. It has rapidly attained an overwhelming circulation. It is always filled with common-sense philosophy upon that important question—the preservation of the health. All could profit by its suggestions.—*Day Book*.

We have commended this work so often, that we suspect many of our readers already rank us among the disciples of Priessnitz. Without stopping to "*define our position*," we remark that, in reference to the WATER-CURE JOURNAL—which is the matter more directly in point—we are entirely clear in the opinion, that it is a valuable work, richly worth the subscription price—only one dollar.—*Alabama Beacon*.

It is devoted to *Health Reform*, and is a thoroughly popular work, being the organ of no clique, but adapted to the wants of the whole people. Its motto is—"*Sana mens in sana corpore*," believing that "sound minds in sound bodies" must be or ought to be the general rule, and not the exception, before humanity can work out its glorious destiny. All interested in the philosophy of life in its social, natural and moral relations, should take the WATER-CURE JOURNAL.—*Georgia Citizen*.

THE WATER-CURE JOURNAL.—This is a welcome periodical—one of the favored few we lay aside for some perusal, partly because the paper and type are temptingly agreeable to the sight. It has a clear, healthy appearance, as we think a man ought to look after a course of "water-cure." We are half converts to the system, and entire converts to daily baths at this season. We hate physic, and, as do the editors of the W. C. Journal, would "throw it to the dogs." *Fowlers and Wells* have the energy to gain for Hydropathy a large auditory.—*Wall Street Journal*.

TO SUBSCRIBERS.

THIS JOURNAL will be sent at club prices to different post-offices when desired, as it frequently happens that old subscribers wish to make a present of a volume to their friends and relatives who reside in other places.

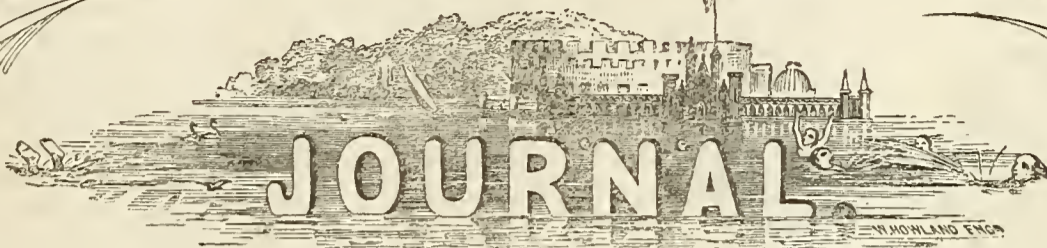
MONEY on all specie-paying Banks may be remitted in payment for this Journal. Drafts or checks preferred.

ON THE SAME TERMS.—It will be the same to the Publishers, if TWENTY COPIES OF EITHER OR BOTH the Water-Cure Journal or Phrenological Journal are taken in one club.

THE only way to secure a complete file of this Journal, is by subscribing for it at the beginning of the volume. The Journal is not stereotyped. Back volumes out of print.

WATER-CURE

Journal



AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

VOL. XVII. NO. 2.]

NEW YORK, FEBRUARY, 1854.

[\$1.00 A YEAR.

Published by
FOWLERS AND WELLS,
No. 131 Nassau Street, New York.

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ESSAYS.

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HOUSEHOLD SURGERY.

THE HUMAN FOOT: ITS COVERINGS, DISEASES AND TREATMENT.

With Illustrations.*

BY JOEL SHEW, M.D.

INJURIES OF THE FOOT.—I refer here to those which arise from voluntary abuse simply. We abuse the teeth, the stomach, the bowels, the lungs, the skin, the head, and the nerves, but hardly any part more than the foot. For example, look at fig. 1, representing this part in a

FIG. 1.

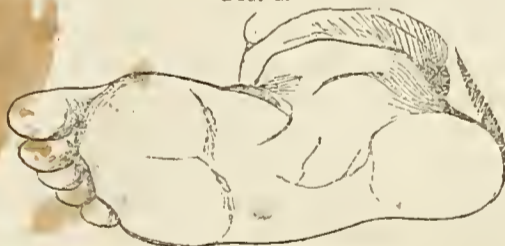


FIG. 2.



natural state, and then at fig. 2, which shows the form of a fashionable shoe or boot fitted for such a foot. Look also at figs. 3 and 4, the one giving a view of the natural foot; the other, one of a foot which has been cramped in such a way as to make one toe ride upon its neighbor.

If the reader wishes to know the scientific reasons why the foot should never be cramped, let him look at fig. 5, which represents the bones of this part in a natural condition. Looking at the cut, any one can imagine how easy it must be, by the pressure of a tight shoe, to force the

bones out of place—a thing never to be done with impunity in any part of the living body.

FIG. 3.



FIG. 4.



FIG. 5.

The same thing will be still more apparent when we consider the ligamentous connections that exist in this part of the living body; and it is easy to conceive how important it is to allow them to have at all times the freest motion and room for play.

The foot as well as the hand is formed in such a way as to admit of a great variety of motions, and hence a corresponding variety of muscles and tendons are found in the part. It is a law of the living economy that muscular health and development can only be secured by allowing the muscles full room for action. The numerous muscles



* In part from the HYDROPATHIC FAMILY PHYSICIAN.

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and tendons concerned in the movements of the foot are well represented in figs. 6, 7, 8, and 9; and when we consider their variety and extent,

FIG. 6.



FIG. 7.



FIG. 8.

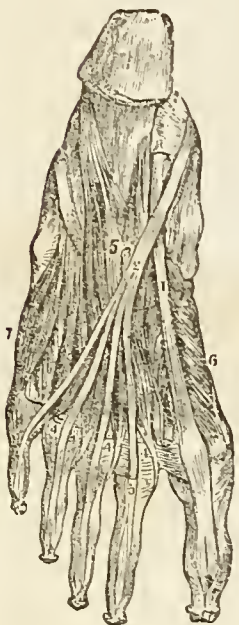


FIG. 9.



we may well conceive the injury that may be inflicted upon this useful part of the animal structure by violating the physiological laws just referred to.

TOE NAIL ULCER.—What is termed “inverted toe-nail,” but more properly “toe-nail ulcer,” is a most painful and troublesome affection of the great toe; so much so, that when it is considered necessary to extract the nail, as surgeons have often done, an amount of pain is caused which, while it lasts, is not exceeded by that of any other operation. All this happens in consequence of wearing the shoe too tight, the same as in corns, bunions, etc.

Treatment.—With regard to the treatment of toe-nail ulcer, as a general thing, there is not much difficulty if the water-dressing and water-soakings are sufficiently persevered in, and the part kept from fresh irritation. True, in some cases, the patient's system may be so foul, and

the part so much affected, that the cure will be attended with a good deal of difficulty. In some cases the patient has preferred to have the toe cut off, rather than suffer as he had done.

An ingenious method of curing this trouble, when not too severe or far advanced, is that of Dr. C. D. Meigs, of Philadelphia. His method is to scrape the nail or soften it in warm water, so as to render it moderately flexible, and then introduce under its angle on the sore side, some soft lint, so as to fill entirely the space beneath its edge. Next apply a very small compress upon the granulations, or tumefied or projecting integuments, in order to force them off the edge of the nail, and confine it there by a few turns of a little strip of adhesive plaster. The continued pressure of the compress, the action of the lint, and the use of a loose shoe, will, according to Dr. Meigs, suffice for mild cases.

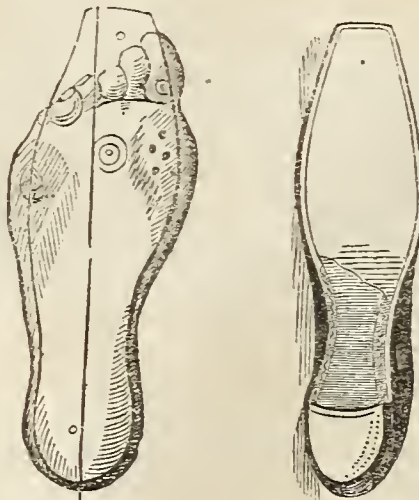
The water-dressing, used from time to time, and often, would also be a help to this method.

CORNS.—These consist of a roundish, horny, cutaneous excrescence, with a central nucleus, sensible at its base. They are found chiefly upon the toes, arising from the pressure of too tight shoes. They are sometimes, however, spontaneous and gregarious, spreading over the whole head and body. They sometimes rise to a considerable height, assuming a sort of horny appearance. Oftener they are but flat and slightly elevated. They are of two kinds, *hard* and *soft*. The former occur on the surface of the foot, where the skin is liable to become dry and hard; the latter between the toes, where the cuticle is more soft and spongy. Soft corns are in general more painful than the hard.

Causes.—It is not a little surprising to see how far *fashion* sways people in many things. This truth is nowhere more strikingly exemplified than in the use, or rather *abuse*, of the feet. Every one knows that those who wear shoes of a proper size never have corns, however active their habits may be. Some have, indeed, as before remarked, gone so far in pinching their feet as to cause some one of the toes to be pushed up out of its place, and made to ride upon its neighbor. In this way corns have been caused, and so painful, that actual amputation of the toe has been performed. Think of that—a man having to get his toe cut off merely because he would persist in wearing shoes too tight!

The manner in which corns are produced is

FIG. 11.



well shown in fig. 11. The sketch represents a foot and the kind of sole that is usually formed to fit

it. Wearing a shoe or boot of a form so disproportionate to that of the foot, it is not at all surprising that people should be troubled with “hard corns,” “soft corns,” corns between and upon the toes as well as corns on the sole of the foot.

Treatment.—It is an instructive fact in regard to corns, as also warts, bunions, etc., that a course of water-treatment generally removes them wholly, or prevents all pain. Those who bathe habitually in cold water are seldom troubled with corns.

To extirpate the corn, the following plan has been adopted by some surgeons: The foot is bathed in warm water nights and mornings, and the corn kept continually covered with a plaster consisting of equal parts of soap plaster and oil, spread on very soft leather. When the corn has become soft and sodden by these means, an oblique incision is made with a lancet or other sharp instrument completely round it, and converging to its centre, but without cutting deeply enough to wound the skin. When enough of it has been detached in this manner, it is twisted around with a pair of forceps till the root is pulled out. In many cases this method succeeds well. The same kinds of caustic applications mentioned in the treatment of warts, are equally applicable to hard corns.

BUNION.—This is likewise one of the “fashionable diseases,” and caused in the same way as corns. It consists of a painful swelling of the inner side of the great-toe joint, although the same thing happens now and then on the instep. When it is situated at the toe, the member always becomes distorted, the joint thrown outward, and giving the foot a very unnatural appearance. The beginning of the difficulty is first known by some pain and redness, accompanied with a degree of swelling. If the pressure is now wholly discontinued, the trouble soon vanishes; but if it is kept on, it is certain to grow worse. After a while the redness and tenderness disappear, but the part feels as if full of fluid, and in time becomes hard and grizzly like a corn. In other cases the part becomes ulcerated, forming a fistulous opening that it is almost—if not quite—impossible to heal.

Treatment.—Taking off all pressure is manifestly the first thing to be done. The bunion, if hard, may also be pared and operated on like a corn. Says an English author, “The bunion, when once actually formed, is scarcely possible ever to get rid of, and it remains an everlasting plague.” The water-dressing affords some more hope in the case, it must be admitted; but a bad bunion is a bad thing, making the best of it.

I have in the next place some remarks to make on the various substances and the forms of articles used as coverings for the feet.

INDIA-RUBBER.—One of the worst evils connected with our subject at the present day, is the *abuse* of India-rubber. This is a useful article in its proper place; but as a covering for the feet it is often used to the detriment of health. India-rubber boots are an abomination, except where a man has to wade in mud or cold water for a considerable length of time. India-rubber

FIG. 13.



BUNION.

shoes, when worn so much or so long at a time as to sweat the feet, are harmful by making the feet tender and more liable to cold. The lower the shoes, the better; and if they are lined with thick cloth, the natural transpiration can the more readily go on. Shoes and gaiters having India-rubber webbing or springs at the sides should be as loose and elastic as the case will admit of; otherwise the ankles will become weakened, and a varicose state of the veins of the lower extremity may be caused. It is better, however, to avoid shoes and gaiters of this kind altogether, since the India-rubber used must, to an extent proportionate to the amount of material used, prevent the normal elimination of effete matter from the part.

PATENT-LEATHER.—For the same reason—to wit, the imperviousness to air, the use of patent-leather foot-coverings, which has become so common at the present day, is to be deprecated. Patent-leather likewise, besides being of too air-tight a nature, has also another objection, which is that of being a too rapid conductor of heat and cold. In summer a patent-leather boot or shoe is too hot upon the foot, because it possesses the property of conducting the heat from without rapidly inward upon the foot; in the winter the opposite effect takes place; i.e., the cold from without passes through the leather, rendering the foot much colder than it would be in an ordinary boot. The use of this article is especially pernicious when used for children's shoes and gaiters, as it almost universally is in our cities and larger towns at the present time. Morocco, cloth, or the softest calf, according to the age of the child and the season of the year, are the only articles proper for children's use.

STOCKINGS AND SOCKS.—Some tell us that they find their feet warmer, in winter even, if they allow the boot to come against the bare foot. This is no doubt true in some cases of persons who have a vigorous circulation, and for two reasons; first, the foot, being more subjected to the impression of cold, attains a greater calorific power than it ordinarily possesses; second, the foot has more room, or, in other words, less pressure upon it, a circumstance which favors naturally the circulation of blood in the part; and of course, the more blood, the more warmth.

Stockings, however, possess an important advantage, which is that of keeping up a more cleanly state of the foot. If a person wears a boot or shoe long without stockings, he will find his boots considerably more dirty than is commonly the case, especially if he is not extremely careful as to washing the feet. In summer particularly, socks or stockings of proper material will be found serviceable, preventing personal filth.

As to the *material* of which socks and stockings should be made, we may lay down the general principle, *that that which is productive of the greatest degree of comfort is the best.* Woollen is in general objectionable on the ground that it causes too great a degree of warmth while we are within doors, and because it is uncomfortable and irritating to the skin. There are circumstances, however, in which it is preferable to wear woollen stockings; as, for example, when a lady goes out in wet or cold weather with thin, fashionable,

paper-soled shoes. The good of the flannel is then greater than the harm.

Linon, soft-spun, is beyond doubt the most comfortable and, for general use, the most healthful article that can be worn next the skin. If a person desires real comfort of the feet, let him wear soft, elastic stockings next to the feet, and other covering which insures dryness and warmth. In the latitude of New York one pair of stockings with a suitable pair of boots will be sufficient. The boots, however, should be so large and roomy that a second pair can be added if necessary, which also may be of cotton or woollen, according to the inclemency of the weather. But it is always more strictly physiological that linen be kept next to the foot. And yet, wear even woollen next to the surface rather than expose those important parts to too great a degree of cold. Many suppose that we of the Water-Cure are always for chilling the body. But it was the doctrine of its great founder, *that the extremities should always be kept warm*,—a rule that holds alike good both in sickness and in health.

WOODEN SHOES.—The *sabots*, or wooden shoes, worn by the peasantry of France, have always been looked upon with distrust by Englishmen and Americans; and it was popularly said of William III., that he had saved his people from Popery, slavery, and *wooden shoes*. As generally made, the wooden shoe is a clumsy affair, but it is improved somewhat by the introduction of other shoes made of list, which serve to give warmth and steadiness to the foot. Fig. 14 gives some idea of this kind of shoe, which may often be seen among the Canadian French, and sometimes in the northern part of our States, among those who have come from the old country, or emigrated across the Canadian line.



FIG. 14.

THE JEFFERSON BOOT.—A very good form of foot covering was that called the "Jefferson boot." It was introduced into use at about the time Mr. Jefferson became President, and he was himself fond of wearing it. The boot was laced up in front, as high as the ankles—in some instances, perhaps higher. (See fig. 15.) This was



FIG. 15.

at about the same time when pantaloons were introduced into this country, and became fashionable.

That form of boot which was laced up at the side came into fashion soon after the "Jefferson boot," but the inconvenience of lacing, we are told, prevented it from being generally adopted. From this



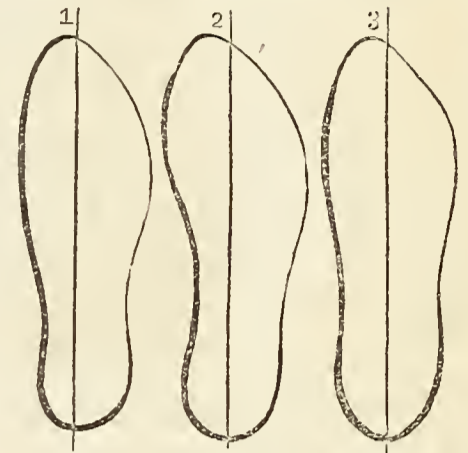
FIG. 16.

we learn, that if patience in lacing boots is a virtue, females are deserving of more credit than we men are. This kind of boot is represented in fig. 16.

MODE OF FITTING THE FOOT.—The only reliable method of getting shoes and boots that are at all comfortable seems to be, either to select at a store from a large assortment of the articles, or, if they are made to order, have a last fitted expressly for the foot. It is by no means sufficient to have a last of the proper length and width simply, as many bootmakers seem to suppose; and in fit-

ting the last, the foot should be set square and comfortably upon a piece of paper, upon which with a pencil its outlines are traced. Let almost any three persons having feet of the same length and width make a drawing in this manner, and the result would be something like that indicated in fig. 17. This serves to show the importance

FIG. 17.



of each foot having a last of its own, and how impossible it is for any shoemaker to insure a fit without it.

BUCKLED SHOES.—In the times of the "Declaration of Independence," it was customary to wear small-clothes fastened below the knee with buckles, the leg covered only with stockings, the shoes fastened with large buckles. (See fig. 18.) The same fashion continued till about the close of the 18th century, when pantaloons and boots were introduced from France. According to Mr. Sullivan, in "Familiar Letters," "about the end of the 18th century the forms of society underwent considerable change. The levelling process of France began to be felt. Powder for hair began to be unfashionable. A loose dress (pantaloons) for the lower limbs was adopted. Wearing the hair tied was given up, and short hair became common. Colored garments went out of use, and dark or black were substituted. Buckles disappeared. The style of life had acquired more of elegance as means had increased."



FIG. 18.

Whatever may have been the ideas of those who were instrumental in doing away with tight stockings, tying the hair, &c., it is certain the changes were conducive both to bodily comfort and health; and it is not probable that such customs will ever again become fashionable in civilized communities.

THE MOCCASIN.—For dry weather and deep snows, the Indian or deer-skin moccasin is one of the most safe and useful of all coverings for the feet. The parts are left free in all their movements, in consequence of the elasticity of the material; and the article, when dry, is a good non-conductor of heat and cold, which enables the parts to maintain a good degree of warmth. Dr. Rush, who studied the habits of the Indians more than any other medical writer, informs us that he could not find that the aborigines of our country ever suffer in their limbs from the action of cold upon them. "Their moccasins," observes this author, "by allowing their feet to move more freely, and thereby promoting the circula-

tion of the blood, defend their extremities in the day-time, and their practice of sleeping with their feet near a fire defends them from the morbid effects of cold at night. In these cases, when the motion of their feet in their moccasins is not sufficient to keep them warm, they break the ice, and restore their warmth by exposing them for a short time to the stimulus of cold water." Dr. Rush also informs us, that "it was remarked in Canada, in the winter of 1759, during the war of the time, that none of those soldiers who wore moccasins were frost-bitten, while few of those escaped who wore shoes, and were much exposed to the cold." A form of the Indian moccasin is represented in fig. 19. It is made of deer-skin,



FIG. 19.

tanned by a mode peculiar to the Indians, and smoked. The moccasin is usually ornamented with beads, or porcupine's quills or feathers, and worn without soles.

ORIGIN OF BOOTS.—Dr. Baynard, a quaint but able English writer, a hundred and fifty years ago, speaks thus of the rickets as a cause of boots coming into fashion in that country:

"As to the rickets, it was a distemper in England almost worn out, but now it begins to come into play again. But in the time of King Charles I. it was almost epidemical, few families escaping it; especially those that were rich and opulent, and put their children out to nurse; when, through unnatural usage, and vicious, disagreeable milk, the infant was soon spoiled by contracting from the drunken nurse cacocymious juices; hence, with the growing infant grew up the boot fashion for the man, and long coats for the woman, for they were so ashamed at their crooked legs that they wore boots to hide them. And this beginning at court, (among the quality,) the straight-legged fools must follow the fashion and wear boots too, with great boot-hose tops of fine linen, laced, &c."

It must be admitted, however, that boots, although they do not allow of so free play of the muscles of the ankle, are very serviceable in the deep snows of our northern country, and women as well as men should be allowed to wear them.

HIGH HEELS.—One of the evils connected with boots and shoes is, that fashion often compels us of the male sex to wear those with high heels.

Now, it must be evident to all, that if the Creator had designed man to walk with heels elevated an inch, less or more, from the ground, some contrivance, in His infinite mechanism, would have been instituted to answer that end. In consequence of wearing boots and shoes with high heels, easy locomotion is hindered, the ankles are more liable to be sprained, and even the

knee joint injured. Fig. 20 is a very good form of boot, the heel being but little elevated. Fig. 21 exhibits a much more objectionable specimen. Fig. 22 represents a very good form of foot-co-

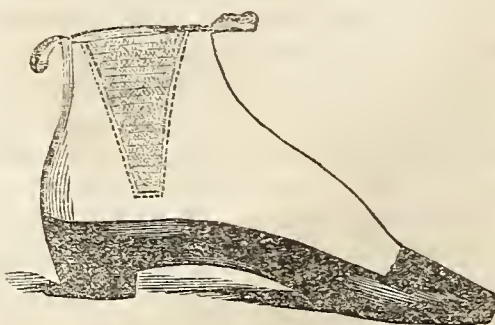
FIG. 20.



FIG. 21.



FIG. 22.



lower part, above the sole, of leather, suited also in quality and thickness to the season.

Our friend, Mr. CANTRELL, of No. 336 Bowery, New York, who is a skilful maker of all kinds of

"coverings for the feet," has published a little work in which he gives some curious illustrations of the forms of boots, shoes, &c., that have been worn at different periods in the world's history. With permission, we use some of his engravings.

HISTORICAL NOTES.

COVERINGS for the feet have been worn since the earliest ages, descriptions of them having been readily traced back to a period nearly fifteen hundred years before the birth of Christ. The first essay in giving shape, or style, to the rude skins that had previously enveloped the feet, produced the SANDAL.

The sandal reached a state of great perfection among the Romans, and it was to the gallantry of the Emperor Aurelian that the ladies were indebted for the exclusive privilege of having them manufactured of red, yellow, white, or green color, the men being expressly debarred from this liberty.

It was during the reign of Edward III. of England that "the gentle craft" produced the most sumptuous boots and shoes.

It is impossible to conceive any shoe more exquisite in design than fig. a of our plate. It was worn by a royal personage, and it brings forcibly to mind the rose windows, and other details of the architecture of the period. The next figure in the same plate (b) is simpler in design, but not less striking in effect, being col-

ored (as the previous one is) solid black, the red hose adding considerably to its effect. Fig. c is still more peculiar to those times: the left shoe is black and the stocking blue: the other leg of the same figure being clothed in a black stocking and a white shoe.

The boots and shoes worn during the fourteenth century were of peculiar form, and the toes, which were lengthened to a point, turned inward or outward, according to the taste of the wearer. In the reign of Richard II., they became immensely long, so that it was asserted they were chained to the knee of the wearer, in order to allow him to walk about with ease and freedom.

They afterwards became so wide that it was necessary to pass a law restricting their width.

The large plate in the centre of this page represents many different styles of foot-coverings.

WATER-CURE
IN LUNG COMPLAINTS.

BY DR. S. FREASE.

THERE is an opinion prevalent among the people, as well as among physicians, that consumption is incurable. And, notwithstanding its tendency to produce indifference and hopefulness, the announcement of its positive existence fills the mind with an indefinable dread. Visions of an early death, of separation from friends and all things dear on earth, crowd upon the unfortunate sufferer. And no wonder. For on looking around for friends and acquaintances, who but a few years before were in the same condition, they are not to be seen. All that now remains of them is confined in the silent tomb, and the inscription on the headstone tells their sad tale.

And looking over the annals of medical science—over the ponderous volumes that lumber the shelves of medical libraries—is not calculated to afford consolation. Long lists of “remedies” have been confidently recommended, tried, and abandoned as useless, or worse. Now calomel, now cod-liver oil, now phosphate of lime, now the application of the knife to the diseased part. In view of these things, it is no matter of wonder that the first authoritative announcement of consumption brings terror to the mind.

From a somewhat extended observation, and considerable practice, I am persuaded that the water-cure treatment is capable of depriving this disease of much of its terrible power; and this can be readily understood when we consider that it consists merely in the application of the health-preserving and health-restoring agencies to the diseased organism, and the removal of all poisonous, disease-producing instrumentalities. It may seem simple, and it undoubtedly is so. Yet it is just what is needed to restore as well as to preserve health, and whoever expects to arrive at these results in any other way must be disappointed.

I do not wish to convey the idea that all cases of consumption can be cured, even by the water-treatment. There is a point beyond which the patient must sink under this, as well as other modes of treatment. It is the same with diseases of the liver, the kidneys, the stomach, and every other important organ. Beyond a certain point there can be no recovery. But the precise stage beyond which recovery is possible cannot with certainty be told. The following cases may serve to show that the water-cure has power to heal beyond any other known means.

On the 10th of April Mr. — entered our establishment an emaciated, diseased, disheartened man. At this time his symptoms were as follows: Pulse 100 beats to the minute; cough severe and almost constant; expectoration copious, amounting to a quart in twelve hours; great difficulty of breathing; severe pain in the chest at times; often a sensation of dryness in the larynx which would throw him into the most violent fits of coughing; slight chills followed by fever; profuse night-sweats; limbs considerably swollen; fingers clubbed at the ends, the nails of which seemed almost lifeless; burning sensation in the soles of the feet; complexion sallow; urine of a lye color. These were the prominent

symptoms, which had been increasing in violence for three months. On examination we could give but little encouragement. But if he was to be saved, the water-cure, we felt confident, was the instrumentality by which it was to be done. And we decided to try it.

He soon began to improve, and at the end of twelve weeks returned home, a renovated man. The rosy hue of health was again on his cheek. The swelling had left his legs and arms—the cough had subsided, the expectoration ceased. In short, he was a well man with the exception of some weakness in a portion of the left lung, which has since recovered.

It would be difficult to give a description of the treatment in this case. The leading measures were wet-sheet packs, sitz-baths, and the wet jacket worn whenever it did not produce chilliness. The frequency and temperature of the baths were changed to suit the varying conditions of the patient. Previous to coming here he had been treated by a Botanic physician.

Mr. —, aged 19 years, entered our Cure April 28. Constitution cachectic. Four of his brothers have died of consumption. For two years he had been declining. Had been under the care of six different Allopathic physicians during the two years that he was failing, and was left by them in the following condition, and assured that water-treatment would be fatal in his case, as his lungs were affected. But I must refer to this farther on. A few days before arriving here, he bled from the lungs, at different times during four days, more than a quart. He had cough, pain in the chest, and great weakness of the lungs. His lung disease was greatly complicated with other disorders, such as dyspepsia, torpid liver, constipation of the bowels, gravel, &c. For three months previous to coming here he had no natural action of the bowels, and every few days castor oil or other disgusting substances were taken to move them.

In less than two weeks under water-treatment his bowels moved regularly without any artificial aid. In a few weeks, calculi of the size of a grain of wheat were frequently passed, but in two months all symptoms of gravel had disappeared. In four months all symptoms of disease had left him.

One of the great advantages of the water-cure, as has often been shown, consists in its ability to heal the particular organ or set of organs affected, at the same time that every other organ of the body is purified and strengthened; while the drug-system, even when it relieves one organ, depraves every other part of the system. This case powerfully illustrates both these positions.

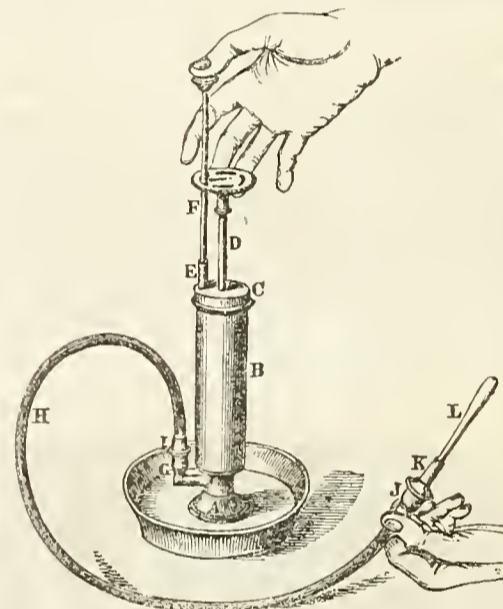
Before closing this article, I must allude to a very prevalent error. This was not the first case of patients having been advised that the water-treatment was not adapted to lung diseases, and that a trial of it must prove fatal. It is time this delusion was exploded, and I would say to invalids suffering with consumption, or any other form of lung complaints, that the water-treatment is adapted to them, and in it lies their chance of safety. It may fail to cure you. You may be too far gone for that. But when judiciously applied it will not fail to benefit you, even when a cure is impossible.

Sugar Creek Falls Water-Cure, Ohio.

USE OF THE SYRINGE.

THE NEW INJECTING INSTRUMENT.—We are now prepared to furnish Hydropathic physicians and the public with an instrument, the invention of Dr. Mattson, which combines many advantages not found in any other, nor in all other syringes. It is extremely portable, and may be carried in the pocket, as its name imports. 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 fluid without interruption, and is preëminently superior as a “Self Syringe,” inasmuch as the piston may be worked with one hand, thereby leaving the other hand free to direct the terminal tube. This tube, K, L, as seen below, may be used for injecting the bowels of an infant or an adult, or for any of the purposes of a “Female Syringe.”

VIEW AND DESCRIPTION OF THE INSTRUMENT.



A. Base, connected by a screw, resting in a basin or vessel. It contains a cavity and valve, through which the fluid is drawn into the barrel.

B. Barrel.

C. Cap, connected by a screw.

D. Piston-rod, surmounted by a metallic handle, and terminated within the barrel by the piston.

E. Socket for reception of piston standard.

F. Piston standard, passed through one of the openings in the handle, and inserted into the socket E.

G. Elbow, or lateral tube.

H. Flexible tube.

I. Short metallic coupling, connecting the flexible tube with the elbow.

J. Terminal metallic coupling, containing a cavity and valve.

K, L. Terminal or injection tube, connected with J by a screw.

Each instrument is accompanied with an Illustrated MANUAL, by Dr. Trall, giving ample directions for the administration of enemas, on hydropathic principles. In his preface to the MANUAL, Dr. Trall says:

“The general adoption of water injections or enemas, by hydropathic practitioners, in lieu of purgatives, which have ruined so many stomachs and bowels, has made a good injecting instrument, or family syringe, a desideratum. Having thoroughly examined all the varieties which have

been introduced, and also expended not a little time and thought on the best method of constructing an instrument which would answer all ordinary purposes for both males and females, and, at the same time, be portable, convenient, economical and durable, we have adopted the one accompanying this manual, as in every respect satisfactory.

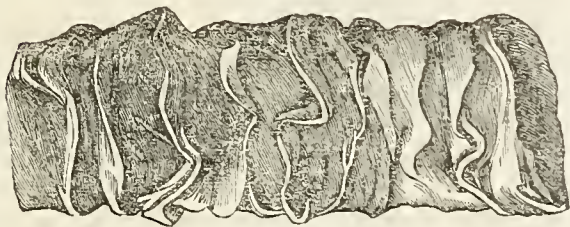
"Few patients present themselves at Water-Cure establishments who have not suffered more or less from constipation, piles, leucorrhœa, or some other morbid condition, for which injections are not only useful, but indispensable. And, under the existing unphysiological habits of the majority of people in civilized society, some sort of extraneous aid to the motions of the bowels, until proper hygienic training can bring them back to a "state of nature" again, is a general necessity.

"Every invalid and every family, therefore, should be provided, not only with a suitable apparatus for employing injections, whenever and whatever exigences demand them, but also with the intelligence requisite to manage them judiciously."

Extra from the MANUAL :

"DEFECATION.—The *chyle*, which is a milky fluid, moves slowly, very slowly, through the small intestines, the mucous or lining membrane of which is arranged in folds or plaits, not only to prevent its too rapid passage downward, but also to increase the surface for the mouths of the lacteal vessels to absorb it. Fig. 6 is a representation of this plaited structure.

FIG. 6.



FOLDS OF THE SMALL INTESTINES.

"As the contents of the alimentary canal approach the cœcum, their fluid matter is nearly all absorbed, and they begin to acquire the consistency and smell of *feces*. In cases of habitual constipation, the small intestines themselves become the seat of fecal matter, often occasioning a very foul tongue and fetid breath. The strong odor of the contents of the lesser bowel is not, however, attributable so much to the excrementitious or innutritious portions of the food, as to the secretion of putrescent elements from the blood, by the glands scattered along the mucous membrane of the large intestines. The *feces* are, therefore, ordinarily a mixture of the innutritious parts of our food, and of putrescent elements secreted from the circulating system.

"Proper defecation implies a motion of the bowels daily, and the matter discharged should not only be a soft solid, but passed without pain or straining. Persons who use constipating food, or do not properly attend to the solicitations of nature, do not, perhaps, have a *clean* state of the intestines once a month; and it is not uncommon for hardened *feces* to remain for months impacted in the folds or cells of the large intestines. They are also often discharged in the form of hard, black balls, resembling the excrements of sheep. These rounded masses are called *scybalæ*. Seden-

tary females sometimes go from three to ten days between the motions of the bowels; but they ought to know that all this time the cœcum and colon are impacted with excrementitious matter, which is inflaming the whole mucous surface of the alimentary canal, corrupting the whole mass of blood, and laying the foundation of piles, leucorrhœa, prolapsus, and many other disorders.

"The *color* of the stools is exceedingly variable, though in perfect health they are of a yellowish-brown color. When the biliary secretion is deficient, they are of a *clay color*. In piles and dysentery, they are red or dark-red, from the admixture of blood. Purgative medicines render them *dark* and *fetid*; and mineral drugs, especially mercurials, give them a *very dark* appearance.

"*Green stools* are common with children during the irritation of the 'teething' period, and are usually, though erroneously, attributed to presence of bile. Some mineral preparations, as of lead and iron, render them of an *inky blackness*.

"The *character* and *consistency* of feces are also variously affected by aliments, diseases, and drugs. They are often mixed with chyme, chyle, half-digested food, purulent matter, albumen, &c. Chalk, magnesia, sulphur, and various other drugs, when used habitually, have been known to accumulate in the intestines to the extent of several pounds.

"So also of pills, cherry-stones and other indigestible matters."*

* Orders should be directed to FOWLERS AND WELLS, Clinton Hall, 131 Nassau street, and will be promptly attended to. The price of this instrument, including an extra vaginal tube, is only \$3.50.

Practical Water-Cure.

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

WATER-TREATMENT AND WATER-CURE DIET.

MESSRS. EDITORS: Being a subscriber to your very valuable Journal, and being now, as I always have been, an advocate for the use of water in all diseases—viewing it, as I do, the most natural of all remedies—I can but hail with delight the system you have adopted to introduce *method* and *order* in its use, and thereby establish the efficiency of water as the proper curative means or agent, universally.

I have been an invalid all my life, and for many years most thoroughly dosed by a species of medical men usually called family physicians, of the pestle and mortar stamp, or mineral doctors. This continued, of course, so long as I was under the tutelage of my parents, with whom *the family physician* was a perfect king. At the age of twenty, father being dead some years, I was with my mother, when the camp fever, so called by many, in the year 1816-17 broke out on the Rappahannock and Potomac rivers in lower Virginia, the place of my nativity and early life. Almost every case was fatal in the hands of the regular doctors, and none others were in that country at that period. It swept through the estate of my mother, with some three or more of

these practitioners in constant attendance. It happened, however, that four of the sufferers who were declared hopeless cases by said doctors, had been favorite playmates of mine, and one of them my nurse; and I determined to turn doctor myself, and accordingly went to work with cold wet cloths applied to the breast and stomach, and finally on the back. These appliances I continued until the internal heat was reduced, and uniform circulation brought about. In the course of twenty-four hours each of the four cases was conquered, and the patients walking about and entirely recovered. This I was induced to do, because I had frequently witnessed the successful application of water in fevers and other cases of sickness.

I have resorted to the copious use of water, both internally and externally, since I have had a family, and never to my knowledge without a good effect; and my family, white and black, have not been less than sixty in number for thirty years past.

Since my removal to this far-distant Southern country, I have invariably pursued the Water-Cure system after the plans laid down by Doctor Shew, in one of his works, with the exception of some ten or twelve cases of cholera which occurred a few years since. I had no doctor, and treated those cases with such remedies as I deemed safe and prompt, and lost only one, a woman of seventy-five or eighty years of age.

In those cases I made the sick ones drink freely of cold water, and bathed the feet and legs with warm water, which, in conjunction with other remedies given internally, succeeded in my object without difficulty.

Within the last few months, since the terrible scourge, the yellow fever, has committed such havoc in New Orleans, and has in many instances spread into the adjacent country connected in trade with that city, it has, in various shapes made its appearance on sundry plantations. I did not expect it on my plantation, either by infection or from natural causes, as I am situated immediately on the Gulf, far distant from the trading-points, and constantly under the influence of breezes from the sea; but there did occur twelve cases of fever, exhibiting, in several respects, symptoms of the New Orleans disease—such as pain in the head and the back, vomiting incessantly large quantities of bilious matter; and in most of the cases fever very high, and continuing without abatement—and in several of the cases a distressing diarrhœa, and distressing complaints of *internal heat*.

I employed no physician. In fact, there is not one nearer than fifteen miles; but I had no idea of employing other means, or doctors, when I too plainly perceived that the remedy was at hand, sure, prompt, and safe. I therefore, without hesitation, had each and every sick one wrapped up in a dripping wet sheet of the coldest water on the premises, which was cistern water, and invariably repeated the wet sheet until there was total relief of internal heat, and a healthy pulse, giving large quantities of water to those who either complained of thirst, or continued vomiting; and at the same time, injections of cold water frequently administered. Under this treatment, I assure you, there was not a single case of more than thirty-six hours' duration.

I have not a doubt, that if the cases I have described had been treated with calomel, the lancet, and other et ceteras, so much in vogue with the *pestle and mortar* gentry, the black-vomit would have carried each one to the grave. As it was, I did not even let my overseer or white family know what the nature of the disease was, until all danger was over, and there was apparently no danger of yellow fever in this quarter. There has been a death from yellow fever within the last few days within a mile of my place, but it was brought there from one of the towns on Bayou Teche.

I submit these facts as encouragement to all friends of the Hydropathic system, although in a style not at all consistent with the usual learned mode of treating of human diseases; but in the hope that I have described the facts as they occurred, understandingly, at least.

When I visit the city of New Orleans, I shall supply myself with a copy of the *Hydropathic Encyclopædia* as a guide in future. I am willing to do for others what I cannot do for myself. The disease which has afflicted me, in the most painful manner, for thirty-eight years past, *the gout*, has now reached that state in which the joints are becoming stiff and set; the soreness after each attack continuing, and without my crutches I can rarely walk but a short distance. By the constant use of the water appliances, however, I maintain more good bodily health than from any other of the many scores of remedies which I have resorted to, as advised by members of the *learned faculty*. I have tried nearly all the approved mineral waters on the continent, spent many summers at most of them, and have found, after all this trouble and expense, that in all probability the best remedy was near me at home—that is, pure, unadulterated water. Of late I have so entirely resorted to it, that I have almost forgotten the names of some of my former remedies, such as “Eau Médicinale of Count De Husson,” “Colchicum,” &c., &c., and a list of the various preparations of magnesia, too numerous to mention.

There is, however, a thing or two which are taught by hydropathists, that I shall be hard at learning, and they are in relation to diet; and it does seem to me that the teachings upon that subject might, with advantage, be dispensed with. I allude to the prohibition of tea and coffee, and the use of meats of any kind, fowl, fish, &c., &c. Why, Sir, there are many men—and probably I am one of that number—who had rather endure some sickness and pain—and as to the latter, a good deal, as I am so accustomed to it—than to give up a good, well-flavored dish of meat of any kind—say, for instance, a well-cured Virginia ham of bacon, or a nice beefsteak, roasted mutton, &c., &c., or a brace of fat wild ducks, a fat roast turkey or goose, and occasionally a nice oyster-pie, or a dish of scalloped oysters, and even fried. The fact is, these things are so good, that many persons would forget all about Hydropathy and Allopathy, or any other system of cure, when such temptations are set before them; and hence it may be that any system, no matter how good it may be, may be brought to an untimely end, if its advocates attempt too much. I say, let a man eat what he pleases when he is well—eat nothing when he is sick, and carry out the

Water-Cure system, and he need fear nothing till his time comes in the course of nature, when the machine can last no longer, and then let him die.

There are several points on which I would ask advice, but I perceive that you are much belabored already in that line, which is not fair; and hence I have taken the hint, and will, as soon as I can, get a copy of the *Encyclopædia*, which, I doubt not, will answer what questions I might have to ask you for information, not only as to diseases, but their appropriate mode of water-treatment. And I am, with due respect, your obedient servant,—Y. H. [*Bayou Salli, La.*]

REMARKS BY DR. TRALL.

It is no uncommon circumstance for gouty patients to present themselves at the Water-Cure establishments, who have an enthusiastic love for the water-processes, and an inveterate hatred of the dietetic part of the remedial plan; and yet, in nine cases out of ten, so far as a real cure is concerned, the diet is the most important part of the treatment.

It is our business to teach the prevention as well as the cure of disease. We cannot consent to play the part of mere tinkers of the system; to doctor folks when they are sick, and leave them to eat and drink what morbid appetites crave, and become sick again. We cannot alter, abridge, abrogate, or in any way modify the laws of nature. She knows no respect for morbid appetites, nor will she abate one jot or tittle of her penalties, because we violate the laws of life and health in ignorance.

It is very true that many persons will prefer to indulge false and artificial appetences for an hour, and then groan and agonize for as many days with the consequent pain. But our full conviction is, that all medical systems are destined to go to oblivion which do not recognize and are not built on the *true* system of diet, whatever that may be. When our friend has carefully examined the teachings of the *Encyclopædia* on the points suggested by his communication, we should be happy to hear from him again, and to remove any objections to our whole system of prevention and cure which may then occur to him.

WATER-CURE AT SEA.

BY REV. JOSHUA BUTTS.

MESSRS. EDITORS:—I did not expect, when I promised to write an occasional article for your valuable paper, that the first would be about myself; and I write this, not so much for any information it may contain, as to show what can be done, under very disadvantageous circumstances, with water.

On my way to California last fall, I was detained two weeks at San Juan del Sud, on the Pacific side of the Isthmus. The day of our embarkation (the 13th of Dec.) was intensely hot. A severe pain in my head compelled me to leave the deck early in the afternoon, and seek for repose, such as I might expect, with a thousand human beings swarming around me. I slept for three hours.

When I awoke, the Isthmus fever was flaming

through every vein, and leaping through every artery; its burning tongue was lapping up my life-blood. I attempted to arise, but its fiery grasp had already nearly prostrated my physical energies.

I was as feeble as a child. In my state-room were five men besides myself, who were all sick. Porters and waiters were running to and fro, piling up trunks, bags and valises, packing and unpacking them.

This confusion made me worse. In attempting to walk, I reeled like a drunken man. On leaving my room I met the surgeon of the boat, who is an intimate friend; he advised me to take some “*blue mass*” immediately, and then “*quinine*.” I told him that as I had no conveniences for bathing, I would fast until I was better. But I would not take any medicine. Five days passed, during which time nothing but pure water passed my parched lips. Still the fever flamed on, not with such intense suffering, but my whole body seemed wrapt in a continual blaze, and my strength rapidly failing.

During this time nearly four hundred had been added to our sick list, and death was hovering over our company, though dashing along so proudly upon the Pacific’s sparkling wave. Already the bodies of several of the company had been consigned to a watery grave, far, far from the green fields and smiling valleys of their childhood’s home. Being the only clergyman on the boat, I was called upon to officiate on these occasions.

At these services a man stood on either side to support me, for I could not stand alone. A body had just been committed to the deep, and I sank upon a seat near by, feeling that I had probably performed my last service on earth, and that the next would be *for* me, and not by me.

A stranger came to me and inquired concerning my health. I freely stated my case to him. He at once offered me his state-room and his services in assisting me to take the wet sheet. Oh, how gladly did I accept the offer! But a difficulty arose at the outset. There were no sheets of suitable size. I procured a pair of linen pants and shirt, wet them, and put them on. Several friends brought their blankets, and I was soon enveloped in proper style.

No pen can trace, no tongue can tell, no imagination, however vivid, can portray the exquisitely refreshing sensations that swept like a wave from the very fountain of life, over and through my whole system.

One by one I felt the fiery chains that had so long bound me falling away. The sheet of flame that had long been blazing around my brow, like a heated furnace, was put out.

I could feel the healthful tide of life ebb and flow around my heart, as if struggling for the mastery. It succeeds. The living current gushes forth, overleaping every obstacle, and sweeping away every barrier opposing it.

Perspiration started first from my brow, and rapidly spread over the whole body. Oh! it seemed like a resurrection from a bed of fire. I assured those around me, that with ordinary prudence I was pretty sure I must soon be well.

Some wept, and all rejoiced at the great and favorable change that had taken place. So delicious were my sensations that I continued here

more than one hour. When I had dressed, after a general ablution, I could stand alone, and even walk a few steps without any aid. Again my friends wept, and grasping my hand, said: This is like a resurrection from the dead. We thought this morning, when your feeble voice was pleading before the throne of the Heavenly Majesty, that the scenes of earth would close with you before many hours. But can it be possible that you have taken no medicine? that nothing but pure simple water has wrought this great change? We have heard of its power, but have been faithless. But now, having seen its efficacy, we believe.

I continued this treatment for two or three days, when every symptom of fever disappeared. But my strange friend was now attacked. Under my direction the water-treatment soon restored him. Others were taken, treated in like manner, and with like success.

There were so many sick that it was impossible for me to bathe, consequently my strength was recovered but slowly. Fifteen of our number found a grave in the ocean, but not one of those relying upon the healing power of water, and some of them were very sick. I had a few of your best practical works on the water-treatment with me, also a few Journals, all of which I gave away to these new converts. Some of them went to the book-stores and got a copy of all the works on the subject they could find. These works are scarce here. I could sell many if I had them. I am in the newspaper and periodical business, and often have calls for them. I endeavor not to be obtrusive, but I cannot help conversing upon the subject everywhere I have an opportunity, and earnestly recommending the system and your many valuable books connected with it, which seem like the leaves from the tree of life, scattering health, comforts, and blessings upon mankind. I believe that fifty thousand copies of your books could be sold in California. Hydropathy is the very system for this country. Men cannot afford to be sick long here.

Circulate your books and papers here freely, and send among us your able lecturers and physicians, and California, clasped in her golden girdle, disenthralled from the chains of Allopathy, (is there such a word?) with her gold and precious stones in one hand, and the beauties and riches of the floral world in the other, will lay all upon the altar of health, and devoutly invoke Heaven's choicest blessings on those who were instrumental in pointing her to the well-spring of life and happiness.

WATER-CURE IN MISSISSIPPI.

A FEW items of information in regard to the progress and prospects of Water-Cure in this part of our wide and happy land may not, perhaps, be unacceptable to the readers of the JOURNAL. We had scarcely so much as heard of this great reformatory movement, until within the last two or three years; and when it began to be spoken of, most of us heedlessly regarded it as one of the idle humbugs of the day, without any serious consideration of its merits.

Its first staunch supporter and avowed advo-

cate among us was General T. J. Holmes, an intelligent, energetic farmer, and a brother of one of our most prominent physicians of the Allopathic school, for which profession the General was himself regularly educated. He was first convinced of the superior efficacy of Hydropathic treatment by a cure effected in his own person of severe periodic attacks of nervous headache, which, resisting all the powers of drugs administered by the most skilful practitioners procurable, steadily increased at each successive return, until he commenced the water-cure treatment. He avers that water-cure was the means of saving him from an untimely grave, and has defended and practised it in his family, in spite of the opposition and ridicule sure to be encountered by every bold and fearless innovator upon old and established habits and usages. The General, however, stood his ground with admirable firmness, meeting his opponents with unanswerable arguments, and successfully maintaining the philosophy of the Hydropathic principles, and the eminent safety and efficiency of their practical application. These new doctrines are now fast gaining friends; and the General often receives applications for advice from acquaintances, and even from strangers, to whom he freely gives directions for the treatment of their complaints. And this he does wholly from motives of benevolence, never accepting any compensation for his good offices. He has been repeatedly urged by his friends to set up a Hydropathic establishment, but he prefers the more quiet, retired occupation of agriculture.

Among those cases for which he has prescribed have been several of more than ordinary interest; and I will mention one or two of them: Mrs. R., of this county, was brought to the residence of Gen. Holmes by her husband in a carriage, to obtain directions for trying Hydropathy as a last resort, (I believe by the advice of her physician.) She had been under the care of the best practitioners of the country for five or six years, and had paid to one more than seventeen hundred dollars. Hers was considered by her physician as a hopeless case. Though reduced almost to a skeleton by a complication of disorders, yet by an intelligent use of the water-cure appliances at home, in five or six months her cheeks bloomed with the roseate hue of health, and her eyes sparkled with the joy of renewed life!

Another case was that of a gentleman from New-Orleans on a visit to a neighbor of Gen. Holmes, and while there attacked with fever, for which a dose of blue mass and quinine was administered. (Our doctors can do nothing without blue mass and quinine; and, in this connection, I must be permitted to suggest the word, hobby!) As he was not benefited, but rather grew worse, on learning that Gen. Holmes was an Hydropathist, he caused himself to be taken over to his residence in a carriage, from which he was lifted to the house at his arrival. He had no use of his lower limbs, which were very hot, contracted, and much swollen. He was in a pitiable condition, and required prompt treatment; but in three days he was able to walk over to his friend's residence.

I will merely mention, without detailing, that the General has successfully treated cases of chronic tetanus or lock-jaw, measles, scrofula,

dysentery or bloody flux, congestion of the brain, inflammation of the uterus, chills and fever, etc., and never lost a case. These practical exemplifications of the efficacy of this rational mode of curing disease by one known among us, have done more to challenge our attention and command our confidence, than the best arguments not demonstrated by actual experiment could have done. People are beginning to ponder these things, and subscribe for the WATER-CURE JOURNAL. (I have sent you forty-five or fifty subscribers for the present volume.) Almost every one can call up, from his own experience, instances of the destructive effects of drugs on the human organism, even in the hands of the regular practitioners; and many are beginning to seek a more rational, safe, and reliable way of relieving the "ills that flesh is heir to." This "better way" Hydropathy opens to them. Our great need, now, is an *able, fearless, and competent* Hydropathic physician. Many families would employ a physician in whom they had confidence, who will not try water-cure without professional advice.—B. H. D. [Jackson, Miss.]

General Articles.

MARY'S FIRST CHILD;

OR,
AN OLD PRACTICE IN MIDWIFERY.

BY THE AUTHOR OF "HOT CORN."

A BEAUTIFUL country girl acquaintance of mine got married last year. Now, that is not very singular, exclaim a good many other country girls who read the first line of this article, and then turn over a leaf to look for "something interesting," with a rather turn-up-nose remark, "that she don't want to hear any thing about midwifery; and as for the beautiful country girl getting married, 'spose she did? so would I, if I had a chance." Well, 'spose you would, and perhaps, in due time thereafter, it might be the least bit in the world interesting to you to hear something about midwifery. Accouchement is an event in the life of the young wife, always looked forward to with extreme dread. It is not wonderful that it should be, since such a practice as I shall detail directly, is one which commonly prevails.

I said, a beautiful country girl got married; previous to which, and nearly a year after, she was a rosy-cheeked, healthy, fine-constitution girl as ever came from the healthy county she did, with her young husband, and located in one of the cities which in the aggregate make up the million of people of this great emporium of—quackery. In the first six months of her time, I saw her every day, for she was a fellow-boarder, and neither the fact nor fear of consequences made any impression upon her mind or health. She was in buoyant spirits, and free from dread of a natural event, and if left to nature, would undoubtedly have passed through it without a blanch of her rosy cheeks.

About the first of May, I said, Good-bye; God bless you, Mary; and she went to her new home. I did not see her again till November, and then, instead of the Mary of other days, I saw a pale, emaciated, feeble mother; her head of thick, beau-

tiful brown hair had fallen, leaving her almost bald. I naturally exclaimed, "Why, Mary, what has happened? Did you have such a bad time at childbirth?"

"No, Sir, I think, judging from what I have heard of others, I had a remarkably easy time. I was well and hearty as when you saw me last, up to the very day of my confinement, and I do really believe that I could have got up the next day and dressed myself, but my nurse would not hear of such a thing."

"Why not?"

"Oh, she said I should get my death of cold. Yes, of cold in some of those clear hot days of July! So she kept me in bed, *in woollen sheets*, with a blanket, comfortable, and spread over me, and a comfortable folded under me on the mattress, and my head upon two great feather pillows and a bolster, and the windows down, almost air-tight, with the blinds closed and shades down; and the door—dear me, if any one came in and did not shut it instantly, she would sing out, 'Do shut that door. Do you want to kill the woman?'"

"Why, Mary, how you talk. Was she crazy, or are you so, or telling me a story?"

"Upon my word, Mr. R., I am telling you the candid truth, but I have not told you half of it yet. Why, she was a professional nurse, one who followed the business, and has for years, up where I used to live; and it was on that account, and by my mother's advice, that I got her. Oh dear, it makes me shudder now to think how I suffered for two or three weeks—it seemed long, long months—that I lay there sweating my life away, without a breath of fresh air or drop of water, not even to wash my hands, except it was almost boiling hot; and if I asked for a piece of ice, just to touch to my burning lips, my nurse, my pious nurse would roll up her eyes heavenward, with an ejaculation of perfect horror, that a woman just confined, only two weeks in bed, should ask for ice."

"Why did you not send for your mother?"

"Dear me, she was there all the time."

"And stood by and saw her daughter tormented in that way! Shut up in a July-heated oven; the air made fetid by the natural causes of such an occasion; deprived of a drink of the pure beverage of angels; not allowed to see the light of heaven, or snuff the air, wafted fresh from the river, by fields of new-mown hay! by my soul, it seems incredible: and she so kind and good a mother!"

"Yes, Sir, she is a good mother, and she did remonstrate, but nurse said 'she was responsible for my life—she was not going to let anybody murder me [but herself]—she had charge of me, and she was going to do what she knew was right; if we chose to turn off a nurse that had taken care of a hundred women, we might do so, and open the windows and let in the wind and kill the woman: we might do so, but if we did, her blood be upon our own heads; that's all.'

"Well, Aunt Sally, do let the light shine in a little, it looks so gloomy here."

"Gloomy! Who ever heard the like? Let in the light! Do you want to give the baby sore eyes? I shall expect next thing to hear you recommend putting the poor thing into a tub of cold water, like some of them hydrophobia doctors."

"Hydrophobia, Aunt Sally. Hydrophobia is when folks are bit by a mad dog."

"Then that is the best name for them; for I am sure they are mad, to go to dip a poor little innocent baby in the water, and rinse it out, just for all the world as they would one of its diapers. I wish you wouldn't talk so unreasonable. The Lord knows, if I don't know what to do with babies, I should like to know who does. I am sure I have had enough of them—more than a hundred—"

"Why, Aunt Sally! had more than a hundred!"

"Yes, had more than a hundred to nurse, and I never open the windows till they are two weeks old; and never let them go out of the room till they get their eyes open. And it stands to nature that they don't do that as soon as kittens, and they take nine days. And I always want to carry them out myself the first time, and carry them up stairs instead of down, 'cause, if you do that, you may expect them to be going down all their life; they'll never rise in the world. There is nothing like giving a child a good start up to begin life."

"Well, Mary, pray tell us what Aunt Sally gave you to eat and drink, since she would give you neither air nor water, nor let you think of ice."

"Oh, dear, don't ask me. It almost makes me sick to think of it. Gruel and castor oil and catnip tea. Upon my word, for the first week I never tasted of any thing but gruel for food. And I was so hungry—why, I was as well as I was last winter, only that I was starved and smothered and sweated almost to death. Oh! Mr. R., if I could only have got into your bath-room, and then into your kitchen, and hold of a piece of that good home-made bread and sweet butter! Why, I could have eaten a peck of sour-kraut. And then to lie there and hear the men come by in the morning, crying 'milk, ho;' and the women with 'strawberries;' and I shut up in that heated oven, with nothing to eat but that hated gruel!"

"Where was your husband? Why did not he interfere?"

"He was away all day at the store, and when he came home at night, he was hardly allowed to come in to look at me; and if it happened to be a little damp, he must not come near the bed, or touch the baby, for fear of giving us our death of cold. Then he did not know but it was all right; nurse kept dinging it into his ears that she knew best; 'that she always did so—everybody did so, except some of them are crazy water-doctors; and it was a wonder to mercy that they didn't kill off all the women and children they ever had any thing to do with. Why, there was Mehitable Freelove; they took her baby right out of bed and put it in a tub of water with the chill only just taken off, and washed it as unfeeling as though it had been a little trifling puppy, instead of a human critter with an accountable soul; and they kept doing it every morning.'

"Well, Aunt Sally, did they kill it?"

"Why, no, but it was a Lord's mercy that they didn't; for the gal, when it wasn't two weeks old, used to have it all over the village, with its poor little face open to the weather, and its eyes so weak, I wonder it had not gone blind. I do think it must have had a constitution of iron, for

it grew as fat as a little bear, with nothing to eat in the world but its mother's milk, and she drinking not a thing but cold water to strengthen her and make the milk come plenty."

"And what did she eat, Aunt Sally?"

"Eat; why, the gal said—and she was all the nurse she ever had—that she ate hearty of bread and butter, and drank cold water, with ice and sugar in it, the very day after she was confined, and never took a drop of physic to carry off the impurities of the system."

"Perhaps she washed them off."

"You may well say washed off, for I heard she was in the bath-tub the second day after, and it wa'n't very warm water, either. And before three days, Jo Freelove was over to Sim Jones's, shooting quails and getting peaches for his wife to eat; and as I live, a week hadn't gone by 'fore he had her in his open buggy, carrying her own baby, riding over to his father's, old Deacon Freelove's. They do say that the Deacon's wife gave Mehitable a right good setting-down for acting so; but the Deacon, the old fool—he takes one of them crazy papers printed in New York—he chucked her under the chin, and kissed the baby, and tossed it round—I wonder he hadn't broke its bones—and said it was as fat as one of his Suffolk pigs. Well, for my part, I don't see what some folks are made of."

"But she would not let you do as Mehitable Freelove did?"

"No, indeed. She said it was contrary to nature, and she was not going to have my death upon her conscience."

"Pray, tell me what she fed your child upon?"

"The Lord only knows; she had to feed it, for she fairly starved, and physicked, and roasted me into a fever, with a brokeu breast; and look at my fine head of hair, all scalded out. Oh, I could cry now to think of it; and how I did suffer! It is a wonder that I am alive, or my baby either, for she stuffed it with pap and paregorie, and Godfrey's cordial, and castor oil and magnesia, and sweetened gin and water. Oh!"

"Why did she not feed it with milk?"

"Milk! Oh, dear. Why, she would no more think of giving it milk from the milkman than she would give it arsenic. She is fully persuaded that feeding a child upon the milk of more than one cow would be certain death."

"What in the world can be her reason for that?"

"Indeed, I could not tell; but she has a reason for every thing. One is that 'Mrs. Somebody lived in the city, and fed her children on city milk, and lost both of them. Then she had two more, and bought a cow, and used to move the old cow with her wherever she went, and would not go visiting without her cow; and so she raised both of her children, till, unfortunately, she went into the country, and fed them upon the milk of another cow, and then—"

"Did they die?"

"No, but she has been awful 'fraid they would, ever since."

"And this woman, you say, is a professional nurse."

"Yes, Sir, and I understand she practises strictly after the old fashion."

"Heaven speed the day, then, when 'old things shall be done away, and all things become new;'

and when human beings shall not be afraid of Heaven's best gifts—pure air and pure cold water!"

DIARY OF A NEW ENGLAND
PHYSICIAN.—NO. XII.

BY NOGGS.

DR. LIENTUCH deserves a little special attention, as he will hereafter figure somewhat conspicuously in this veritable history of the doings of doctors. I will merely mention that Mrs. Brown, after hovering for some time between life and death, finally recovered with the loss of the use of nearly one half of the left lung; but if "a half of a loaf is better than no loaf," a lung and a half is much better than no lung.

This case, as will be supposed, caused a good deal of talk, especially as Dr. Pillicoddy had said that "nothing but the interposition of divine Providence could save her." Mrs. B. thought it amounted to that; at any rate, she said, "if somebody hadn't interposed, she must inevitably have perished." In fact, Mrs. B. considered the Lord, the Doctor, and Jemima, as "jointly and severally" concerned in snatching her from the grave; and all the neighbors began to inquire who "Jemima's doctor"—as he was now called—was?

Mrs. Limbertongue declared "he wa'n't nobody nor nothing but a mountain-bank, who pertended to know every thing, and cure every thing with a pail of water, when everybody know'd that the Lord did it all, and he got the credit of it."

Jemima asked her if the Lord helped the other kind of doctors? If so, she "should think they'd have better success;" especially if "the Lord did it all!" She shocked Mrs. Limbertongue "dreadfully," when she told her that, in her opinion, "the Lord had very little, if any thing, to do with sickness or cures, any farther than he made the creature subject to certain laws, and that those laws must be obeyed, or the consequences would be sickness and death."

Mrs. Limbertongue "didn't believe any such doctrine as that: it was downright blasphemy, and no better than heathen talk."

In reply to this, Jemima quietly handed the lamp which was burning on the table to her, and asked her "to put her finger in the blaze!" but Mrs. Limbertongue declined, saying, "if she should be such a fool as that, the Lord would let it burn her!"

"Even so," replied Jemima: "it is only when we are fools that the Lord lets any thing harm us, as a general thing. Would you let your daughter go where the small-pox was, Mrs. L.?"

"No, I am sure I wouldn't," said she: "I a'n't a fool quite."

"It seems then you are rather afraid to trust to the Lord, notwithstanding you don't believe my doctrine; but you *do* believe the same as I do in reality."

"No, I am no infidel," said Mrs. L., "and I wouldn't believe as you do if I knew it was right!"

"As for the infidelity," replied Jemima, "it is all on your side, for he who thinks he can violate God's laws with impunity is an infidel in

truth and deed, call him what you will, or be he who he may."—But to the Doctor.

Dr. Lientuch was a man about thirty years of age at the time we speak of, and was in very truth a physician; in this respect he differed much from the majority of his countrymen who come over to this country, and who, under the plea of not being able to speak much English, pass for the most wonderful physicians the world ever knew; whereas many of them possess no more knowledge of the art they profess than could be picked up in a year or so, by being hostler or waiter to some physician in the "Old Country." Dr. Lientuch was none of these, but a well-educated man, and a man of excellent judgment; and what is more essential generally, in this country, to the attainment of a good practice, he had the "*suaviter in modo*," in a remarkable degree, which is often far better than brains! Some may think I am joking; but I assure them I was never more serious in my life.

Brains, to any amount, are the least important thing for a physician! an ounce of "brass" is worth a pound of brains any day in getting business. The fact is, people like to be humbugged; and the man who makes the most pretensions, though an ass and a knave, will soon be able to ride in his coach; while the man of real merit, talent and education, whose modesty is proportionate to his skill and worth, and equal to the other's brass, will be obliged to go on foot, and scarcely gain a decent subsistence! If you ask *why* this is so, I can only say that people at large are too apt to take things on trust. Common folks have somehow got the idea that a medical man is not to be questioned, or that it is of no use, as they are not judges of how much he knows of medicine! No matter how much he knows of medicine—the less the better, some think. They pretend to be judges of men's fitness for political offices and other kinds of business; and I know of no reason why they shouldn't judge of a physician's capabilities in the same way. "Oh," say they, "if he has a 'diploma' from the regular faculty, that's enough, a'n't it?" No, Sir, I say it is not enough; hundreds are turned loose upon the community every year, duly licensed to practise, who are no more qualified by nature—nor, very often, by education either—than the medicines they so boldly dispense are calculated to improve a man's constitution.

What is education? and what is a certificate of education especially? A *parrot* can be taught almost any thing! A man to be a physician should be one not only educated, but a man of the strongest mind as well as nerve; of the greatest and best judgment, of the most acute perception, and above all, a man of practical, sound, common sense.

What proportion of those annually let loose upon an unsuspecting public are thus qualified?

Dr. Lientuch left his native land on account of political troubles, and came to this country when the Water-Cure was in its infancy, and the advocates thereof were considered little better than lunatics, and when to stand forth the undaunted champion of such an unpopular cause was indicative, to say the least, of manhood. A righteous determination to uphold what he believed to be truth, let the consequences be what they might, was his inward resolve; and nobly

did he carry out his resolution, though met on every hand by the jeering physician and the sceptical layman; but what are the sneers of knaves and fools (none others sneer at truth or honest sincerity) to such a man?

Geese hiss, fools sneer, knaves denounce unheard and unknowing, while honest men consider.

Fortunately for the world, this part of it more particularly, Dr. L. was a man of robust constitution, as well as of a healthy, active mind; otherwise he must have fallen by the wayside, for there was no end to the malicious tricks that were played upon him by the enemies of medical reform, who, at the time of which I write, comprised nearly all the common people.

Just in proportion to the goodness of a thing will be the opposition to it from the worldly. Men don't like to be told they are wrong; and will not believe that *their* minister or doctor is ever so! The doctors, of course, won't "own up," and so of necessity comes war, when a true reformer comes along.

"Why, said one M.D. to Dr. L., 'a doctor must be a fool to preach Hydropathy; for if it is true, the profession will run out in a short time, as every old woman can soon learn to practise it!'"

"Well, what of that?" said Dr. L. "God speed the day when women—the legitimate nurses of the sick—shall be the only physicians needed! As for the doctors who now cumber the land, it wouldn't hurt 'em to work a little: though to many of 'em getting an honest living would come hard at first, yet after the novelty wore off, they might come to like it: at any rate, it would be better for their health."

Jef. declared that old Dr. B. (who had never been known to alter an opinion once formed, for the fifty years he had been in practice, and always bled in all kinds of fevers, "whether or no," let the patient be strong or weak, followed invariably by Dover's powders and antimony till the patient died—or got better, as would *sometimes* happen in good constitutions) had done nothing in his leisure moments, since Dr. Lientuch came to town, but talk against the new doctrine he advanced, and do all he could to keep people from employing him; but if he only knew it, he was helping the cause which Dr. L. advocated ten times as much as if he had said nothing.

"Why should Dr. B. oppose Dr. L.'s doctrine? What odds can it make to him, what cures his patients?" asked some one of Jef., one day.

"Well," said Jef., "it's my opinion that he does it, in part, because he can't help it! he always opposes every thing new; so much so that he will never buy a new sulkey till his wife and all his friends get so sulky about it that he can't stand it, and would then have them made second-hand if he could. But the great reason is, that he's ashamed to own that the hogsheads of human blood he has shed in his day were unnecessarily and wickedly thrown away, or that the pounds of calomel and jalap, salts and senna, gamboge and aloes, &c., &c., were uselessly, and of course injuriously given! No, no, the old man will never own that he is ever in the wrong. Why, I knew him once to give a man in our neighborhood calomel, till his mouth was so sore he couldn't speak the truth!—because he couldn't speak at all, his tongue was so much swollen!—and don't you think the old man swore

right up and down that it was nothing but *canker!* and doctored him four weeks to cure it! and then made him pay thirty-two dollars and a half for curing his canker! And the beauty of it all was, that the man wasn't sick at all—or next to none at all: he found out afterwards that he had eaten some tainted meat which nature knew enough to throw up; but he, not knowing what he had done or what nature was up to, thought he'd got the cholera or something worse, and like a fool sent for the doctor, who didn't stop to inquire what he had been doing, but down with his calomel; and so between the two poisons the poor man had a time of it. The meat was bad enough, but the calomel was a thousand times worse; for if it had been left to nature, or a simple dose of warm water, he would have been well in a few hours; as it was, he has been made miserable for life! And there was Jack Brown's youngest child, too, only four years old, as healthy a young one as ever grew out of doors—as he did most of the time—who stuck a pin in his leg somehow, and the old doctor gave him physic for a fortnight to get the 'verdigrease' of the brass out of his blood! and the child hasn't seen a well day since, and it is now nine years old!

"No, no, friends," Jef. continued, "don't expect Dr. B. will come into any modern arrangements, especially such as this of curing disease by air and water; he likes the profit on the drugs too well for that; he makes sixteen cents on every cathartic and emetic that he sells for a shilling, and he can't afford to lose such profits; and then again, these different kinds of 'tics, that he gets a shilling apiece for, are self-producing, as it were: each one begets a necessity generally for another, and thus makes a market for those at home! Ay, let Dr. B., or any of the old-fashioned ones, get one or two of their 'searching emetics' and 'alterative cathartics' down a patient's throat, and you'll find that he's in for a four weeks' cruise in the dark sea of sickness, the best way you can fix it."

"O Jefferson! Jefferson! what a man you are to talk!"

Dr. Lientuch, in spite, if not in consequence of the opposition to him, went steadily on in his practice, making new converts every day by his heretofore unheard-of success and his unassuming and intelligent ways.

Dr. Pillicoddy, in the meantime, was not idle; but, stimulated by Jemima, whom he much respected, if nothing more, was reading the works she and others put into his hands on the Water-Cure, and watching carefully the progress of Dr. Lientuch, and where he could, the practice also.

As for Jemima, she had her reasons for urging on Dr. P. What those reasons were may hereafter appear.

INSANITY AND TOBACCO.—It is said that numerous cases of confirmed insanity, now among the inmates of our asylums, may be traced directly to the almost constant and excessive use of tobacco. Frequent suicides are also traced to the same cause. Digestion is impaired, the nervous system becomes deranged, dyspepsia follows, and a kind of delirium tremens takes possession of the patient. The high-wrought mental excitability of many young men, brought on by the use of tobacco among the students in our colleges and literary institutions, is one most potent cause of premature decline and insanity.

A LETTER FROM THE WEST.

BY MRS. FRANCES D. GAGE.

THE MOTHER AND HOME—PROSPECTS OF REFORM—RAILROADS ARE REFORMERS—THEY PROMOTE INTERCHANGE OF THOUGHTS—THE COUNTRY VISITS THE CITY, AND THE CITY RETURNS THE VISIT—BROADER VIEWS OF EDUCATION—INFLUENCE OF MACHINERY—ENLARGEMENT OF WOMAN'S SPHERE—WOMAN'S DESTINY—SPIRIT OF PROGRESS.

DEAR MRS. WELLS:—I have been at home one week, and yet it seems as but yesterday, so fleetly have the days and hours sped by amid domestic care and domestic love. I found all well. It is said that the mother is the main spoke in the wheel of home; and so she is, for the most part; and yet, if she has plenty of spokes ready-made to step into her place when she wants to rest or do duty elsewhere, the wheel will move on, and the outsiders and insiders scarce know or feel the difference. Such spokes have I in my good daughters, who are ever ready and willing to fill my place when duty calls me from the home.

I have taken a long journey, seen a vast number of people, visited several prominent cities, and had some opportunity to become cognizant of the tone of public feeling. And never was my heart more buoyant with hope for the future than now.

Reform seems to be the order of the day; and go where you will, you hear its rumbling, as of an earthquake, stirring the foundations of society, and causing them to look about and inquire what is to be done. Listen in the railroad-car, and you will hear men earnestly discussing some projected railroad. They urge it; their hearts are bent upon it, because it will enrich the community, because the convenience of trade demands it, because interchange of business, social life, and pleasure demand it. And what is a railroad but a reformer, doing the work in a day that years could not accomplish a short time ago? Once, the lecturer could not visit the little inland village; the artist could not be there; the musician could only sing in the city, and the great mass were unimproved. They did not know the stirring thoughts that were waking the great beating heart of city life into activity and progress. But the route was surveyed, the hills dug down, the hollows filled up, rocks torn away, mountains removed, the track laid down, and the iron steed led out with his ponderous car at his heels.

And straightway the lecturer, the artisan, the reformer, sought the interior life of the country; and the country, tired of its monotonous round, rushed to the city. Both were made wiser and better. Interchange of thoughts, feelings, and affections, has made a new life; new thoughts, feelings and affections, enlarged, purified, progressing, and expanding, have sprung up from the ashes of the old. The farmer, who twenty-five years ago raised his field of corn, and turned his swine into it to harvest it to their liking, and then disposed of his pork at one cent and a half a pound, could not think of education for his children, or, if he did, it was only for the boys. The girls did not need it; what had they to do? Anon came better times. The steamer ploughed the rivers; arts and sciences moved on; pork was worth three cents a pound, even in the country; school-houses were better patronized, more boys

went to college, and more girls studied grammar and arithmetic. Men woke up to the true interests of humanity, here and there, and began battling for the common school. Education for the masses was the burden of their song. Better markets made more money, and more money enabled more people to take the papers, and more papers wakened thought, and thought suggested improvement, internal and external, in the heart and in the head, in the shop and in the mill, in the meadow and in the field. Steam-power suggested steam-power, and one invention gave leisure for another; mind was released from physical labor, and gained time and leisure for higher and nobler development; woman was obliged to keep in sight of the age. She was a help-meet, suggesting, striving, planning, and executing; thinking for the young, and leading them to the dépôts of usefulness, and starting them on the car of life, as best she might. But in doing this, and looking about her, she found that her sphere, as laid down in the books, was behind the times. As the great conservator of morals, the trainer of mankind, she was not fully equal to her task. She was not fitted to the condition and emergency in which she was placed. Woman, who thirty years ago seldom went from home, because she *could not be spared*, now that spinning-jennies and patent looms do the spinning and weaving, and sewing-machines are doing the needle-work, steam-power does the knitting, and garments are made so cheap that it seems an idle waste of time to use

"Her needle and her shears,
Making the old clothes 'maist as good as new,"

finds time to go to New-York, to Boston, to London, to Paris, anywhere and everywhere. First, she ventured, as Horace Greeley said, "to go to see the men hear Mr. Webster;" then she ventured to hear for herself; and when she heard, she said in her own heart, "These words of wisdom, after all, are but the chiselled marble of my own thought. I hate intemperance; it has been the bane of woman's life—why should I sit idle when I too can work to reclaim humanity? I hate war, for it is unjust and cruel, taking from woman her heart-treasures, sacrificing them on the altar of ambition and oppression. I hate slavery; for on woman's head has ever fallen its deepest, darkest curse. I hate licentiousness; for ever and evermore has woman been its victim. Why should I fold my hands and be idle, while these things are scourging the nation?"

"But what can I do? How can I accomplish all my work? I am not free myself!"

"Ha! these fetters of conventionalism, of pride, of custom, must be broken; I must act my part. The world will not let me be idle; in some way I must fill my place in this great drama of progress, mental, moral, and physical, that is being acted in my 'day and generation.'"

Thus reasoning and thus feeling, I find woman everywhere rousing to a higher sense of her duties as woman, as the mother and companion of man; working for reform in dress, in eating, in drinking, in working, in living, and in loving. Seldom it is that I sit at a table that I do not see some one sipping cold water, instead of tea and coffee; and forthwith comes up an argument, and tea, coffee, wine, alcohol, and tobacco, are discussed.

These discussions are listened to by the young, and will make their impression. Thirty years since, I do not remember to have heard one such conversation as now comes up daily as the common sociability of life.

Croakers tell us that the world is growing worse, day by day. Not so. There may be rowdiness in New-York, grog-shops in Boston, gambling in Cincinnati, murder and madness in St. Louis and New-Orleans, or all these things—as all know there are—in all these places. But is there as much, in proportion to the whole people, all things considered, as there was thirty years ago? There may be. But we must remember that our new world has been the great *dépôt* of untutored minds from the old world. Oppression has made them poor, ignorant, and, too often, degraded. They have come to us in swelling numbers, and, mingling with the same class in our land, have helped to enlarge the list of crime and wrong. Still, I do not feel that the world is worse even for them; and, as I said in the beginning, reform seems everywhere the spirit of the times; and if old offenders are not saved, the young who are now coming up into active life will and must be redeemed; for the good and the true, everywhere, are putting on the armor of reform, and they will do battle for the right till Victory shall fold her wings among their banners. Men have hitherto fought alone; but their action has seemed like the breathing of the north wind upon the traveller upon the heath. It has served only to make him wrap his cloak of ignorance and folly more closely about him. Now woman has aroused to the work, and her action will be like the sun. The rays of love and kindness will soon compel him to yield and lay himself down to rest from his weary pilgrimage of sin, beneath the cooling and soothing shades of virtue and peace.

St. Louis, Mo.

Dress Reform.

A SOUTHERNER'S IMPRESSIONS.—A correspondent of the *Georgia Citizen*, writing from Mount Prospect Water-Cure, Binghamton, N. Y., thus records his impressions of the American costume:

"Among some peculiarities of a Water-Cure establishment, none struck me with more force than that of the dress of females. Accustomed as I have been all my life to seeing women arrayed in *tight* dresses only, I had become disciplined into the belief that no apparel would look 'decent,' unless drawn about the waist with considerable force, preparatory to its being worn. Hence I noticed, on my first visit to one of these 'Cures,' the peculiarity of loose dressing more particularly, and also saw its advantages in a remedial point of view, especially while under a treatment that required much out-door exercise, in which the lungs and other vital organs have to perform a very vital part.

"After my first morning bath, I was ordered to take exercise for three-fourths of an hour, before I rested. I strolled out accordingly, and wended my way along the secluded ravine for a mile or so, when my admiration of the loveliness of the scene was brought to a halt by seeing what I sup-

posed to be a young miss of sixteen approaching me, some distance ahead. 'Well,' thought I, 'here is an example in early rising worthy to be followed by older heads than hers, and I will not fail to compliment her accordingly.' But when we met 'face to face,' I discovered that I had to salute a lady older than myself, (and that's well up in the 'pieters,' you know,) who had by her *Bloomer* contour completely deceived my visual organs. I therefore made my best bow to the lady of one of the Professors in a Mississippi Female College, who, with her husband, was a patient in the Water-Cure, and both nearly or quite restored to their wonted health.

"On returning from my walk, I asked the physician to tell me the use of the *Bloomer* dress, and he frankly replied: 'Sir, there are two reasons why I request my lady patients to wear them. The first is, in a large majority of those afflicted like the lady you have just met, the *main cause of their disease* is the wearing of tight, long-waisted dresses. I wish to remove that cause by the use of the more appropriate Bloomer costume, which you see cannot readily be so long-waisted, nor are they so tight. The second reason is, *we*, as Hydropathists, require our patients to take considerable out-door exercise. How could a lady climb the rugged steep of that mountain, before sunrise, and over the wet grass, clothed in one of her long city-fashioned dresses?' Then pointing to a boat two miles distant on the lake, he said, 'There are four ladies, and two of them rowing that boat: do you think they could *man* it as easily, if their feet were clogged by the long skirts of your city damsels?' Of course I had no demurrer to offer to the remedial advantages of such a costume. I would say, however, that in but one of the water-establishments did I find this habit prevail *exclusively*; but I believe all Hydropathic practitioners are more or less partial to its adoption by female patients while at the Cure, and a few at each can be frequently seen arrayed in this appropriate apparel.

"It has been said that in Rome we must act like the Romans; hence, while in New York city, I felt justified in manifesting a bit of the Yankee spirit of curiosity, by inquiring of an intelligent lady, 'How she felt when she first rigged out in one of them Bloomer dresses?' She frankly replied that 'her feet felt too free—they had nothing to hit against in front, and nothing to kick behind; so she was constantly peering down to see what had become of them—and this, she presumed, made her look as awkward as she felt!' Wasn't she a philosopher?"

DRESS IN CALIFORNIA.—A San Francisco editor tells this story about the prevailing taste for finery among the Californian ladies: There is, perhaps, no place in the world where ladies dress so richly as in California, and the every-day costume of a lady in San Francisco is quite equal to a special "get up" for a promenade in that wonderful thoroughfare, the Broadway of the Gothamites. The good old-fashioned ten-cent calicoes that our grandmothers used to wear, which were made up on economical principles, and not to run to *wast*, are here scarcely ever seen; but, "though lost to sight, are to memory *dear*." In those good old days, a dress three yards in circumference was considered sufficiently ample,—

but now it takes more material to dress a lady than to envelop a respectable mummy. We have not passed any thing in our streets, time out of mind, but silk and satin: how rich and pleasant it sounds as it rustles past—so luxurious and refined! Yesterday, as we were plodding in sober reflection towards our sanctum, a lady came out of a store and moved gracefully on in front of us: her figure was elegant; a rich China silk swept the pavement and the cigar-stumps; a splendid Canton crape shawl enveloped her shoulders; a hand encased in a white kid hung gracefully over one arm; a French embroidered handkerchief emitted an odor of "Jockey Club." Our curiosity to see the face of the fair proprietress of these dry goods was intense; we walked faster, got before her, dropped our walking-stick, stooped to pick it up, and as we regained our upright position, the face met ours. Shade of departed romance! it was our washerwoman, *Sully*, a respectable "cullard passon" of the fast water.

MORE ABOUT BONNETS.—Prentice, of the *Louisville Journal*, has the following on bonnets:

"We are glad the season is approaching its termination, because with it, we suppose, will terminate that graceless style of bonnets with which the beautiful heads of our ladies have been afflicted for months past. We do not see any reason why Louisville should adopt any style of dress unbecoming or uncomfortable, at the dictum of some foreign milliner or mantuamaker."

[Why not apply the same remarks to other portions of female rigging and gear? Is the "head-dress" so much worse than other imported "die-flows" and tight "strait-jackets?" Why not "come out" and advocate the only appropriate, sensible, convenient, and healthful dress ever invented; namely, the AMERICAN COSTUME, with hat and boots to match? Women could then, at least, *help* to take care of themselves.]

MEN-WOMEN AND SHAWLS.—Next in foolishness to the wearing of long, draggling dresses by silly women, we regard the wearing of *shawls* by silly men. They are quite as objectionable, in a physiological point of view, and far less comfortable than a coat. A *shawl* should never be worn by woman or man. It prevents free exercise in walking or working, contracts the chest, and makes the wearer "*round-shouldered*." Besides, it is unmanly. Let both men and women wear COATS, instead of *shawls*.

READERS OF THE JOURNAL, have you procured a copy of "HOPES AND HELPS for the Young of both Sexes?" If not, permit us to recommend you to lose no time in doing so. It is the book of books for the young, and even the old and middle-aged will be profited by its reading. It is a succession of gems and dew-drops from beginning to end. We hope Mr. Weaver, the author, will be encouraged to go on in the good work he has so nobly begun.—Respectfully, SETH WEALEN. *Ballston Spa, N. Y., Jan., 1854.* [See advertisement for terms.]

GREELEY'S ADDRESS ON AGRICULTURE, delivered before the Indiana State Agricultural Society, and entitled, "What the Sister Arts teach as to Farming," is full of practical suggestions of the highest value, and should be in the hands of every intelligent farmer in the land. Issued in a handsome pamphlet by FOWLERS AND WELLS, 131 Nassau st., New York. [Price, prepaid by mail, 15 cts.]

The Month.

NEW-YORK, FEBRUARY, 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.

FEBRUARY MATTERS.

BY R. T. TRALL, M.D.

THE CHOLERA AGAIN.—There have been a few cases of the real spasmodic or Asiatic cholera, alias *blue pestilence*, amongst us this winter. A correspondent of the *Tribune*, who witnessed a case at Bellevue Hospital a few weeks since, after detailing the history of the epidemics of 1830-32 and 1847-9, both of which originated in Asia, and overspread, during the succeeding two years, a large portion of Europe and America, comes to the conclusion that the prevalence of the disease in this city and this country again, in the spring of the present year, is inevitable.

He presents many good reasons for this conclusion. The disease is now pursuing a similar course to that which indicated its laws on the former occasions; it is already in Great Britain; the winter months may hold it in check: and when the warm weather comes, it will find many of the streets, alleys, yards, and tenements of our city, and even many of the bodies of our citizens, in that condition of filthiness which forms a nidus for and gives intensity to all pestilential influences. The principal historical data are thus stated:

"In 1817 the disease first began to show a disposition to quit its usual Indian boundaries, and to lose its endemic character and take on that of an epidemic. In that year it prevailed with severity in Bengal, and choosing that as a point, it radiated and encircled the whole world. After traversing Asia, it entered Europe in 1830, and attacked in its turn, Moscow, St. Petersburg, Warsaw, Dantzic, Berlin, and Hamburg. In the course of its progress it reached Paris and London in 1832; Quebec, 8th June; Montreal, 10th June; and New York, 24th June of the same year.

"We heard no more of the cholera until 1847, when we learned it had commenced a new course of desolation. Before the close of that year it had again entered Europe. It reached Astracan in July, 1847, and Moscow before the close of the year.

It was suspended there by the winter; but in the spring of 1848 it advanced westward, reaching St. Petersburg in June, Berlin in August, Hamburg in September, and Great Britain in October. I would now particularly direct attention to its course *as being exactly analogous to that now taken by it*. A ship left Havre on the 3d Nov., 1848, bound for New Orleans; after being out twenty-six days, cholera made its appearance on board, and it was carried to New Orleans, where the ship arrived the 11th December. Isolated cases soon occurred in the city, and rapidly multiplied. It extended from New Orleans to Texas and up the Mississippi, reaching Memphis the 22d December, sweeping over the valley of that great stream with remarkable rapidity. It did not, however, surmount the Alleghanies, and with the exception of a few cases in the harbor of New York, the Atlantic States remained free from the disease during the winter. The epidemic was, however, pursuing its regular course across the Atlantic, and, as on the previous occasion, reached these shores in the season following that of its appearance in Western Europe. It broke out in New York in the beginning of May, 1849.

"During the present year (1853) it has pursued much the same course. It is now in Great Britain, and a few isolated cases have occurred in New York; but, as before, it will be stayed by the winter, and its regular visitation will take place in the spring of 1854."

In view of the threatening invasion we shall, of course, have a "hue and cry" about dirty streets; and this is well, for there can be no shadow of doubt that dirty streets will then as now cause many to die who otherwise might live. Our opinion is, that dirty streets cause the deaths of hundreds every year in this city, cholera or no cholera; and therefore we would say and do all in our power in favor of their thorough cleansing.

But what we fear is, that those who look to dirty streets as the great source of danger, will overlook worse evils. Hundreds and thousands have more to fear from dirty skins, foul secretions, impure blood, morbid humors—all within and a part of themselves—than they need apprehend from streets as bad as bad can be. Let every person begin his sanitary regulations at home; in his own domicile, on his own person; and if he does these things hydropathically, he will not have the cholera;

and then, if the authorities will keep our highways and byways in hygienic order, so much the better.

THE POINT IN ISSUE.—We are continually written to by old-school doctors, new-school doctors, and doctors of no school, on the subject of *ultraism*, *carrying things to extremes*, &c., yet for the life of us we can't get a soul of them to tell in what the error consists. The following extract from a medical gentleman in North Carolina, whom we judge to be both candid and conscientious, is a sample of the style and matter of many complainers:

"I am still rather on the side of Allopathy. I practise the druggery system, as you call it, and am quite sure you are wrong in some cases; for it is very clear to the experience and observation of every prudent man who is in the habit of giving medicine, that medicines internally administered often effect cures in a very short time, whereas water, however applied, would not cure in four-fold the time, if ever. But I am not disposed to enter into controversy at present; I have, however, thought I could occasionally, as I have leisure, point out what I consider errors in your system."

Do so by all means. We shall at any time have leisure enough to attend to them. But, Sir, are you aware that you *assume* the very thing you ought to *prove* if you can? Hundreds of your faith have assumed the same thing; but when we have asked them for the facts, the reasons, the evidences, the philosophy, the *proof*, they are all *mum*; none of them have any leisure to adduce evidence; but they all have abundance of time to complain and object, and assert, and advise, and criticise! We are told by drug-doctors, and often too by those who practise Water-Cure, with a reservation in favor of drugs in a few rare cases which cannot be cured in any other way, that there are cases wherein water-treatment will not succeed when drugs will. But if so, why cannot such cases be stated? Why cannot *one* such case be described? Surely the subject is worth discussing; and those who *know* of cases, ought to be willing, for the sake of true science and suffering humanity, to let us know what they are.

CONGESTIVE CHILLS.—This affection, which is a disguised or modified form of intermittent fever, in which the cold stage of the paroxysm is so prominently developed that the hot and sweating stages are scarcely apparent, prevails in many parts

of the Western States. And in answer to several inquiries respecting its proper treatment, we cannot do better than quote the following case from "*The Friend of Man*," a spirited monthly published at Evansville, Ind., by Dr. Geo. H. Wood :

"About one year ago, while in Kentucky, we were called to see a patient who was supposed to be dying of congestive chill, and so thought we. The answer to our question, What is the matter? was made by the patient, and was as follows :

" 'I am freezing to death—I am frozen to the heart.'

"There was an almost incessant cough, and the spitting of blood was profuse. In fact, it was the most severe case of congestion we ever saw or heard of. There was evidently no time to be lost. The large organs were to be relieved, or death must soon follow.

"Our treatment of the case was as follows: The feet were put into hot water for ten or twelve minutes, and rubbed smartly. Several bottles were filled with boiling water. A pack was prepared as speedily as possible. The pack-sheet was wet in water of a temperature at about 56 or 58°, and wrung as dry as possible. In this sheet the whole body was enveloped to within a foot of the feet, and two blankets brought snugly around the body over the sheet. The bottles of hot water were now applied along both sides, and at the feet, and several other blankets brought up over the whole, thus confining the heat. In five minutes from the time the body was in pack, the patient began to feel relief; in less than twenty minutes the cough ceased entirely, the whole body was in a profuse perspiration, and the patient out of all danger. The patient remained in pack one hour and a half. No more treatment was required."

COLD WATER IN THE REDUCTION OF HERNIA.—We have noticed, within a few years, the accounts of several cases of hernia, which the application of cold water promptly succeeded in reducing. We do not recollect any instance, among those reported, in which it did not succeed. Another confirmation of its efficacy is furnished in the report of a case published in the *Western Journal of Medicine and Surgery*; but it is to be regretted that when such a patient falls into the hands of an anti-hydro-pathic doctor, he is pretty sure to be nearly killed with drugs before the water-treatment is resorted to. The case in point was

treated by Dr. Gresham, of Ebenezer, Mississippi.

"The case was one of oblique inguinal or scrotal hernia, in a male servant. On the 5th of June, at 4 o'clock P.M., the obstruction occurred. I was called to see him the next day, about 5 o'clock A.M. When I arrived, I found the patient in the utmost pain and suffering. The hernial tumor was very large, and not disposed to yield to the usual remedies prescribed for the reduction of hernia. I gave him an anodyne, and left the following prescription: \mathcal{R} . Wine Antimony, Tinct. Lobelia, $\bar{a}\bar{a}$ $\bar{3}$ ss. M. Take $\bar{3}$ j. every half hour. Apply cloths dipped in warm water every fifteen minutes, for the purpose of relaxing the muscular system. At 3 o'clock I saw the patient again, but found no amelioration of the symptoms; if any thing, the sac was more tense, and the patient exhibited some incoherency of mind. I began to think I should have to operate, but concluded, before resorting to this last measure, to try the effect of an emetic and the application of cold water to the scrotum. The following prescription was given: \mathcal{R} . Tart. emetic, gr. vi. Tinct. Lobelia, $\bar{3}$ j. M. Give $\bar{3}$ j. every fifteen minutes till free emesis occurs. This over, a gentle stream of cold water was let fall a distance of four or five feet on the tumor, while I administered, at intervals of half an hour, $\bar{3}$ ss. of the mixture already mentioned. The tumor began to recede under this treatment, and in the course of an hour and a half from the time the operation was commenced, the tumor was small enough to be grasped in my hand, and by gentle taxis returned to its proper place."

PUBLIC HOSPITALS.—The *Philadelphia Sunday Ledger*, in view of the expected visitation from cholera, says very justly :

"For a large city like Philadelphia, there should be four such hospitals: one exclusively for 'Allopathic,' one for 'Homœopathic,' one for 'Hydro-pathic,' and the other for 'Eclectic' practice. The public could then judge which was the best mode of treatment, by the success of each institution.

"The ablest physicians, the most experienced nurses, and kindest assistants, should be appointed, and all unnecessary intercourse between them and the other citizens strictly prohibited. Vehicles for conveying the sick should always be ready at stated places, and so constructed as to form comfortable beds, on which the patients might indulge in the recumbent position, and at

the same time be entirely secluded from the public gaze."

So far as the hydro-pathic hospital is concerned, we would not only consent to the experiment, but give something for the privilege of contrasting the success of our institution with that of the others. Why is it that the medical party in power—Allopathic—has always opposed such "dangerous experiments?"

BRANDY AND MILK FOR BABIES.—A new periodical, from the Allopathic school, has appeared amongst us, under the title of "*The American Medical Monthly*." Most of the matter of the first number has already been the rounds of the medical press, and hence is not now *very* new. Under the head of "Hospital Records," we find the following paragraph :

"At Ward's Island we have been much interested with the success which has attended the employment of cod-liver oil in the marasmus of immigrant infants, induced by want of proper nourishment, and the unhealthy atmosphere during the Atlantic voyage, this condition being exhibited as well among the children born in the vessels as in those who were carried on board healthy at the port of embarkation. The oil is given to the youngest, in quantities as large as the stomach will bear, in combination with brandy and milk. Many little ones have been thus rescued from apparently impending dissolution."

It requires more blind credulity than reasoning mortals ought to possess, to believe that the poisonous abomination of cod-liver oil and brandy is a valuable addition to the milk which is fed to sickly immigrant children. Common sense ought to teach even medically miseducated men, that wholesome food, proper ventilation, and an attention to the general hygienic management, is the course necessary, and all that is useful, in recovering diseased and famished children, who have been poisoned by foul air, putrescent animal exhalations, and bad food, during a voyage across the Atlantic. It is very true that the brandy and cod-liver oil poison is not as dangerous to life as is the confinement and dietary on ship-board; and it is true too that, under the influence of a salubrious atmosphere, the majority of such children will recover rapidly *in spite of* such medication. But the practice of thus poisoning the food of children in the name of medical science, deserves to be reprobated in severer language than we care to employ.

THE DISCUSSION.

DR. WILSON TO DR. TRALL.

AIRMOUNT, ALA., Nov. 10, 1853.

DR. TRALL—DEAR SIR: The August number of your Journal, containing the fourth skirmish between Hydropathy and Allopathy, was received only a few days since: this circumstance will account for the tardiness of my reply. Can you explain why the Journal was not sent earlier? Shall the failure to send it be considered as an indication of “backing-out” on your part? But without further preface, I proceed to notice your last letter, (July 4th.) In my last I declared my resolution not to “enter” a discussion upon “any” terms you might see fit to propose. In your reply, you pretend to see in this “indications of backing-out;” and understand me as distinctly declining all discussion on any terms whatever.

Now, Sir, if you will refer to the original you will find the words “enter” and “any” italicised, as above; and this, together with the general tenor of the sentence in which these words are found, would indicate plainly to any one of ordinary comprehension that I declined entering a discussion on your own terms. Hoping that you now understand me, I pass on. The guns which you “fire into” our *Materia Medica*, remind me very forcibly of a comparison, made by Randolph perhaps, when some futile attack was likened to the storming of the fortress of Gibraltar with pocket-pistols! I suppose it will be difficult to convince you that your big (?) guns belong to the pistol class; still I think I shall be able to demonstrate, even to your satisfaction, that they are very “light artillery,” argumentatively considered; and moreover, that you will have to find some heavier ordnance wherewith to drive your “assault home” upon the impregnable Gibraltar of regular medicine. I shall now take up your guns, one by one, and spike them:

Gun No. 1 is loaded with three distinct assertions, neither of which is supported by a shadow of proof, and therefore, our defensive position gives us nothing to which we may reply.

Gun No. 2.—Under this head we are informed that an over-dose of tartar-emetic, digitalis and colchicum, have produced death. As it is no part of regular medicine to give or advocate “over-doses” of remedial agents, we will only reply to this by saying, that an over-dose of water has caused death in many instances; that “even the benign religion of the Prince of Peace has been made the unwilling instrument of the greatest calamities ever experienced by man;” still, no reasonable man would refuse to use water because it had been abused in some instances; nor would he object to religion on account of its perversion.

Gun No. 3.—To this the same general reply made under No. 2 will be applicable; and we would add that the “many instances” of death from a single drop of laudanum, &c., are exceptional and extremely doubtful.

Gun No. 4 may be answered as No. 2 and No. 3; and we may be allowed to suggest in addition, that chloroform is as yet in a state of probation, and it is therefore impossible even for Dr. Trall to decide whether it has been used judiciously or not.

Gun No. 5.—See answer to No. 2, No. 3, and No. 4.

Gun No. 6.—This, like No. 1, contains a sweeping assertion which cannot be sustained by a walk through “graveyards,” because the causes of death are not generally inscribed on tombstones.

Having now given your guns all the attention that they deserve, permit me to remind you, that it would be much more creditable for you to beat a retreat than to continue your “assaults *ad infinitum*” with such missiles as these.

The next thing for consideration is, those “frequent spells of intermittent fever.” In your remarks upon the subject, you say that you think those “spells” were caused by ignorance, or a disregard of the hygiene taught in your infallible Journal—this is the substance of what you say. Now, Sir, I care but little what you think about my knowledge or my prudence, when almost all men of science and experience sustain me in the position that the most rigid and perfect system of hygiene, not even excepting that taught by Hydropaths, will not afford immunity from malarial diseases. Omitting the almost unanimous testimony of our school on this point, we will only refer you to Dr. Shew, a Hydropath, and one of your contributors. This writer, in the June number of your Journal, says: “The most sedulous hygienist, who lives in a miasmatic district, may, in spite of all his good care, yet become a subject of fever.” Well said! Dr. Shew—this sounds temperate and discreet; and if your enthusiastic brother Trall is not yet convinced, we can only repeat our invitation to him, to come and try it.

We come next to the influence of blisters over respiration. As I have said nothing about blisters in “consumptive cases,” I cannot see the propriety of referring me to the Hydropathic Encyclopædia on that point; I shall therefore proceed to discuss the general issue between us: You express great surprise that I have so far stultified myself as to make a difference between the “voluntary constraint” of a muscle, and “paralysis” of a muscle; and then you go on to say, that it strikes your “understanding with sledge-hammer force, that it will puzzle you [me] exceedingly to show wherein the difference lies between the *voluntary constraint* of a muscle, and a loss of *voluntary muscular motion*.” Now, Sir, I must be permitted to say, that your cranium must need a “sledge-hammer” force to penetrate it, if you cannot perceive the difference, with a glance, between the two. What is Webster’s definition as given by you? “Paralysis: loss of power of voluntary muscular motion.” Now I would ask, if the *voluntary constraint* of a muscle does not necessarily imply the influence or power of the will? Suppose, then, that this controlling influence or power of the will be removed; it then becomes a case of paralysis—a “loss of power of voluntary muscular motion”—the will is null; therefore the difference is this: *voluntary muscular constraint cannot exist without the control of the will*; while loss of *voluntary muscular motion or paralysis cannot exist with the control of the will*: a difference I think sufficiently striking to enter even your “sledge-hammer” cranium. I think it needless to multiply words on a subject which is certainly plain enough for the most ordinary mind without explanation, and I hope I have succeeded in adapting it to your compre-

hension. Your next onslaught is made upon what you term my “wrong” and “almost ridiculous” ideas of the respiratory function. Now, in reply to this I have to say, that I “have been taught,” and do “believe” and “expressly” repeat what I have before said, viz.: that a blister to the chest would not interfere seriously with “easy respiration.”

In confirmation of this position, I will refer you only to one of the “better books” after which you inquire. This book is the *Elements of Physiology*, by Wm. B. Carpenter, a book which is certainly as reliable as the *Hydropathic Encyclopædia*.

The distinguished author above-mentioned says expressly: “In the ordinary act of respiration, however, the diaphragm performs the most important part.” Then, after explaining the combined “reflex” action of the respiratory muscles, he goes on to say, that these are “the result of the operation of a certain part of the nervous centres, which does not involve the will or even sensation,” &c., p. 379. Again he informs us (p. 380) that “the sensory nerves of the general surface, and more particularly the sensory portion of the fifth pair, which supplies the face, are most important auxiliaries, as *excitor nerves*” (of respiration). Deeming the evidence in favor of my “ridiculous” ideas of the function of respiration sufficient, unless it is confuted by some more reliable physiologist than the author of the *Hydropathic Encyclopædia*, I shall in conclusion call your attention to some interesting points contained in my last, which have, somehow, been overlooked by you. But there are two, to which I invite your *particular attention*, and I hope that you will not fail to reply “at length,” on account of any imaginary fears of an “abrupt refusal to discuss any thing.” By referring again to my letter, you will find that I call on you to prove the assertion that “our system of doctoring folks is absolutely *manslaughterous*,” and you will also see that I have suggested that “you begin by giving a history of the *murders* committed by you, during your ten years of allopathic practice.” I now beg leave to repeat the suggestion, and to *insist* upon the disclosure of your murders or manslaughters: It will no doubt afford an instructive lesson by showing the rocks upon which you split your professional (regular) bark; or, in other words, it may show why you *could not succeed* in regular medicine; and why you had to “take water.” Please remember to give a *minute account of the means used in each murder, and also the manner of dying*. Was the death rapid, and the *cause manifest* in many cases, or the contrary? The next point to which I wish to call your attention is, the inability of Hydropathy to maintain a separate and independent existence. In proof of this, I refer you again to Dr. Jackson’s letter published in your Journal, and request a distinct reply.

Now for the Epsom salts, once more:

In your letter of April 15th, you ridicule the idea of acting upon the moral, through the physical constitution by means of a dose of salts; in your letter of July 4th, you very justly and willingly assume the paternity of that beautiful idea; and then you add, “most decidedly, that every dose of the stuff you or I have ever administered, has injured both the moral and bodily

constitutions of those who have swallowed it." In the first place, you intimate plainly that Epsom salts has nothing to do with the moral constitution; and then you declare that every dose has injured it. How will you reconcile such an inconsistency as this? Are you not afraid that you will "stultify yourself utterly," by making some absurd and contradictory statements? Finally, I take pleasure in renewing the comfortable assurances contained in the concluding paragraph of my last letter; provided you write any thing worthy of a reply. Yours, &c.,

JNO. S. WILSON, M. D.

DR. TRALL TO DR. WILSON.

NEW YORK, Jan. 1, 1854.

DR. WILSON—DEAR SIR: I have perused your article of Nov. 10 with unfeigned satisfaction. It has relieved me of at least two sources of unpleasant apprehension, inasmuch as you have expressed your willingness to go on with the discussion, and have proved your ability, as a scholar, critic, and controversialist, to do justice to your own side. It has happened in times past and gone, when some adventurous Allopath has got "worsted" in a written contest with an "Irregular," that his *confreres* disowned him with the epithet of "humbug," "small potatoes," "ignoramus," &c., rather than acknowledge their system had experienced a defeat.

Your last communication has fully convinced me that if your system *should happen* to get demolished—so to speak—in this controversy, your associate "regulars" cannot "hide their diminished heads" behind the subterfuge of your incapacity. "Whoever attacks me assaults the Commonwealth," said the Boston constable; and whoever conquers Dr. Wilson in debate, will necessarily overthrow the whole drug-system.

The field of controversy is now fairly open before us. The target to fire at—your *Materia Medica*—is plainly in sight. Its assailant—your humble servant—is ready for the "onslaught;" and its defender—your valiant self—in waiting for something to reply to; and all the conditions of the "war of words" fairly understood. Let us then to the work.

But lest you deem me disrespectfully inattentive to several points you have made a "very pretty fight" over, I will dispose of them as rapidly as possible, and then come directly to the merits of this controversy; and in such a way that you not only can't help understanding it, but can't very easily dodge it.

Your play upon the words "enter" and "any" does not seem to me to be at all relevant to any question we have discussed or are likely to discuss. If I am mistaken, as you have had the last word, our readers will please give your side the "benefit of the doubt," as it is the criminal—I mean the accused party.

As to the "guns," I will admit that you have spiked them, "after a fashion." Your spiking, however, merely consists in declaring that there was no powder in them. Such an exploit reminds one of the man who begged of Noah to be taken into the Ark until the water had actually risen up to his chin; but finding Noah inexorable, consoled himself with the reflection that "he didn't think there was going to be much of a storm."

But as I intend to salute you with a "broadside" presently, I will rest the "guns" here.

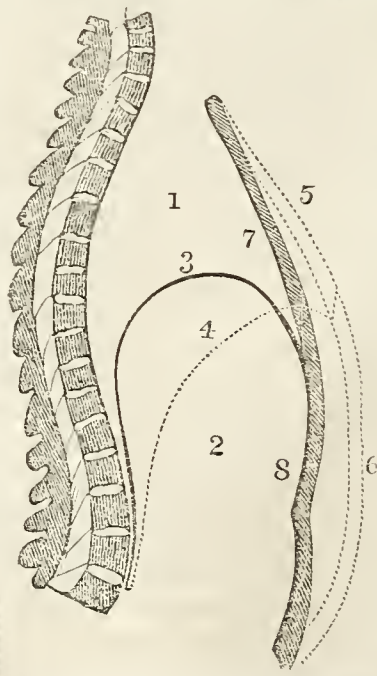
You find it difficult to get over that "spell" of intermittent; and you seem almost to become ecstatic over something Dr. Shew says. I admit the correctness of all Dr. Shew states in the article you allude to. He thinks malarial influences in a given place may be sufficient to induce disease, notwithstanding the most careful attention to hygiene; and I think so too. But in a place like yours, where only a part of the people suffer (and only occasionally) from intermittent, professors of hygiene like yourself and myself ought to be proof against the "spells."

Now, as to "voluntary constraint," "paralysis," &c. This seems to be the strong point of your last communication; and I acknowledge your criticisms to be perfectly just, so far as the distinction exists between actual loss of power and loss of the influence of volition. But you entirely misapply your critical skill. The point between us was, the effect of a blister applied to the chest on the function of respiration. My argument was, that those conditions were identical in relation to that effect. I almost regret, however, to be obliged to interpose a shield against this lance—thank God it wasn't the lancet—for it was wielded with such adroitness, and seemed to afford you so much comfort in the exercise thereof, that I felt willing to suffer any reasonable degree of "cranial sledge-hammering" for your gratification.

I am afraid we shall never get the "function of respiration" settled. Against my statement, that a blister applied to the chest does interfere with easy breathing, you quote something from Carpenter's *Physiology*. But it does not help you; nor is it, as I can see, to the purpose, directly or indirectly. I believe all you have quoted from Carpenter to be correct; but so far as the argument between us is concerned, you might as well have quoted the same number of words from the Declaration of Independence.

I will endeavor once more to render this troublesome problem intelligible to you; to which end I copy from the *Hydropathic Encyclopædia* the following explanation, with its accompanying illustration:

"The diaphragm, by extending the ribs and pressing down the abdominal viscera, is the principal agent in inspiration; in a deep inspiration the intercostal muscles assist in the expansion of the chest by spreading the ribs, aided also, to some extent, by the muscles of the thorax generally. Expiration is mainly accomplished by the abdominal muscles, whose contraction draws down the ribs and compresses the vis-



ACTION OF THE DIAPHRAGM.

cera up against the relaxed diaphragm, thus diminishing the cavity of the thorax from below."

Observe, Doctor, that the diaphragm is the principal agent in *inspiration*, whilst the abdominal muscles are the principal agents in *expiration*. Both of these processes, as you are aware, constitute *respiration*. The only apparent difference between your Dr. Carpenter and my *Encyclopædia*, is this: he speaks of the diaphragm as the principal agent in respiration, whilst I define the particular part of the respiratory process in which it is the principal agent. His language is not precise enough. He should have said, "The diaphragm is *one of* the principal agents in *respiration*;" or else "*the* principal agent in *inspiration*."

Next look at the cut, which you will observe is a side view of the chest and abdomen in respiration. 1, represents the cavity of the chest; 2, cavity of the abdomen; 3, line of direction for the diaphragm when relaxed in respiration; 4, line of direction when contracted in inspiration; 5 and 6, position of the front walls of the chest and abdomen in inspiration, and 7 and 8, their position in expiration.

Now we approach that blister again. Mark you, whilst the diaphragm descends in inspiration, the *intercostal muscles* particularly, and the *muscles of the thorax* generally, assist in the full expansion of the chest. Now suppose these very muscles are in a state of violent inflammation from the effect of the blister, what is the result? Can't you understand that, as soon as the diaphragm descends sufficiently to induce a very moderate inspiration, the inflamed muscles are called into action; and the moment the chest has expanded sufficiently to affect them, pain is felt? It hurts them to move or be moved; or they may be so paralyzed by the poison of the "*emplastrum cantharidis*," that they can't move. In either event, and in all such cases, "easy respiration" is *very seriously* interfered with.

I hope this demonstration will be satisfactory to you, and I hope it will convince you that the common practice of your school, of blistering the chest in consumption, bronchitis, asthma, pneumonia, &c., is a "manslaughterous" way of exercising the "healing art."

Your call for particulars in relation to those patients who died whilst I had the honor of dosing them druggopathically, I must regard as a sort of "revulsive measure," intended to get up a collateral issue, and to some extent confuse the minds of our readers as regards the main question. I shall take good care to stick to the text myself, and to keep you there, unless you are more slippery than a thousand eels. Permit me, however, to inform you, that it was the good fortune of my patients that I had the good sense to discover the falsity of many medical doctrines, and the benevolence to repudiate the practice of many of the most destructive of the drug-shop applications, even before I was made a "graduate." Hence, I never administered such deadly drugs as nitre and tartar emetic, which you know or ought to know are the common medicaments in candies, lozenges, cough syrups, soothing cordials, &c., that are so generally fed to children, per advice of Allopathic doctors; never used leeches nor scarificators; never bled much, nor

blistered much, nor gave much mercury; in short, during my whole career as a *regular* "regular," my drugifications were continually growing "small by degrees and beautifully less," till there was not force enough of poison left to kill a baby or mar a shadow. May your neighborhood be equally blessed in your similar enlightenment!

On the Epsom salts topic I rather think you are ahead of me again. I claim no infallibility. Indeed, I am conscious of many defects in logic and weak points in argument. There are probably many sciences, or facts in science, with which you are familiar, and of which I am ignorant. And as you seem to be so very positive you have achieved something wonderful with that dose of sulphate of magnesia, I can hardly imagine it possible that you haven't. I must, therefore, out of politeness, acknowledge your advantage; yet candor obliges me to say that I do not see precisely what it is.

Having thus, out of respect for yourself, your position in society, and your positions in debate, skirmished around the battle-field, I am ready to pour that "broadside" into your *materia medica*. You say that my first gun contained three assertions without a shadow of proof, and therefore left you nothing to reply to. Allow me to repeat those assertions, for I regard them as the very gist of our whole discussion.

"All apothecary-drugs are chemically incompatible with the structures, and physiologically incompatible with the functions of the human body; thus rendering them absolute poisons, under all circumstances."

I will now proceed to prove, in their order, each one of these assertions:

1. *All apothecary-drugs are chemically incompatible with the structures of the human body.* The evidence is the fact, that these drugs decompose the structures, or else unite with them and form new compounds, resulting in each case in a change of structure. For example: Arsenic, applied to the stomach, is an antiseptic; it enables the stomach to resist change or putrefaction. Why? Because of its combination with the tissues; thus converting them into dead, but fixed, chemical compounds. Have you never heard of a chemical compound called *arsenite of flesh*? Carbonate of potassa produces that chemical action in the stomach we term corrosion, ulceration, etc. Spanish flies, applied to the skin, separate the cuticle from the true skin, and chemically corrode or decompose it. Tartar-emetic, or ipecac, applied to the skin, destroys the cuticle, and *eats into* or chemically decomposes the true skin. See the scars on the backs of thousands who have used these drugs for what are called, or mis-called, spinal diseases. Calomel rots or decomposes the teeth. Sulphuric acid burns or corrodes the structures like fire. Again, apothecary-drugs are incapable of assimilation with, or conversion into, the substances of the tissues: another evidence of chemical incompatibility.

2. *All apothecary-drugs are physiologically incompatible with the functions of the human body.* The evidence is, their *modus operandi*. Take your own *Epsom salts*, for example. When this is taken into the stomach, there is great disturbance of the vital machinery at once. Serum is poured out to dilute it, and to defend the tis-

ues against its *chemical incompatibility*, whilst the alimentary canal and abdominal muscles contract violently to expel it; and thus the poison is got rid of. Can anybody conceive—can you, Dr. Wilson—that such a disturbance would result, if the material were compatible with, or in friendly relation to, the structures and functions? You can do nothing of the sort. Why is there not the same disturbance when an apple, or a potato, or a piece of bread, or a slice of beef is taken? Because *they are* compatible, both chemically and physiologically. The same reasoning will apply to any apothecary-stuff you can name. What effects does opium, your great nerve-panacea, produce? Preternatural excitement at first, followed by stupor, delirium, convulsions, and death, in large doses! and in smaller doses, a less degree of the same symptoms. Need anybody be told that such phenomena evince physiological incompatibility? Perhaps in your reply you can show that this apparent discordance is some kind of "harmony not understood!"

Then, again, take Dr. Wolfe's Schnapps, (just now all the rage with "the profession;" has he sent you a bottle?) or Dr. Whale's cod-liver oil; Dr. Porter's toddy, or Dr. Toddy's porter; Dr. White's black-drop, or Dr. Black's white-powder; Dr. Godfrey's cordial, or Dr. Lucifrey's *sirup of lactucarium*; Dr. Brandreth's pills, or Dr. Wilson's *proto-chloridi hydrargii*; Dr. Radway's Ready Relief, or Dr. Physic's jalap and gamboge; Dr. Moffat's bitters, or Dr. Slaughter's Bitter Extract; Dr. Townsend's Sarsaparilla, or Dr. Blood's *tinctura ferri chloridi*; Dr. Morse's Invigorating Cordial, or Dr. Remorse's *rumo-saccharinum*, (to be translated, *rum and sugar*;) Dr. Quack's whiskey-punch, or Dr. Regular's wine sangaree; and just as many more drugs, stimulants, narcotics, poisons, etc., as you please.

What phenomena indicate their *modus operandi*? Pain, agitation, disorder of body, derangement of mind, nausea, vomiting, griping, spasms, trembling, dizziness, drunkenness, staggering, blindness, deafness, prostration, and so on to the end of the chapter of abnormalities. Are these symptoms, feelings, effects, phenomena, operations, or whatever you prefer to call them, any part of the healthy or natural state? If they are really abnormal, as I suppose, their *causes* are certainly incompatible with the normal or healthy state, and hence functionally and physiologically incompatible.

3. *All apothecary-drugs are absolute poisons, under all circumstances.* If the preceding propositions are true, this follows as a necessary inference. You may reply, that the stuff I am considering—apothecary-drugs, I mean—though poisonous in large, is nevertheless medicinal in small doses. But I shall contend that all the effects which you term medicinal are themselves the evidences of the destructive chemical and the injurious physiological incompatibility existing between the drug-agents and the vital tissues and properties of the living organism.

I have perhaps said enough to bring you to the merits of this controversy. When you reply to this "broadside," I shall have a whole "battery" to bring into action.

Yours, &c.,

R. T. TRALL, M. D.

Reviews.

NEW WORKS NOTICED.

BY R. T. TRALL, M.D.

I.—THE HYDROPATHIC FAMILY PHYSICIAN. By JOEL SHEW, M.D. New York: FOWLERS AND WELLS. 1854.

The question is often asked, How is it that Water-Cure physicians, whose professional vocation is most emphatically one of work, can find so much time to write letters, fill up journals, and make books? It is because they "work on, work ever." *They almost never rest.* They live simply, bathe often, eat sparingly, drink pure soft water *temperately*, sleep little, and labor incessantly. Should all the present race of hydropathic authors and practitioners "die before their time"—should they unfold the laws of longevity, and yet themselves go down to dust in middle age—let not the enemies of our system charge it to our teachings. Those who prepare the wilderness for human habitations are generally self-sacrificed by the toils of the task, and the miasms they are compelled to come in contact with. So has it been with reformers in all ages; so has it been with several of whom the world has heard much within the last half century, as physiological, medical, and dietetic reformers and philanthropists; and so it may be with others now on the stage of action, of whose sayings and doings and writings the present generation is hearing, seeing, and reading much.

These reflections are suggested by the appearance of another book from the prolific pen of Dr. Shew, and the still more prolific press of FOWLERS AND WELLS. The character of the work will be better understood by the following extract from the title-page: "A Ready Prescriber and Hygienic Adviser with Reference to the Nature, Causes, Prevention, and Treatment of Diseases, Accidents, and Casualties of every kind." It is an elaboration of the author's previous writings on many subjects, with more extensive details in relation to that most valuable department of all medical literature, the prevention of disease. A variety of topics are introduced which are not treated of in any of the author's former works; in making up the "ready prescribing" part, he has drawn partly upon the practical resources afforded by his extensive experience.

The chapter on "Hunger-Cure," as practised by a Mr. Schrott, near Graefenberg, in Germany, will be found peculiarly interesting, as but little has hitherto been known or published in this country on that subject.

The arrangement and style bear evident marks of haste, or rather, perhaps, of an amount of work to do disproportioned to any ordinary amount of human ability. This, however, is no serious objection, as the work is designed especially for popular use, and the people will not be misled in the practical application of its doctrines by any technical inaccuracies.

The work, I doubt not, will readily find its way to the Water-Cure libraries of our country, now happily filling the shelves of that closet where, a few years ago, mystic phials, and portentous powders, and strange tinctures, and dangerous washes,

were regarded as indispensable appendages to the family arrangements. [Prepaid by mail, \$2.50.]

II.—ALCOHOL AND THE HUMAN CONSTITUTION.
By EDWARD L. YOUMANS. New York: FOWLERS AND WELLS, 1854.

The author and publishers of this little book have done the Temperance cause and humanity good service. That alcohol, in all its relations to vitality, to the human organism, to all living tissues and properties, is a poison, has been long since and repeatedly asserted. But *why* and *how* it is a poison has not been generally understood. This problem the author, by means of a colored chemical chart, has demonstrated in such a way that those who look may comprehend. The work is a "popular scientific account of the chemical history and properties of alcohol, and its leading effects upon the healthy human constitution," &c.

It would be difficult for those (amongst whom we are sorry to know there are some medical gentlemen and a few clergymen) who still insist that intoxicating drinks are "to be received with thankfulness," like *other* "good creature-comforts," to fabricate a shadow of an argument for their employment, after glancing over the facts so conclusively presented by Mr. Youmans. And whilst its demonstrations must put to silence all the cavillings in favor of alcoholic beverages, I cannot see why the medical profession should not receive its reasonings as unanswerable against the employment of alcoholic medicines.

The work ought to circulate wherever intoxicating drinks are found. [Prepaid, 30 cts.]

TOBACCO PRIZE ESSAYS.

TOBACCO: its History, Nature, and Effects; with Facts and Figures for Tobacco Users. By R. T. TRALL, M.D. [24 pages 12mo.]

TOBACCO DISEASES; with a Remedy for the Habit. By JOEL SHEW, M.D.

EVILS OF TOBACCO as they affect Body, Mind, and Morals. By REV. DWIGHT BALDWIN. New York: FOWLERS AND WELLS, 1854.

It will perhaps be remembered by those who were at that time numbered among our readers, that in April, 1853, we were authorized by a friend of reform to offer ONE HUNDRED DOLLARS, in prizes of \$50 for the first, \$30 for the second, and \$20 for the third best essay on the deleterious effects of Tobacco on the human constitution, physically, intellectually, and morally, with suggestions for the cure of the evil, or how persons can break the habit; the manuscripts to be submitted to Messrs. Fowlers and Wells, and such other persons as they might select to aid them in the examination.

The prizes were awarded as announced in the January number of our Journals. The Essays are now ready for delivery, and we have given above the title of each in full, with the author's name. We shall perhaps present a critical review of them in our next. At present we can only say that they are most complete and thorough expositions of the subject, and comprise altogether a whole arsenal of weapons with which to attack and overthrow the strongholds of the Tobacco user. Never before, we venture to say, has so strong an array of facts, figures, and reasoning been presented as in these essays. They should be translated into all the languages of the globe, and

circulated coextensively with the almost omnipresent weed.

The benevolent and philanthropic gentleman by whom the prizes were given, prefers for the present to remain unknown, but hopes by the publication of these essays to aid in suppressing a degrading and dangerous habit, and in preventing the young from ignorantly becoming its willing victims.

The series of Tobacco Essays of which these Tracts form a part, is but the beginning of the end of what he designs. Should the world be found to have been improved by his efforts, he will consider it an ample reward for all he has done, or may do hereafter.

THESE THREE PRIZE ESSAYS will be sold separate or together, for gratuitous distribution, in large quantities at cost of paper and printing, as follows: Five hundred copies, \$10; One hundred copies, \$2 50; Fifty copies, \$1 25; Twelve copies, 37 cts.; Single copy, 6 cts.; One Thousand copies, \$18 00; Five Thousand copies, \$75.

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 the appetite impaired or destroyed, 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 hundreds of youth are blindly and ignorantly acquiring a habit which, unless broken or stayed, will prove a curse to them and their children. The object of these prize essays is to point out the evils, guard the innocent, admonish and restrain the victims, and to thus save them from disease, ruin, and premature graves. "Have we a MISSIONARY among us?" If so, there is hope; if not, let us send to "heathen lands" and implore the services of the godless. But there are enough, if *they* will act, to drive this hideous, nauseous, vile, wicked stuff from the mouths of mankind, and from the face of the earth.

THE NEW ILLUSTRATED HYDROPATHIC QUARTERLY REVIEW. No. 2, January, 1854. New York: FOWLERS AND WELLS, Publishers. [Price \$2 a year, in advance.]

True to the great law of progress, the editors and publishers of the New QUARTERLY have made the second number even better than the first. There is not an article in it which is not fully worthy of its place, or that can be read without decided profit. The following are the titles of some of the principal articles: The Movement-Cures, (illustrated,) by R. T. Trall, M.D.; Dyspepsia, by James C. Jackson, M.D.; Colds and Relapses, by Levi Reuben, M.D.; Hysteria, (illustrated,) by Joel Shew, M.D.; Modus Operandi of Medicines, (illustrated,) by R. T. Trall, M.D.; Philosophy of Common Colds, by G. H. Taylor, M.D.; The Hunger-Cure, by E. A. Kittredge, M.D.; Water-Crises, by S. O. Gleason, M.D.

It is illustrated with nearly forty engravings.

THE DESTINY OF AMERICA.—An eloquent and characteristic speech by W. H. Seward, delivered at the dedication of Capital University, at Columbus, Ohio. For sale by Fowlers and Wells. [Price, prepaid by mail, 15 cts.]

Miscellany.

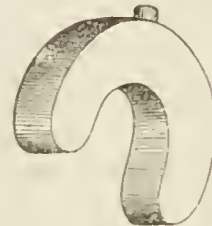
That 's the best physic which doth cure our ills
Without the charge of 'pothecar.ers' bills.

FOMENTERS.

BY S. O. GLEASON, M. D.

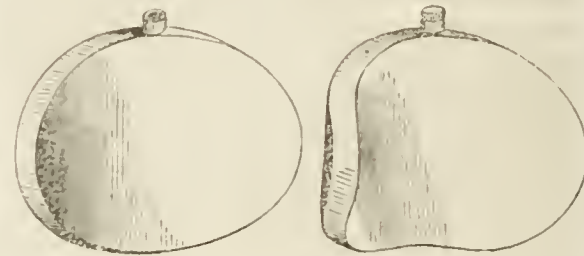
DESCRIPTION OF CUTS.

No. 1 constitutes half of a four-inch circle. This is 2 by 2 inches. It is used to foment the neck.



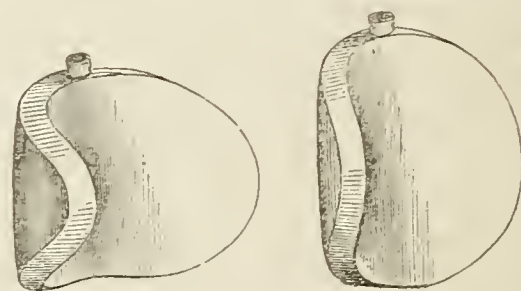
No. 2 is 9 by 7 inches, and gives a curve of one inch in depth.

This measurement is obtained by drawing a line from end to end, then measuring downwards to the centre of the curve. This is true of all the rest. This is applied to the upper part of the chest.



No. 3 is 9 1-2 by 6 1-2 inches. The curve is 2 inches deep. This is the best-shaped instrument for the stomach and bowels, and is to be applied over them.

No. 4 is 7 1-2 by 8 inches. The curve is 2 inches deep. This foment is adapted to side of chest, just below and in front of the arm-pit, and also the same regions on the back part of the chest.



No. 5 constitutes half of a 7-inch circle, or nearly half of such circle, and is to be applied to the side just above the hip.

The space between the inner and outer plates or surfaces is *one inch* in the four last specified. The tube is 3-4 of an inch long, and the bore of the same 3-4 of an inch. The orifices are made tight by corks. These fomenters are made of tin. Any tinman can make them.

MANNER OF APPLYING FOMENTATIONS.

E. W., of Westmoreland, N. H., having read my article on *Fomentations* in the Nov. number of the WATER-CURE JOURNAL, thinks this method of applying should be described. Perhaps he is right. There are two methods of using this remedy, and I do not know but the one is equally effectual with the other. The old method consists in tak-

ing one-half to one yard of flannel cloth and folding it several times, putting it in the bottom of a wash-bowl and pouring on boiling water till it is saturated, then removing and wringing it in a towel, (as it can be wrung out much hotter by this process than in the naked hands,) placing it upon any part of the body that is desired, and covering it so as to retain the heat at as high a temperature as can be well endured by the patient. Let this remain from five to eight minutes, then repeat the process till some four or five changes have been made, or until the desired impression has been secured.

The second method requires much less labor, and is more convenient, as one can apply it himself, wherever he may be, if hot water can be secured. Tin fomenters can be made, about ten inches in the largest diameter by eight in the shortest, and one inch thick, with a hole in one side, and tube one inch long, in which a cork is put to keep the water in, and, at the same time, it makes an exit or entrance for the water. The fomenters can be made of any desirable curve to suit the wishes of the patient, or to fit any part of the body. The temperature of the water to be put in these fomenters varies from 130 to 160 degrees. Under the fomenters should be placed two or more folds of flannel, wrung out of warm or cold water, as is convenient of access. The application may be continued from twenty to thirty minutes. The surface becomes red, and either a wet bandage should be applied after it, or the part should be sponged off, as it is better to apply water of a lower temperature to the skin after it has been heated than to let it cool without such an application. It diminishes the sensitiveness that would otherwise occur from frequent fomenting. A much better idea of the shape of tin fomenters can be obtained from the wood-cuts than can be given in language: and, with the description given, I hope "E. W." will be able to understand how to apply this remedy effectually in any emergency.

OUR JOURNALS IN CALIFORNIA.—An order for SIX HUNDRED COPIES by one mail! Our cause flourishes in the "golden regions." Seed has been sown upon good ground, and is now producing "an hundred-fold." Reforms are progressing. The pioneers are rejoicing. God prospers the right. Let us be faithful. We have a great truth to impart to the world, a truth of no less import than the physical regeneration of the human race. Will it be heeded? It will. No man can always resist the light, or violate the physical laws, and live. Drugs have been tried, and found wanting. Hydropathy has succeeded. The world will embrace it the moment it becomes acquainted with it—understands it. Help us, help us—teach it, preach it, proclaim it everywhere. We will print, you circulate. Together, we will regulate the "regulars," and put "the people" on the track to life, health, and a reasonable degree of HUMAN HAPPINESS!

VALUE OF THE JOURNAL.—A subscriber, renewing his subscription, writes:

"We have already received the January number, with which we are much pleased; in fact, my wife says the first article under head of 'Water-Cure Processes and Rules for Bathing,'

by Dr. Shew, is alone worth the price of subscription. We have taken the JOURNAL so long, that we do not know how to keep house without it."

LIFE SUBSCRIBERS.—A Canadian subscriber writes:

"In renewing my subscription for the JOURNALS, I send you the names of forty-one new subscribers, and the cash to pay for them. You will notice that one of the ladies on my list wants two copies of the WATER-CURE. She says that she has been so much benefited by reading it (a borrowed one) that she wants one for herself and one to lend.

As regards myself, I have derived much benefit by reading the JOURNALS. You may consider me a life subscriber, as I shall have the JOURNALS as long as I can raise a dollar to pay for them. I am satisfied that reading the WATER-CURE JOURNAL has been a saving to me of what would pay for twenty copies, and it will be to any one who reads it and follows its teachings."

COLD WATER.

BY ISAAO OOB.

Cold water for me—
Instead of blue pills—
Meandering free
Through rivers and rills,
When fevers attack me, and troublesome chills,
And pain which the spirit with agony fills.

Cold water by far
Is better than tea,
Is better than are
Ning-yong and Bobea,
Though they come from a clime that is over the sea,
Renowned for its wealth and imperial degree.

Drink coffee who will,
And cocoa as well,
And quaff to your fill,
Ye in cities who dwell,
The myriad drinks by the epicure made
To tickle the palate and punish the head.

Who cares for them all,
When Croton supplies
The thirsty one's call,
From a fount that ne'er dries,
With the purest of liquids that ever was known
To peasant, or prince, or king on his throne?

Talk and Topics.

We feel that our readers, however distant, are not STRANGERS, but FRIENDS, with whom we may sit down and have a quiet familiar TALK, and to whom we may suggest TOPICS for CONVERSATION, DISCUSSION and INVESTIGATION.

THE LIQUOR BUSINESS: Its Effects upon the Minds, Morals, and Pockets of our People. By P. T. BARNUM. Being No. 4 of "Whole World's Temperance Tracts," Containing—Rum "a Common Enemy"—the Best Portion of our Citizens liable to Fall—the Innocent suffer more than the Guilty—an Appeal to the Pocket—all Evil and no Good—Acobol a Poison; God never made it—the License Laws—their Impotency and Absurdity—the Liquor-Seller, what his Trade makes him—his Argument—his Rights—Adulteration of Liquors—the Maine Law—Objections answered—Closing Appeal.

Twelve pages: Per one hundred copies, fifty cents, or four dollars a thousand. Published by FOWLERS AND WELLS, New York, Boston, and Philadelphia.

This is a capital thing. The author's argument is convincing and conclusive. The nail is driven and clinched. As a popular document for gratuitous distribution, it is the best yet issued. Friends of temperance, how many thousands can you or will you circulate?

THE PRETTIEST JOURNAL IN THE NATION.—The editors of a thousand newspapers, and our half a million of readers, pronounce the WATER-CURE JOURNAL the cleanest, brightest, and neatest, and all together the PRETTIEST publication on the continent of America. And why shouldn't it be? The very best white printing paper, manufactured expressly for it, is used; an excellent quality of printing ink is put on to new copper-faced types, (not brass,) and printed on new steam power Adams presses, by the very best printers of Europe or America, the sheets being laid on press by the prettiest girls this side of Ireland. WATER-CURE FOLKS would not be satisfied with any thing short of this. Clean themselves, they demand cleanliness in others.

But "handsome is who handsome does."

Then, too, there is a satisfaction in presenting OUR PET—(every subscriber's pet)—the JOURNAL—to outside neighbors, who have not yet discarded dirty, dangerous, expensive drugs. They hold up the JOURNAL exultingly, as a mother would a newly-fed, cleanly-dressed babe, sparkling with intelligence and beauty, and demanding, "Did you ever?" Did you ever see a better specimen of human—of printing? Wouldn't you like to subscribe? 'Twill save you "ever so much" in doctors' bills, patent medicines, tea, coffee, rum, and tobacco, and it costs only a dollar a year, or even less than that in clubs. Will you subscribe? Well, I don't care if I do, says neighbor Hopeful.

Such is the language daily used in various parts of our country. Where a single copy was taken last year, clubs of several, sometimes fifty, are now ordered. Having received a benefit, the reader becomes a benefactor, and calls the attention of all with whom he comes in contact to the same, and thus puts his neighbor on the right road to physical redemption.

The mission of the WATER-CURE JOURNAL is beginning to be understood and appreciated. When permitted, through the influence of its friends and co-workers, to do its perfect work, it will totally demolish numberless evils by which humanity has been, and is now afflicted, and erect in their stead a vigorous, healthful, efficient, long-lived, and a happy, successful, and prosperous humanity.

MOTORPATHY.—We cheerfully publish the following letter from Dr. Halsted:

Rochester, 10th January, 1854.

MESSRS. FOWLERS AND WELLS: In your December number of the WATER-CURE JOURNAL, page 133, you reply to an inquirer that you know of no work professing to explain the *modus operandi* of the system of Motorpathy. In saying this, you do well. But on page 136 of the same, you reply to the inquiries of "L. L., M. D.," by saying, "You can obtain instruction in all the *pathies* known to men, and in the above in particular, at the Hydropathic, etc., school in this city."

This, to say the least, is a sweeping assertion, and in my opinion, its correctness is not unquestionable. Permit me, most respectfully, and with all modesty, to inform yourselves and the inquiring public, that I am the father of my bantling, "MOTORPATHY," and I shall endeavor, by all just and lawful means, to vindicate the *paternity* of so promising a child, and rescue its *genealogy* from the eager graspings of those who would eke out a precarious and unmerited reputation, rather than earn a more commendable one by scientific industry and investigation.

Motorpathy was lawfully conceived, and in due time born and christened in my own institution; and I may be permitted, with all deference, to question whether it has ever been intelligently taught at any other.

Here it has been educated in the principles of physiology and pathology, and has grown up to be one of the most infallible therapeutical agents. It presents to the public no claims not based upon the most reliable facts and the soundest philosophy. The *modus operandi* has never been given to the profession, from the fact, already often stated, that it cannot be correctly taught without the demonstrations to be witnessed in the hospital. Reference can be readily given, showing that it has been satisfactorily demonstrated, within the last few years, to a number of thousands of patients suffering from long-standing chronic diseases, which have been successfully treated at my institution in Rochester. The system is becoming so deservedly popular, that I feel it a duty I owe to the public to say, that ere long there will be forthcoming a further explanation of the principles of motorpathy. As I hope to be among you within a few weeks, to give you practical lessons in the same, I will say no more at present.—Yours, heart and hand, in all righteous reform,

H. HALSTED, M.D.

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.

SPITTING BLOOD.—W. A. Glover, Port Burwell, C. W. It is difficult to judge of the curability of the case you describe. If the bleeding is caused by an enlargement of the liver, it is probably curable; if the result of deep ulcerations in the lungs, very doubtful; the probabilities being against the patient. For treatment, see "Dyspeptic Consumption" and Hemorrhage, in Encyclopædia.

SPRAIN OF THE ANKLE.—G. W. G., Lowell, Ill. When the foot and ankle are badly swelled and very painful, in aged persons, it may be necessary to pack the whole body occasionally in warm wet sheets; applying constantly cold, wet cloths, covered with dry flannel, to the local affection. The diet must be very plain and opening.

SWELLED NECK.—M. F., Farmington. This disease, as well as the eruption of which you complain, will probably get well, if you persevere long enough in a strictly vegetable and abstemious diet, and avoid grease, salt, hard water, vinegar, and spices. The obstinacy of your skin affection is perhaps owing to repellant washes, ointments, etc., employed during infancy.

DISPLACED PATELLA.—J. T. T., New Bedford, Mass. "In 1847, I had the scarlet fever, followed by a fever-sore in my right knee-joint, which displaced the knee-pan to one side, giving the knee a flat appearance. Since then it has remained lean and poor, compared with the other." The difficulty is irremediable. You may, however, strengthen the muscles, and develop the capillary circulation, by wearing the wet bandage occasionally, and applying the pouring-bath or pail-douche daily.

MALPRACTICE.—D. B., Russellville, Ky. "We saw a notice in the papers, several months since, that 'A Dr. Kittredge had been fined for malpractice in a surgical case.' Was it Dr. E. A. Kittredge, of Water-Cure celebrity?" No, Sir; it was another "individual" of the same or a similar name. N. B.—Your suggestions, as well as criticisms, are gratefully received. Recollect, however, that all Water-Cure writers are also working-men, and have less opportunity than almost any other class of authors to dress and polish their style, and perfect their technicalities.

EVERY-DAY AGUE.—J. P. P., Hutsonville, Ill. Diet sparingly on wheat-meal gruel, roast potatoes, and a very little brown bread, and take the wet-sheet pack in the height of the hot stage of each paroxysm. With reasonable attention to other hygienic circumstances, such a plan of treatment will cure the disease in a short time.

DYSPEPSIA.—O. S., Darlington. To cure a bad case of dyspepsia, of long standing, you must pursue a thorough dietetic course for a long time; probably one or two hip-baths daily, and the wet-girdle occasionally, would be serviceable, in addition to the baths you are now using.

LUMBAGO.—F. S., South Lee, Mass. When the pain is severe, employ hot fomentations, or warm hip-baths. At other times, the rubbing wet-sheet, and tepid hip-baths.

CATARRH AND WARTS, ETC.—F. L. S., Worcester. You will find ample directions for treating such cases as you describe, in the Hydropathic books. Your dietetic habits must be very strict for a long time, to get rid of chronic catarrh.

DYSPEPSIA, WITH PALPITATION.—G. Y. S., Portland. Your case is clearly that form of deranged digestive organs which usually takes the name of "nervousness," or "nervous debility." You will do well enough by perse-

verance in the general plan you are now pursuing, provided you drop off such special evils as "molasses candy," "mineral waters," etc.

DUODENITIS.—E. D., East Douglas, Mass. Your symptoms—"pains in the stomach, very severe, coming on suddenly, often extending to the shoulders," etc.—indicate that condition of the alimentary canal called *duodenitis*. There is also, probably, hard and thickened bile, amounting to gall-stones. To cure it, avoid grease, salt, salted meats, and milk. Eat plain vegetable foods, with a large allowance of good fruits; and take a daily sponge-bath, and one or two hip-baths. Rub, knead, pound, thump, or otherwise exercise the abdominal muscles frequently.

FROZEN FEET.—J. N. G. "What is the Hydropathic treatment for cases of freezing; the feet, for example?" Allow them to thaw very gradually. First place them in the coldest water until the frost is out, or until the circulation is restored; then gradually, but carefully and slowly, raise the temperature of the water.

SEMINAL EMISSIONS.—Dr. T. D., "Down East." You will find answers to all the questions you propound in relation to the cure of this affection, also the treatment and regimen necessary, in the work on Sexual Diseases, published by Fowlers and Wells. \$1.

PAIN IN THE CHEST.—H. W. B. An obstructed liver, consequent on over-eating or bad food, will produce just such pains as you complain of. Adopt an exceedingly abstemious and very plain diet. Tobacco is very injurious to sore or weak eyes.

SPERMATORRHEA.—A. S., Poughkeepsie. "Are mechanical means of any benefit in cases of spermatorrhœa?" In some cases they are of great benefit; in other cases they are of no benefit.

General Matters.

THE GREAT EXHIBITION.—We are glad to be able to announce that the New York Exhibition of the Industry of All Nations is to be a permanent institution. The Crystal Palace is to remain open, and new goods, machines, works of art, &c., will constantly be added, renewing and increasing its attractiveness. It is now open during the day, but not in the evening, and is by far the most attractive place in this great city. We shall, doubtless, be able to make some more definite announcement in regard to its permanent arrangements in another number. In the meantime, let no one who comes to New York fail to see this wonderful structure and its not less wonderful contents.

HORTICULTURE.—C. W. K., Glenn's Falls. The tomato seeds came safe to hand. Thank you for them, and for your suggestions in regard to horticulture, fruit-growing, etc.

WOMAN'S SPHERE.—H. S. R., Elmira. Your poem was duly received, and is very acceptable.

"**CRAZY SABB.**"—We are not able to publish your letter in the February number, but have sent you the name.

MATRIMONIAL MATTERS are unavoidably deferred, but will be attended to in our next. We have a large number of letters on hand, which will interest all, but especially the UNMATED ones, and will cause some flutterings of susceptible hearts.

HERMIONE, Breeze Hills, Mich.—If you will send us your true name and address, (not for publication,) or that of the "lone uncle" in behalf of whom you write, we will communicate something which may be of interest.

Several Answers to Correspondents, and a number of Literary Notices, which are in type, are necessarily deferred.

FRANCIS & LOUTREL, manufacturing stationers, 77 Maiden Lane, New-York, manufacturers of all styles of account books, manifold letter-writers, copying and seal presses, portfolios, scrap-books, envelopes, tracing paper, sample cards, fancy and staple stationery, writing paper, &c., &c., have issued all sizes of pocket and other kinds of Diaries, for 1854.

Literary Notices.

ALL BOOKS published in AMERICA may be obtained through the office of this JOURNAL at 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 post-paid, and directed as follows: FOWLERS AND WELLS, Clinton Hall, 131 Nassau-st., New-York.

JANUARY AND JUNE: Being Out-door Thinkings and Fireside Musings. By B. F. TAYLOR. New-York: SAMUEL HUESTON. [Price, prepaid by mail, \$1.25.]

Here is a "gift-book" not only "suitable for the holidays," but fit to occupy the centre-table every day in the year. Unlike many "beautiful" books, it will not only bear to be looked at, but to be read and re-read. Indeed, some of the sketches—for the work is a series of sketches on "out-door" and "fireside" topics, making an elegant volume of 300 pages—will grow better as repeated readings render us familiar with the author's style, which, if not wholly original, is certainly very remarkable. A judicious contemporary declares the book unequalled "in beauty of style, in genuine poetic sentiment, and in all that is calculated to touch or move the innermost heart of the reader." Notwithstanding it is emphatically a book "for the heart and fancy," it is replete with gems of thought, many of them of exceeding force and brilliancy. Its pictures are wonderfully life-like; its pen-paintings almost marvellous, charming the imagination and stirring the moving-springs of thought at the same time. The work is embellished with several engravings.

T. T.

PHILOSOPHY OF FRENCH PRONUNCIATION; OR, Pronunciation in Twenty-four Rules; with Systematized Explanations and Practice in Prose and Poetry, and Extracts for Translation. By GUILLAUME H. TALBOT. New-York: IVISON AND PHINNEY. 1854. [Price, prepaid by mail, \$1.]

Every one who has attempted to learn French is aware that a prominent difficulty is its pronunciation. This cannot be acquired without the aid of a teacher, whatever interested publishers may say to the contrary; and with a teacher, the task is not ordinarily found to be an easy one, from the lack of rules—too much effort of memory being required to learn the sounds of all the various combinations of letters in the language. This difficulty, the lack of reliable rules, has been entirely removed by Prof. Talbot in the work before us. No student of the French language should fail to procure a copy of it. It will save, in time and trouble, many times its cost.

MUSIC.

We have received from the well known and popular establishment of Horace Waters, 233 Broadway, (see advertisement,) the following beautiful pieces of new music, published by him:—"The Water Spirits;" words by James Simonds, music by Thomas Baker, leader of Jullien's orchestra; a favorite duet. "Eva to her Papa," as sung by that juvenile genius, Little Cordelia Howard, in her original character of the "gentle Eva," in "Uncle Tom's Cabin;" words and music by Geo. C. Howard. "St. Clair to Little Eva in Heaven;" also by Mr. Howard. "The Katy-did Song," by Thomas Baker. "Katy did"—what? Here we have the answer, all in a song, and a beautiful one it is too. "The Good-for-Nothing Polka," by Thomas Baker; dedicated to Miss Annie Lonsdale. "Despair Not," a sacred duet and quartette; words by J. H., music by V. C. Taylor. "The Prodigal Son," a sacred quartette or chorus, harmonized and arranged for the piano-forte by Henry C. Watson. "Do Good," a song and chorus; words by J. R. Orton, music by I. B. Woodbry. "The Dying Words of Little Katy," by Thomas Baker. This is a popular piece founded on Solon Robinson's story of "Hot Corn." "Van der Weyde's Gift-Polka for 1854," presented to his pupils and music-loving friends. "La Prima Donna Polka," by Van der Weyde. "Song of the Blind Flower Girl;" poetry from Bulwer's "Last Days of Pompeii," music by Van der Weyde. We heartily commend to our music-loving friends the establishment of Mr. Waters.

MUSIC FOR THE MILLION.—We would urge our readers to cultivate as far as possible the delightful art of music; and to all who would do this advantageously, we recommend the *New-York Musical Review*, which we cordially endorse as being imbued with the true progressive spirit of the age, as well as filled with the choicest new music, and interesting and instructive musical intelligence. For a full description of this paper, see advertisement.

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 ONE CENT A LINE FOR EVERY THOUSAND COPIES, our edition being never less than 40,000 copies.

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

All Advertisements for the WATER-CURE 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 Light 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 physiological teachers and lecturers, and hydropathic physicians. TEACHERS: Dr. Shew, Dr. Taylor, Dr. Wellington, Dr. Snodgrass, Dr. Trull, L. N. Fowler, H. S. Clubb, Wm. A. Steer, and Miss A. S. Cogswell.
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.

DR. SHEW, of New York, No. 98 Fourth Avenue, between 10th and 11th streets, attends to general practice as heretofore, and remains in town permanently during the winter.

LEBANON SPRINGS WATER-CURE (Columbia Co., N. Y.) is now open for the fall and winter. DR. SHEW, of New York city, consulting physician.

MOUNT PROSPECT WATER-CURE - BINGHAMTON, BRONX CO., N. Y.—This retreat for the Sick continues with increasing prosperity. For beauty of location, purity of water, healthfulness of climate, and adaptiveness for pursuing treatment in winter, this place is unrivaled. It is under the entire care of Dr. Thayer and Wife, whose thorough knowledge of disease, large experience in hydropathic practice, and the success that has attended their efforts, are ample assurances that this institution holds out inducements rarely found elsewhere.

The buildings belonging to and connected with it, have been erected with a strict view to the comforts and happiness of those persons who visit the "Cure" with a view to health. The house is warmed by heaters situated in the cellar; all the halls and rooms are kept, night and day, at a summer temperature. We have recently erected an exercising hall, 70 by 20 feet, with Bill Alloys and other gymnastic fixtures, which are so essential to an establishment for invalids. Terms, from \$5 to \$8 per week.

P. S.—Dr. T. can be consulted by letter, and prescriptions sent, free of charge, to any part of the United States. All letters must be pre-paid, to receive notice. H. M. RANNEY, Proprietor. O. V. THAYER, M.D., } Physicians. H. H. THAYER, }

CLEVELAND WATER-CURE ESTABLISHMENT.—The above establishment still continues in successful operation; having already entered upon its sixth season. The largely increased number of patients treated at the Establishment the past year, over any previous year, and the increased rapidity and proportion of cures, induce 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 unsurpassed by none. May, 17. T. T. SEELYE, M. D., Proprietor.

FORESTVILLE WATER-CURE, at Forestville, Chautauque Co., N. Y., eight miles from Dunkirk, on the New York and Erie Railroad. The house is new, commodious, and the rooms pleasant and airy. Every facility will be afforded the patient to make the stay pleasant, and favor the restoration of lost health. TERMS, from \$5 to \$8 per week, payable weekly. Consult CHARLES PARKER, M.D., Proprietor. June 17.

CONCORD WATER-CURE.—DR. VAIL'S Establishment, at the Capital of the "Granite State," is open summer and winter. No place affords superior advantages for treatment. Letters of inquiry answered without charge. Prescriptions for home treatment, \$2. Two comfortable, two woolen blankets, three coarse sheets, towels, &c., are required for purposes of treatment; or they may be hired at the establishment. Dec 17.

HIGHLAND HOME WATER-CURE, at Fishkill Landing, Dutchess Co., N. Y. O. W. MAY, M.D., Proprietor. The pure air and water, beautiful scenery, fine large edifice, an easy access from every direction, combine to render this a desirable place for those who need Hydropathic treatment. This establishment is intended more particularly for the cure of Female diseases; but all other remediable diseases are here treated successfully. 17

GLEN-HAVEN.—The proprietors of this establishment are determined to make it the best Water-Cure in the United States.

To do this, they do not propose to detract from the merit of any other establishment, but simply, by devotion to the sick, skillful management, and judicious application of those very superior natural advantages which the Glen possesses as a residence for the invalids to win their way to the topmost round of the ladder. What they have done needs no portrayal from them. All over the Union their LIVING testimonials can speak, and they propose to let them speak for themselves, freely and unsought.

This following—out of twelve hundred persons who have visited the Glen to take treatment in the last three years—are offered as references. They are chosen over others simply because they best represent the extent of locality from which our guests have come, and not because they will speak more favorably than the great majority of those whose names we do not give.

We offer these names of persons who have been our patients, or who have had members of their families under our care, most of them during the current year. We do it without any consultation with them, and without their knowledge or permission; thus leaving them perfectly free to speak of us without any restraint. We invite strangers to visit, examine our establishment, and judge for themselves whether, in any advertisement put forth, or article written, commendatory of us, the facts of our extraordinary success do not go even beyond our statements. We have, at this date, seventy-two patients, with a fair prospect that we shall have even a greater number than that through the winter. For minute information, circulars will be sent by us to all persons who may apply by letter, post-paid.—Post-office, Scott, Courtland Co., N. Y.

For the Proprietors, J. C. JACKSON, M.D., } Physicians. Nov. 1, 1853. Mrs. L. E. JACKSON, }

REFERENCES:

- Mr. J. L. Reynolds, President of Tonawanda Bank, Buffalo, N. Y.
- Mrs. J. L. Reynolds, Buffalo, N. Y.
- Leonard Wilson, " "
- L. Austin Spaulding, Lockport, " "
- P. B. Aikin, Esq., " "
- George Byington, Esq., Rochester, N. Y.
- Mr. and Mrs. Griffith M. Cooper, Williamson, N. Y.
- Rev. Thomas Wright, Wolcott, N. Y.
- Rev. J. W. Lane, Corfu, " "
- Mr. and Mrs. B. S. Brush, Williamson, N. Y.
- Miss Margaret McLean, Caledonia, " "
- James Mary, Mumfords, " "
- William Remington, Mumfords, " "
- J. C. Hathaway, Farmington, " "
- Mrs. J. B. Hathaway, " "
- Miss Phoebe Hathaway, Farmington, " "
- Mrs. Adaline Luce, Putneyville, " "
- Mrs. Amelia Bloomer, Seneca Falls, " "
- Mrs. Harriet Allen, Cayuga, " "
- Thurlow W. Brown, editor of "The Cnyuga Chief," Auburn, N. Y.
- J. R. Hopkins, Auburn, N. Y.
- David Thomas, Aurora, " "
- Hon. Benjamin Joy, Ludlowville, N. Y.
- Mrs. Harriet Hayes, King's Ferry, " "
- W. S. Shriner, Trumansburgh, " "
- Rev. Mr. Pomeroy, Groton Howlow, N. Y.
- Miss Maria Phillips, Harford, " "
- Ogden Gray, Maruthon, " "
- Russel Sawyer, Free-town, " "
- Miss R. Estelle Beardley, Willet, " "
- Dr. W. Dalrymple, Homer, " "
- Hon. E. C. Reed, " "
- C. F. Mansfield, Union College, " "
- N. H. Osborn, Esq., Scott, " "
- Miss Emeline Wood, Moravia, " "
- Truman Fuller, Tully, " "
- Mrs. William Gibson, Jordan, " "
- James Hickok, Meriden, " "
- Mrs. Enoch Marks, Fairmount, " "
- Prof. Ernest Held, Syracuse, " "
- John Thomas, editor of "The Carson League," Syracuse, N. Y.
- Mrs. Caroline Slosson, Oswego, N. Y.
- J. B. Spencer, " "
- Mrs. Julia C. Lewis, " "
- William Clark, Vice-President of the Salt Springs Bank, Syracuse, N. Y.
- Mr. and Mrs. Francis P. Fisher, Oswego, N. Y.
- G. B. Griffin, Palaeki, " "
- A. McGwin, Sackett's Harbor, " "
- Rev. A. Welch, Watertown, " "
- Mrs. A. Bogert, Brockville, C. W.
- Hon. Henry Jones, " "
- Mr. and Mrs. William Slack, Montreal, Canada.
- Alexander Hunter, Esq., Toronto, C. W.
- Hon. A. N. Buell and daughters, Toronto, C. W.
- John Coonhe, " "
- Alfred Cridge, " "
- Mr. and Mrs. P. U. Dayfool, Georgetown, " "
- Mrs. Rosetta Dayfool, Hamilton, " "
- Hiram Clark, Wellington Cottage, Hamilton, C. W.
- Mr. and Mrs. Alfred Bixby, Potsdam, N. Y.
- J. V. Kent, Ogdensburg, " "
- Miss Elizabeth Roberts, Utica, " "
- Noah Beekman, Saratoga Springs, " "
- Miss Mary E. Chapin, Enst Bloomfield, " "
- Miss Anne P. Adams, Farmington, " "
- J. M. Gray, jr., Greggsville, " "
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- Jona. S. Green, New York, " "
- Mrs. H. V. Butler, " "
- Miss Harriet W. Leffingwell, Aurora, " "
- Ben. Swain, New York, " "
- Baxter Colvin, Esq., Cato, " "
- Mr. and Mrs. Enos Stevens, 15 Light street, New York, N. Y.
- Gilman Clarke, Foxcroft, Me.
- Mrs. Eliza J. Clarke, Foxcroft, Me.
- Mrs. Mary A. Hoxie, North Scituate, R. I.
- Mrs. Rebecca P. Aldrich, Greenville, " "
- Mrs. Sarah H. Crane, Tiverton, " "
- Miss Abby M. Holt, Woodstock, Vt.
- Mrs. Mary Ann Whitcomb, Uuderhill, Vt.
- Mrs. Abby B. Taylor, Ludlow, " "
- Henry Smilie, Underhill, " "
- Charles Goodrich, Glendale, Mass.
- Miss Eveline Marsh, South Adams, Mass.
- Mrs. Joseph Di Iano, New Bedford, " "

- Miss Rebecca D. Swift, New Bedford, Mass.
- Miss Elizabeth Hitch, Jamaica Plains, " "
- Hon. David Joy and wife, Northampton, Mass.
- Capt. Henry Foster, Charlestown, " "
- Miss Jemima Austin, Nentucket, " "
- A. B. Rice, New York City, N. Y.
- J. B. Gifford, N. Fair Haven, Mass.
- Mrs. Mary Cook, N. Bellingham, " "
- Charles Tyler, Lowell, " "
- G. H. Burnham, Lawrence, " "
- J. R. Patterson, Danvers, " "
- Rev. Geo. W. Perkins, Meriden, Ct.
- Nathan T. Porter, Waterbury, " "
- Norman Steele, " "
- Mrs. Mary Denny, " "
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- J. S. Dow, " "
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- Henry Pickering, Newtown, " "
- D. P. Wilson, Selma, Ohio.
- H. A. Brewster, Cincinnati, Ohio.
- Mrs. Amelia S. Landis, Defiance, Ohio.
- Mrs. Mary A. Hall, New Philadelphia, Ohio.
- Charles Morris, Athens, " "
- John Wilson, Elizabethtown, N. J.
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- Dr. Matson, Auburn, " "
- Miss Caroline E. Williams, Springfield, Ohio.
- James Wallace, Huntsville, " "
- George Law, Milford, Mass.
- Dr. A. A. McLean, New Philadelphia, Ohio.
- Andrew Sharp, Rockton, Ill.
- James Seaton, " "
- O. D. Day, Esq., Anrora, " "
- John Tomlinson, Ohio, " "
- John Haskell, Rockton, Ohio.
- S. H. Salls, Durham, " "
- P. B. L. Smith, Esq., Indianapolis, Ind.
- Miss Justine Smith, " "
- Mrs. Sarah Montgomery, " "
- Jacob N. Herr, Dublin, " "
- Michael O'Hara, Union Mills, " "
- Miss Mary M. Hoyt, Poundridge, N. Y.
- Miss Martha Judd, Pontiac, Mich.
- Mrs. Sarah F. Durfee, Nankin, " "
- Mrs. Betsy Wilder, " "
- Messrs. Peck & Foote, Syracuse, N. Y.
- Benjamin Welch, Yale College, Ct.
- Mr. and Mrs. A. J. Dean, Adrian, Mich.
- H. D. Frost, Flint, Mich.
- Augustus Norton, Ohio, " "
- A. B. Doolittle, Hudson, Mich.
- Mr. and Mrs. J. P. Atwood, Madison, Wis.
- William Stevens, Burlington, " "
- Ira B. Wiach, Michigan City, Ind.
- Gilbert Palmer and family, Auburn, N. Y.
- H. M. Pomeroy, St. Louis, Mo.
- Prof. John Clarke and family, Aberdeen, Miss.
- Capt. George Ulrich, New Orleans, La.
- Edward Wilson, " "
- C. G. Merriman, Memphis, Tenn.
- Lieut. Walsh and daughter, United States Navy.
- George H. Forsman, Henderson, Ky.
- John S. Williams, Lumpkin, Ga.

CARD.—The subscriber takes this opportunity to thank those who have applied to him to visit their localities and speak on the subject of Water-Cure. He feels complimented by their invitations, but it is impossible for him to leave Glen Haven, on account of the large number of guests in his house; and if he could leave, he could not answer a twentieth of the applications to lecture. Perhaps at some future day he may be more at liberty. Respectfully, J. C. JACKSON. Jan. 1st, 1854. Feb. 17.

CHICAGO WATER-CURE RETREAT, No. 6 Rush street, cor. Indiana, 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. Feb. 17. J. WEBSTER, M.D.

WORCESTER HYDROPATHIC INSTITUTION, No. 1 GLEN STREET.—This Institution is well arranged for treatment at all seasons. It will remain under the medical direction of Dr. GENAGE HUNT until the return of Dr. ROGERS from Paris, in April, 1854. TERMS, usually from \$1 to \$3 per week. For treatment without board, \$3 to \$4 per week. Nov 17

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 Feb 17. Dr. H. F. MEIER.

THE JAMESTOWN WATER-CURE will be open for the reception of patients summer and winter. PHYSICIANS, E. Potter, M.D., and Mrs. L. M. Petter. Oct. 17.

AUBURN WATER-CURE, Auburn, Macon Co., Ala. DR. WM. G. REED, Miss L. A. ELY, Physicians. April, 17.

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 SUGAR CREEK FALLS WATER-CURE continues open for Winter Treatment. Terms moderate. Address, Drs H. & S. FRAESE, Dec 17. Deardorff's Mills, Tuscarawas Co. O.

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 17

PHILADELPHIA.—DR. WEDER'S CITY WATER-CURE ESTABLISHMENT, No. 80 North Eleventh Street. Dec 31

G. H. TAYLOR, M.D., Practitioner of Water-Cure, No. 2 Eleventh st., cor. 4th Avenue. Domestic practice and office consultations particularly attended to. Also, letters for advice. July 17.

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

CANTON WATER-CURE—Canton, Ill.—Address JAMES BURSON, M.D., Mrs. N. BURSON, or Dr. G. Q. Hitchcock, Canton, Ill. Jan 17

DR. BEDORHA'S WATER-CURE ESTABLISHMENT is at Saratoga Springs. Aug 17

TARRYTOWN WATER-CURE.—THIS ESTABLISHMENT, which was consumed by fire last year, has been rebuilt, and is now ready to receive patients. Address, F. D. PIERSON, Tarrytown, N. Y.

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

NEW GRAEFENBERG WATER-CURE.—FOR full, printed particulars, address R. HOLLAND, M. D. New Graefenberg, N. Y. Aug 17

FOR RENT.—THE BROWNSVILLE WATER CURE. C. BARLZ. 31 Feb.

NEWPORT, R. I., WATER-CURE.—THIS Establishment is now in successful operation, under the direction of DR. W. F. REH, whom please to address for particulars.

GEORGIA WATER-CURE—At Rock Spring, near Marietta, Georgia, is open, summer and winter. C. Cox, M. D., Proprietor. Sept 17.

MOTORPATHIC CARD.—DR. HALSTED closes his institution at Rochester, N. Y., until the 15th of April next, to comply with the solicitations of many Physicians and Ladies, who are anxious to avail themselves of his new method of curing disease. His object in making this tour, besides that of treating some particular cases, is to give medical men such practical evidence as may lead to a more wise method of treating Uterine and Chronic Diseases. It is his desire to extend to the Faculty every possible facility for testing the merits of his discovery; Physicians, therefore, are particularly invited to call with patients under their charge. His system of Therapeutics is simple, rational and reliable, and based upon new pathological principles—a system by which the worst forms of PROLAPSUS UTERI and most functional and organic derangements are cured. The principles of Motorpathy have been thoroughly tested in a Home Institution, where some five thousand cases of female diseases alone have been successfully treated. Many of these were inveterate cases of from one to twenty-two years' standing; some of them accompanied with extreme urinary difficulties. Many cases of FANLAPUS UTERI can be cured by one visit; others in a few days; and the most difficult in a few weeks. To produce this almost instantaneous relief, the patient is subjected to no pain or inconvenience. No supporters, nor any of the usual treatment is employed. When the organ is made to assume its proper position, the patient is immediately able to go through any ordinary exercise which she has strength to perform, without fear of displacement. Motorpathic treatment gives vitality and force to all the organs in the discharge of their proper functions, and is most effectual in restoring the constitution from the effects of self-indulgence and dissipation. It has been proven to be peculiarly adapted for the cure of Incipient Consumption, Paralysis, and the many and multifarious complaints originating in Curvature or Irritation of the Spine. Its efficacy in the relief of partial insanity and diseases of the liver is beyond a question. Dr. Halsted will be in Boston, at the Revere House, from the 19th to the 30th of January; in Worcester on the 1st of February; in Springfield, at the Massachusetts House, on February 3d and 4th; in Northampton on February 6th; in Hartford, Ct., at Hartford City Hotel, on February 8th; in Meriden on February 10th; in Chester, at Chester Hotel, on February 14th; in New Haven, at Tontine House, on February 16th; and in New York on February 20th, at St. Nicholas Hotel, Broadway; where he will remain a few weeks. Communications addressed to him, en route, will receive prompt attention. His work on MOTORPATHY can be obtained of him, or he sent to any address, postage free, upon the reception of ten postage stamps. Feb. 21

CANCERS, SCROFULA, WHITE SWELLING, SCALD-HEAD, &c.—DR. GILBERT, whose success in treating and curing the above diseases in New Orleans and other cities of the South and West, has no parallel in the records of the healing art, has opened an office at 483 Broadway. During the last 16 years, Dr. G. has acquired and sustained the most enviable and widely extended reputation in the cure of Cancers and Wens, WITH OUT ANY ASSISTANCE FROM THE SURGEON'S KNIFE—cases that have frequently re-appeared, after amputation, in other parts of the body, and have defied the skill of the best physicians both in the United States and in Europe. The results of his practice show complete and perfect cures, in 18 cases out of 20, of CANCERS, WENS, WHITE SWELLINGS, FISTERS, SCALD-HEAD, OLD and OBSTINATE ULCERS, and CHRONIC FEMALE DISEASES. For further information in relation to Dr. G.'s practical success, the public are referred to countless testimonials from the most eminent men in society, (from the Senate, the Pulpit, the Bar, Physicians of the highest eminence, the Army, the Navy, and the private walks of life,) now in the possession of Dr. Gilbert, and in the numerous cases at the present moment under his treatment, rapidly progressing to the most perfect cures. Dr. Gilbert invites a 1 who are sceptical as to his treatment and success in the above painful diseases, to call at his office, 483 Broadway, and see and judge for themselves; and particularly the members of the Faculty. Office practice exclusively, except in cases of great emergency. Ladies' Consulting Rooms separate from the Gentlemen's. Office hours from 10 A.M. to 3 P.M. Feb. 17.

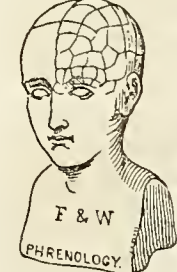
Business Advertisements.

FOWLERS AND WELLS publish the following Journals: THE ILLUSTRATED PHRENOLOGICAL JOURNAL; A Repository of Science, Literature, and General Intelligence; Devoted to Phrenology, Education, Biography, Mechanism, Agricultural Commerce, and the Natural Sciences, and to all those Progressive Measures which are calculated to Reform, Elevate, and Improve Mankind. Published Monthly, at \$1 a year, in advance. THE WATER-CURE JOURNAL, AND HERALD OF REFORMS; A Popular Work, devoted to Hydro-pathy, Physiology, and the Laws of Life and Health. Illustrated with Numerous Engravings, exhibiting the Structure and Anatomy of the Human Body - with familiar instruction to learners. It is emphatically a Journal of Health, designed to be a complete Family Guide, in all cases, and in all diseases. At \$1 a year. THE HYDROPATHIC QUARTERLY REVIEW; A New Professional Magazine, devoted to Medical Reform, 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 Practices 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 Illustrations. Each number contains from 150 to 200 octavo pages, at \$2 a year. Orders should be addressed, pre-paid by mail, to FOWLERS AND WELLS, 131 Nassau street, New York.

THE WRITING AND SPELLING REFORM consists in the introduction of a complete alphabet of forty-two letters, to represent all the sounds of the English language. This alphabet is adapted to Shorthand and Loughand Writing, and to Printing. Phonetic Shorthand is as legible as common writing; while it is written in one-fourth of the time, and with half the labor. By means of Phonetic Printing, children and ignorant adults may be taught to read accurately in about twenty hours' instruction; and, with a few hours' additional practice, they are capable of reading books printed in this common spelling. The education of the poor is thus rendered not only possible, but easy. PHONETIC PUBLICATIONS for sale by FOWLERS AND WELLS, New York. - IN PHONETIC SPELLING: Twelve Sheet Lessons, in large type, 25 cents; First Phonetic Reader, 10 cents; Second Phonetic Reader, 20 cents; Transition Reader, 15 cents; Longhand Writer, 10 cents; Pope's Essay on Man, 20 cents; The Unbalanced, an original story, by L. A. Hins, 25 cents. IN PHONETIC SHORTHAND. - Manual of Phonography, in paper covers, 49 cents; cloth, 60 cents; History of Shorthand, 80 cents; Reporter's Companion, 80 cents; Reporter's Reading Book, 80 cents; Flowers of Poetry, 15 cents; Chart of the Shorthand Alphabet for teaching, 40 cents. Constitution of the United States, in Phonography, Corresponding style, 15 cents. Declaration of Independence, in Phonography, a sheet for framing, 15 cents. Phonographic Teacher; being an Inductive Exposition of Phonography, intended for a school book, and to afford complete instruction to those who have not the assistance of an oral teacher, in boards, 45 cents. The Reporter's Manual; an Exposition of the Reporting Style of Phonography, by Andrew J. Graham. Price, 62 cents. Orders for these works will be filled by return of the first mail, by FOWLERS AND WELLS, 131 Nassau street, New York.

THE PHRENOLOGICAL BUST, DESIGNED ESPECIALLY FOR LEARNERS: Showing the exact location of all the Organs of the Brain fully developed, which will enable every one to study the science without an instructor. It may be packed and sent with safety by express, or as freight, (not by mail), to any part of the world. Price, including box for packing, only \$1 25. "This is one of the most ingenious inventions of the age. A cast made of plaster of Paris, the size of the human head, on which the exact location of each of the Phrenological organs is represented, fully developed, with all the divisions and classifications. Those who cannot obtain the services of a professor, may learn in a very short time, from this model head, the whole science of Phrenology, so far as the location of the organs is concerned." - New York Daily Sun.

PHONOGRAPHIC GOLD PENS of the best quality, furnished by FOWLERS AND WELLS, N. Y., at \$1 50 - sent by mail, postags pre paid. A cheaper, inferior article, may be had at \$1 25.



PHRENOLOGY

BOOK ILLUSTRATIONS, Portraits, Buildings, Views, Machinery, Labels, Seals, Bank Checks, Bill Heads, Business Cards, Ornamental Designs for Color Printing, &c., engraved in the best style. Nov. 11

PLEASANT AND PROFITABLE EMPLOYMENT. - Capable Young Men and Women, with \$15 to \$25, may obtain healthful, pleasant and profitable employment in every town and village, by engaging in the sale of useful and popular Books, and canvassing for several valuable Journals. For particulars, address, post-paid, FOWLERS AND WELLS, No. 131 Nassau Street, New York. P.S. All Agents who engage with us will be secured from the possibility of loss, while the profits derived will be very liberal.



PLEASANT AND PROFITABLE EMPLOYMENT. - Capable Young Men and Women, with \$15 to \$25, may obtain healthful, pleasant and profitable employment in every town and village, by engaging in the sale of useful and popular Books, and canvassing for several valuable Journals. For particulars, address, post-paid, FOWLERS AND WELLS, No. 131 Nassau Street, New York. P.S. All Agents who engage with us will be secured from the possibility of loss, while the profits derived will be very liberal.

THE NEW POCKET SYRINGE, WITH DIRECTIONS FOR ITS USE. - This undervalued take pleasure in offering to the public, the Hydro-pathic Profession, and especially to families, a new and superior INJECTING INSTRUMENT, with an ILLUSTRATED MANUAL, by R. T. TRALL, M.D., giving complete directions for the employment of water injections. The price of THE NEW POCKET SYRINGE is only Three Dollars and a Half, and may be sent by Express to any place desired. All orders containing remittances should be pre-paid, and directed to FOWLERS AND WELLS, Clinton Hall, 131 Nassau Street, New York. This instrument has been manufactured to order, to meet the wants of hydro-pathic physicians and patients. 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 lifetime. Extra Vaginal Tubes, 25 cents. Sent to any place desired by Express.

OUR BOOKS IN BOSTON. - New England patrons who wish for our various publications, may always obtain them, in large or small quantities, at our Boston establishment, 142 Washington street. Besides our own publications, we keep a supply of all works on Physiology, Phonography, Phrenology, and on the natural sciences generally, including all Progressive and Reformatory works. PHRENOLOGICAL EXAMINATIONS with charts, and written opinions of character, may also be obtained, day and evening, at our rooms in Boston, No. 142 Washington street, near the old South Church. ff.

INSURANCE. - C. B. LE BARON, No. 45 Nassau Street, will effect Insurance on City and Country Property without charge, in Responsible Companies and at the lowest rates. He refers to the following well-known firms who find it to their advantage to give him their business: Fowlers and Wells, Nassau St.; R. & H. Lewis, Broadway; Ely Clapp & Bowen, Cedar St. Jan 11

NEW ELECTRO-MAGNETIC MACHINE. - THE DIRECT and to-and-fro currents united in the same machine. Price \$12. Patent applied for. Warranted to run well any length of time. In its medical effects, it surpasses any other magnetic machine in use. Its chemical powers are almost unlimited. It gilds and plates in beautiful style. The solution for gilding I sell at \$3 a pint, for silvering at \$2. The solution always retains its full property, be it used ever so much, by merely following the directions I give. SAM'L B. SMITH, Inventor and Manufacturer, No. 89 Canal street, N. Y. Orders received by FOWLERS & WELLS. Nov. 11

COURSE OF MEDICAL INSTRUCTION FOR FEMALES. - MRS. LYDIA F. FOWLER, M. D., will commence a course of Private Medical Lectures to Females, at the Hall of Metropolitan Medical College, 63 East Broadway, on the first Tuesday in April, to continue eight weeks. These Lectures are designed especially for ladies wishing to qualify themselves for skillful nurses, and as a foundation for those who are intending to pursue Medicine as a Profession. They will embrace an ample review of Anatomy, Physiology, Hygiene, Practical Medicine, and all other points essential to such a course of instruction. They will be illustrated by Diagrams, Dissections, Manikins, &c. TERMS. - For the full course of Lectures, \$14.00. For further information, address LYDIA F. FOWLER, 233 East Broadway, New York.

CANCERS CURED. - DR. SCHELL, late of New Orleans, is prepared to treat cancers without the knife, or any distressing surgical operation. He will also guarantee a cure in every case he undertakes. His treatment consists in strict hygienic attention to the general health, with local appliances, which are neither injurious nor painful. Further information may be had of DR. TRALL, 15 Light street, to whom application may be made.

WATERS' GREAT MUSICAL ESTABLISHMENT. - HORACE WATERS, the dealer in Musical Instruments at No. 333 Broadway, has created an immense excitement in the public mind by his energetic, bold and original method of doing business, and his warehouses are constantly crowded with customers. He is the agent for the sale of Gilbert & Co.'s superior and unrivalled Pianos, and Smith's Melodeons, and is constantly supplied with a large and valuable collection of these instruments, from which selections can be made on terms both satisfactory and advantageous. Attentive to every visitor who may favor him with a call, it is not at all surprising that his business should flourish; and we advise all who wish to be liberally and fairly dealt with in the purchase of either a Piano or a Melodeon to call and test the quality of those on sale at his establishment. It may not be an uninteresting fact to a great number, and so we state it, that Horace Waters will receive payment in monthly instalments from those who desire the convenience. This is certainly better than hiring an instrument. Feb. 11.

ELEVENTH VOLUME OF THE AMERICAN AGRICULTURIST. - The Leading Weekly Agricultural Paper of the United States, containing in each weekly number 16 large Quarto pages, and furnishing a great variety of the EARLIEST, MOST RELIABLE AND PRACTICAL information on all subjects connected with FARMING, PLANTING, GARDENING, FRUIT GROWING, STOCK-RAISING, &c., including also correct weekly reports of the latest market prices of Stock and Farm Produce, which are invaluable to the Farmer. TERMS, to Single Subscribers, \$2 00 a year, (\$1 00 for six months); to Clubs of Three, \$1 67 each; of Five, \$1 60 each; of Ten, \$1 50 each; and of Twenty, \$1 25 each. N.B. - SPECIMEN COPIES always sent FREE to all forwarding their names and post-office to the Publishers. Responsible Agents wanted in all parts of the Union, to whom good commissions will be paid. Published by ALLEN & Co., Feb. 21. 189 Water street, New York.

THE NEW YORK TRIBUNE. - THE DAILY TRIBUNE, having completed its twelfth year on the 11th of last April, was enlarged more than one-fourth, or to the size of THE LONDON TIMES, making it considerably larger than any other cheap Daily published in this country, or in the world. No change in price was made in consequence of this Enlargement.

OUR SEMI-WEEKLY, EUROPEAN AND CALIFORNIA editions were enlarged simultaneously and equally with the Daily, and also without any increase of price. We respectfully solicit a comparison of our Semi-Weekly at \$3 per annum (two copies sent a full year for \$5, and ten copies for \$20) with any \$1 or \$5 Semi-Weekly, and will cheerfully send copies for this purpose upon direct or post-paid application.

THE WEEKLY TRIBUNE - Enlarged. The New York Weekly Tribune entered on its thirteenth year on the 5d of September, 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.

THE TRIBUNE has not now its character to make or to 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 ends which it has labored to subvert; 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-sided 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 Antislavery 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 Antislavery the basis of political action, other than defensive, it will neglect no opportunity, to permit 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 Liqueur Traffic, we shall struggle, as we have struggled, undimly and unflinchingly. 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 will not here dilute. Briefly - we shall spare no expense to keep our readers well advised on every subject of interest, and doubt not that this same generous measure of patronage hitherto accorded to us will continue to repay all our exertions.

TERMS: (PAYMENT IN ALL CASES REQUIRED IN ADVANCE.) DAILY TRIBUNE - Mail Subscribers, \$5 a year; \$1 50 for three months. SEMI-WEEKLY TRIBUNE - Single Copy, one year, \$3 00; Two Copies, \$5 00; Five Copies, \$11 25. WEEKLY TRIBUNE - Single Copy, one year, \$2 00; Three Copies, \$5 00; Five Copies, \$8 00; Ten Copies, \$12 00; Twenty Copies, (to one address), \$20 00.

A limited amount of space in THE WEEKLY TRIBUNE will be appropriated to Advertising. The extremely low price at which THE WEEKLY TRIBUNE is now furnished to Club subscribers, absolutely precludes our allowing any commissions, either in money or by an extra paper. THE WEEKLY TRIBUNE continues to be furnished to clergymen of all denominations, at ONE DOLLAR per annum. THE POSTAGE ON THE TRIBUNE to any part of the Union, TO SUBSCRIBERS, is a half cent each, or \$1 56 per year on the DAILY, 52 cents on the Semi-Weekly, and 26 cents on the Weekly. Subscriptions may commence at any time. Payment in advance is required in all cases, and the paper is invariably discontinued at the expiration of the advance payment. Any one wishing to receive THE TRIBUNE need not wait to be called upon for his subscription. All that is necessary for him to do is to write a letter in as few words as possible, enclose the money, and write the name of the subscriber, with the Post-office, County, and State, and direct the letter to GREELEY & McELRATH, Tribune Office, New York.

Notes of all specie paying Banks in the United States are taken for subscriptions to this paper at par. Money enclosed in a letter to our address, and deposited in any Post-Office in the United States, may be considered at our risk; but a description of the bills ought in all cases to be left with the Postmaster. G. & McE.

T. S. ARTHUR'S HOME MAGAZINE gives over 900 large double column octavo pages of Choice Reading Matter in a year. Also, from 12 to 15 Steel Engravings, of a high order of excellence; besides from 150 to 200 Fine Wood Engravings, all for \$1 25, in Clubs of Four Subscribers. The Cheapest Monthly Magazine in the World. No Periodical in the United States has been more generally or more warmly commended by the Press than the "HOME MAGAZINE." Send for Specimen Numbers. They will be furnished free of charge. TERMS, in Advance, \$2 a year; 4 copies, one year, \$5; 12 do., \$3; and one to get-up-of club. The Home Magazine and Godey's Lady's Book sent one year for \$3 50. Address, post-paid, T. S. ARTHUR & Co., Feb 21. 107 Walnut Street, Philadelphia.

FIRST, BEST AND CHEAPEST!!! THE NEW YORK WEEKLY SUN, established in 1836, is the FIRST DOLLAR A-YEAR WEEKLY NEWSPAPER ever published. Independent of all political parties and classes; sustained by all the resources of THE SUN ESTABLISHMENT in its collections of the latest news from every part of the world, by telegraph, and by correspondents; ever offering something new in the way of statistics and non-moral reports of Inventions, Prices Current, Markets, Recipes, Marriages and Deaths, etc., its title to the appellation of THE BEST NEWSPAPER to be had for the same money is unquestionable, while the rate at which it is furnished demonstrates it to be, size and contents considered, by far THE CHEAPEST PAPER IN THE WORLD. Any person may obtain the paper by simply enclosing One Dollar in a letter, writing in it his name and the name of the nearest Post-Office, and of the County and State where he resides, and directing it to MORRIS & BEACH, SUN OFFICE, NEW YORK.

THE POSTAGE ON THE Weekly Sun to any place in the State of New York is only THIRTEEN CENTS PER YEAR, payable quarterly (3 1-4 cents) in advance. To any place out of the State, but in any part of the United States, the postage is TWENTY-SIX CENTS A YEAR, payable quarterly (6 1-2 cents) in advance.

TERMS - PAYABLE IN ADVANCE. For a single copy, one year \$1 00 Club of 6 Copies 5 00 Club of 12 Copies 10 00 Club of 20 Copies 15 00 All subscriptions should be sent by mail (post-paid) directed to the Publisher. No travelling agents are employed. Specimen copies sent gratis when desired. MORRIS & BEACH, Publisher, Corner of Nassau and Fulton streets, Feb. 31. NEW YORK CITY.

NEW YORK DAILY SUN. - This popular paper, read by upwards of Two Hundred Thousand persons daily, is mailed to Country Subscribers in season for the daily trains at \$1 per year, or \$1 per quarter, payable in advance.

POSTAGE ON THE SUN. To any Post-Office in the State of New York, 78 cents per year, payable quarterly (19 1-2 cents) in advance. To any Post-Office out of the State of New York, but within the United States, \$1 56c. per year, payable quarterly (39 cents) in advance. MORRIS & BEACH, Publisher, Sole Proprietor of the Sun Establishment, Feb. 31. Corner of Nassau and Fulton sts., N. Y.

PROSPECTUS FOR 1854. - THE NEW YORK WEEKLY MIRROR, payable in advance, issued from the office of the EVENING MIRROR, No. 40 Ann st., New York, containing all the news of the week, up to the evening of publication. It is the design of the proprietor to make the New York WEEKLY MIRROR one of the best family newspapers in the country, devoted to Politics, Literature, Science, and the Arts, and free from the scandal and immorality which form the great staple and interest of a large class of the weekly newspapers.

The NEW YORK WEEKLY MIRROR is addressed to readers of refined taste, and the publisher looks exclusively to this class of the community for a liberal support. In Politics, the MIRROR is independent, Progressive, without being radical, and earnestly devoted to the Union of the States.

TERMS. Mail Subscribers, ONE DOLLAR A YEAR, IN ADVANCE. Subscriptions will be received, and the paper sent, for Three Months, on the receipt of TWENTY FIVE CENTS. Clubs will be supplied on the following terms: For six copies one year \$5 00 For ten copies do 8 00 For fifteen copies " 10 00 Four copies will be sent to one address, three months, for ONE DOLLAR. All Postmasters are authorized to act as agents for the MIRROR, and the money may be sent at the risk of the Publisher.

THE NEW YORK DAILY EVENING MIRROR is served to City Subscribers at ONE SHILLING A WEEK, and sent by Mail at SIX DOLLARS A YEAR, IN ADVANCE. All communications should be addressed (post-paid) to H. FULLER, Editor and Proprietor of the NEW YORK MIRROR. Feb. 11.

MORRIS AND WILLIS' HOME JOURNAL. - THE HOME JOURNAL of this week (the second number of the new series) contains an elaborate and highly important communication from Dr. Cogswell, the Librarian of the Astor Library, descriptive of the plan and contents of that institution; also, the usual letter from Idlewild, and a large number of sparkling paragraphs: the editors' original papers upon "Dining Down Town," "Compensation of Authors," "Management of the London Times," etc.; a well-written article upon Mr. Akers' new statue of Benjamin, by a clergyman of Portland, introduced to the readers of the Home Journal by John Neal; Passages from Sargent's forthcoming Life of the poet Campbell; Goethe's opinion of Milton; a letter from a lady in Tennessee upon manners North and South; besides a large number of interesting paragraphs and countless items of intelligence, literary, artistic, fashionable, personal, and miscellaneous.

THE HOME JOURNAL begins a new volume under the most favorable auspices, and at the low price of TWO DOLLARS A YEAR, IN ADVANCE. Its columns during the present year will present an unequalled array of entertaining and suggestive reading. Those who wish to begin their subscriptions with the commencement of the new year, can do so by at once addressing MORRIS & WILLIS, Editors and Proprietors, New York.

MORRIS & WILLIS announces the following arrangement with the most popular of the American Magazines, viz:

The HOME JOURNAL and either the KNICKERBOCKER MAGAZINE, HARPER'S MAGAZINE, or PUTNAM'S MONTHLY, (published in this city,) for one year, for \$4. The HOME JOURNAL, and either GODEY'S LADY'S BOOK, or GRAHAM'S MAGAZINE, (published in Philadelphia,) for one year, for \$4. Orders, enclosing the amount, addressed to MORRIS & WILLIS, 107 Fulton street, will receive prompt attention. The two periodicals ordered will be sent to different addresses, if desired. By an arrangement with the editors of the HOME JOURNAL, the proprietors of the above-named works, will furnish subscribers with them as soon as they receive directions to do so from this establishment. SUBSCRIBE WITHOUT DELAY. Address, Feb. 11. MORRIS & WILLIS.

THE
Hydropathic Quarterly Review.

Opinions of the Press.

THE generous and the liberal NEWSPAPER PRESS of our country have showered down, in the most genial and benevolent expressions of heartfelt approval, the warmest encomiums upon our NEW HYDROPATHIC QUARTERLY.

Among hundreds of Editors, none have spoken but to welcome and to praise it. Even the Journals of other schools commend it, and pronounce it a "Model Magazine" both in regard to its style and matter. First, The best thoughts of our best writers are brought out with Illustrative Engravings, in the most attractive form and manner. The best of type, ink, and paper, is used, by the most skilful artists and mechanics, the whole "served up" in a rich and elegant style, at the very moderate price of \$2 a year to the subscriber.

THE PUBLISHERS will avail themselves of every possible means to furnish the "Profession" and "the People" with such a work as shall continue to merit the approbation of ALL CLASSES,

It is filled with articles of permanent value, without reference to the peculiar therapeutic doctrines which it inculcates, which ought to be read by every American. The time is not far distant when Hydropathists will have the entire mind of "an enlightened community" satisfied that a true medical science consists in the total abandonment of all poisons, and the judicious employment of all things to nature, *except* poisons.—*New York Tribune.*

It aims to be scientific and popular at the same time, and is gotten up with evident care and cost. We should suppose that such a work would find a place; for the theory it advocates has many friends, and if properly asserted, would hardly have any enemies. The elegant typography and careful editing which the initial number shows, speak much in its favor.—*N. Y. Evangelist.*

It is worthy a place, not only in the library of every physician, but every family in the United States. The time is rapidly approaching when physical health will be regarded as the secret of human happiness; and the *laws of health* are yet to be studied as the *only* means of beautifying and redeeming the human race.—*N. Y. Mir.*

The clear and beautiful typography of the Quarterly is only what we expect from the publishers, who know that there is a natural partiality for what we read with pleasure, and so put their doctrines of medical reform forward in the most attractive form.—*Wall St. Jour., N. Y.*

The Water-Cure treatment has become extensively popular, and we doubt not but thousands have experienced benefits from it which they would have failed to secure by the ordinary curative measures. We like the practice for the good reason that it is intelligible—it is not befogged with bad Latin and worse nostrums.—*Northern Christian Advocate, N. Y.*

It teaches the art of renovating the human system without the aid of murderous drugs, bidding us "go wash and be clean," as a preventive of most of the ills that flesh is heir to; and with the aid of those not less important remedial agents—air, light, temperature, food, and exercise, promises that the reign of disease shall be very much circumscribed, if not entirely extirpated.—*Yates Co. Whig.*

The reputation of the enterprising publishers, and the eminent names which are attached to its articles, induce us to believe that it will be the "Principia" of Hydropathic Reform, and the ablest expositor of the views of that school ever published. We have no hesitation in pronouncing it the best printed Magazine in America.—*Ravenna Whig, Ohio.*

Something really *vigorous* in our medical literature.—*Boston Gazette.*

TERMS.—Each volume will contain about eight hundred octavo pages, at Two Dollars a year, in advance. Published by FOWLERS AND WELLS, 131 Nassau St., New York.

BOOKS AND STATIONERY. — IVison & PHINNEY, (Successors to MARK H. NEWMAN & Co.) Wholesale Booksellers and Publishers, No 178 Fulton Street, New York, keep an extensive stock of School Books, Stationery, &c., Paper, Blank-Books, Pass-Books, Music-Books, Small and Family Bibles of every style and price, Juvenile Books, the best Works on Hydropathy or the Water-Cure, Standard Theological, Religious and Miscellaneous Books generally.

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FEBRUARY, 1854.—AMERICAN RAILWAY GUIDE for this month contains, in addition to its "POSTED" TIME TABLES of all Railroads in the U. S., a new and complete RAILWAY MAP, got up expressly for this work at great expense, and is decidedly the LATEST, being corrected up to date. A few pages of advertisements inserted; and, considering its extensive circulation and IMMENSE MONTHLY EDITIONS, no better medium exists. Price, \$1 per hundred; 12 1-2 cts. single copy. Send in your orders to

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THE NEW YORK MUSICAL REVIEW AND CHORAL ADVOCATE is the cheapest Musical Paper in the world. This Journal (which has heretofore been published monthly) commenced its fifth year in January, and thenceforward it will be published every two weeks—on every other Thursday; thereby giving more than twice as much matter without any increase in price. Each number contains sixteen quarto pages, four of which are new music, consisting of glee, hymn tunes, chants, anthems, dedication and holiday pieces, and, in short, every variety of music adapted to purposes of religious worship, to public occasions, and to the home circle; all of which will be of a practical character, and such as can be sung by persons of ordinary musical attainments. In the Editorial department of the REVIEW are engaged (in addition to Mr. Cady, the former editor) gentlemen of the highest talent and ripest musical experience, among whom are GEORGE F. ROOT, WM. B. BRADBURY, THOMAS HASTINGS, and LOWELL MASON; and its circle of correspondence, home and foreign, is complete. The music alone in a volume would cost over five dollars in the usual form. Besides this, there will be an immense amount of musical news, essays, criticism, instruction, &c. &c., ALL FOR ONE DOLLAR! Every one feeling a particle of interest in the cause of music will surely subscribe. The REVIEW will also be a regular medium for the announcement of new musical publications by all the leading publishing houses in the Union. The subscription list of this paper is now larger than that of any similar journal in the world, and the new arrangements, rendering it the cheapest as well as (it is hoped) the most valuable musical paper ever published, must largely increase its already unparalleled circulation.

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Travel.

HUDSON RIVER RAILROAD.—Trains leave Chambers Street daily for Albany and Troy.

On and after Monday, Dec. 5, 1853, the Trains will run as follows:

EXPRESS TRAIN—7 A. M., through in four hours, connecting with Northern and Western Trains.

MAIL TRAIN—9 A. M. Through Way Trains, 12 M. and 3 P. M.

EXPRESS TRAINS—5 P. M. Accommodation Train at 6 P. M.

FOR TARRYTOWN—At 10 1/2 P. M.

FOR Poughkeepsie—Way Passenger Trains at 7 10 A. M. and 4 P. M. from Chambers Street; and Way, Freight and Passenger Train at 10 A. M. from Chambers Street.

FOR PEEKSKILL—At 5 1/2 P. M.

The Tarrytown, Peekskill and Poughkeepsie Trains stop at all the Way Stations.

Passengers taken at Chambers, Canal, Christopher, 13th and 31st Streets.

SUNDAY MAIL TRAINS—At 3.40 P. M. from Canal Street for Albany, stopping at all Way Stations.

EDMUND FRENCH, Superintendent.

NEW YORK AND NEW HAVEN RAILROAD.—New Winter Arrangement, commencing Jan. 2, 1854.

TRAINS FROM NEW YORK FOR NEW HAVEN.—Accom.—At 7 and 11.30 A. M.; and 4.10 P. M.

EXPRESS.—At 8 A. M.; 3 and 4 P. M. The 8 A. M. train stops at Stamford and Bridgeport; the 3 P. M. at Stamford, Norwalk and Bridgeport; the 4 P. M. train at Stamford and Bridgeport.

FOR PORT CHESTER AND BRIDGEPORT.—SPECIAL ACCOMMODATION TRAINS.—At 9.15 A. M. and 6.15 P. M. for Port Chester; at 5 P. M. for Bridgeport.

FOR BOSTON, VIA HARTFORD, SPRINGFIELD AND WORCESTER.—EXPRESS.—At 5 A. M. and 4 P. M. Dine and sup at Springfield.

FOR CONNECTICUT RIVER, VERMONT RAILROADS, AND MONTREAL.—EXPRESS.—At 8 A. M. Dine at Springfield.

FOR ACCOMMODATION TRAIN OF THE NEW HAVEN, HARTFORD, AND SPRINGFIELD R. R.—At 11.30 A. M.

FOR CANAL R. R.—At 8 and 11.30 A. M.

FOR NEW HAVEN AND NEW LONDON R. R.—EXPRESS.—At 8 A. M. to New London, Norwich, Stonington and Providence, and 3 P. M. to New London only.

FOR HOUSATONIC AND NAUGATUCK R. R.—EXPRESS.—At 8 A. M. and 3 P. M.

FOR DANBURY AND NORWALK R. R.—ACCOM.—At 7 A. M., and Express at 3 P. M.

TRAINS TO NEW YORK. FROM NEW HAVEN.—ACCOM.—At 5.30, 6.45, and 9.35 A. M., and 4 P. M.

EXPRESS.—At 1.10 and 9.25 P. M.

FROM NORWALK AND PORT CHESTER.—SPECIAL ACCOM. trains from Norwalk.—At 6 A. M.; from Port Chester at 5.30 A. M. and 3.50 P. M.

See large bill of Advertisement at the Station Houses and Hotels.

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A HOME FOR ALL; OR THE GRAVEL WALL AND OCTAGON MODE OF BUILDING: New, cheap, convenient, superior, and adapted to rich and poor, showing its superiority over brick, stone, and frame houses, the cost, capacity, beauty, compactness, and utility of octagon houses; the author's residence, barns, and out buildings; board and plank walls; the workman's dwelling, &c., with engraved illustrations. By O. S. Fowler. Price, prepaid by mail, 87 cents. FOWLERS AND WELLS, Publishers, Clinton Hall, No. 131 Nassau street, New York; Boston, 142 Washington street; Philadelphia, 231 Arch street.

Poetry.

OH! WHERE IS HOME?

BY HORACE S. RUNSEY.

WHERE accents harsh fall on the ear,
Where discord reigns, it is not home;
Better to range the desert drear,
Or isolated dwell a gnome.
How many in this world of ours
Know naught of home except in name!
They have not walked its fields of flowers,
Or warmed them by its cheering flame.

Where beauty glows in works of art,
Where stored is many a royal tome,
Without a genial, loving heart,
How meagre all!—it is not home.
Where palaces in grandeur rise,
Where all is bright around, above,
The heart amid the splendor dies,
With none to love us, none to love.

Where parents, brothers, sisters dwell,
Whose hearts in every tone accord,
Cemented by love's hallowed spell,
That would not coin a chilling word;
There flowers of the heart can bloom,
There at perfection they arrive;
There they exhale each sweet perfume;
Ah! there is home, that social hive.

O Home! thy very name a spell
Entrancing throweth o'er the soul:
From absent eyes the tears will well,
When thoughts of thee do o'er us roll.
When false, unkind the world doth prove,
How homeward turns the suffering heart!
There, in a kindred spirit's love,
A balm is found for every smart.

Affliction all must feel and see;
Yea, sorrow to each one will come;
There's none but needeth sympathy,
And only where it is, is home.
Affection twines a flowery wreath,
Where errors freely are forgiven;
Yea, there the very air we breathe
Inspiring cometh down from heaven.

Each dwelling here a type should be
Of that bright mansion in the skies;
Then reign would sweet Tranquillity,
And earth become a paradise.
How sad it is, through this wide land,
That many a home is made a hell,
And weak and palsied many a hand,
By that dire spirit of the still!

Narcotics, too, the nerves unstring,
Give Nature's harp a jarring sound;
They cause the tongue like asp to sting,
Inflicting many a bitter wound.
Oh! when shall this wild discord cease,
And heard be Nature's harmony?
Oh! when shall come the reign of Peace,
For man a higher destiny?

When man beholds in man a brother,
When temperance bears boundless sway,
When each shall labor for the other,
Oh! then shall dawn a glorious day.
Around each dwelling joys will cluster,
And backward roll the clouds of gloom;
The soul attain a heavenly lustre,
Preparing for the spirit HOME.

Elmira Water-Cure, N. Y.

CALIFORNIA AND OREGON.—It gives us pleasure to make the following announcement:

DR. GEORGE M. BOUENE, agent for California and Oregon, 205 Clay street, San Francisco, will furnish the Journals, *pre-paid* from San Francisco, at two dollars per annum, in advance, for single subscriptions, and to clubs of ten or more, at one dollar per annum, in advance.

Business.

TO PREVENT MISCARRIAGES, DELAYS, OR OMISSIONS, all letters and communications relating to this Journal should, in ALL CASES, be post paid, and directed to the Publishers as follows:

FOWLERS AND WELLS,
No. 131 Nassau street, New York.

ALWAYS HAPPY TO OBLIGE.—Not a few of our good friends and patrons omit, at the proper time, to renew their subscriptions, and, when too late, request us to send *back numbers*, or to let their subscription begin with "last July," for example, regretting that they had not "re-subscribed more promptly," and so forth. Now it is not possible for us to keep twenty thousand extra "back numbers" with which to supply an *uncertain* demand. But when we have extra numbers, or extra volumes, we will cheerfully send them to all who wish, at subscription prices. The safest way, however, to keep complete files of the Journal, is to renew subscriptions promptly, at the beginning of the volumes.

COUNTRY MERCHANTS, visiting New York, Boston, or Philadelphia, to purchase goods, may, at the same time, have packed, and shipped as freight, BOOKS, BOOKS, etc., from our establishments. Remittances may also be made through the merchants; or drafts on Eastern houses, properly endorsed, payable to our own order, will be the most acceptable. We pay cost of exchange. Our publications are in demand throughout the country, and especially so in the South and West—even in California and Oregon—while the market much nearer home is far from being supplied.

CHOICE GARDEN SEEDS BY MAIL.—To answer the numerous inquiries, and to place within easy reach of our 50,000 patrons, from the Atlantic to the Pacific, and from the great Lakes to the Gulf of Mexico, we have made arrangements to supply, from the most reliable sources, every variety and kind of Garden Seeds raised in the United States or the Canadas. We shall publish a list of the principal seeds in our next number, which will be in time for spring planting.

Nothing contributes so much towards the support of a family as a good vegetable garden, at the same small cost. In passing through the country, especially in the West, we have often been surprised to find so few good gardens. In New England they are more common, and many a family obtains half its sustenance from that source. Once planted, the WOMEN will cheerfully attend to both the Vegetable and Flower Garden, and thereby obtain healthful and pleasant exercise. Have your garden ready for early spring planting, and for a list of choice seeds in our next number.

MEDICAL INSTRUCTION FOR WOMEN.—We take pleasure in calling the attention of our readers to the announcement of Mrs. Fowler, which will be found in our advertising columns, of a course of medical lectures to females, to be commenced in this city the first Tuesday in April next. The kind of instruction proposed to be given is in the highest degree important, and is much needed. We are glad that one so well qualified for the task as Mrs. Fowler has undertaken in this way the instruction of her sisters, and trust she will have a large class. We commend these lectures especially to nurses. The importance of the subject to them cannot be overrated.

THE Hydropathic Encyclopædia and other Water-Cure books published by Fowlers and Wells can be had of Rev. H. H. Smith, Hinsdale Depot, Mass.

IN SOUTH BEND, INDIANA, our publications may be obtained of MESSRS. WITTER AND MILLER, at New York prices.

FRUIT TREES.—MESSRS. DELL AND COLLINS, of Waterloo, New-York, have a large assortment of Fruit and Ornamental Trees in their extensive nurseries. Send to them for a catalogue.

OUR MARCH NUMBER will be printed the first week in February. ADVERTISEMENTS should be sent in at once.

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POSTAGE on the REVIEW, when sent to regular subscribers, and paid by them Quarterly in *advance*, at their own office, is only four and one-half cents a number, or eighteen cents a year.

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Single numbers, for agents, will be prepaid by the publishers, and sent to any post office for fifty cents.

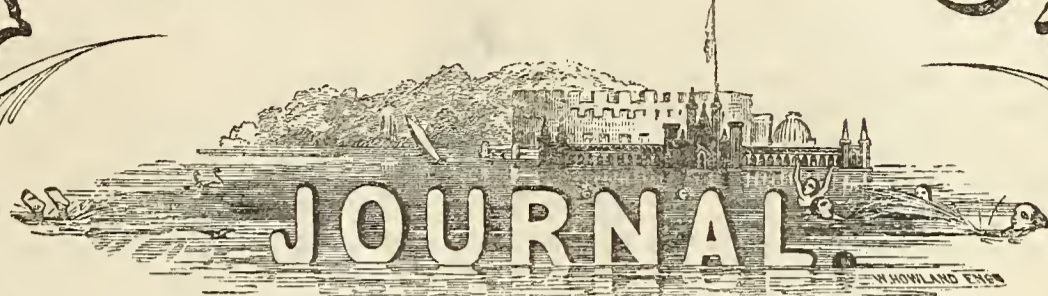
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THE WATER-CURE JOURNAL



AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

VOL. XVII. NO. 3.]

NEW YORK, MARCH, 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."

HOUSEHOLD SURGERY. NO. II. OF CERTAIN WOUNDS AND HEMORRHAGES.*

BY JOEL SHEW, M.D.

BITE OF RATTLESNAKE.—This is supposed by many to be necessarily fatal. It is said, however, on good authority, that such is not the fact, but that, on the contrary, death seldom results from it. When a wound of this kind does prove fatal, death may occur either in a few hours, or not before days have elapsed.

The symptoms in a bad case following an accident of this kind, are these: "When the poison of the rattlesnake has actually been introduced into the general mass of blood, it begins to exert its most alarming and characteristic effects. A considerable degree of nausea is a very early symptom. We now discover an evident alteration in the pulse; it becomes full, strong, and



FIG. 1.

In many instances there is a hemorrhage of blood from the eyes, and likewise from the nose and ears; and so great is the change induced in the mass of blood, that large quantities of it are sometimes thrown out on the surface of the body in the form of sweat; the teeth vacillate in their sockets, while the pain and groans of the unhappy

sufferer too plainly inform us that the extinction of life is at hand. In this stage of its action, and even before it has induced the most alarming symptoms which I have mentioned, the powers of medicine can do little to check the rapid and violent progress of this poison."

TREATMENT.—One old method of treating a case of this kind is, immediately on receiving the bite, to cut out the portion of flesh bitten. If this can be done quickly enough, it is probably the best thing that can be resorted to. By this means we keep the poison from spreading into the system. Another method is to suck the part thoroughly, or to have some friend do this favor as soon as possible after the bite. It is said that if

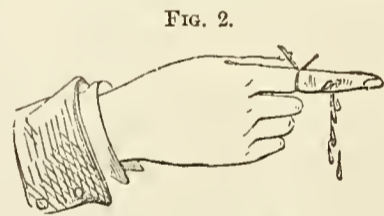


FIG. 2.

TREATING POISONED WOUNDS.

this is done faithfully, the poison is extracted, and does no harm to the one who sucks it, because it does not enter the circulation. A large quill or other tube may be used in sucking the wound. (See fig. 1.) Another method recommended in such cases, is to ligate the limb a little above the bite, until suction or other means of removing the poison can be resorted to. (See fig. 2.)

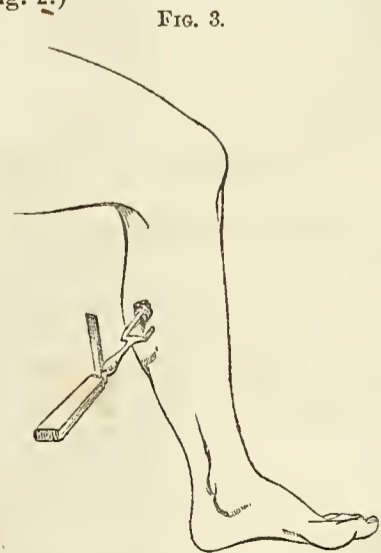


FIG. 3.

BURNING POISONED WOUND.

Burning out a poisonous bite has been resorted to by some. If it could be done sufficiently soon, it would probably prove effectual. This may be done with a common fork, one prong of which has been broken off, and the other heated red-hot in a fire. The burning should be done thoroughly, if at all. (See fig. 3.)

OUR DEAD LETTER OFFICE.—We find on our files several letters, enclosing money and ordering various books and Journals, which we are unable to send for want of proper directions. If correspondents would be more particular in these small matters, they would save themselves from anxiety and delay, and us from blame.

The following are without signature, or name of the writer:

Lebanon, Boon Co., Ind.
Sanvies Island, Oregon.

Aurora—(No county or State.)

The following have incomplete addresses:

Sam. B. Clark, (no P. O.), Warren Co., Indiana.

H. H. Ladd Appleton, no State named.

J. A. Cox, Gibson Co., Tenn., no P. O. named.

Butler Sheldon, Auburn, no State.

J. Judson, P. M., Newtown, no State.

Dr. Isaac B. Wiltse, Bunkum, no State.

Orlow W. Parish, no P. O., County, or State.

Clara Kilgore, same omission.

Benj. B. Porter, Forksville, no State.

When writing relative to the above, please state, "Now in the DEAD LETTER OFFICE."

LETTERS properly headed and signed, with the name of Post Office, County, State, and Writer, properly directed and prepaid, will seldom fail to reach their destination. I will be sufficient to direct post paid letters for us as follows
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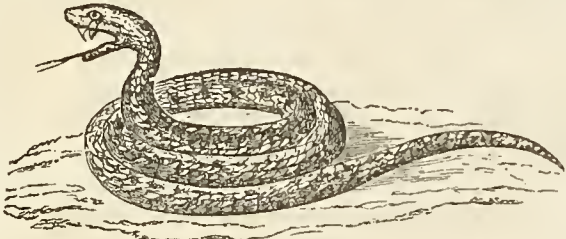
THE MANUAL OF DIRECTIONS, with illustrations for using the NEW POCKET SYRINGE, by DR. TRALL, is sold only with the instrument. Price of the syringe, with extra vaginal tube, including the Manual of Directions, \$3.50
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* In part from the HYDROPATHIC FAMILY PHYSICIAN.

In all these cases, as well as in others of poisoning, it is an object of great importance to arrest both local and general fever from the very start. This, as is now beginning to be well understood, can be best accomplished by means of water-treatment.

ADDER AND OTHER BITES.—The bites of other poisonous reptiles, the adder for example, should be treated on the same principles as that of the rattlesnake. That the same good success will be found to attend the treatment, I have not the least doubt.

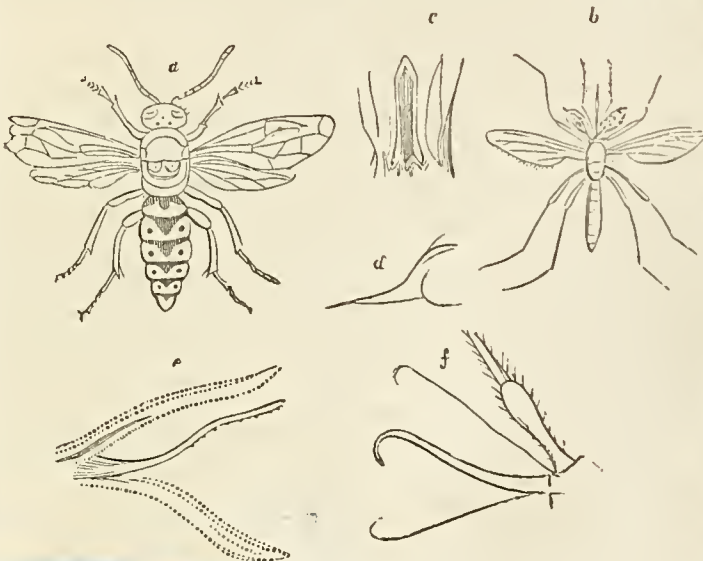
FIG. 4.



AN ADDER.

STINGS OF WASPS, HORNETS, ETC.—The same also is to be said of the stings of wasps, hornets, etc. (See fig. 5.) All of them are to be treated on the principle of an active inflammation.

FIG. 5.



POISONOUS INSECTS.

a. Hornet. b. Gnat. c. Lancets of horsefly. d. Sting of wasp. e. Lancet of flea. f. Lancets of bug.

HEMORRHAGES.—In a former number of the JOURNAL, hemorrhages arising from wounds and injuries were considered. There are also a variety of ways in which bleeding takes place, not arising from direct or severe accidents, and which it is important the general reader should understand. This becomes the more necessary on account of the fact, that in hemorrhages generally the most important time for treatment is that which occurs before a physician can be obtained.

HEMORRHAGE FROM LEECH BITES becomes every now and then a serious affair, and life even has been lost in this way; but the time is not far distant when leeches will be forever banished from medical practice.

FIG. 6.



FIG. 2

LEECH AND ITS BITE.

To arrest this kind of hemorrhage, the follow-

ing plan, in connection with that of cooling the mass of the circulation generally, is, probably, one of the best.*

“Take a small pinch from the felt of a beaver or other fur hat; pile it on the bite; or if there be several points, pile one respectively on each, and spread over the whole a piece of thin muslin, drawing it tightly, so that any blood which flows must pass directly through both; then with a fine sponge soak up the blood as it oozes out, and in a short time both felt and muslin will have become dried by the coagulation of the blood in the thin, fine meshes, and the hemorrhage arrested. The muslin may then be all cut away except the adhering points, which in the course of a couple of days will of themselves drop off, leaving the parts healed, and free from any such disfiguring marks as those which necessarily follow the cautery, caustics, or needles.”

NOSE-BLEED—epistaxis, or hemorrhage from the nostrils, appears to be more frequent than that of any other part. It happens to persons of all ages and conditions, but is probably, on the whole, more frequent in females. It is very irregular in its occurrence, duration, and progress. It comes on at any time of the day or night, and may last only a minute or two, or several hours,

and even days or more. It often proves a source of relief to headaches, fulness of blood in the head, and various other disorders. It is seldom alarming in extent, although cases have occurred, it is said, in which death has resulted from it. In some cases persons are evidently enfeebled and injured by the great quantity of blood lost in this way; but nose-bleed, as a general thing, need excite no alarm, although, if it tends to become excessive, the proper means should at once be taken for arresting it.

As to the *symptoms* in nose-bleed, there is not unfrequently sensation of “weight, tension, and pain in the forehead, giddiness, and general headache, buzzing in the ears, dizziness, disordered vision, redness of the eyes and nostrils, flush-

ing of the face, and coldness of the hands and feet.” There is also a feeling of fulness, heat, and sometimes itching in the nostrils. These symptoms are not, of course, all of them present in any single case, but vary, both as to number and severity, indefinitely. The blood is usually of a bright red color, and coagulable. It flows from one nostril only, in most cases, but sometimes from both. It generally flows anteriorly only, but sometimes posteriorly, finding its way into the mouth, and even not appearing at the nostril at all. In most cases it issues only drop by drop, but in others it bursts forth in a continuous stream. If the hemorrhage is considerable, portions of the blood may be swallowed sufficient to cause nausea and vomiting. In such cases, the mistake is sometimes made of supposing that the hemorrhage is from the stomach. Small portions of blood, too, it is said, sometimes find their way into the glottis, in which case hemorrhage from the lungs may be incor-

rectly surmised. If nose-bleed takes place while the person is asleep, there may be some difficulty in determining its source; but on blowing the nose, it may at once be known from whence the blood issues.

The *causes* of epistaxis are various. Time of life exercises an influence in causing epistaxis, it being most liable to happen at about the age of puberty. It appears sometimes to result from pregnancy. It often attends polypus and other diseases of the nostrils. An overheated state of the blood is very apt to bring it on. A blow upon the nose, picking it, sneezing, violent straining or lifting, a sudden jar of the body, stooping down too suddenly, standing upon the head, having the cravat too tight, too great exposure of the head to fire or the heat of the sun, as well as powerful and sudden mental emotions, such as anger or the like, may bring on this hemorrhage. Bleeding at the nose is not an uncommon occurrence in fevers of a low or typhoid kind, and it is apt to follow the sudden check of the menses, bleeding from piles, or any other habitual discharge. An apoplectic state of the system and serofula predispose persons to nose-bleed.

TREATMENT.—In most cases of epistaxis *no treatment whatever* is needed, since it is certain to cease spontaneously. In those instances where it is manifestly a symptom of relief or benefit to the system, as in headache, fulness of the head, etc., it should not be interfered with, but allowed to go on to its fullest extent. But whenever the blood has been overheated, or there is a tendency for it to pass to a debilitating extent, means should at once be taken for arresting it. In order to do this, the patient should be placed in a cool place, and in a comfortable posture, the sitting being, as a general thing, the most appropriate. The head should be either erect, inclined a little backward, or at least not too much forward. Every thing tight about the chest and neck should be loosened or removed, and it is useful to fan the patient whenever it is agreeable to his sensations. At the same time, *tepid* water, not cold, as many assert, should be freely sniffed up the nostrils. Simultaneously, also, measures should be applied freely to the head and the nape of the neck, and the hands and feet are to be placed in cold water. If there is much febrile excitement in the system, speedy measures should be taken to remove the pyrexia. The sitting-bath, shallow-bath, plunge, pail-douche, cooling-pack, dripping-sheet, affusion and water-drinking, are all appropriate measures. We can, indeed, hardly go amiss in the cooling applications, provided we do no violence to the system. The way in which cold, thus applied at a distance from the bleeding parts, acts, is to produce constriction of bleeding vessels by sympathy. It is a beautiful operation of nature, and shows well how admirably the means is adapted to the end. Even a cold key, or other piece of cold metal, placed on the neck, will often thus arrest epistaxis, by sympathy.

So powerful is cold, when properly applied, in its effects to arrest hemorrhage, I have no doubt that, in most, if not all of these cases of severe bleeding, where it has been necessary for the physician or surgeon to plug the nostril, if it were applied to a sufficient extent, it would of itself arrest the difficulty. Plugging, however, is evi-

* Professor Wood, of the University of Pennsylvania, in his “PRACTICE OF MEDICINE,” asserts that the “bleeding from leech bites, especially those of the European leech, is profuse, and in children sometimes dangerous, particularly when there is a tendency to hemorrhage.”

dently useful in many cases, for which reason the ways of doing it should be understood. To plug the nostril, a piece of sponge, surgeon's lint, or fine, soft rags, formed into a cylindrical shape, and moistened with water, or, as some prefer, an astringent liquid, may be used. Some are very partial to the scrapings of sole-leather, and these, no doubt, form as good a plug as any thing. It is said that Abernethy never failed in arresting nose-bleed by winding a piece of moistened lint round a probe—and a knitting-needle would answer quite as well—so as to form a cylindrical tube, passing this along the floor of the nose for its whole length, then carefully withdrawing the probe, and allowing the lint to remain for three or four days. Any one who has a good share of resolution and a steady hand can perform this little operation; and the patient should remember, that although it may be in some degree unpleasant, it causes no severe pain, and can do him no possible harm. Another plan is "to introduce a portion of hog's intestine, properly prepared, and closed at one end, deeply into the nostril, then to inject some cold water forcibly, and tie the other extremity of the tube." Abernethy's plan, however, is a more simple one, and, on the whole, to be preferred.

Dr. Négrier, of Angers, France, has adopted a very simple method of treatment in this affection, which he is said to have employed frequently, and with uniform success. The method consists in causing the patient, in a standing posture, suddenly to raise one or both arms perpendicularly upward, and to retain them for a short time in this position. If one only is raised, it should be that of the side from which the hemorrhage proceeds; and then the patient may compress the bleeding nostril with the other hand. In young children, the physician or some one must perform these offices for the patient. It is said that this simple method has always succeeded, even in very bad cases, when all other means had failed. The elevated position of the arm should be sustained a few minutes, in order to give the blood in the bleeding orifices time to coagulate. Dr. Négrier explains the result of this method on the principle that, as the blood in the erect position of the arm requires a much greater force to sustain it than when the arm is pendent, the energy of the heart's contraction must be in the same proportion diverted from the carotid artery, leading to the head, to the subclavian in the arm.

If the hemorrhage arises from an overheated state of the blood simply, it may be doubtful whether the above method will succeed. It is, however, well worth knowing; and if it does not prove so effectual in all cases as has been claimed, it may yet prove a valuable aid in the use of other means.

HEMORRHAGE FROM EXTRACTING TEETH sometimes becomes both troublesome and alarming, and lives have been lost by it. In treating it, the general methods we adopt in other hemorrhages are equally applicable here. If cooling the mass of the circulation does not arrest the bleeding, the cavity must be well plugged with lint, cotton, or the scrapings of sole-leather. With right general and local treatment, it is believed that no patient need ever be lost by this kind of hemorrhage.

HEMORRHAGE FROM THE MOUTH—*stomatorrhage*—

gia—is, on the whole, a rare affection. Not only the gums, however, but all the parts of the mouth are occasionally subject to spontaneous bleedings, which, though not in general dangerous, are sometimes attended with fatal results. Besides, also, a wound of the mouth may be received which would cause a fatal or dangerous loss of blood. Dividing the frenum linguæ, for tongue-tic, has also been known to cause fatal hemorrhage. Severe hemorrhage may also occur from the buccal cavity as an effect of scurvy, malignant fever, etc.

In the *treatment*, care must be taken to ascertain from whence the blood issues. In some cases it is swallowed, so that it causes coughing or vomiting, in which case we might mistake the hemorrhage for that from the stomach or lungs. If the mouth is washed out well with water, we can usually discover from what part the blood issues. Once the source of the difficulty is ascertained, it is to be treated on the same general principles as other hemorrhages.

HEMORRHAGE FROM THE THROAT is not a common occurrence. It is to be managed in the same way as hemorrhage from the mouth.

HEMORRHAGE FROM THE LUNGS—*hemoptysis*—though often alarming to the patient, seldom destroys life at the time; but in many cases, though not all, it is indicative of fatal disease of the lungs. It is characterized by the throwing up of frothy, florid blood. If the blood is dark-colored, it is supposed to come from the stomach. It is generally preceded by cough, dyspnoea, with heat and oppression in the chest. Its *remote* causes are such as relate to passive hemorrhages generally; the *exciting* are such as lifting or straining; over-exercise; too much and too loud speaking; blowing wind-instruments; becoming overheated, etc.

The *treatment* must be like that for other internal hemorrhages. Pyrexia is to be subdued; cold wet cloths are to be freely applied to the chest, and frequent sips of cold water, iced or otherwise, and small pieces of ice, swallowed. The feet are to be kept warm, and the patient quiet. Experience teaches us that patients bear cold to an almost unlimited extent in this affection. Dr. Elliotson, who is high authority in the old school, says of the treatment of hemoptysis: "It is safe to apply ice in front of the chest;" that "we ought always to do it;" and that "we should throw cold water on the chest." True, Dr. Elliotson believes in other things, bleeding for example, besides; but I introduce his remarks because there is a great prejudice in this country against the use of cold water in this affection, even among physicians.

I will remark, for the encouragement of the reader, that I have known a considerable number of persons who have bled at the lungs, many years since, some of them, and who are now in the enjoyment of good health. Hemoptysis is, however, I admit, always to be looked upon as a serious evil, especially if it be profuse.

HEMORRHAGE FROM THE STOMACH—*hematemesis*—is generally preceded by a sense of general uneasiness, a feeling of oppression, and a dull or sharp pain in the epigastrium. Fainting may also be present. The blood, which is dark, passes by vomiting, and sometimes by stool. It is sel-

dom an immediately dangerous affection, but ought always to put the patient well on his guard as to his general health.

The *treatment* is the same, externally, as that for hemoptysis, except that local cooling should be practised over the abdomen. As to swallowing ice and other cold things, I maintain that such applications, made directly upon a bleeding surface, only increase the difficulty. Besides, we can cool the mass of the circulation sufficiently in other ways. The cold hip-bath, if the patient is not too feeble, is an invaluable means.

Some in the treatment of this affection feel great concern in regard to the blood that accumulates in the bowels. Blood always helps itself away soon enough in such cases; and life has been destroyed simply by giving a dose of oil "to purge away the clots." Beware!

HEMORRHAGE FROM THE BOWELS is to be managed in all respects like hematemesis. Give no cold injections. If there is thirst, drink tepid water.

HEMORRHAGE FROM PILES.—This sometimes takes place to an alarming extent, in which case we treat the same as in hematemesis.

UTERINE HEMORRHAGE is likewise to be treated on the principle of internal hemorrhages generally. Cold wet towels often repeated, the folded four-double wet sheet about the body, drinking very cold water, and the cold sitz-bath, even, if necessary, do noble work in this complaint. But pour no cold water from a height, as some of the "regular" books strongly recommend; a shock would only tend to increase the trouble.*

WATER VS. DRUGS.

A LETTER.

Glen Haven, Feb. 1, 1854.

JOHN C. FULLER and others, Dover, N. H. :

FRIENDS:—You have invited me to your pleasant village to address your citizens on the subject of Water-Cure. I cannot come. I deeply regret it; for to present the claims of this great Reform—preëminent to all others—to the attention of your people, would give me heartfelt pleasure. It is no laggard I would be under such a call. It is not niggard of praise in its behalf I would be, could I visit you; for however earnest or enthusiastic one may be in expatiating on its value, depend on it, he will fail to tell its full merits to any people. It is replete with blessings to all who adopt it; raising up the fallen and straightening the bowed down; strengthening the weak and making firm the feeble; carrying Health to the homes of the vast majority of those from whose hearthsides she has been banished long and dreary years. Oh yes, friends, I sometimes wish I were not a practitioner, but only a preacher whose mission it should be to proclaim glad tidings; to go from village to village and tell the sick and their friends that at last, among the good things which it was given man to enjoy, was a rational, natural way of preserving health, and of restoring it when lost. But this is *not* my lot. I am shut up to a beautiful, quiet nook,

*For a more full elucidation of this whole subject, I must refer the reader to my recent work, entitled "MIDWIFERY AND THE DISEASES OF WOMEN," published by FOWLERS AND WELLS, New York.

amid high hills, removed from busy haunts of men, and about and around me is my own little world, sprung up under the fostering care of good old

"Dame Nature,"

to whom we all in our republic pay morning, mid-day, and evening obeisance. So I cannot come. Could you look in on me this day and see our little hamlet, made up *entirely* of sick folks and those who serve them, you would yield up all idea of my "going forth" to *proclaim* what it seems to be my duty to *do* at home. But I am not the less thankful or grateful to you for the invitation; and the words of confidence and friendship in which your letter is couched have made me to know you and to love you. I honor you for your faith, and am pleased with your zeal; especially do I rejoice that you are keen-scented enough to discriminate between that Water-Cure treatment which abjures the drug-system, and that which enters into copartnership with it. You ask me to come and speak to you about treating disease by water, *without* drugs. Could I come, I certainly should speak in behalf of water, and against drugs. The one has my entire confidence, exhibited in and through a treatment of over twelve hundred cases in three years, and not less than ninety-five per cent. of them benefited to their satisfaction. They have come from the East and the West, the North and the South; they have come crippled, and have gone away well. Stricken, smitten, palsied, blind, deaf, and insane, and God has blessed us, and they have gone away to build us monuments in their memories. And what is true of myself, I have the best reason to suppose to be also true of others who are engaged in various parts of the United States in treating the sick *without the use of drug exhibition*. At any rate, those practitioners who correspond with me, who give no medicines, state their success to be better than those of other schools who give medicines.

ALL HAIL, then, to WATER-CURE! It is God's good messenger to man. It is full of benignity and strength. It embodies virtue sufficient for all. Judiciously used, it will cure every case which is curable; and if cherished with any thing like a fair degree of faith by those who should be its best friends, and combined in its administration with those other agents, air, light, heat, diet, exercise, dress, and the due regulation of the passions, it will change the entire current of opinion in this country in less than fifty years, and demonstrate what to some persons is now clear, that of all the systems of *quackery* which have been popular among mankind, that of giving sick people *poison* to cure them is entitled to the *precedence*.

Already can one hear of dissatisfaction widely spread among able and learned men in respect to the uncertainty of the effect of drugs. Dr. James Johnson, editor of the *Medico-Chirurgical Review*, has said publicly, and with great solemnity, that it is his "conscientious conviction, founded on long experience and reflection, that if there was not a single physician, surgeon, apothecary, man-midwife, chemist, druggist, nor DRUG on the face of the earth, there would be less sickness and less mortality than now."

Dr. Forbes, editor of the *British and Foreign Medical Review*, makes, on various occasions,

statements not less startling. Instance: "In several of our commonest and most important diseases it is hardly to be questioned that the proportion is little if at all on *our* side, and in others it is *manifestly* against us." Dr. Holfek, of Philadelphia, says: "The fact is, and there is no use in denying or concealing it, the practice of medicine is for the most part a mere matter of guess-work and experiment, or slavish adherence to routine and empiricism. It is not based on established principles, nor supported by facts and reason, but is often in opposition to both."

There is lying before me now a letter, just received from one of the ablest physicians on the Western Reserve, Ohio, in which, after saying that he could not cure himself, and proposing to put himself under my care, he goes on to say: "I regard physis as a *curse*, and pellets as a *lie*. Having tried both for fifteen years, I am enabled to judge."

A distinguished physician in Vermont writes me relative to a patient of his whom he sends to the Glen, and also relative to his daughter, who is in a decline, and who is now, by his wish, a patient of mine: "I firmly believe that water, judiciously applied, will cure in all cases which are curable."

A distinguished physician of the Allopathic school has put into my care two adult daughters, both in failing health. One has left the Glen, in robust condition; the other is still with me, but improving.

An English physician, of Canadian celebrity, writes me: "I endeavor to introduce Water-treatment as fast as I can; but physicians are, in some respects, as Christ was with the people: 'I have many things to say, but ye cannot bear them now.'" Another writes me: "I have read with care your reports, and have been profited, interested, and highly gratified thereby."

I might quote a volume to the same effect, but it would add nothing to the value or force of the argument. Thinking men in the old schools know that drug medication in some instances is a cure, in others an injury, in others that it does no good. They oftentimes seek to evade giving medicine, but, like all advocates and devotees of false systems, each waits for others more courageous than himself to commence the work of exposure and reformation. Others, *less* thoughtful, follow their leaders, content to have *masters* to furnish them with precedent. Whilst the people, who receive ideas slowly, and who *reform by inches* always, and never make great leaps over chasms, are the victims. For myself, I have never seen a human being of whom I could truthfully say that I was sure that drugs benefited him; but I have seen thousands whose health, I know, was ruined by it. Coolly, deliberately, conscientiously, I can only *curse* the system; curse it as I do WAR, FAMINE, or the PLAGUE. All that God or man can ask of me is, to see that the *execration* falls on the *system*, and not on those who practise it. For if there ever was a delusion deep, world-wide, almost universal, and terribly ruinous—if ever the human race, at any period of its progress from the depths of barbarism to its present civilization, were spell-bound, given over to believe a *lie*, that they might suffer needlessly and die

foolishly, it seems to me they are, on this subject of treating and being treated when sick.

It is said that in the last twenty years there has been improvement in respect of giving medicines, physicians giving less by far. But it may be seriously entertained, whether what is lacking in quantity or bulk may not be more than compensated in concentration. It is well understood that chemical science has been exhausted to furnish of any medicinal substance its *active principle*, detached or separate from those constituents that to a good degree heretofore rendered it inert, and perhaps innoxious. However *this* may be, one thing is certain: the number of remedies which are poisonous has greatly increased. It would puzzle the brain of the astutest of all doctors to name a *poison* which has not been made "official," and obtained the sanction of the profession. Especially is this true of Homœopaths. They ransack the animal, mineral, and vegetable kingdoms for poisons. Their specifics are favorites in proportion as they are poisonous; and as far as they have secured the confidence of the public, they have scattered *broadcast* the horrible delusion that each family should keep and administer, in cases of slight ailment, their medicines, under general directions obtained from *little books* which accompany the *little cases* of medicine; thus impressing all over whom they wield influence with the idea that in every abnormal state or condition of the body the *little book* should be consulted, and the *little case* should be "exhibited." Their prescriptions are so minute, extending to "hang-nails" and "thick-nails," and "nails that grow in;" to "dull vision," to "dirty taste in the mouth," to "effluvia from the body," to "dryness of the brain," to "lowness of the spirits," that the devotees of the system are rapidly forsaking those hygienic rules which underlie fundamentally everywhere human health, and "cutting cross-lots" to the accomplishment of their object. Take an infant a span long, and two days old. The mother is a homœopathist, and has "Hempel's Domestic Physician." The child has, on the third day after its birth, a stoppage of the nose, from an accumulation of dried mucus in the nostrils. The mother, if able, if not, the *nurse*, opens the book to "Diseases of Little Children," and finds *sambucus* good for stopped-up nose, and down the little thing's throat *sambucus* goes. Neither mother nor nurse knows what *sambucus* is. It may be, for all they know, the deadliest poison. What if it is? It is good for stoppage of the nose. By and by the baby begins to *cry*. They hunt for pins, for strings tied too tight, for the *cause*; they nurse the little creature, but it cries on; and so they consult Hempel, and under the head of "Cries of Infants" they find, "*Belladonna may be administered, when no cause for the crying can be traced.*" And so for every little disturbance of the child's system, owing to the ill-health of the mother, the want of proper care of the nurse, the bad air in its nursery, or any thing else, that baby's stomach is familiarized to poisons the most deadly, till its constitution, naturally good, but tender, is broken down; the child dies, and the blame is laid *nowhere*, though the death is ascribed to *Providence*.

Homœopathy, Allopathy, Eclecticism—offshoots of the same principle—they all live and

thrive on the falsehood that Nature, in great trials, needs poisons to assist her: a terrible falsehood, a horrible deception, and one over which those who know better are alternately indignant and mournful. You may think, perhaps, that my feelings are altogether disproportionate to the evil. I could not blame you, were you thus to think. But could you spend six months with me, and read my correspondence from all parts of the Union; see my patients, bereft of all capability of usefulness, coming hundreds and thousands of miles to put themselves under my care, in the hope that I may be unto them

"As a God
Who can make alive,"

you would feel as I do about this human butchery; for at least seventy-five per cent. of all the men and women who visit Glen Haven, or who consult me by private letter, are *where* they are, and where they never would have been, but for *drugs*.

Let me tell you, for an illustration, what I have seen. I have known a young, mature, unmarried woman of good general habits, with robust constitution, poisoned nearly to death by six pellets of medicine *homœopathically* administered; so poisoned, that she swelled from the scalp to her toe-tips twice her natural size. After awhile the swelling subsided, and was followed by great soreness of the whole alimentary track, great lassitude, great weakness, and almost blindness from paralysis of the optic nerve. Her physician admitted his mistake, said he had given the wrong medicine, but refused, under any circumstances, to tell what it was which he gave. After trying all sorts of things, she tried water-treatment at home five months, and then came to the Glen, and spent a long time with us. When she left us, she was cured, and in fine physical vigor.

I have known a large, vigorous, strong man struck with paralysis of the left arm and right leg, from the exhibition of strychnine, homœopathically administered, and probably incurably so, through any resources outside a Water-Cure.

I have known amaurosis produced by homœopathic medicine.

I have known a woman laid on a bed helpless, her muscular tissue relaxed as if struck by lightning, by the exhibition of belladonna. I have known a fine girl, in good general health, made insane from taking lachesis, or serpent's poison. I have known a man made sick unto death well-nigh, and an invalid for years, through the taking of tincture of lobelia. I have seen a young girl with ulcers of the most putrid character, literally rot to death from arsenic given by a physician. I have visited a man whose joints were unhinged, whose deformity was worse than any other human being of whom I have knowledge, brought into that condition by calomel administered by a doctor. Twisted limbs, enlarged joints, rotten teeth, putrid gums, tic-doloureux, rheumatism, bald head, sore eyes, and almost every variety of human ailment I have seen induced or aggravated by taking medicine; till, disgusted and sick, come what might to me and mine, I vowed opposition to drug medication for ever. No patient of mine can have it with my consent. Rich or poor, who puts himself or herself into my hands, must be content to forego medicines. I

rather crave the wisdom which cometh from *above*, as displayed in the use of all those agencies whose effect is legitimately to *cure*, than those other agencies known as *poisons*, however skillfully chosen and given to the sick, whose legitimate sway is destructive to life. My heart swells daily with gratitude to God, that of the large numbers which apply to me, and of whom I hope I am successful in curing as fair a proportion as my noble co-workers in other institutions, not one has had a *pellet* dropped into our beautiful lake, and then asked to drink of its waters. No, no; not any comminglement of the two for me! Others may unite water and drugs, and have the satisfaction of *not* knowing, when their patients get well, whether the drugs or the water, or both, cured them. My guests know, and I know, when they get well, *what* has done it. All hail again, then, to the *Water-Cure*!

But, friends, the entire labor of carrying on this reform should not fall on the proprietors of the WATER-CURE JOURNAL, and those physicians who are in active practice. The people who hold to the sentiments we advocate should help us. I am at times made sad at the *want of enthusiasm* displayed by those who professedly have abjured drugs, and have joined the Water-Cure ranks. They lack *earnestness*. They view the matter as affecting them specially as individuals, and so think that the interest needful to be shown is a degree equal to personal wants. They are mistaken. The life of this movement is in its universal adaptability and its universal *want*. There is no man or woman above the need of just such a reformation as our view proposes; for none is above the liability of being sick, and once sick, needs the true method of treatment. He needs to understand its leading principles, especially those which contradistinguish it from the other schools; so that, when sick, he may put himself quietly into right conditions, and avoid dependence on drug-giving.

Such a person cannot stand to the best advantage *alone*. He should have helpers, and so he should work to convert them. His benevolence should be actively exercised, and his pockets should have appropriate draughts made on them in purchasing books, tracts, pamphlets—and most certainly the WATER-CURE JOURNAL—to be placed before his neighbors and fellow-citizens. Why, in this way, in your village of Dover, you can silently, quietly, and in kind spirit, subvert the faith of one-half your population in blisters and the lancet, in emetics and cathartics, in Croton oil on the outside, and calomel within. The money which you would readily have paid me for visiting you and addressing your people would purchase a good many copies of the WATER-CURE JOURNAL for a year. The impression thus made would not be evanescent, like a *speech*; but it would be slow, repeated, lasting, triumphant. The reformation has underlying it, as I have said above, the *grandest idea of this AGE*; one which, if properly conceived and carried out, will ultimately be so acknowledged; but it wants *vitalizing*. All through God's creation lie germs of life; but to germinate, the quickening power must come into contact with them, else they lie as inert as the grain of Egyptian wheat in the envelopings of a mummy laid away in the catacombs three thousand years ago.

This great truth of the nineteenth century—which bespeaks for the race health and its countless blessings; which promises to the masses the full use of their powers, bodily and mental; which holds out to the thinker proof that he may think for a livelihood and not die; which declares to delicate and taper-fingered woman that a sound body is not incompatible with *real* delicacy and the highest refinement and breeding—this truth wants vitalizing. And, in my judgment, nothing can quicken it but CHRISTIAN BENEVOLENCE. If those who value it highly, as thousands and hundreds of thousands do, esteem it *merely* for what it has been to them, or what it may be, they add nothing to its strength or influence. One might as well argue that he appreciated Heaven's kindness, by thanking Him for sending a genial shower upon *his* parched corn-field.

You in Dover—you say you are a small band—need to have your faith strengthened and made firm by the thought that the work of enlightening your neighbors is sure to repay you for all its costs, by deepening in *them* a regard for *life*; by causing them to know the paths which Health treads, and that her ways are ways of pleasantness and her paths peace. You are to be missionaries—redeemers, vicarious workers in this cause. Remembering that at home and abroad the missionary to the *soul* is at work; that in every village, temples whereiu the sonorous bell swings, calling to worship, are pointing their steeples heavenward, you are *not* to forget that Health has no temples, no sacred groves; that nowhere in this beautiful land have we reared to her a statue, wreathed for her a crown, or in any way paid to her special honors. Hydropathists must be as earnest, as enthusiastic, as self-sacrificing, to secure the preaching of the gospel of the life that *is*, as they are to secure the preaching of the gospel of *everlasting* life; and more so: for where one can be found to circulate intelligence relative to the welfare of the body, thousands will donate cash to supply the needs of the soul.

The reformation needs lifting above the sphere of selfishness; it needs baptism from on HIGH: and till those over the country who believe in it recognize this fact, the greatest influence in its behalf is left unwielded. Water-Cure doctors that give drugs; Water-Cure patients who take them; Water-Cure women who wear long skirts, bodice-waists, whaleboned dresses, thin shoes, thinly-clad arms and legs; Water-Cure dietarians who, when away from home, eat meat, drink tea and coffee, take glasses of wine, smoke cigars; who go weeks without bathing, and who laugh sideways at the laws of health, are not the persons who are to carry great principles triumphantly to the confidence and affections of the people. Truth will have her disciples, and apostles shod with her own preparations, and they go forth to conflict under her own eye. See ye to it, my friends, that you are stanch and upright, willing to work and ready to bestow, and my word for it, a short time only will elapse before you will find your numbers greatly increased.

"God's love hath in us wealth unheaped,
Only by giving is it reaped;
The body withers, and the mind,
If pent in by a selfish rind."

Give strength, give thought, give deeds, give self,
Give love, give tears, and give thyself.
Give, give, be always giving;
Who gives not, is not living;
The more we give,
The more we live."

I close this letter to you by reporting a case which may not be entirely devoid of interest to you and the readers of the JOURNAL generally :

On a beautiful day, near the close of last summer, there drove up a carriage to my office-door, having three persons in it, one of whom was on a bed. He was lifted up and brought in, when, after announcing that he was sick, and had been pronounced incurable by the physician of his section, he had at last induced his friends to bring him to me, to see what Water-Cure could do for him. He gave, himself, the following statement : By birth and rearing a healthy person, though somewhat predisposed to bilious disturbances : had seldom had sickness of much severity or of long duration. By occupation is a farmer. Some weeks since lost a cow, from disease ; had a sore on his hand, or cut it, and in skinning the animal, absorbed the poisonous matter, and was that night seized with violent pains in the thumb, hand, arm, and head. Sent for a doctor, who pronounced him poisoned ; declared the case an anxious one ; said it might end fatally, but he would do what he could. Gave him medicine which was very powerful, making him very sick in its operation, and doing him no good. Kept growing worse, and kept being doctored, till at last he was told he could not live, and then he made up his mind to come and see me.

A diagnosis of his case showed great muscular weakness, great excitability of the nervous system, rapid but irregular pulse, great heat of the scalp, great dilatation of the pupil of the eye ; tongue fiery red in the centre, with pale blue edges ; slight cough, weak stomach, great tenderness along the spinal track, lower limbs inclined to bloat ; costive, painful urination, and fickle appetite. To this add great mental exaltation and depression alternating, and you have his chief symptoms.

I pondered, took time for thought, and finally came to the conclusion that I could cure him. When I told him my decision, no uncaged prisoner ever had a greater sense of personal deliverance than he. He was overjoyed. His eyes filled with tears, and he looked like a new being.

I put him under treatment of the mildest kind, made his diet very spare and very simple, and in a little while the skin gathered new force, and the work of excretion began. Over his body came a rash ; on his legs came sores and boils ; his flesh—he was far from being thin, on his coming to the Glen—faded away like the vanishing of a cloud, till he became a skeleton almost. His friends declared I was killing him. His old doctor said he had the quick consumption ; and every means was tried that was possible to induce him to doubt me and my prescriptions. But I urged him to hold on to the effort, declaring to him that he would live, and so he did. After one of the most marked efforts of vital energy in a recuperative direction that I have ever witnessed, he began to get better, gained flesh and strength, and is now, I am credibly informed, in good health, cutting cord-wood. The case was well

known ; all his kinsfolk, his neighbors, and a large town-circle were greatly, though happily, disappointed, that he *did not die*. To myself the case presented aspects that greatly strengthened my faith in what we "Water-Doctors" call the curative results of crisis.—With sentiments of high regard, I remain your friend.

JAMES C. JACKSON.

DEATH FROM CHLOROFORM IN EDINBURGH.—The first case of death from inhalation of chloroform, in Edinburgh, took place at the Royal Infirmary, on the 28th of September last, in a patient under the care of Dr. James Dunsinure, Surgeon to the Infirmary. The man was forty-three years old, of intemperate habits, and had twice before inhaled chloroform without injury. He was admitted for retention of urine, and the operation to be performed was division of the stricture by an incision in the perinæum. An ounce of chloroform on a handkerchief was used. Four or five minutes elapsed before the pulse began to fail. Artificial respiration, opening the trachea, and galvanism, were had recourse to.

WE have not the shadow of a warrant for assuming that alcohol exists, as such, in sugar, and, consequently, as is sometimes said, in grain. The production of alcohol involves the destruction of one compound, and the creation of another.

Practical Water-Cure.

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

ANIMAL INSTINCT ADOPTING THE WATER-CURE.

BY W. H. CHANEY.

It is a conceded point that every thing having animal life is possessed of a certain faculty which we denominate *instinct*. With the nice distinction between this attribute and *reason*, we shall have nothing to say, but shall treat the subject under consideration by employing the term *instinct* as it is commonly applied and understood.

Instinct is incapable of progression, yet it seldom errs ; reason is capable of infinite improvement, yet it is always blundering while making experiments. Instinct is limited to a narrow sphere, and is unpretending ; reason grasps the universe, and pretends familiarity with all its laws. By instinct, when diseased, the lower animals invariably either refuse food, or partake only of such as will effect their cure ; by reason, when diseased, man often curbs his appetite, refuses what would effect his cure, and with horrid grimaces swallows a deadly poison.

Perhaps the reader may infer by this time that we have so far *lost* our reason that we are intending to live without it altogether ; but such, we trust, is not the case. No person can possibly set a higher value upon this excellent faculty of the mind than we do. The point we are driving at it, that mankind have altogether too much reason for their instinct, not *naturally*, but *practically*.

We will illustrate, by way of anecdote. Some

fifteen years since, we had the misfortune to be landed in Ohio from a lake steamer, almost distracted with the bilious fever. Oh for water—how we begged and prayed for a draught of cold water ! This was a demand of nature, the pleadings of instinct ; but the physician said no ! He was a man of science ; had cultivated reason so industriously that he looked upon every prompting of instinct as inimical to reason. Like a bigoted fanatic who believes in total depravity, the very fact of our wanting cold water was to him sufficient evidence that it would be injurious.

It is to cases like the foregoing that we allude when we say there is too much reason in the world. But upon the principle that every thing runs in a circle, and that "extremes meet," the case cited is one where reason is lost in its antipodes. But we will come more directly to the point, in illustration of the text which heads this article.

A few years since, while travelling in the State of Iowa, we chanced to stop over-night with a plain, blunt old farmer, living away in the prairie, some ten miles from a neighbor. Although he could neither read nor write, yet we found him very interesting in conversation. Nature had given him a good intellect, but having always lived upon "the borders of western civilization," it had never been cultivated, save in his own peculiar way.

After discussing with him the various methods of curing disease among his cattle and horses, in which we found he was indebted almost entirely to his own experience and observation for his recipes, we ventured to inquire (we were at that time a subscriber for the WATER-CURE JOURNAL) if he had ever tried the Water-Cure.

"Water-Cure," said he, as if trying to refresh his memory. "Why, yes ; believe I have. But, say, you don't mean any thing about that Dutch doctor I've learn of that lives in Burlington, where you come from?"

We assured him that we meant nothing of the kind, but had reference only to the use of *pure water* for the cure of disease.

"Wall, stranger," he replied. "I reckon I can give you an idee you never thought on."

Taking an extra nibble from a twist of the "weed" he had raised "down in Missonri" five years before, he moved his chair round so as to look us fair in the face, and prepared to enlighten us with the "idee." We will not attempt to give his language, but the substance of what he said is as follows :

While building the log-house he then lived in, they accidentally let a heavy timber slide back upon a skid reaching from the ground to the eaves. An old horse happened to be standing just in the way of it, and had his leg broken. Our host was too busy that day to knock the horse in the head and take off his hide, but intended doing so next day. On the following morning the old horse was discovered standing in a creek of clear running water, a short distance from where the accident happened. There he had hobbled during the night, and appeared to enjoy the cold bath in a high degree. All efforts to drive him ashore having failed, the old man concluded to let him remain, and see what effect cold water would have upon a compound

fracture; for he assured us that the bone actually protruded through the skin.

The weather was very hot, and he had not the least expectation that the horse would live a week. For two days he never left the creek; but the third morning they discovered he had been out during the night and filled himself with grass, returning again to his cold bath before sunrise. This induced the old man to cut a quantity of grass, which, with some oats, he placed upon the bank, and that night concluded to watch his movements.

About ten in the evening the poor horse hobbled ashore, ate very sparingly of the grain, but more heartily of the grass. While standing still, he barely rested the broken limb upon the ground, but when trying to move, raised it clear, depending entirely upon the other three. To the old man's surprise, the leg was swollen but very little, with scarcely any signs of inflammation. He concluded to supply him in this way with food, and the result was, that the horse entirely recovered, and was living at the time we were there. True, his leg was crooked, and he limped in travelling, but the bone appeared perfectly solid, and not the least tender.

Now, here is a clear case of instinct. Had that horse been endowed with reason, he would have been very careful to keep out of the cold water, lest he might "take cold and lose his leg." We think further comment from us is unnecessary, but should be pleased to hear the remarks of some gentleman better qualified to handle this subject than we profess to be.

Education.

ACKNOWLEDGMENT.

TO JAMES C. JACKSON, M.D. :

DEAR SIR : Some six months ago, you addressed me a letter through the columns of this JOURNAL, in view of the opening of the New York Hydropathic and Physiological School. I was encouraged by your remarks, and felt grateful for your suggestions; and it occurred to me then, that when the enterprise reached the consummation of its first term, I would acknowledge your favor in a manner which I well knew would particularly interest you, and generally interest many thousands of those for whom we both labor, and teach, and write. I now sit down to the realization of that intention.

Briefly, Sir, our "experimental" term has been a season of arduous yet pleasing toil on the part of the teachers; and of deep, earnest attention and devoted study on the part of our pupils. Our class, though not large, (indeed, *very* small, compared with the 640 pupils of one of the five or six Philadelphia Medical Schools,) was yet large enough to have twelve States represented; and what is better still, all its members, without an exception, seem destined to turn out thorough, radical, "ultra," and revolutionary Hydropaths. The teachers have reason to be proud of the intelligence of their pupils, some of whom had previously devoted one, two, and three years to

the study and practice of hygienic medicine; and among the most advanced members of the class, I am pleased to regard the gentleman and lady who spent the summer with you at Glen Haven.

On "Commencement"-day, several of the more advanced pupils volunteered addresses; and I can in no way so well give you and the public (who have a life-interest at stake in the character and qualifications of our students) a sample of the material of which we are educating teachers and practitioners, than by submitting the following *thesis*, a part of which was written during the examinations and other Commencement exercises, and handed me (at my solicitation) without alteration or revision :

"THE DUTY OF THE PHYSICIAN.

By Dr. James Hambleton.

"In the contemplation of the beautiful mechanism of our being, the admirable relation existing between all its parts, mental and physical, and the perfect adaptation of all nature around us to secure the legitimate gratification of all our natural wants, desires, hopes and aspirations, are clearly indicated the design that perfect happiness should be the lot of mortals here on earth.

"Like every thing else in the universe, man, in all the departments of his complex nature, is under the control of, and subject to, fixed and immutable laws, the strict observance of which would necessarily and inevitably result in happiness to the individual; for happiness is nothing more than the harmonious and correlative development and action of all the faculties and functions of our being in accordance with these natural laws.

"But, alas! when we look around upon society, and behold the wretchedness and misery that everywhere prevail, we are fearfully reminded that man is but an imperfectly-represented *caricature* of that central Principle of Perfection in whose image he is said to have been created.

"On every hand we see the poor victim of disease, hear his agonizing groans of despair, and witness the sad lamentations of those whose holiest feelings have been lacerated, and fondest hopes blasted, by the untimely and premature death of the most cherished objects of their affections. That this wide-spread ruin, this universal suffering, and wreck of the deepest feelings and strongest ties of our nature, is no part of the scheme or design of Providence in our creation, I am fully persuaded.

"What, then, in view of all these facts, becomes the duty of the individual who assumes the title, and presents himself to the world as a physician?

"Does he discharge his tremendous responsibility by quietly sitting down until some poor ignorant brother or sister, by the habitual violation of physiological law, has brought upon himself, or herself, the consequences of that violation, in the form of disease, and then silently and secretly apply his remedies, pocket the fee, and administer no counsel to the erring sufferer? Does he discharge his duty when he suffers his neighbors, unadmonished, to pursue a course of conduct that must inevitably induce pestilence in the community, though he labor never so faithfully to meet its progress, and mitigate the sufferings of its victims? *Emphatically* I answer, No! This is but the smallest part of the obligation he has

taken upon himself, when he claims to be acknowledged as the minister of health. And to this matter I ask the serious consideration of those ladies and gentlemen who, as class-mates of mine, are fitting themselves for the medical profession.

"The sphere of our duties, as I understand them, is as broad as the wants of humanity, and as universal as the application of nature's laws.

"It is ours to dive into the deep arcana of nature, trace out the hidden mysteries pertaining to the origin of life, discover the causes which, operating upon the formative elements, impress certain characteristics, mental and physical, upon the future human being, and thus, in a great measure, determine, for weal or woe, his destiny on earth; ours, to carefully mark the workings of the human passions, feelings, and propensities, ascertain the cause of their abnormal manifestation in any given case, inquire how *much* and what *kind* of influence is exerted by diet, by various modes of living, by dress, and all the voluntary and involuntary habits of society; to study carefully the normal functions of all the organs of the system, and ascertain what is essential to their normal development and healthy action; to analyze carefully the nature of the elements of which we are composed, and by which we are surrounded, the relation existing between them, and the mutual influence they exert upon each other; to examine thoroughly into the cause of disease, its nature, and prevention; in a word, study nature in all her manifestations pertaining to the phenomena of life, of health, of disease and death, and spread the knowledge thus obtained broadcast over community.

"We are to consider ourselves the special guardians of the health of the community, and in a great degree responsible for its diseases until we have faithfully testified against their cause.

"And especially are we to live a life of strict conformity to clearly-ascertained physiological law.

"Thus much it seems to me we are bound to do as conservators of the public health.

"But as healers of the sick, what are we to do? Nothing but supply the conditions necessary to enable nature to do the work, to remove obstructions out of her way, and prevent all meddling interference with her recuperative efforts. As Hydropathists, this is all we claim to have the right to do; and the means we use are those which nature employs in sustaining the organism in a healthy condition, namely: pure air, pure water, wholesome diet, proper exercise, and the harmonious regulation of all the mental functions; for we must know that bodily disease very frequently has its origin in disturbed mental manifestation. It is by ignorance of, or inattention to, this fact, that physicians often fail in controlling diseased action.

"If the patient has been tossed upon the turbid billows of affliction, or borne down by the rude blasts of sorrow and anguish; if the barbed arrow of disappointment has pierced the heart's best affections, or keen remorse wrung with cold despair the recollections of the past, the services of the physician will avail but little, unless he can pour into the wounded soul the healing balm of consolation, dry up the mourner's tears, and in-

spire a hope for the realization of a brighter future.

"The intimate relation existing between mind and body, and the mutual influence exerted by one over the other, cannot receive too much attention from those who practise the healing art.

"Many a keen pain can be dissipated by a cheerful smile, and a kind and gentle word of encouragement and sympathy.

"Of the nature and adaptation of our remedies to the cure of disease, I need say but little at this time.

"Pure air is the first want of our system. It is the force that puts the machine in motion, the generator of vital changes, the active principle of the phenomena of life; and if in *health* a due supply of this life-sustaining element is indispensable, how much more is this necessary in disease, when all the vital functions are obstructed, and the greater elimination of diseased matter from the system is rapidly deteriorating the surrounding atmosphere!

"Exercise, in connection with oxygen, is necessary to facilitate these vital changes for the promotion of healthy action. It facilitates transformations of dead, effete and inorganic matter; for living, vital, healthy tissue, promotes the strength and growth by intensifying all the vital functions. On the proper regulation of this instrumentality will depend in no small degree the ability of the physician to control the various phases of chronic disease; to build up and strengthen weak and enfeebled organs, and properly distribute and appropriate the amount of vitality at his command.

"The diet, too, is a matter of great importance. To know just how *much*, and what *kind*, the system can appropriate under given circumstances, and how far certain pathological conditions can be controlled and changed by proper alimentation; or *when* and how long to withhold food altogether, in order that tuberculous and serofulous depositions may be burned out of the system, so that the nutritive function may thereby be restored to its normal condition; all these are subjects demanding the closest scrutiny of the practitioner.

"Water is the great instrument by which we can most effectually control pathological and restore physiological conditions, because it enters more largely into the composition of our bodies than any other element. It is the medium through which the materials of growth are carried into, and the products of decay borne out of, the system. By its varied application we can excite and control electrical and vital currents, equalize temperature, reduce excessive and intensify sluggish action, and control all vital phenomena to a greater extent than by the use of any other agency.

"The control of the passions and propensities—here we shall meet with the greatest obstacles; and in proportion to our success here will be our triumph in the management of disease.

"We must obtain the confidence of our patient, by making him feel that we are his friends, and desire to do him good. We shall then be admitted into the inner temple of his soul, and permitted to read there the secret causes of his trouble, and by a kind and tender sympathy we may so direct the action of his mind as eventually to restore

the equilibrium of all his faculties. But let us ever remember that kindness and tenderness are the essential elements of success in these matters; that what may seem to us a very small affair, will be to one differently organized, and under different circumstances, the source of untold misery. We should never, therefore, trifle with and make light of the afflictions of others, for by so doing we act unkindly towards them, and at the same time lose our influence over them for good.

"To sum up in a few words what I conceive to be the duty of the physician, I would say, Study nature in all her various manifestations, so far as they relate to human happiness and destiny, clearly ascertaining the laws in accordance with which the highest development of humanity is associated, and then, by example and precept, propagate this knowledge extensively throughout the community.

"Having definitely ascertained the physiological conditions of health, we will have but little difficulty in controlling the action of disease, for those agents which are essential to the proper maintenance of physiological conditions are mainly such only as are proper to apply in the management of pathological states of the system.

"Let community once be fully impressed with these truths, and the great tide of disease will be stayed, and quackery and charlatanism be banished from the land, and marred and deformed humanity be restored to its pristine beauty and perfection; and go on, triumphantly approximating the perfection of the great central Principle of the universe."

Other addresses, deserving publicity, I have only space to allude to. Dr. A. Smith's thesis, "The Water-Cure Doctor," was an able contrast of the relative positions of water-cure and drug doctors towards physiological reform and human progress. A brief extract will exhibit its spirit:

"He must go forth to teach mankind the laws of nature; to promulgate and illustrate doctrines that are new to the larger part of the world. To do this well, he must be correct in doctrine, pure in life, clear in thought, honest at heart, and firm in purpose. What a noble, what a glorious calling is that of alleviating human suffering, and elevating human happiness! With the pure and sparkling element he assuages the racking pain, allays the throbbing inflammation, and cools the fevered brain; nor leaves a poison where he takes a pain, to canker and corrode during the remainder of life. Though there may be dark seasons of wearying strife and unrequited toil, illiberal opposition from the *regular* sons of Esculapius, and ingratitude from professed friends, still the true physician, the Water-Cure Doctor, has a mission to fulfil which must carry him onward and upward, high over and above them all; for his business is to redeem humanity from disease, and from its innumerable evils and untold sufferings."

Dr. Thomas Nelson, of Illinois, addressed the class on "Professional Courtesy." I extract a single paragraph: "We are about to separate, perhaps for ever. It is with unfeigned regret that I part from those of you who will remain another term, and from our teachers, who have

labored diligently and efficiently to instruct us in the great calling to which we are to devote our lives, our talent, and our strength. We have been associated here as a band of brothers and sisters. But I have other ties and other duties. As a husband, a father, and the last one of a large family now left to a widowed mother, I must return to my home-circle, and the field of my labor and, as I fondly hope, of my usefulness. I shall ever cherish fond recollections of the hours we have here spent together; and I hope and trust that wherever we go, and whatever we do, we shall all convince the world that it is for their good we are battling against the established fashions in medicine. Let us, in the exercise of our vocation, ever bear in mind the address of a British officer to his comrades, in the days of the American Revolution: 'We are fighting for honor and emulation, whilst the Americans are contending for *principles* and *rights*; it is no use to fight against such men.' When we sufficiently convince the hosts of Allopathy that it is not fame and emolument for which we struggle, but *truth* and *humanity*, they, too, may exclaim, 'It is no use to fight against such men.'"

Would you not like to see Dr. Hambleton's thesis circulated broadcast by the side of the best one they can turn out from the *regular* College of Physicians and Surgeons, or either of the inaugurals of our Allopathic professors? Verily, the contrast would not be to the disadvantage of our side. I have only room to assure you that the "profession" all about the "up-town" schools look with evil eye upon the little cloud rising in this part of the medical horizon, not yet "larger than a man's hand," but destined ere long to spread over the whole land.—Very truly yours,

R. T. TRAILL, M.D.

Miscellany.

THE *Rhode Island Freeman*, of recent date, says:

WATER-CURE JOURNAL.—The first number of a new volume is before us.

What a change has been wrought in the opinions and the practices of the world, in regard to water as a remedial agent, since this Journal commenced its existence!

Before that period, the element was shut out of the sick-room, and kept at a distance from the suffering patient, lest he should "take cold," and aggravate his disease. It was an article generally prohibited by the medical faculty, and only used occasionally, and then by stealth, like a piece of contraband merchandise. How often, when we have heard the parched and fevered lips murmur "water," have we replied, "No—'tis against the doctor's order—take a spoonful of warm tea;" and thus, laying aside our common sense and stifling the voice of nature within us, we obeyed the directions of the doctor.

But that inexorable law of progress which bears alike on matter and on mind, changing and improving the particles and combinations of the former, and developing and enlightening the powers of the latter, has performed its legitimate work on medical practice, and water, once the

dreaded and forbidden thing, is fast becoming the primary and indispeusable healing agent.

The WATER-CURE JOURNAL has contributed more, probably, than any other publication to effect this change in public sentiment on the use of water as a remedy for disease, and as an element for frequent use at all times.

Published by FOWLERS AND WELLS, New York, at one dollar a year.

[We publish the above from one of our exchanges, simply to remind the regular medical faculty of a fact—namely, that the Water-Cure is “something new.” We have no doubt but hundreds of our readers painfully remember hours of terrible agony, while burning with fever-heat, craving a draught of clear, cool water. But it was *denied* them! Water would, in nine cases out of ten, have quenched the raging thirst, reduced the jumping pulse, and quieted the throbbing brain. But, no. The poor dying patient must literally “burn up alive;” and, to increase the heat and aggravate the pain, fresh fuel must be added, in the shape of calomel, to increase the flame. The patient dies—unless, by some mere accident, or neglect on the part of the doctor, he rejects his doses, bribes a child, obtains water, rest, and—recovers! We say, *without* some such oversight, the patient—though young or middle-aged—is numbered with the dead. The mother of the writer was sacrificed when thirty years of age. She died craving, begging, *praying* for a drink of water. It was denied her. She suffered and groaned out her life, in the presence of her children, her friends, and her—doctor. But this is only a *single* example, to illustrate *thousands* of others, indelibly impressed on the memories of bereaved survivors. *Is the Water-Cure nothing new?*]

BLOODY FLUX.—[An esteemed correspondent residing in Dover, Tenn., reports the following case:]

An Allopathic physician of this village, of liberal sentiments, once a subscriber for the JOURNAL, standing fair in his profession and possessed of a good practice, was taken with a malignant bloody flux. At first prescribed for himself. Getting worse, called other physicians. At the end of about two weeks from the time he was first taken, their last medicine, as I understood, had been administered, and the opinion expressed that he must die.

About this time I called to see him, as a friend, and expressed my conviction that he yet might be cured by water. On a consultation of the physicians, I was told to go ahead. They however said, as I understood, that he might possibly sink immediately or be affected with a delirious fever, as a consequence of the new treatment.

His bowels were very active at this time; pulse 120 to the minute; his flesh was shrunken and pitted, had no elasticity; countenance exhibited a mortal distress.

My treatment was, first, a wet-sheet pack for a half hour; then washed, wiped dry, and clean linen; a wet boudage about his abdomen, to be changed every two hours and covered with flannel. His bowels were now quiet for five hours. After this, small quantities of bilious matter were

discharged every few hours. An injection of cold water after every discharge of the bowels was administered. Cold water in small quantities given as a drink. Sitting-bath morning and evening for fifteen or twenty minutes. On the third day his abdomen was covered with pimples, discharging water and pus. His skin had recovered its elasticity and softness. A critical fever followed. Pouring head-bath and tepid whole-baths were given every other day after the bandages were omitted, which was at the end of a week. In a few weeks he was as well as ever he was, having returned to his father's near Clarks-ville.

This occurred last autumn. He has been examining the “Encyclopedia” since. He is disposed to be *eclectic* in his views. F. E. R.

THE DOCTORED DOG.—The following lines may, perhaps, be pronounced “*doggerel*” by the critic, and we are inclined to confess that there is quite as much truth as poetry in them; but they have a moral, and we give them a place:

ROVER.

My dog is sick—what shall I do?
Dose him with calomel, most true;
A blue-pill give him every hour,
Untill just five he doth devour;
And quinine, give him just ten grains,
Then feel his pulse to find his pains;
Put him to bed—and then, oh, what?
Decide—a fever he has got!
Yea, one thing more, and do not fail
To put a blister on his tail!
Then roll him off into his straw,
And put no food within his maw;
Keep him nine days up in his kennel,
Let visitors be grave and civil.
Now, take good counsel o'er his case:
Let other dogs go on the chase,
To bring the other currish train
To ease my good dog's awful pain!
Give him to eat but just a bite,
And water give to him but slight:
Just one good spoonful every hour
Is all this sufferer must devour;
And should you see him gasp for breath,
The signs look dim—he'll lie in death;
Then haste and put him out the way—
Go throw him in the pond to stay.
But see! ah! see him kick and splash!
He's not so dead, at last, by gosh!
He snuffs, and blows, and swims ashore,
To run again with dogs once more.
And this I write, to let you know
'Twas not *disease* that made him so;
It was that cursed stuff he took
That all his bones his flesh forsook.
Now, when I get him fat, my Rover,
I think he'll bark as well as ever:
I think he'll do all dogs to teach,
And then I'll send him round to preach!
To cure the sick and heal the lame,
This Doctor Rover will be game.
And well you may believe my Rover—
He's learnt just how to cure a fever:
He'll never dose with calomel!
He'll never give that old blue-pill!
No quinine will he give—all hail!
He'll put no blister on the tail!
He'll quickly take them to the water,
And cure them as a good dog ought to.
Then hear him howl a jubilee—
From medicinc all dogs are free!
His lesson now he's got by rule:
When dogs are *hot*, he makes them cool;
And when they're not—reverse the plan:
Thus, teach a lesson unto man. F. E. R.

WATER-CURE IN MEASLES.—Wishing to add my testimony in behalf of the cause of Hydropathy, I will give you a statement of home practice in my own case. I was taken with a violent cold, as I thought, (not knowing that I had been exposed to the measles,) on the 9th of last January. I took three towel-baths, which did not seem to remove the soreness from my skin, which appeared dead; I kept about for a week, when I was confined to the bed. Thinking I had the typhoid fever, I took another towel-wash, when the measles began to show themselves, and I found out what was the trouble. I took a towel-bath every two hours till they were all out, using tepid water at first, then cold; drank nothing but cold water, and used nothing warm or stimulating as food. My diet was cold boiled rice, and good mellow apples raw, but very little of either till the measles were drying up. I was about in a week; and what seemed strange to my neighbors, my cough, which was hard at first, disappeared with the measles.

I continued the hand-bath, which I had practised for some years, which soon restored my strength. Many persons were astonished when I told them that my medicine was pure water, and nothing else. Hydropathy is gaining ground here quite fast, yet we need much more light on the subject. Wishing you abundant success in the good cause, I remain yours, in the cause of medical reform, J. L., JR. *Blundinsville, Ill.*

A WATER-CURE COUGH RECIPE. By one who has “tried it.”—Place a glass or cup of PURE SOFT WATER within reach, and whenever inclined to cough, or feel an irritation or tickling in the throat, take a swallow or sip, with a determination *not* to cough. Continue this perseveringly, and “my word for it,” the most vexatious cough will be removed in a much shorter time than by the use of any other means known to—yours truly, E. F. R.

THE ATLANTIC CROSSED IN SIX DAYS.—The February number of the AMERICAN PHRENOLOGICAL JOURNAL contains a splendid engraving of the STEAMER WILLIAM NORRIS, which it is believed will easily cross the Atlantic Ocean in *six days*: with description of the vessel, and Portraits, Phrenological Characters and Biographical Sketches of her builders, WILLIAM NORRIS and JOHN W. GRIFFITHS. This number also contains, among other valuable matter, “A Physiological and Phrenological Description (with a portrait) of Herr Driesbach, the Lion King;” “Chang and Eng, the Siamese Twins,” (with portraits; “Memory,” a Psychological article of singular interest; “Phrenology and the Professions;” “Phrenology as Exemplified in Literature;” with a number of miscellaneous articles. Terms, ONLY ONE DOLLAR a year, in advance. Published by FOWLERS AND WELLS, Clinton Hall, 131 Nassau street, New York. Now is the time to subscribe.

HAZEL-EYED GIRLS.—Major Noah says that a hazel eye inspires at first a platonic sentiment, which gradually but surely expands into love as securely founded as the Rock of Gibraltar. A woman with a hazel eye *never slopes from her husband*, never chats scandal, never sacrifices her husband's comfort to her own, never finds fault, never talks too much or too little, always is an entertaining, intellectual, agreeable and lovely creature. We never knew but one uninteresting and unamiable woman with a hazel eye, and she had a nose which looked, as the Yankee says, like the little end of nothing, whittled down to a point.

A NEW MAGNETO-ELECTRIC MACHINE, for medical purposes, has recently been invented, and is now offered for sale. See Advertisement in the present number. This new machine is said to be superior to all others now in use.

Literary Notices.

ALL BOOKS published in AMERICA may be obtained through the office of this JOURNAL at 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 post-paid, and directed as follows: FOWLERS AND WELLS, Clinton Hall, 131 Nassau st., New-York.

FRUITS AND FARINACEA THE NATURAL FOOD OF MAN. By JOHN SMITH, Esq., of England; with Notes and Illustrations by R. T. TRALL, M.D. FOWLERS AND WELLS, Publishers, New York.

This work is now in press, and will be issued in four numbers, at twenty-five cents each. It discusses the question of vegetarianism 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; whilst an immense amount of important statistical data has been compressed into the smallest possible compass, and presented in an admirably systematic manner. In a word, it is precisely such a textbook as the age, the times, and the state of the public mind in reference to diet demand.

The first number will contain a full examination of the scriptural argument, and a complete exposition of the facts and arguments deducible from comparative anatomy, with illustrations by Dr. Trall, whose long experience in the management of invalids, in connection with vegetable diet and hydropathic appliances, gives a peculiar value, at least to the American reader, to his observations and suggestions.

The subsequent numbers will present the Chemical, Experimental, and Physiological arguments, with answers to all the known objections urged against the theory of vegetarianism. Further particulars will be given in our next.

THE ORGANIC LAWS; or the Laws which govern the HUMAN ORGANISM. By J. B. SAX. New York: FOWLERS AND WELLS, Publishers. [Price, prepaid by mail, 87 cents.]

In connection with the title, we give a brief synopsis from the table of CONTENTS. In the Introduction the author says:

"I wish to furnish a brief and comprehensive guide to health and happiness, by the help of which any one, even though he had but little leisure, might regulate all his voluntary habits in accordance with the laws of life, so as to rescue and preserve the highest condition of the body and mind."

The reader will better judge of the character of the book by the following synopsis:

INTRODUCTION.—All things governed by laws—Every species has its own laws—Every individual, in any species, subject to the same laws—The human species no exception—The subject proposed.

DISEASE THE RESULT OF TRANSGRESSION.—Amount of disease—Man only diseased—Nature of disease—Animals diseased when they transgress—Hereditary disease, etc.

AMOUNT OF PHYSIOLOGICAL TRANSGRESSION.—Every action must violate or obey—A supposed case—Most of our habits transgress, being established in ignorance of the Organic Laws.

MAN'S DIETETIC CHARACTER.—All constitutions alike—Comparative anatomy proves man herbivorous and granivorous—Teachings of the Bible—Testimony of distinguished men.

THE PHYSIOLOGICAL ARGUMENT.—The fund of life—Unnatural stimulation wastes this fund—Flesh-meat produces such stimulation, and an inferior chyle—Flesh diseased—Does not increase strength—Feelings no guide, etc.

THE MORAL ARGUMENT.—Flesh-eating depraves mentality, by diseasing the brain—Also by the examples of death and cruelty which it makes necessary—Lines of Thomson.

TEA AND COFFEE.—They are poisons—They are powerful stimulants—They cause too much fluid to be drunk with meals—Hot drinks.

TOBACCO, SALT, ETC.—Tobacco a poison—Its effects on the salivary glands and sense of taste—Salt a poison—Condiments, etc.

FAT, BUTTER, MILK, ETC.—Fat diseased and poisonous—It is indigestible—Butter—Cheese—Milk—Eggs.

MAN'S PROPER FOOD.—Wheat, and the way it should be used—Indian corn—Rye—Barley—Rice—Fruits, etc.

MAN'S PROPER DRINK.—The juices of fruits man's best drink—Water hard and impure.

QUANTITY OF FOOD.—Excessive alimentation—Proper amount of food in ounces.

VARIETY, TIMES OF EATING, ETC.—Variety—One kind at a meal—Times of eating—Number of meals.

THE EXPERIMENTAL ARGUMENT.—True experience—examples—Strength, symmetry, beauty, activity, etc.—Cholera in New York—Albany Orphan Asylum—Author's experience, etc.

ADVANTAGES OF THE REFORM SYSTEM.—Economy—Emanipation of women—Health—Happiness.

BATHING, EXERCISE, ETC., ETC.—Air—Clothing—Temperature—Sleeping—Sexual intercourse.

MEDICINE AND ITS EFFECTS.—Medicine poisons—Change the location, but cannot cure disease—Evil of drugging.

TREATMENT OF THE LUNGS.—Use of the Lungs to supply oxygen—Lacing—Position of the shoulders—Abdominal belts—Exercise of the lungs—They secrete electricity.

CONCLUSION.—Recapitulation—Rules of regimen.

The author has thus endeavored to present a complete analysis of the "Organic Laws which govern the Human Organism." We heartily commend it to the attention of the public. The volume contains about 260 12mo pages, well printed, put up in mailable form, price 87 cents.

INTEMPERANCE AND DIVORCE; or the Duty of the Drunkard's Wife. By Mrs. C. I. H. NICHOLS. New York: FOWLERS AND WELLS. [Price, 50 cents a hundred; \$5.00 a thousand.]

This is an eloquent plea in behalf of woman, as a wife, in her relation to the questions of Intemperance and Divorce. In the form of a letter to the Executive Committee of the Woman's New York State Temperance Society, and making a handsome tract of ten pages. Mrs. Nichols takes ground against accepting intemperance as a ground of divorce—"first, because it is not the first step in order; and second, because, when the steps first in order shall have been taken, the evils for which divorce is claimed to be a remedy will have ceased, and with them the demand."

The tract is worthy of a wide circulation as an efficient temperance document. Will friends of the cause help to circulate it?

THE VOICE OF GOD AGAINST NATIONAL CRIME.—

By JOSEPH P. THOMPSON, Pastor of the Broadway Tabernacle Church. Published by request. New York: IVISON AND PHINNEY. 1854. [Price, prepaid, 15 cts.]

This is a sermon called out by the agitation of the Nebraska Question, and is an eloquent exposition of the views and feelings of those anti-slavery people who look at the subject from a theological point of view. As a literary production it does not detract from the well-established reputation of its author.

THE RELIGION OF MANHOOD; or, the Age of Thought. By Dr. J. H. ROBINSON. Boston: BELA MARSH. 1854. [Price, prepaid, \$1.00.]

The greater portion of this work was written or spoken under the influence of what the author believes to be spiritual beings—in other words, by inspiration from the supermundane sphere. We have found time to read but little, except the author's Introduction, the tone of which we like very much. It is candid and moderate, but earnest, and will command the respect, at least, of the unprejudiced reader.

CHARLES HOPEWELL; or, Society as it is and as it should be. By JOHN PATTERSON, author of "Innovation." Cincinnati: LONGLEY AND BROTHER. 1854. New York: FOWLERS AND WELLS. [Price, prepaid by mail, 60 cts.]

For several years, little comparatively has been said on the subject of social reform, at least in public; but the seed previously sown by the disciples of Fourier, St. Simon, Owen, and others, has slowly germinated, and is now springing up everywhere around us. The book before us is one of the results of the revival of the society agitation. We see every day indications of a new interest in socialism, and have no doubt but that this work will find a large number of readers. The author has chosen the form of a story in which to embody his social doctrines, which are very fairly and candidly stated, and commend themselves to the candid consideration of all persons interested in the subject. An attempt is soon to be made to incarnate them in life, as the author says the next volume "is not to be written in words, but wrought out in deeds."

AUTOGRAPHS FOR FREEDOM. Edited by JULIA GRIFFITHS. New York: JAMES C. DEEBY. 1854.

The plan of this handsome volume is to present contributions from the pens of a large number of the prominent sympathizers with the anti-slavery movement, with *fac-similes* of their signatures. It contains a large number of beautifully-engraved portraits, among which are those of J. R. Giddings, Wm. H. Seward, Horace Greeley, Henry Ward Beecher, E. H. Chaffin, Antoinette L. Brown, and Frederick Douglass, and about fifty articles and autographs. Some of the contributions are simple brief notes or sentiments, with a signature; others are essays, poems, stories, etc., of considerable length.

HOME SCENES; a Family Story. By AMANDA WESTON. Syracuse: L. C. MATLACK. 1854. [Price, prepaid by mail, 62 cents.]

A very pleasant story of domestic virtue and happiness, and one that may be read with pleasure and profit by both children and parents. It shows what a happy place a home may be made, by the exercise of the Christian graces. Illustrated with wood-cuts.

THE REPORTER'S MANUAL.—A complete Exposition of the Reporting Style of Phonography. By ANDREW J. GRAHAM. New York: FOWLERS AND WELLS. [Price, prepaid by mail, paper, 62 cts.; muslin, 75 cents.]

"Had Phonography been known forty years ago, it would have saved me twenty years of hard labor."—HON. THOMAS H. BENTON.

A demand, which can now be supplied, has been made during two years past for a thorough and extensive treatise on reporting. The work formerly published by Mr. Webster has gone into disuse, on account of improvements having been made in Phonography; while Mr. Pitman's, though certainly very useful and correct, failed to give several important rules which Phonographers stand in need of. Over and above the amount of instruction given in those works, this contains a very useful scheme for the reporting of numbers, (the author's own invention;) rules for distinguishing, when unvoiced, *this* from *there*, *thus*, and *those*, and *their* from *there*; rules for the use of the strokes W, H, and Y; a complete list of word-signs and contractions of the Corresponding style of Phonography, and a list of many words of peculiar or difficult formation, whose outlines are shown by type-keys. A more copious list of phrase-signs has never been published. Embodying, as we presume it does, the results of the author's extensive experience as a reporter, we doubt not that it will prove every way acceptable to the thousands of Phonographers who have been desirous of acquainting themselves with the most rapid styles of Phonography.

THE UNIVERSAL PHONOGRAPHER, for 1854, is a decided improvement upon the last volume. It has an elegant heading, is beautifully and clearly written. One dollar per year.

The STENO-PHONETIC CORRESPONDENT will be a useful journal for beginners in Phonography. Fifty cents per year. A. J. GRAHAM, publisher, New York.

THE POTIPHAR PAPERS. Reprinted from Putnam's Monthly; with Additions and a Preliminary Letter.

With illustrations by A. HOFFIN. New-York: G. P. PUTNAM & Co. 1854. [Price, prepaid by mail, \$1.00.]

Considerable fluttering was caused about a year ago in fashionable circles by the appearance in *Putnam's Monthly* of an article entitled "Our Best Society," in which the follies and falseness of social life among the "upper ten"—the *parvenus* who desire to pass for the "cream of the cream" of this metropolis—were most unmercifully criticised and exposed. This article was followed by others, with different titles, but on the same general topic, and all bearing the impress of a pen of extraordinary vigor and originality, and showing perfect familiarity on the part of the writer with the subject he had undertaken to handle, as well as a clear conception of the intrinsic hollowness of our fashionable society. These Papers are now collected into a handsome illustrated volume, and we trust they will be read in all circles. They will help to form a higher standard of social position, and to hasten the time when "Our Best Society" will be founded on something else than money, and will cease to be a laughing-stock for all sensible people in America and Europe.

THE YEMASSEE: A Romance of Carolina. By W. GILMORE SIMMS, Esq., author of the "Partisan," "Guy Rivers," &c. New and revised edition. New-York: REDFIELD, 1854. [Price, prepaid by mail, \$1.25.]

We are glad to see a new edition of this popular American romance; and the more so, as it is intended to herald a new and improved edition of all the author's works. Mr. Simms introduces the work with a prefatory letter to Prof. S. H. Dikson, of South Carolina, in which he introduces some just and philosophical remarks in regard to the true character of modern romance, and insists upon the distinction between the romance and the novel. The Yemassee is got up in excellent style, as all Redfield's books are, and will have a large sale.

I. FASQUELLE'S FRENCH COURSE. II. FASQUELLE'S COLLOQUIAL FRENCH READER. III. FASQUELLE'S TELEMAQUE. New-York: NEWMAN AND IVISON, 1853. [Price, prepaid by mail, \$1.25 each.]

"Fasquelle's French Course" is on the plan of "Woodbury's Method with German." It pursues the same gradual course, and comprehends the same wide scope of instruction. It is most eminently practical; works admirably in the class-room. It will be found everywhere equal alike to the wants of the teacher and the pupil; indicating in the author a clear and profound knowledge of his native tongue, added to consummate skill in the art of imparting it.

"Fasquelle's Colloquial French Reader" furnishes a fine collection of reading matter, derived from the most celebrated French writers. The work throughout abounds with references to the author's "French Course," whereby difficulties of grammar and idiom are cleared up; while, as a farther aid, it is provided with full explanatory notes and a complete vocabulary.

"Fasquelle's Telemaque" presents this splendid production of Fenelon in a beautiful mechanical dress, with copious references to Fasquelle's Grammar, full notes explanatory of difficulties in the text, and a full vocabulary. It forms a fine school edition.

These works form a complete French series, and are spoken of in the highest terms of praise by distinguished teachers.

PAMPHLETS, &c.

THE HYDROPATHIC QUARTERLY REVIEW, for February, more than sustains the promise of the first number in the popular style of its discussion, and its common-sense directions for the preservation of health. The topics here treated are of a character to command attention from all readers on physiological and hygienic subjects. "Dyspepsia," "Common Colds," "The Hunger-Cure," "Water Crises," are papers of great interest to hydropathic patients, and present numerous hints which may be of value to any invalid. The prevailing inculcations of this Journal lead to temperance, both in eating and drinking, as the main conditions of health, and to rigid abstinence as an indispensable element in the cure of disease.—*N. Y. Tribune.*

Published by FOWLERS AND WELLS, New York, at \$2.00 a year.

THE WHIG ALMANAC for 1854 contains, besides the ordinary almanac matter, a complete list of members of the present Congress, with the Federal Executive and Supreme Court, the President's Inaugural, a bird's-eye view of the National Finances from the last Treasury Report, with the Diplomatic Correspondence of Chevalier Hulse-mann and Secretary Marey respecting the case of Koszta; ditto between Messrs. Webster, Crampton, Everett, Lord John Russell, &c., respecting Cuba; with brief accounts of the Crystal Palace, the Japan Expedition, the war just beginning between Russia and Turkey, &c., &c. It is a reliable work for reference in regard to Elections, Congresses, Treaties, &c., and we believe none of the contents of this issue will be found objectionable, on partisan grounds, to any republican. New York: Published by Greeley and McElrath. [Price, prepaid by mail, 15 cts.]

NORTON'S LITERARY REGISTER FOR 1854.—An exceedingly useful work for the literary man, the book-buyer and the bookseller; containing Lists of Publications, Statistics of Education, Libraries, &c. New-York: C. B. Norton. [Price, prepaid by mail, 30 cts.]

ALMANACH FRANCAIS POUR L'ANNEE 1854.—A very useful annual, indispensable to the *populations Francais*. Now York: Sold by the author, J. D. L. Zender, at 845 Twelfth Street. [Price, prepaid by mail, 37 cts.]

Matrimonial Correspondence.

CANDIDATES FOR MATRIMONY.—The large number of communications from the unmatrimonyed ones of both sexes, compels us to put them in smaller type than heretofore, and to condense many of them. One or two are excluded by their length and the impossibility of bringing them within proper limits; and several, written in very indifferent *rhymes*, are respectfully declined. Hereafter, communications for this department must not exceed a single letter page; must be in prose; must be carefully and legibly written; and must be accompanied by the true name and address (*not* for publication) of the writer. Unless all of these conditions are complied with, no attention will be paid to them. We have the names of the authors of the following letters for those who have a right to know them.

LETTER NO. XI.

I HAVE noticed several applications for vegetarian wives and husbands, and confess I was *romantic* enough to think it was making much *too public*, affairs I had ever deemed should be strictly private. But being particularly pleased with the sentiments expressed in Letter No. 10, and the qualifications of the writer, I have banished all scruples, and determined to take my chance with the rest in this very novel method of match-making. And now I suppose I must say something of myself, although my modesty shrinks from the task.

I am a simple country-girl, daughter of a mechanic, blessed with sound health, a cheerful and contented disposition, a good practical education, with but few of the *fashionable* accomplishments, and a *warm and loving heart*. I am a firm believer in the Water-Cure, and an advocate of reforms, but not practically a *vegetarian* at present. I am, in short, a free child of Nature, and an ardent admirer of all her works, and consider a knowledge of the laws of life and health of the utmost importance. As concerns dress, I am neither "Bloomer" nor "anti-Bloomer," but am *fearless* enough to consult my own taste and convenience, rather than the prevailing fashion.

Now, if I ever marry, I want a husband whom I can *look up to* and *adore*. I think I could *appreciate* true worth, and *love* the possessor. What more can I say, except that I am neither *old*, "*ugly*," nor *rich*?—FANNY FREEDOM.

LETTER NO. XII.

I WISH to inform "whom it may concern," through the JOURNAL, that I am a vegetarian, in the full sense of the word. I use no animal food of any kind, with the exception of a very small quantity of milk. I am also a believer in Hydropathy, and practise what I believe; in short, I am an advocate of all reforms.

I think that I should suit the writer of Letter Number 10, and that he would suit *me*—at least I am willing to communicate with him on the subject, if he desires; and if we find we are not congenial, there will be no harm done. If he wishes to know more concerning me, if he will read Letter Number 1. In the August number, he will there find a description of me as near as I can give it myself, with one or two exceptions. If Letter Number 10 is otherwise engaged, I will correspond with either of the other candidates, for I assure you I had rather live a life of "single blessedness" than marry any other than a reformer; and I believe this to be as honorable a way as any to find one. I remain, yours, &c., A LOVER OF TRUTH. [Quincy, Ill.]

LETTER NO. XIII.

I WAS well pleased (with a few exceptions) with Letter Number 10, in the WATER-CURE JOURNAL, over the signature of E. J. C., who is seeking for his OTHER half among the fair readers of your Journal; and as he seems not to be in search for his BETTER half, perhaps I may be that which he has so long sought for in vain.

I, too, have been seeking for just such a prize, for I never felt as though I was more than half what I should be. And perchance he has that prize to bestow in return for the fifty per cent. of himself.

I do not possess all of the qualifications he requires, but perhaps we can make an off-set, as he does not possess all that I require. I can appreciate him, if he does not estimate himself too highly. I can love him if he is like my *Cousin Willy*.

I am common height, straight, healthy, strong, and love to sleep in the morning; my intellect is cultivated, if not sound; my affections are warm towards those I love. I have no great taste for washing. Cooking I do not object to. French and music are very agreeable; but oh! how tedious to take music lessons! My *ability* to acquire is better than my *will*. In regard to dress, I am wilful, when dictated to, but economical. As for being poor, I am not, and should object to be deprived of my piano-forte.

I am less than twenty years of age, and was good-looking WHEN SIXTEEN. I would be a reformer, but I do not like percussions; and within a short time I have become a believer in the Water-Cure system.

Now let us see what he lacks in my requirements; perhaps he can answer to some of them. He must be six feet in stature, good form, handsome, refined in manners, no dreamer, but ambitious, doing a good profitable business, or else be wealthy, of respectable parentage, and not over twenty-eight years of age, and a lover of home and children, and does not object to go of errands for his other half, and will listen to music when he is tired.

Now, if he considers this a fair off-set, and he thinks it an honor to make my acquaintance through a private correspondence, he can send his name to me. E. M. C.

Canandaigua, N. Y.

LETTER NO. XIV.

I HAVE just been reading the January number of the WATER-CURE JOURNAL—Matrimony and Vegetarianism—and the thought occurred to me, that it might not be out of place for me to give you a description of my idea of a wife, though the fact is, I have met with but little encouragement in my search for the actual, to meet the ideal. Some of my friends have told me I might as well speak for one to order, there were none such to be found. Others said I looked for altogether too great a degree of perfection, and argued that none of us were perfect, and we must not look for it in others; and I began to believe them right, and conclude I must accept of such as were set before me, or remain in the ranks of single blessedness. But I see from your correspondents that I am not alone in my views of what is necessary to constitute a good wife, and that there are some among the fairer sex who seem to have an idea corresponding, in some respects, with mine; for instance, I take quite a fancy to the writer of Number 8; and were it herself, in place of her uncle, she speaks for, I am not certain but I should think I was just about the person she was looking for.

"Sound minds in sound bodies;" yes, that is the thing to be aimed at; but as I do not profess to have that to offer—and as I do not remember ever to have seen any one that I thought had reached that state of perfection—though I have seen the one approaching as near to it as possible, while connected with the other in an imperfect state—and as I have nearly reached the climax from which the descent to "old bachelorism" is pretty direct, and rather sudden, being twenty-six, I doubt not I should accept of a wife that approached something nearer to the standard than any thing I had seen, and one too, who, at the same time, aspired to approximate nearer and still nearer to perfection—a woman in the full sense of the word—such a woman as she was designed by the Creator to become; one who desired to cultivate, develop, and perfect every faculty with which she was endowed.

I am not a thorough vegetarian in practice, though, under favorable circumstances, should like to become so; neither do I at present abstain entirely from the use of coffee, though I have done so for years together. Tea I never did use, nor tobacco in any form. As indicative of the class of reformers to which I belong, and also of my taste for literature, I would say I have been for nine years a reader of the *Phrenological Journal*, and for less time of the *New York Tribune*, *Portland Pleasureboat*, *Arthur's Magazine*, *Country Gentleman*; and while I am no admirer of sectarianism, and believe that much that passes for religion, at this day, deserves no better name, still I am an admirer of such men as Henry Ward Beecher and Theodore Parker; and were I situated so that I could listen to such speakers, don't know but I should attend church three times a day, instead of, as now, three times a year. In short, I am a much stronger believer in good deeds than in loud professions.

I am a farmer's son, and shall probably eventually become one myself, and shall want a wife capable, when necessary, not only of "making music on the wash-board," and "commanding a regiment of pots and kettles," but, at the same time, should desire that she possess a refined and cultivated

mind, good taste, sound judgment, practical common sense, and be a lover of the beautiful, the gentle and the good everywhere.

And now, Mr. Editor, I presume that nine out of ten of your fair readers are ready to pronounce me a hopeless case of "old bachelorism;" and I am quite inclined to believe you yourself will favor the opinion of some of my friends above expressed; but still I am led to hope there is somewhere in this wide world a flower still left for me:

"Some beautiful maiden—God bless her!—
Unencumbered with pride or with pelf,
Of every true charm the possessor,
And given to no fault but myself."

And I doubt not, should I be so fortunate as to find her,
I should give over my search for an angel,
And think, if I met with success in the sequel,
After all, the deuce would be in it,
For the match would be mighty unequal.
The angels, I'm ready to own,
In this world are rather uncommon,
And I'd allow Dr. T. to suggest,
I'd be better content with a WOMAN.

Nassau, Rens. Co., Dec. 29th, 1853.

LETTER NO. XV.

It is with some degree of timidity that I present myself before your readers as one who is not yet blessed with a kindred spirit. I will say that necessity does not compel me to make this a public matter, but merely an inclination to follow the good example of others.

I am a plain simple-hearted maiden, about medium height, full form, blue eyes, brown hair, and a cheerful glow of health upon my cheeks; nature my only physician, fresh air and pure water my only medicine. Am at home in the study-room, the parlor, and the kitchen; can perform almost any kind of handywork, from the baking of bread and the fitting of a Bloomer dress, to the printing of a delicate rose; have deep and lasting affection for those to whom I am attracted; a progressive mind, rather of a mathematical cast; am free as the birds that flit around my country home, confined to no sect, chained by no creed; have been a truth-seeking reformer for some years.

I think very well of Letters Numbers 9 and 10, but presume neither would please me in all things; if so, neither would I please them. A man to suit me must, above all, have a MORAL CHARACTER without a blemish; must be a SOCIALIST, a *spiritualist*, and a *vegetarian*; must acknowledge the natural right of all to FREEDOM, without regard to *sex* or *color*; must be a fearless investigator and lover of truth, whether found imprinted in the book of nature, in the Christian Bible, the Koran of Mohammed, or in the columns of a newspaper; must be somewhere between the age of twenty-three and thirty, (I am under twenty-four,) medium height, or a little under, with slender form, dark eyes and hair, but not black, a strong will and untiring energy, but, at the same time, perfectly quiet and sweet-toned; with a soul full of love, ever ready to give a warm response to the tender gushings of a true woman's heart. Must wish a wife his equal in native intellect, or nearly so, a true helpmeet and co-worker in the cause of truth and progress. I would prefer an editor and printer or school-teacher to a farmer or mechanic, but am not so particular about this.

Now, in conclusion, should any young man who may read this chance to feel a streak of attraction towards the unknown but social writer, he can, if he chooses, apply to the editors for her name and address, and enter into an epistolary correspondence with her, without any further introduction.

FIDA

LETTER NO. XVI.

. . . . I am a country girl, living among green hills and fields; am a hydropath and vegetarian in theory and practice. I have a well-developed physical system, a common intellect and warm affections. I am not exactly a "blue-stocking." I can wash, cook, and sew, but do not understand French, nor much of music. I have the ability to acquire any thing that I undertake, even the art of evading medicine, when have a dear aunt standing by, with a phial in each hand.

I am a little over five feet high, and weigh one hundred and twenty pounds; am under twenty-five years old, and not very ugly; am not rich. Now, to tell you the truth, I like the tenor of Letter Number 10, and if I am not too late, you may introduce me to "E. J. C."

Fairfax Co., Va.]

SUSAN.

LETTER NO. XVII.

I AM twenty-five and a half years old, six feet and one inch high, and weigh one hundred and eighty pounds. I have good health, a fair complexion, blue eyes, and Auburn hair. I long since abandoned the use of tea and coffee, and of late the use of drugs. Never did use tobacco or spirituous liquors. I am neither handsome nor particular "smart;" neither rich nor very poor, but am able, with frugality and industry, to save four or five hundreds net income per annum for the little "responsibilities" of a future day. I am a vegetarian in principle, and would like to be in practice; but to live in Georgia, and eat at other men's tables, as I have to do, and be a strict vegetarian, is a solecism not easily reconciled. I am affable with the familiar, cheerful with the lively, affectionate to the amiable; and I think I would be as kind to a wife (if I had one) as she possibly could be to me, in spite of her. I want a vegetarian wife, of medium size, good health, and my junior in age. I care not how rich or how poor, if she is willing to live within the income of her own fortune and proceeds of her own labor. I care not how pretty or how talented, how pious or how amiable. I would like for her to be able to make tolerably good vocal music; instrumental desirable, but not requisite. She must have a domestic as well as a literary education. She can wear what kind of dress she choose, if she will allow me the same privilege. She can have a separate estate or not, and manage her own concerns, or allow me to manage them for her. She must be sensible, prudent, and amiable, and capable of governing herself; and at any time be willing to join me in sacrificing every other interest (if need be) for the promotion of each other's happiness and well-being. She must be kind, and capable of reciprocating affections. She must be economical, but not avaricious; liberal, but not prodigal; and one who, at least, will try to avoid all unpleasant extremes. And more particularly I wish her to be my companion in my *spiritual* as well as my *temporal* pilgrimage; that she may watch while I pray, stand when I fall, and support me when I am faint; and *vice versa*. If any of the fair readers of your Journal wish to become acquainted with, in the manner proposed, let me hear from them as soon as possible.

FRANK SINCERITY.

LETTER NO. XVIII.

MESSES. EDITORS: I am a Water-Cure and a Vegetarian in theory, if not altogether in practice. I wish a companion of the same principles, but in all the circle of acquaintance there is not one. In matters of dress I should wish her to be free enough to consult her own taste, and in all things to study and comprehend the laws of her being. I omitted to mention that I am poor. I will not require the same qualification in a wife, neither object to it. I am twenty-one years of age; am a mechanic, and should wish a wife to be over eighteen or twenty at most. Now, if any fair reader of this JOURNAL is disposed to allow me the honor of making her acquaintance through the medium of a private correspondence, she can learn my name by applying to Messrs. FOWLERS AND WELLS, 131 Nassau street, N. Y.

LETTER NO. XIX.

. . . . I AM nineteen years old; am a strong believer in the Water-Cure system, Temperance and *Woman's Rights*. I am in part vegetarian, eat flesh-meat occasionally, but care nothing about it. I drink cold water entirely, and bathe twice in a day; do not think I can be called a slave to any bad habits. I do not wear the Bloomer costume. Phrenology and Physiology have always been favorite studies; I understand them both—Physiology in particular. I understand Algebra, Chemistry, Natural Philosophy and Rhetoric, as well as sewing, washing, sweeping and cooking. I am of a cheerful disposition, and enjoy a good joke, and am capable of giving one.

CRAZY SABB.

LETTER NO. XX.

. . . . As some of you at least are believers in the equal rights of women with men in selecting companions for life, I would say that if you know of any one who is in want of a wife that knows more of the laws of life and health than French and Latin, and of domestic duties than making worsted cats and dogs; one between thirty and forty, who is willing to obey and permit his wife to obey the moral and physical laws of God—the wearing of the Bloomer dress included—he can address a note to Miss Abeana Somebody, care of B. E. Parkhurst, Bruswick, Cumberland County, Maine.

LETTER NO. XXI.

. . . . I AM of medium size; was raised on a farm till I was nearly twenty-one years old; have since spent between three and four years in academiical studies, with the intention of making a *man* of myself. I don't claim any natural genius, except for eating and sleeping. I am of German origin; my person is somewhat characterized by a graceful European rotundity. I have read the WATER-CURE and PHRENOLOGICAL JOURNALS since 1849, and in connection the most popular works on those subjects. I am a vegetarian in principle and practice, and have an inexpressible abhorrence of the use of tea, coffee, tobacco, and all the useless and injurious drinks, from frothy small-beer up to the dearest wines and brandies. I possess (as phrenologists say) a happy combination of the mental and sanguine temperaments. Am also a peace-man, almost to the extent that I would fight for it rather than *not have peace* in the family. I can speak several languages fluently, and besides, read two; and understand mathematics so well that I seldom need to refer to Algebra or the Calculus for a formula to extract such roots as beets, radishes, carrots, &c. I can't make any music, except with a wheelbarrow; however, I am *so fond of music* that, should a lady have all the combined qualifications of "Mary Meadows" and "Priscilla Mindfulness," and not be able to make any music except on the "washboard," I could not but respectfully decline giving her my hand. I don't wish my lady to become a mere "satellite of the dinner-pot." Of course, she should have a good mind, a full share of common sense, (not too common,) be amiable, benevolent, and capable of appreciating the qualities of a good husband, and love him according to his merits. She should have a good constitution, be little above the medium size, and dress as the laws of health dictate. As regards beauty, she need not be provokingly good-looking, yet this shall be no objection. ROBERT MERRYMAN. [Ann Arbor, Mich.]

LETTER NO. XXII.

WHILE perusing the WATER-CURE JOURNAL, my attention was arrested by reading a sentence like this: "I want a wife who can appreciate and love me." In reply, I will say that the thoughts and sentiments expressed in letter No. 10 so well accord with mine, that I wish to form an acquaintance with the author of that communication. You will please introduce me as you think best. A HYDROPATH [Mount Nelo.]

LETTER NO. XXIII.

. . . . I AM nineteen years of age, have got black eyes, auburn hair, and am rather short. I have worn sack-dresses this two years, and lived wholly on vegetable food for one year, and I suppose that one year more will make me as healthy as any of the vegetarian ladies. I was never in the habit of drinking tea or coffee. I know how to make good butter, milk cows, cook victuals, wash dishes, make beds, sweep house, and make cheese. I can wash and sew; but of French and music I know but little. I have neither riches, wit, nor beauty to be proud of, but a comfortable supply of common sense. I have a kind, loving, and affectionate heart; have great sympathy for the sick and unfortunate; and this is what I would ask in a husband; not that artificial love which comes and goes like the wind, but that *true* love which comes from the heart. Letter No. 10 strikes my fancy as favorably as any of them. None but a Hydropath and Vegetarian need apply, for I want no other.

ADELIA FITCH [Rome, Ashtabula Co., Ohio.]

LETTER NO. XXIV.

. . . . Now I am a farmer's daughter, under twenty-eight years of age; am not handsome, but rather plain-looking. I can milk cows and make cheese to perfection. I can wash clothes and dishes, and make soap. I can make Graham bread, Graham pies and cakes; but I cannot look cross, nor can I scold; but I can laugh as heartily as anybody else. As for dress, I will dress just as I have a mind to, in spite of all the men! I have an uncommon hatred of tobacco. I had forgotten to mention that I can make the best "johnny-cake" of any of the farmers' daughters about here; they all say it is because I am poor, and have always had to make johnny-cakes and nothing else! Now I don't want a tobacco-chewing, dram-drinking husband; but I want a plain-looking, plain-spoken, pleasant and happy man; one that will love me, and whom I can love eternally.

ROSA ANN FITCH. [Rome, Ashtabula Co., Ohio.]

The Month.

NEW-YORK, MARCH, 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.

REJECTED ARTICLES.—We cannot engage to RETURN rejected articles, nor give the reason WHY we reject them. Most, if not ALL, of our correspondents must know (after reading our Prospectus) what is, and what is NOT, suitable for publication in this Journal. They will not, therefore, send us matter which would be more appropriate for the "old school" journals. WE profess to be progressive, bound by neither creeds nor systems, but governed by the broad principles of HYDROPATHY—which, according to OUR interpretation, are in harmony with the laws of HUMAN LIFE. All REAL "friends of the cause" will favor us with such, and only such, matter as will be acceptable to the public, and do GOOD at the same time.

MARCH TOPICS.

BY R. T. TRALL, M. D.

OPPOSITION AND IMPOSITION.—It would be difficult to conceive of a more formidable array of adverse or opposing influences than those which are thrown in the way of Hydropathic practice. And nothing can better illustrate the self-reliant vitality, the inherent truthfulness of our system, than its every-day triumphs over such obstacles. Not only do we have to counteract the prejudices, govern the morbid feelings, and oppose the artificial appetences of our patients, but, in too many cases, we are obliged to contend with the impertinent intermeddlings of their friends, and the insolent machinations of their have-been and would-be physicians.

"It will certainly kill you!"—"You will never come out of the wet sheet alive!"—"You have not constitution enough to stand it!"—"I should be afraid to risk it!"—"Good thing in some cases, but—but—very dangerous in others!" These and similar are the encouraging exclamations with which the friends and the doctors of those who come to us cheer them on their way. Is it to be marvelled at that multitudes of nearly drugged-to-death invalids enter our institutions with fear and trembling?

Yet, despite these mill-stones which are so kindly, or so maliciously, hung upon their necks, the great majority refuse to sink. Those who were kept in a sinking condition by the very measures which were intended to float them along on the surface of the sea of disease, soon shake off the mental incubus, and swim along buoyantly towards the haven of health.

But this opposition on the part of friends, and sometimes imposition on the part of

physicians, is wielded against us and against the patient much more effectually in home practice, where we can only instruct and advise, than at the establishments, where we have a chance to enforce and control. Not unfrequently it happens that, when the wife is the patient, the husband, the relatives, and the village doctor, are actively and bitterly opposed to every thing about water-treatment, whilst the patient, who has been drugged into utter despair of help from any other source, is ardently anxious to try our system. So, on the other hand, the husband is often the Water-Cure patient, whilst wife and friends exert all their influence and all their cunning to prevent him from getting into "new notions."

Who does not see that, under such circumstances, the technically professional part of our practice is much the easiest part? Our opponents have no such difficulties in the way of their success. The habits of society, the prejudices of the patient, the feelings and opinions of friends, are all on their side. And now, in view of all these considerations, we have only, by way of a moral, to submit the simple historical fact, that their system, in the treatment of chronic diseases, fails to cure as a general rule, whilst our system as generally succeeds.

LORD PALMERSTON ON FASTING AND PRAYER.—In reply to a communication from the Edinburgh Presbytery, inquiring whether the British Government intended to appoint a national fast, in view of the prevalence of the cholera, the distinguished Viscount has caused to be penned a most admirably instructive letter. And as we place it on record, we cannot help commending it to the serious, prayerful, and *workful* attention of statesmen, divines, and physicians everywhere:

WHITEHALL, Oct. 19, 1853.

SIR: I am directed by Viscount Palmerston to acknowledge the receipt of your letter of the 15th instant, requesting, on behalf of the Presbytery of Edinburgh, to be informed whether it is proposed to appoint a day of national fast on account of the visitation of the cholera, and to state that there can be no doubt that manifestations of humble resignation to the Divine will, and sincere acknowledgment of human unworthiness, are never more appropriate than when it has pleased Providence to afflict mankind with some severe visitation; but it does not appear to Lord Palmerston that a national fast would be suitable to the circumstances of the present moment.

The Maker of the universe has established

certain laws of nature for the planet in which we live, and the weal and woe of mankind depend upon the observance or neglect of those laws. One of those laws connects health with the absence of those gaseous exhalations which proceed from over-crowded human beings, or from decomposing substances, whether animal or vegetable; and these same laws render sickness the almost inevitable consequence of exposure to those noxious influences. But it has, at the same time, pleased Providence to place it within the power of man to make such arrangements as will prevent or disperse such exhalations, so as to render them harmless; and it is the duty of man to attend to those laws of nature, and to exert the faculties which Providence has thus given to man for his welfare.

The recent visitation of cholera, which has for the moment been mercifully checked, is an awful warning given to the people of this realm, that they have too much neglected their duty in this respect, and that those persons with whom it rested to purify towns and cities, and to prevent and remove the causes of diseases, have not been sufficiently active in regard to such matters.

Lord Palmerston would therefore suggest, that the best course which the people of this country can pursue, to deserve that the further progress of the cholera should be stayed, will be to employ the interval that will elapse between the present time and the beginning of the next spring, in planning and executing measures by which those portions of their towns and cities which are inhabited by the poorest classes, and which, from the nature of things, most need purification and improvement, may be freed from those causes and sources of contagion which, if allowed to remain, will infallibly breed pestilence, and be fruitful in death, in spite of all the prayers and fastings of a united but inactive nation. When man has done the utmost for his own safety, then is the time to invoke the blessing of Heaven to give effect to his exertions.

I am, Sir, your obedient servant,

HENRY FITZROY.

To Rev. W. H. Gray, Moderator, Edinburgh Presbytery.

FEMALE MEDICAL EDUCATION.—Our friend, Dr. John S. Wilson, of Airmount, Ala., has communicated an able paper to the *Southern Medical and Surgical Journal*, under the above heading. The Doctor evinces a progressive tendency of mind, but, unfortunately, he cannot yet burst the trammels wherewith he is bound to "old foggy" notions. He argues convincingly in favor of educating female physicians; but goes dead against allowing them, after they get their education, to make any use of it except in particular cases; and what is seriously ludicrous, he wants these particular

eases to be designated by the *male* Allopathic doctors! He even goes so far as to propose giving them a diploma on which shall be specified the names of the diseases to which their practice shall be limited!! The gist of the Doctor's position is sustained in the following paragraphs:

Why then do we contend for the medical education of females?

Because we think that their mental capacities are not only sufficient for the successful practice of certain departments of the healing art, but that their *sexual idiosyncrasies* would afford material aid in the diagnosis, and, perhaps, in the treatment of certain sexual diseases. We do not design entering into a discussion as to the mental equality of the two sexes, in every branch of science, or pursuit in life: we will simply declare our conviction that no such equality exists; but, on the contrary, that the mental, physical, and psychological peculiarities of each sex, give to each peculiar advantages in certain pursuits, when these are adapted to the characteristic differences indicated. Now, we assume the position that the practice of obstetrics, and perhaps the treatment of some morbid sexual disorders, are eminently congenial to the mental, physical and psychologic peculiarities of the female sex: and we make this assumption with a full appreciation of the difficulties of this most important department of our science; for we have been painfully convinced of these by sad experience; still we think it will be admitted by all, that *tact*, acumen, and promptitude, combined with manual dexterity, are more needed in the practice of obstetrics, than the higher reasoning powers which are generally conceded to our own sex.

We favor the medical education of females, not only for the reasons already given, but the greatest and last reason is this, viz: Because we are convinced that *the safety and happiness of a large portion of the most refined and lovely women* (in the South particularly) DEMAND IT.

But we must pass on to another objection that may originate in the medical profession, viz: The difficulty of confining female physicians to their own proper sphere of practice, provided the extension is allowed for which we have contended. We candidly admit that this is a difficulty of some importance; still we think that it could be obviated, by specifying in the license or diploma, all the diseases which they might be authorized to treat; and by reserving the power to revoke the license or diploma, in case the prescribed limits should be transgressed. As a protection to the community, we would suggest also that all the disorders embraced within the range of female practice be distinctly enumerated at the public Commencement, and in the public prints.

We are inclined to think that the "sphere of woman" will be a troublesome problem

to manage, after your female doctors have got their diplomas with specifications. If a baby has a little wind in its stomach, or a child gets an irritation in its bowels, or a woman is taken with an aching in her head, before the female doctor can do a thing, the primary question—is it a *sexual* disease?—must be disposed of. However, Doctor, we earnestly hope your Faculty will try the scheme. Give out your limited diplomas; let the women go to doctoring *sexual* diseases, and then keep them out of the rest of the practice—if you can.

ARSENICAL INHALATIONS.—The *Medico-Chirurgical Review* informs us that

M. Trousseau has revived a method of treatment proposed by Dioscorides, viz: *arsenical inhalations*. Cigarettes are prepared of paper which has been moistened by a solution of arsenite of potash and dried. These are smoked once or twice a day for a fortnight. The vapor produces some irritation. M. Trousseau states that this plan diminishes the bronchial catarrh, but has no effect upon the deposit of tubercles.

How many times must these multitudinous plans of poisoning out diseases be tried and condemned, and revived and recondemned, before the profession will begin to suspect there is something rotten in the whole system of drug-poisoning?

BULLETS vs. BOLUSES.—In view of a recent duel, the *Boston Medical Journal* compliments his professional *confrère* in rather equivocal phrase:

A physician at the South has been fighting a duel; but no harm was done, his bullets being more harmless than his boluses.

COD-LIVER OIL PRODUCING HEMORRHAGE.—It is well known that the hemorrhagic diathesis which prevails in scurvy, putrid fevers, &c., indicates an extreme laxity of the solids and depravation of the fluids. Since that filthy thing called cod-liver oil has been used so extensively in medicine, physicians have had their attention directed to its effects in inducing this condition of the body. The following article is now going the rounds of the Allopathic journals:

Many pathologists have accused cod-liver oil of causing hemoptysis; but as this symptom is so common in those suffering from pulmonary tubercles, it is difficult to determine whether it is due to the remedy, or to the ordinary effects of the disease itself. In order to obtain a positive solution

of this problem, it is necessary to study the phenomenon in question in individuals using the remedy, who are exempt from any disease of the respiratory organs. It is upon such data that Dr. Gamberini has endeavored to discover the truth.

Every physician who prescribes cod-liver oil is accustomed to hear his patients complain of a sense of heat and burning in the throat, which varies in duration and intensity, and sometimes makes it necessary to suspend the use of the remedy. If the fauces are then examined, a deep redness will be observed, extending over the whole of the superior portion of the pharynx, over the palatine arch, and the tonsils. The capillaries appear engorged; sometimes the epithelium is apparently removed.

When this condition occurs, a transudation of blood often supervenes, to the patient's great alarm, and the no small embarrassment of the physician. The blood sometimes scarcely colors the saliva, and sometimes forms considerable coagula. The hemorrhage is often preceded by pruritus and cough. If the remedy is persevered in, notwithstanding these symptoms, the hemorrhage increases. On the contrary, it ceases promptly when the medicine is suspended.

Auscultation excludes the idea of an alteration of the bronchial mucous membrane, or the pulmonary tissue, a negative proof which, when combined with direct inspection, is sufficient to enable us to assign to this hemorrhage its true seat and cause.

The researches of Dr. Gamberini will doubtless, as a first result, inform practitioners of the possibility of this accident, and the change of prescription which it indicates. Pereira and Cartoni teach that cod-liver oil should be rejected in the treatment of phthisis, because it favors the recurrence of hemoptysis. Is it not very probable, if the foregoing explanations are correct, that these authors have been deceived in regard to the phenomenon, and have mistaken a *staphylorrhagia* for the hemorrhage caused by the softening of tubercles? This question acquires great importance from the fact that cod-liver oil is probably the best remedy for certain forms of phthisis, and that, consequently, it would be most unfortunate to attribute to it dangers which it does not possess, and to deprive ourselves of a precious resource against true hemoptysis, in consequence of chimerical apprehensions.

FATTENING ANIMALS WITH COD-LIVER OIL.—In the last *JOURNAL* we alluded to propositions of certain medical gentlemen to keep off diseases, by medicating our bread and butter with cod-liver oil, iodine, &c. Now it seems that it is proposed to medicate us through the medium of our beef, mutton and pork. We said *us*, but we mean *you*. We don't eat the creatures, and are

therefore not in danger of being drugged through our dinners.

Dr. James E. Pollock, of London, has experimented largely in fattening pigs, and sheep, and cattle, by the use of cod-liver oil. He gives small pigs one or two ounces a day, large pigs two or three ounces; sheep, one or two ounces; and bullocks about four ounces. As the oil costs but 2s. 8d. to 3s. per gallon, and as the animals eat less food, he deems it a very economical way of getting a given weight of fat. He says it *pays better* to fatten animals in this way.

But in detailing his experiments, the Doctor never hints a word about the quality or healthfulness of food fattened in this way. This idea seems never to have entered his imagination; nor, indeed, the imagination of either of the numerous editors who have read and copied his experiments. Those who delight to revel on fattened pigs, ought to know that this and all similar methods of *causing animals to retain their excrementitious matter* produces a very unwholesome kind of food.

Reviews.

NEW MEDICAL WORK: DISPLACEMENTS OF THE UTERUS. By R. T. TRALL, M.D. FOWLERS AND WELLS. [Price, prepaid by mail, \$5.]

The above work is now in press, and will be ready in a few weeks. It is a thorough and practical treatise on the various and complicated malpositions of the uterus and adjacent organs, illustrated with engravings from original designs, showing the various degrees and conditions of prolapsus, anteversion, retroversion, inversion; vaginal, vesical, and rectal prolapse; fibrous, polypous, and hernial tumors, etc. Thousands of disabled and wretched females will find in this work an explanation of the causes of their difficulties, and a correct indication of the remedial plan. The work is, however, strictly professional, and intended mainly for the guidance of those who undertake the treatment of this much-neglected and little-understood class of diseases. Our readers may judge of the importance of the subject, when we assure them that the maladies of which it treats are everywhere prevalent, and that no work of the same or a similar nature has ever been given to the profession or the public.

Orders may be addressed to FOWLERS AND WELLS, New York.

THE NEW ILLUSTRATED HYDROPATHIC QUARTERLY REVIEW. FOWLERS AND WELLS, Publishers, 131 Nassau Street, New York. [Terms, \$2 a year.]

To the thousands who have faith in the water-treatment, trusting for health to its curative properties, the New Illustrated Quarterly will be a welcome guest at the library table. The system which it upholds has one recommendation over

and above long-established empiricism—it is found to cure more than it kills, whereas the ancient quackery has been in inverse ratio. This greater success arises from very natural causes. Nature is content with little, but more than enough and nothing less will content natural man. The over-taxed system, satiated or surfeited, rebels against such entertainment; then comes the other extreme, spare diet, and ale such as Adam quaffed in Eden, when cigars and “quids” were not. The relaxed or prostrated digestive organs rally and come round again after a season of repose, the stomach resumes its tone, the heart its usual healthy action, and the blood courses cheerily through the veins. This is to enjoy health; and hence the believers in the water-cure, as a panacea for abused temperance. It is all one as a visit to Saratoga or other springs in time of summer.

Moderation in diet is necessary to a state of health, and moderate eaters and drinkers usually are healthy and long-lived. Galen says that wrestlers, who ate and drank enormously, never lived long. Hippocrates says that fat people must either be let blood or have the gout or palsy. Galen, therefore, instead of any other medicine, prescribed a fast for himself every *tenth* day. Poverty has cured some of the gout. That tyrant, Dionysius of Sicily, ate himself blind. Sylla, Lepidus, and many others, passed sumptuary laws against luxury. Scipio Æmilianus used to walk up and down and eat bread, not to lose time; and so did Alexander the Great. Augustus ate brown bread, little fishes and cheese.

Now, here is a string of authorities for the Hydropathic doctors above all price; and, satisfied that we have established a claim to their lasting gratitude, we are pleased to enhance the boon by citing a case in the way of illustration, not reported in the “*Scalpel*.” A lady of quality rejoiced, once upon a time, in a lap-dog—a little, paunchy, saucy woolly-head, with legs bending under the weight of body: the wee pet had been fed so daintily as in time to lose all relish for food; it pined, moped around, grew atrabilarious, and looked as though it were like to die. Its doting mistress went into fits, and came out of them; sent directly for a dog-fancier, and bade him name his price for effecting a cure.

The dog-physician readily undertook the cure, and taking the case home, locked poodle in a darksome room, there to “chew the cud of sweet and bitter fancies” for the space of four days and nights, with leave to find himself, saving a pan of water. The lady sent daily to inquire after the health of her pet, and was assured that he was going on as well as could be expected. At the end of four days, when on the very point of starvation, the water-doctor took poodle home, pale, bilious, and interesting, and somewhat thinner; but then he ate like a ’longshore man, and drank accordingly! The lady was in raptures, paid the doctor his price, and pledged herself to recommend him to all her other friends having dyspeptic poodles!

Now here is the grand secret, which is no secret at all, for all know what gluttony means, and how it works: “Live upon a shilling a day, and earn it,” was Abernethy’s advice to a plethoric who consulted him about loss of appetite. “Give up roast beef, plum-pudding and port wine,” said

he to another of the same stamp, “the which I’ll be hanged if I’ll do myself.” Here is the difficulty:

Habits are soon assumed, but when we strive
To strip them off, ’tis like being flayed alive.

Without going the whole hog with Dr. James Johnson, we think his opinion in the main a sound one: “I declare my conscientious opinion, founded on long experience and reflection, that if there was not a single physician, surgeon, apothecary, man-midwife, chemist, druggist, nor drug on the face of the earth, there would be less sickness and less mortality than otherwise.” Death has been doing a large business certainly since the time of Æsculapius, seeing which, one is provoked to exclaim:

“Throw physic to the dogs; I’ll none of it.”

The New Quarterly is enriched by valuable contributions, with illustrative engravings, on the more important of the diseases which flesh is heir to, from eminent pens. A review of the Two Practices, i. e., the use and disuse of medicine or drugs, by Dr. Kittredge, ought to receive due consideration, as involving health and longevity.

The Review contains nearly 200 pages; and the cost is trifling, only \$2 per annum.—*Williamsburg Daily Times*.

[We quote the above as embodying a true view of Hydropathy, an appreciative opinion of the NEW QUARTERLY, and as an evidence of the growing interest which the untrammelled and unprejudiced newspaper PRESS evince in favor of this great Health Reform.—EDS.]

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.

HOPS.—G. P. A. writes: “Please give us an article on hops. Some think it is wrong to grow them, and inconsistent for a temperance man to do so. Many of your readers want light on this subject.” All the light our *opinion* contains is easily shed. We are ultra on every aspect of the Temperance question. We regard it as inconsistent for a temperance man or Christian to raise hops for hrewing, or to sell grain to a distiller, or to cultivate tobacco to defile the mouths of the people, or to do aught calculated to cause a brother to offend.

WHITE SWELLING.—E. B. C., Columbus, Ill. Apply wet bandages constantly, of any temperature that feels most agreeable to the patient. Moderate *tepid* douches might be serviceable. Attend well to the general health, and adopt a very strict vegetable diet. Tho stiffness may be relieved, provided no ulceration occurs.

INFLAMMATORY RHEUMATISM.—A. M., Johnstown, Pa. We are inclined to think the young lady whose case you describe is mistaken in the diagnosis. The inability to walk *may* depend on prolapsed uterus, or other visceral displacement, instead of the effects of rheumatism. And if our suspicion is correct, she could only be cured by surgical, or rather mechanical treatment, in connection with diet, bathing, etc.

INJURED LEG.—J. L., Mount Morris, Ill., relates the case of a young man who ran the prong of a pitchfork into the calf of the leg, just below the knee. The part immediately swelled badly, and became very painful. Cold

bandages and pouring-baths reduced the pain, and kept it quiet several days. Then a botanic doctor applied hot poultices several weeks. The result was, the pains returned, mortification finally resulted, and the patient died. Our opinion is, that the long-continued use of hot applications was one of the causes of the mortification. No doubt the nerves were badly injured, rendering such a result peculiarly liable to take place.

LEGALITY OF MARRIAGE.—A Subscriber. "Can the marriage solemnized by the Rev. Antoinette J. Brown be registered and authenticated? If not, what then?" 1. Yes; on the books of the angels in heaven, and in the courts of the inhabitants of this lower world. 2. Not a supposable case.

SPRUCE-GUM AND TOOTHACHE.—F. L., Walden, Vt. "Please inform me whether good spruce-gum, as it comes from the trees in Vermont, is healthful to chew; and also, what is the best remedy for sore-throat and toothache?" It is *not* healthful to chew *good* spruce-gum; and the best remedy for the diseases you name is the Water-Cure; eat very sparingly, wear a wet compress during the night, and take one or two wet-sheet packs during the day.

ETIQUETTE AND COFFEE.—A. S., Springwater, N. Y. "How can I, though believing in the reforms you advocate, refuse a cup of tea or coffee, or a slice of beef or pork, when offered by friends, without violating the rules of 'etiquette,' as taught by D'Orsay, and subjecting myself to the opprobrious epithet of a 'perfect boor?' Should we, as Americans, have a settled system of manners?" 1. In this case there is only a choice of evils; you must either submit to be called a boor by boobies, or you must *be* a booby, that others may call you a gentleman. 2. We *should* have a settled system of manners, after the Bible code: "All things which ye would have others do unto you," etc.

WEAK STOMACH.—G. J., Newton, Mass. A number of months since, I strained my stomach badly, in lifting; since which I have suffered much from weakness of the stomach and lungs, with occasional pains through the chest." Probably the injury was upon the *muscles* of the loins and abdomen. Take a daily towel-wash; wear the wet girdle; and take a moderately cool hip-bath in the evening.

COMPLICATED ITCH.—S. C., Solon, Ohio. "Our children caught the itch from a servant-girl who slept with them a few nights, and it has so far proved incurable by water-treatment, etc." Pay particular attention to cleanliness in the matter of clothing; bathe them daily in cool but not very cold water; if the itching is intolerable, use a warm bath occasionally. The "butter and sulphur" ointment, which drove it in, always renders such affections more obstinate, whenever they get to the surface again.

CHEWING SPRUCE-GUM.—Many Inquirers, Vermont. "Some *sensible* anti-tobacco users are considerably addicted to the use of spruce-gum. Is it a harmless substitute?" No. The practice vitiates the saliva, precisely as the habit of constantly taking food into the stomach would impair the quality of the gastric juice. The *mechanical habit* is also injurious. A man's jaws ought to rest, save when employed on legitimate food. Another objection to all unnecessary chewing, spitting, drooling, drivelling, snivelling, hawing, or hemming, is their intrinsic silliness and indecency.

ENLARGED TONSILS, SORE THROAT, BRONCHITIS, &c.—S. M. K., Whitehall, N. Y. Your daughter's case has so many complications, that your best way is to send her to an establishment, if but for a few days, to be examined and put on the right plan of medication. The enlarged tonsils *might* disappear, on the restoration of the general health.

INFLAMED EYES.—F. F. H., Saluda, Ind. Persevere in a strict vegetable diet; wash the eyes in tepid water two or three times a day; take a sponge-bath daily, and one or two *short* hip and foot-baths. Do not get in the habit of wearing goggles. Probably their employment was the exciting cause of the last attack.

QUACKERY, &c.—A. F., Illinois. "The greatest objection that is raised to our system in these parts is, that

it pretends to cure all curable diseases, whilst all the quacks do the same. Our drug-doctors admit its value in some cases, but strenuously insist on drugs as the main remedies. I wish you could flood the country with tracts adapted for general distribution among the people. I am greatly indebted for your valuable Encyclopædia. I have relinquished flesh-eating, and laid my murderous gun aside. I am surprised that any person should think of bringing the Bible into the support of 'carnivorous folly.'"

We are happy to apprise our friend that the tracts will now be forthcoming. One of them, and a very excellent one, is now being published. He must recollect that all systems of medicine, and all sorts of doctors, equally claim to cure all curable diseases. The truth is true alike, whether attested by evil spirits or good ones.

CHRONIC DIARRHŒA.—P. B., Janelaw, Va. The ease you mention, which has followed on long confinement from puerperal fever, has no doubt been induced mainly, if not wholly, by the drug-medication the patient has been subjected to. Get the Encyclopædia, and follow its dietetic directions strictly.

CONSTIPATION.—J. H., Antrim, Mich. The Cook-Book which you have ordered will give you ample directions how to eat in such a way as to cure your difficulty. You will find bathing directions in the other books you have ordered.

MOTHER'S MILK.—"Would you think the milk of a mother who, after each meal, spits up her food nearly as acid as vinegar, could be suitable for the child, especially when so small a quantity is yielded by the breast as to be insignificant?" No. The mother should eat *good* mealy potatoes; ripe, sweet fruits; *unfermented* bread; and if this does not correct her stomach, the child should be weaned.

DIARRHŒA IN CHILDREN.—A. M., Charlottesville. There are many circumstances which *may* occasion diarrhœa besides those you allude to. It has inherited the worst form of a dyspeptic diathesis; hence unusual precaution is requisite in feeding it. Boiled rice, boiled wheat-meal, with good milk or a very little sugar, a moderate proportion of good mealy potatoes, and baked sweet apples, make a combination of the best articles for a dyspeptic infant liable to diarrhœa. The calomel you gave, no doubt had a bad effect in the end, however much advantage you imagined to result from it in the first instance.

URINARY SEDIMENT.—D. A. W., Canada West. The symptom you describe is of no importance, so far as the treatment is concerned. The more you restore the general health, and the more vigorous you make the action of the skin, the more will the mucus or slimy deposit in the urine disappear.

A QUADRANGULAR QUERY.—J. S., Newburgh. "Do you not think that bathing, as often as once in twenty-four hours, has a tendency to debilitate some constitutions?" Not if they bathe properly as respects time and temperature. "What material of under-clothing is best calculated for health in this climate?" Cotton or linen. "What is the best remedy for the destruction of worms in the adult?" Unfermented wheat-meal bread and uncooked apples. "What is the most convenient remedy against what we call itch?" Thorough cleanliness, externally and internally.

INDIGESTIBLE SUBSTANCES.—F. B. G., Bernardstown, Mass. "Is it necessary to good health, to have indigestible substances in the food we eat, such as the seeds of fruit and berries, tomatoes, etc., and the indigestible parts of unbolted meal and such like?" You should have said *innutritious*, not indigestible substances. As regards the seeds, we say No; as regards bran, etc., Yes.

CHRONIC EXPECTORATION.—A. H. U., Finleyville, Pa. Long-continued expectoration, with tightness, soreness, or pain about the lungs, is almost always a serious trouble, as such are the premonitory indications in many consumptive persons. Your case should be treated precisely as prescribed for *bronchitis*, in Water-Cure books. A daily sponge-bath, one or two hip-baths, the chest-wrapper, and a strict and very abstemious vegetable diet are the essentials.

PAIN IN THE BREAST.—S. M. C., Huntington, Ind. Foment the part occasionally for ten or fifteen minutes, and wear the chest-wrapper during the day.

SCROFULOUS SWELLING, &c.—H. W. B., Wilmington, N. Y. "I wrote you some time since about a pain in the side. It has terminated in a swelling which the M. D. calls scrofulous. I have had it lanced, and it is now getting better. But I want you to answer the following questions: Was there danger of driving the swelling internally, by applying water? (The doctor here said there was danger, and advised, if I ever had another swelling, to keep water away.) Is the continued application of water to any one part liable to produce boils or swellings? If the ulcer is not inclined to heal, is it better to let it run, or take iodine? Will the application of water accelerate or retard the termination of an abscess or swelling?" 1st question. None whatever. Your doctor's *argument* reminds one of a Quaker's rejoinder, on an occasion not very dissimilar: "Verily, this man speaketh foolishness." 2. Yes. 3. It is a thousand times better to let it run, than to iodinize the whole system. 4. It will accelerate the termination, whether that termination be by resolution or suppuration.

ERUPTIONS, &c.—A. S., Boston, Mass. The ease you describe is evidently one of an inherited vitiated organization; and its infirmities have been, all the way through life thus far, aggravated by your injudicious drug-gery. A little Water-Cure, and then a little Botanic practice; then a little packing, and next carbonate of soda after meals, phosphate of lime between meals, and at other times wet bandages, alternated with mercurial and lead ointments, nitrate of silver, etc., etc., is a miserable way of renovating constitutions. Our advice is, "a life in conformity with the laws of life."

POSITION IN SLEEP.—A. R. E., Richfield, N. Y. "Does the position in sleep affect the health of an individual; I mean with regard to the points of compass, whether the head is to the north, south, east, or west?"

It is supposed by some that the electric current, or magnetic forces, maintain their equilibrium in the human body more perfectly during sleep, when the head is to the north and the feet southerly. We have known several persons who complain that they could never rest as well when the head was to the east or west. Probably those in a vigorous bodily condition would notice the difference much less than those abnormally sensitive, if indeed they would notice it at all.

VACCINE VIRUS.—Wakeman, Huron county, Ill. We can send you the genuine matter; but your letter was so burned, accidentally, that we cannot make out your name. Send your order again, and the matter will be forwarded. \$1 was received.

General Matters.

OUR LIST OF PUBLICATIONS.—In answer to numerous questions, and to save ourselves the necessity of writing in answer to each applicant, we give in the present number a Catalogue, embracing most of the books which we publish. These works may be ordered and received, with postage prepaid by return of the FIRST MAIL, at any post office in the United States. For titles, description, and price, see the List.

YOUNG MEN in every neighborhood may engage, with profit to themselves and great benefit to others, in the circulation of these valuable reformatory publications.

H. W. S. Cincinnati.—The difficulties you encountered in the case might have been obviated by a little more attention to the rules given in the NEW HYDROPATHIC FAMILY PHYSICIAN, for home treatment. See Consumption, page 365 of that work; also APPENDIX, pages 809 to 1115.

H. C. B., Freeport, Ohio.—Your P. M. is in error. The circular being enclosed *does not* subject the Journal to letter postage.

D. R., Boonsboro, Md.—The postage on the syringe is calculated at letter rates, and amounts to \$1 25.

Notes and Comments.

DR. VALE'S LECTURE.—Dr. Wm. T. Vail, of Concord, N. H., gave us an excellent lecture at the Free Church, last Thursday evening, on the fast-spreading principles of Hydropathy. The Doctor was educated as a Regular physician in the city of New York, but becoming convinced that there was a safer and surer way to cure disease than by drugs, he many years since turned his attention to HYDROPATHY, of which he has now become one of the most successful practitioners.—*Green Mountain (Vt.) Freeman.*

[We are informed that Dr. VAIL was listened to by an intelligent audience, composed of both sexes, and that he presented the subject in a light so clear and convincing, that new converts came forward and avowed their belief in the truth as it is in Hydropathy.]

BINGHAMTON WATER-CURE.—This institution continues with increasing prosperity, under the skilful management of Dr. Thayer and lady, as resident physicians. Additions are being made to the present building—a large *gymnasium* for physical exercises has just been completed, and no pains will be spared to make this *retreat* for the sick second to none in this country. Invalids can do no better than to avail themselves of the advantages found at this establishment.

A NEW WATER-CURE ESTABLISHMENT, with gymnasium and promenade-grounds attached, is to be erected in Meriden, Conn., on a beautiful eminence in the east part of the town.

LADY AND GENTLEMEN-PRINTERS' SUPPER.—*Longley and Brothers* gave the hands in their employ, with a few invited friends, a splendid supper, on Monday evening last. They did the thing up in a sumptuous, social, and democratic manner. Their *devils*, cubs, trails, Bloomer and pant-apprentices, fairs, and printers and publishers' wives were the guests of the evening, and right well did the *five brothers, now all in one firm*, do the humble and agreeable. But the grand finale, after some excellent social music, both instrumental and vocal, and the supper, was the "dance." We could but think, if we had more of such "unions," there would be less cause for, and many fewer strikes and disagreements between the employer and employee. Success to the Longleys. May others go and do likewise.—*Cincinnati Columbian.*

[There is a "good time coming," and such re-unions as that here described are among the brightest signs of its advent. We echo the last sentence—"may others go and do likewise."]

THE CINCINNATI WATER-CURE is finely located in the vicinity of the Queen City of the West, where the purest and most salubrious atmosphere is always enjoyed, and every thing about the establishment is constructed and arranged in such a manner as to gain every advantage of all things that in any way conduce to health and comfort.

Dr. Pease, the proprietor of this establishment, well fitted to make the best use of the great advantages he has secured in locality, the admirable construction of his buildings, the superior quality of water afforded by his fountains, and his own experience, must always maintain for his house a high reputation. [See card in our advertising columns.]

THE NEW LEBANON SPRINGS WATER-CURE.—This institution, almost the pioneer of Water-Cures in America, combines so many attractions with more substantial advantages, that it has continued a favorite place of resort among the numerous similar institutions which have subsequently arisen in different parts of our country.

It is beautifully situated on the western slope of that range of hills which skirt the eastern border of the Empire State, within seven miles of the Great Western Railroad from Boston, with which there is a daily connection by stage. The scenery, in all the region, has attractions which beguile the admirer of nature into lengthened excursions, and afford to patients a succession of walks and drives of varied and enticing beauty. Exercise may thus be enjoyed without weariness, and with an interest which secures its most beneficial results. The hills, too, abound in living springs of

pure cold water, which afford to the invalid the means of water-drinking during his walks, which has always been found an important adjuvant in the Water-Cure. We need hardly say, so long has the establishment been known, that the house is fitted up to secure the comfort of its guests, and is provided with every form of bath desirable for the successful application of water in all curable diseases. The water is abundant, and of the best quality—none purer or softer in the world. Besides, the house is just opposite the warm spring, which may be made available for winter treatment. For the last few years there has been some unavoidable change of physicians. Dr. Trall, the late Dr. Wilmarth, and Dr. Shew, all eminent in their profession, have in turn taken the charge of the medical department. Other engagements have prevented their continuance. But the proprietors have been enabled this year to secure a physician whose services they believe will be as satisfactory as those of his predecessors, and having the still greater advantage of permanency. William A. Hawley, M.D., a graduate of Albany Medical College, possessing high recommendations from the professors of that school, as a man of learning, unwavering integrity and medical skill, is, we think, well qualified, and is the one selected as the future physician of this institution. Added to his general medical knowledge, he has for the last year been associated with Dr. N. Bedortha, at Saratoga Springs, and has become thoroughly acquainted with the Water-Cure practice. Dr. H. has from principle left the "regular" medical practice, and adopted the Water-Cure from a full conviction of its superior efficacy in curing disease. The afflicted will find in Dr. H. an honest man and an experienced physician, in whom they may expect to find sympathy in distress, and a ready and willing hand to administer to their necessities. We trust that those who seek his care and skill will be duly satisfied by finding the blessing of health through his judicious administration. Dr. Hawley will enter upon his duties there early in April next.

A WATER-CURE ESTABLISHMENT wanted at ST. ANTHONY'S FALLS, Minnesota Territory.—A citizen, a medical man, of this new and thriving Territory, writes us as follows:

"There is probably no point in this country presenting a better opening for the establishment of such an institution than St. Anthony. It is already a place of great resort in the summer for the pleasure-seeker and the invalid. The great natural attractions of that place and vicinity, in the Falls, the beautiful scenery in and about the town, the purity of the water, and its bracing, healthful climate, must contribute to make it a very desirable point for a Water-Cure. We want to see a *first-rate establishment* go into operation there the coming season."

TESTIMONY OF THE MEDICAL CLASS.—The following resolutions were adopted at a meeting of the first class of the New York Hydropathic and Physiological School, for the term ending Feb. 11, 1854, and directed to be published in the WATER-CURE JOURNAL, and other papers friendly to the objects of this school.

"Resolved, That the thanks of this class are due to Drs. Trall, Taylor, Wellington, Snodgrass, Shew, Miss Cogswell, and Professor L. N. Fowler, for the earnest zeal and distinguished ability with which they have labored for our improvement and preparation for usefulness, during the present term of this school.

"Resolved, That we unhesitatingly recommend those who are seeking to qualify themselves to be of service to humanity, by teaching the laws of life and health, and curing disease, to avail themselves of the advantages of this school, as offering the best facilities for acquiring a thorough physiological and hydropathic education of any school in the country of which we have any knowledge.

"JAMES HAMBLETON, of Ohio, Chairman.

"J. P. H. BROWN, of Maryland, Secretary."

LOCATION FOR A WATER-CURE.—[We publish with pleasure the following letter, and hope some good Hydropathic physician will give the place an examination.]

MONTE SANO, NEAR GEORGETOWN, D. C.

GENTLEMEN:—In your last September number of the WATER-CURE JOURNAL, I saw an article requesting information touching the most suitable places for the erection of Water-Cure Institutions, as well as the most eligible places for Hydropathic physicians. My farm is on the Georgetown

heights, one mile and a fourth from Georgetown, and four and one fourth miles from Washington city, and within fourteen hundred feet of a fine view of the eastern range of the Alleghany Mountains, as well as a view of the Potomac river.

We have no Hydropathic Institution near us, neither cold-water physician, both of which are desiderata. Should you be pleased to send out or to recommend any person to visit this part of the country, I should be happy to see them, as well as to render them every assistance in my power in acquainting them with the topography of this part of the District.

Should any physician come on, let them drop me a line through the Georgetown Post Office, and I will drive in for them in my carriage.

Washington city is becoming a large and populous town, and during the session of Congress this population is swelled by nearly, if not, one third more of its numbers. I regret, as well as numbers of others regret too, that there is no Hydropathic physician to whom to apply in case of sickness, and no Water-Cure Institution to sojourn at when sick. It does seem to me that there are most eligible localities here; and I repeat, it will afford me pleasure to show any physician the localities in our neighborhood, should they visit us.

I am, gentlemen, very respectfully, your obedient servant,

R. CLARENDON JONES.

Talk and Topics.

WE feel that our readers, however distant, are not STRANGERS but FRIENDS, with whom we may sit down and have a quiet familiar TALK, and to whom we may suggest TOPICS for CONVERSATION, DISCUSSION and INVESTIGATION.

CHANGES.—OLD CLINTON HALL.—New York is famous for its *expansive* spirit. It outgrows every thing—its dwellings, its stores, its churches, and its public halls—as a boy in his teens does his pantaloons and jacket. Buildings which were large and fine enough, capacious and magnificent, in fact, twenty or even ten years ago, no longer answer our purpose. They must be pulled down, to give place to larger and better ones. Many of our old streets are no longer adequate to contain the multitudes which tend to flow through them, and whole blocks of buildings are demolished, or large slices cut from them, to widen the thoroughfare.

Clinton Hall was erected about twenty-four years ago, for the use of the Mercantile Library Association, and was then considered a very fine structure, and well adapted, both in design and in location, to the purpose. The lower portion of the building has been used for stores, insurance offices, banks, etc. Among the rest, as all the world knows, the Publishing Office of the WATER-CURE JOURNAL, and the Bookstore and Phrenological Cabinet of FOWLERS AND WELLS have found a place.

Well, all things change, particularly in New York, and Clinton Hall no longer answers the demands of the times. The Library has increased from five to fifty thousand volumes, and its patrons in proportion, and it requires more room and a more central locality. It is to be removed to Astor Place, and Clinton Hall is to give room to a block of magnificent stores. With the rest, we must take our departure from the old familiar place.

Our Publication Office, Bookstore, and Phrenological Cabinet will be removed to the more spacious and convenient store, 308 Broadway, between Duane and Pearl streets, and opposite the New York Hospital. The new location is only two blocks above the Park, and scarcely three minutes walk from our present place. We hope to take possession of our new quarters early in April, and all letters, *after the tenth of that month*, should be directed to 308 Broadway. Until that time, as now, to 131 Nassau street. All letters will reach us, however, if directed simply to FOWLERS AND WELLS, New York.

SPELLING REFORMATION.

In answer to inquiries which we have received, and which, in the midst of various labors for perfecting and improving our JOURNAL, we have not, hitherto, found time to answer, we give an explanation of the fundamental principles upon which the Spelling Reformation proceeds, and the few technical terms employed by those engaged in it.

The Spelling Reformation has in view the scientific representation of language by employing as many letters as there are separate and distinct sounds. For the representation of the English language, thirty-seven letters are required, as that is the number of its elementary sounds. The science upon which this reformation is based is called *Phonetics*, because its province is to treat of the different sounds (*phona*) of the voice, their modifications and classification. A second requirement of Phonetic science is, that every sound should have one sign to represent it, and no more; which, in connection with the first principle stated, implies the third principle, that every sign should represent one sound, and no more. The deficiency of letters in the alphabet now in use (which is called the *Romanic* alphabet) has resulted in the violation of the two essential principles of Phonetics which we have just mentioned. These principles, for instance, would require that *a*, instead of representing over six sounds, as in the words, *mate, dance, far, fat, fall, what, many*, should represent but one, and that one sound should have no other sign for it. Suppose that the sound heard in pronouncing the indefinite article *a* be represented by the first letter of the alphabet; then Phonetic Science would require that it should not be represented by other signs or letters, as it is by *aa* as in *Aaron*; *ai*, in *fall*; *ay*, in *pay*; *aigh*, in *Laight*; *ei*, in *their*; and *ey*, in *they*.

The Phonetic printing alphabet is formed by excluding from the Romanic alphabet the useless letters *c, g, x*; by using the remaining twenty-three in their most common significations; and by employing fourteen new ones, for the most part modifications of letters now in use, to represent the additional sounds. Phonetic printing is called *Phonotypy*, that is, *printing by sound*; and a system of writing corresponding to it is called *Phonography*; that is, *writing by sound*. Persons wishing—as all should—become better acquainted with Phonetics, cannot do better, perhaps, than by subscribing for "THE COSMOTYPE," a journal devoted to this science, and in a short time to be partly printed in the Phonetic alphabet; fifty cents a year; edited and published by Andrew J. Graham, of this city.

Phonography is written about five times as fast as the ordinary writing, while, at the same time, it is perfectly legible. In view of the fact that its principles are mastered in a few hours, only a few additional hours' practice in reading and writing being required to give freedom and ease in its use, it should be learned by at least all young men and women who wish to possess themselves of a great facility in education. To professional men who have a great amount of writing to do, its uses are so apparent that it would be unnecessary to point them out.

Phonography was the invention of Mr. Isaac Pitman, of England. On account of the wonderful rapidity with which words can be dropped upon paper by this system, it is more justly entitled to the name of short-hand than the many worthless systems which have been so called; but in order to distinguish it from them, and indicate the principles upon which it is based, it is called Phonography, or Phonetic Short-hand, or Steno-phonetics; that is, Short-hand Phonetics.

ST. LOUIS, MO.—What can you do for St. Louis in the way of sending some good Hydropathic physician out here? *We want one very much.* I know many who would gladly help to support one; and I do most fully believe a man who understands his business would do well. I should be pleased to hear from you on this subject, if you can take the time to write me.
B. R. HAWLEY.

[The best thing we can do is to give this note, which forms the postscript of a business letter, a place here. Who will go to St. Louis? Our correspondent has stated frankly what is wanted. Good Hydropathic physicians are wanted in all parts of North America.]

THE LESS, THE BETTER.—A quarter of a pound of Epsom salts, taken at a single dose, put an end to the life of Mary Finnegan, at New York, a few days since.—*Ex.*

It is better to "throw physic to the dogs," than to take it in too large doses. As a general thing, the less medicine we

take, the better it is for us; and hence the philosophy of Homœopathic doses. We have never yet heard of a Homœopathic physician killing a patient with medicine.—*Ex.*

Mr. Exchange, as you have admitted the principle that doses grow better as they grow less, will you please tell us where improvement in this direction is destined to stop?

DR. SHEW hereby acknowledges several letters he has received concerning suitable locations for a Water-Cure. He has fixed upon the LONG ISLAND WATER-CURE at Oyster Bay, which is within easy access of New York, as his selection. This establishment will be opened the first of May next. After that time, Dr. Shew will remain permanently at his country place.

Seize upon TRUTH wherever found,
On Christian or on heathen ground.—THE POET.

A very good motto, largely practised upon by some editors, who seize, with scissors in hand, upon the "Truth" published in the WATER-CURE JOURNAL, and transfer the same, *without credit*, to their papers. But it is no matter. We can furnish brains for those whose necessities compel them to borrow, take, appropriate, hook or —, from a source so abundantly supplied.

THE ILLUSTRATED HYDROPATHIC QUARTERLY REVIEW.—A new Professional Magazine, devoted to Medical Reform; 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, Review of New Publications of all Schools of Medicine, Reports of the progress of Health Reform in all its aspects, etc.; with appropriate Illustrations. FOWLERS AND WELLS, Publishers, New York. Now ready. Containing:

THE MOVEMENT-CURES. Illustrated. By R. T. Trall, M. D. Gymnastics in the Schools of Sweden. Remedial Power of Exercise. Case of a Clergyman. Description of Ling's System. Dr. Both on the Movement Cures.

DYSPEPSIA. By James C. Jackson, M. D. Prevalence. Mucous Dyspepsia. Nervous Dyspepsia. The Two Classes of Victims—Workers who do not think, and Thinkers who do not work. Eating and Drinking. Water-Cure in Dyspepsia—Course of Treatment. Dietetic Habits. Brain Labor. Sleep. Reports of Cases.

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A. C.

P.S. You may, if you please, send as premium, a copy of each almanac to each subscriber; and the balance in books directed to myself, by express, to Buffalo, N. Y.

[Accompanying this model business letter, came (on a separate sheet, *written on one side*), a statement of the present condition of Phrenology, Hydrophy, and the Reforms generally in that section of the "Empire State." We are duly thankful for all such favors; and place them to the credit of the great cause we advocate, to which our Books Journals, and ourselves are devoted.]

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H. R. BENHAM of Ohio is now associated with Dr. C., and they are determined that the sick shall have all the advantages and attention requisite for their comfort and improvement. TERMS: From \$4 to \$8 per week. Our address, Lowell, N. Y. S. CURTIS, } M.D. Mch. 11. H. R. BENHAM, }

HIGHLAND HOME WATER-CURE, at Fishkill Landing, Dutchess Co., N. Y. O. W. MAY, M.D., Proprietor.

The pure air and water, beautiful scenery, fine large edifice, an easy access from every direction, combine to render this a desirable place for those who need Hydropathic treatment. This establishment is intended more particularly for the cure of Female diseases; but all other remediable diseases are here treated successfully. 11

AUBURN WATER-CURE, Auburn, Macon Co., Ala. DR. WM. G. REEA, Miss L. A. ELY, Physicians. April, 11

THE JAMESTOWN WATER-CURE will be open for the reception of patients summer and winter. PHYSICIANS. E. Potter, M.D., and Mrs. L. M. Potter. Oct. 11

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: \$5 to \$7 per week. For particulars address Mch. 11. GEO. FIELD, M.D.

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 SUGAR CREEK FALLS WATER-CURE continues open for Winter Treatment. Terms moderate. Address, DRA. H. & S. FINEBERG, Dec 11. Dearborn's Mills, Tuscarawas Co. O.

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. Jan 11

PHILADELPHIA.—DR. WEDER'S CITY WATER-CURE ESTABLISHMENT, No. 80 North Eleventh Street. Dec 31

G. H. TAYLOR, M.D., Practitioner of Water-Cure, No. 15 Laight street, New York. Domestic practice and office consultations particularly attended to. Also, letters for advice. July 11

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

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

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

TARRYTOWN WATER-CURE.—THIS ESTABLISHMENT, which was consumed by fire last year, has been rebuilt, and is now ready to receive patients. Address, F. D. PIERSON, Tarrytown, N. Y.

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

NEW GRAEFENBERG WATER-CURE.—FOR full, printed particulars, address R. HOLLAND, M. D. New Graefenberg, N. Y. Aug 11

NEWPORT, R. I., WATER-CURE.—This Establishment is now in successful operation, under the direction of DR. W. F. REH, whom please to address for particulars.

GEORGIA WATER-CURE — At Rock Spring, near Marietta, Georgia, is open, summer and winter. C. Cox, M. D., Proprietor. Sept 11

LEBANON SPRINGS WATER-CURE (Columbia Co., N. Y.) is now open for the fall and winter. DR. SHEW, of New York city, consulting physician.

FOR RENT.—THE BROWNSVILLE WATER CURE. C. BAELZ. 31 Feb.

TO WATER-CURE STUDENTS.—A young man, desirous of qualifying himself for the Hydropathic practice, can hear of an opportunity where his expenses may be defrayed by services rendered, by addressing Dr. VAIL, Concord, N. H. Mch. 11

CHICAGO WATER-CURE RETREAT, No. 6 Rush street, cor. Indiana, 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. Feb. 11. J. WEBSTER, M.D.

WORCESTER HYDROPATHIC INSTITUTION, No. 1 GLEN STREET.—This Institution is well arranged for treatment at all seasons. It will remain under the medical direction of Dr. GEORGE HOYT until the return of Dr. ROGERS from Paris, in April, 1854. TERMS, usually from \$7 to \$9 per week. For treatment without board, \$3 to \$4 per week. Nov 11

FOR SALE.—A WATER-CURE ESTABLISHMENT, unsurpassed in every requisite of business prospects and central location. Address FOWLER and WELLS, personally or by letter, post-paid. Mch. 11

Business Advertisements.

THE AMERICAN HYDROPATHIC ASSOCIATION OF PHYSICIANS AND SURGEONS will hold their next annual meeting at Dr. BEDORTHA'S, in Saratoga, on Wednesday and Thursday, April 12th and 13th, agreeably to adjournment. The great interest felt in the last meeting by all who were present, induced the hope that this meeting may be fully attended. O. H. WELLINGTON, M.D., Secretary. New York, Feb., 1854. Mch. 21

CANCERS, SCROFULA, WHITE SWELLING, SCALD-HEAD, &c.—Dr. GILBERT, whose success in treating and curing the above diseases in New Orleans and other cities of the South and West, has no parallel in the records of the healing art, has opened an office at 483 Broadway.

During the last 16 years, Dr. G. has acquired and sustained the most enviable and widely extended reputation in the cure of Cancers and Wens, WITHOUT ANY ASSISTANCE FROM THE SURGEON'S KNIFE—cures that have frequently re-appeared, after amputation, in other parts of the body, and have defied the skill of the best physicians both in the United States and in Europe.

The results of his practice show complete and perfect cures, in 18 cases out of 20, of CANCER, WENS, WHITE SWELLINGS, TESTES, SCALD-HEAD, OLD and OBSTINATE ULCERS, and CHRONIC FEMALE DISEASES.

For further information in relation to Dr. G.'s practical success, the public are referred to countless testimonials from the most eminent men in society, (from the Senate, the Pulpit, the Bar, Physicians of the highest eminence, the Army, the Navy, and the private walks of life,) now in the possession of Dr. Gilbert, and to the numerous cases at the present moment under his treatment, rapidly progressing to the most perfect cure.

Dr. Gilbert invites all who are sceptical as to his treatment and success in the above painful diseases, to call at his office, 483 Broadway, and see and judge for themselves; and particularly the members of the Faculty.

Office practice exclusively, except in cases of great emergency. Ladies' Consulting Rooms separate from Gentlemen's. Office hours from 10 A.M. to 3 P.M. Feb. 11

MOTORPATHIC CURS.—DR. HALSTED closes his institution at Rochester, N. Y., until the 15th of April next, to comply with the solicitations of many Physicians and Ladies, who are anxious to avail themselves of his new method of curing disease. His object in making this tour, besides that of treating some particular cases, is to give medical men such practical evidence as may lead to a more wise method of treating Uterine and Chronic Diseases. It is his desire to extend to the Faculty every possible facility for testing the merits of his discovery; Physicians, therefore, are particularly invited to call with patients under their charge. His system of Therapeutics is simple, rational and reliable, and based upon new pathological principles—a system by which the worst forms of PROLAPSUS UTERI and most functional and organic derangements are cured. The principles of Motorpathy have been thoroughly tested in a Home Institution, where some five thousand cases of female diseases alone have been successfully treated.

Many of these were inveterate cases of from one to twenty-two years' standing; some of them accompanied with extreme urinary difficulties. Many cases of PROLAPSUS UTERI can be cured by one visit; others in a few days; and the most difficult in a few weeks. To produce this almost instantaneous relief, the patient is subjected to no pain or inconvenience. No supporters, nor any of the usual treatment is employed. When the organ is made to assume its proper position, the patient is immediately able to go through any ordinary exercise which she has strength to perform, without fear of displacement. Motorpathic treatment gives vitality and force to all the organs in the discharge of their proper functions, and is most effectual in restoring the constitution from the effects of self-indulgence and dissipation. It has been proven to be peculiarly adapted for the cure of Incipient Consumption, Paralysis, and the many and multifarious complaints originating in Carverue or Irritation of the Spine. Its efficacy in the relief of partial insanity and diseases of the liver is beyond a question.

Dr. Halsted will be in Boston, at the Revere House, from the 19th to the 30th of January; in Worcester on the 1st of February; in Springfield, at the Massasolet House, on February 3d and 4th; in Northampton on February 5th; in Hartford, Ct., at Hartford City Hotel, on February 8th; in Meriden on February 10th; in Chester, at Chester Hotel, on February 14th; in New Haven, at Tontine House, on February 16th; and in New York on February 20th, at St. Nicholas Hotel, Broadway; where he will remain a few weeks. Communications addressed to him, en route, will receive prompt attention. His work on MOTORPATHY can be obtained of h.m. or be sent to any address, postage free, upon the reception of ten postage stamps. Feb. 21

LAWRENCE SCIENTIFIC SCHOOL, HARVARD UNIVERSITY.—The next Term of this Institution will open on the second day of March, 1854, and continue twenty weeks.

Instruction by Recitations, Lectures and Practical Exercises, according to the nature of the Study, will be given in

- Astronomy, by Messrs. Bond.
- Botany, " Prof. Gray.
- Chemistry, Analytical and Practical, " Horsford.
- Comparative Anatomy and Physiology, " Wyman.
- Engineering, " Enstis.
- Mathematics, " Pierce.
- Mineralogy, " Cooke.
- Physics, " Lovetrag.
- Zoology and Geology, " Agassiz.

For further information concerning the School, application may be made to Prof. E. N. HORSFORD, Dean of the Faculty. CAMBRIDGE, Mass., January, 1854. Mch. 11

COURSE OF MEDICAL INSTRUCTION FOR FEMALES.—MRS. LYDIA F. FOWLER, M. D., will commence a course of private Medical Lectures to Females, at the Hall of Metropolitan Medical College, 68 East Broadway, on the first Tuesday in April, to continue eight weeks. These Lectures are designed especially for ladies wishing to qualify themselves for skillful nurses, and as a foundation for those who are intending to pursue Medicine as a Profession. They will embrace an ample review of Anatomy, Physiology, Hygiene, Practical Medicine, and all other points essential to such a course of instruction. They will be illustrated by Diagrams, Dissections, Manipulations, &c. TERMS.—For this full course of Lectures, \$14.00. For further information, address LYDIA F. FOWLER, 233 East Broadway New York. Feb 21

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THE AMERICAN PICK -- This Illustrated Comic Weekly, which is published in New York every Saturday, has now commenced the third year of its prosperous existence.

The new volume commenced with the "Reminiscences of John C. Calhoun, by his Private Secretary," and will be continued in the Pick until finished, which it will take nearly a year to accomplish.

When the "Reminiscences" are completed, they will be reprinted and published in book form, and a copy will be sent, free of charge or postage, to every subscriber to the Pick whose name shall be on our mail books.

The Pick has become a favorite paper throughout the United States. Besides its weekly designs by the first Artists, it contains witty and spicy editorials of a high character, and will carry cheerfulness to the gloomiest fireside. Its high character renders it a favorite in every family. It is emphatically a family paper. It contains each week a large quantity of Tales, Stories, Anecdotes, Scenes and Witticisms gathered from life. Every article that appears in its columns is entirely original, and it has clustered around it some of the best writers in the United States.

The subscription price is \$1 per year, in advance. Agents who send in subscribers, or clubs composed of several persons, are allowed to deduct a commission of 25 per cent., thus reducing the price to 75 cents, for the wittiest Weekly published upon this continent.

The Pick numbers among its subscribers many of the leading men in the nation, who give it a cheerful endorsement; and not a line or design is allowed to appear in the Pick that is not unexceptionable; and its cheapness places it within the reach of all. The new volume commenced on Washington's Birth-day, Feb. 22, 1854. All letters containing remittances must be addressed to JOSEPH A. SCOVILLE, Editor and Proprietor of the Pick, No. 26 Ann street, New York. Mch. 4t.

THE HORTICULTURIST, AND JOURNAL OF RURAL ART AND RURAL TASTE -- The Horticulturist is a Monthly Journal, devoted to Horticulture and its kindred arts, Rural Architecture and Landscape Gardening. It is edited by P. BARRY, late Horticultural Editor of the Genesee Farmer, and author of that popular work, "The Fruit Garden." To those who cultivate Fruit or Flowers, this work is indispensable, as it contains full directions for cultivation, as well as every thing new on the subject, either in this country or in Europe.

The Horticulturist is beautifully printed on the best paper, with costly illustrations on wood and stone. It contains forty-eight pages, without advertisements, and each number has a full engraving, on stone, of some rare fruit or flower, drawn from nature, by the best living artist in this line.

TERMS -- Two Dollars per Annum, in advance. A discount of twenty-five per cent. allowed to agents. Postmasters and others are invited to act as agents, to whom specimen numbers will be sent, free of postage, on application to

JAMES VICK, Jr., Publisher, Rochester, N. Y. P.S. -- A new volume commenced on the first of January. Mch. 11. h. ex.

ELEVENTH VOLUME OF THE AMERICAN AGRICULTURIST -- The Leading Weekly Agricultural Paper of the United States, containing in each weekly number 16 large Quarto pages, and furnishing a great variety of the EARLIEST, MOST RELIABLE AND PRACTICAL information on all subjects connected with FARMING, PLANTING, GARDENING, FRUIT-GROWING, STOCK-BREEDING, &c., including also correct weekly reports of the latest market prices of Stock and Farm Produce, which are invaluable to the Farmer. TERMS, to Single Subscribers, \$2 00 a year, (\$1 00 for six months); to clubs of Three, \$1 67 each; of Five, \$1 60 each; of Ten, \$1 50 each; and of Twenty, \$1 25 each. N.B. -- SPECIMEN COPIES always sent FREE to all forwarding their names and post-office to the Publishers. Responsible Agents wanted in all parts of the Union, to whom good commissions will be paid. Published by ALLEN & Co., 189 Water street, New York. Feb. 2t.

ECLECTIC MEDICAL INSTITUTE, Cincinnati, Ohio. -- The Spring Session of this Medical College will commence on the first Monday of March, 1854, and continue fourteen weeks, with the following Faculty: Prof. of Anatomy, WM. SHERWOOD; Physiology and Institutes, J. R. BUCHANAN; Materia Medica, etc., G. W. L. BICKLEY; Medical Practice, etc., R. S. NEWTON; Obstetrics, etc., JOHN KING; Surgery, etc., Z. FREEMAN; Chemistry, etc., J. W. HOYT. The course will be full and complete in each department, and comprises much practical knowledge, not usually imparted in Medical Schools. The doctrines of the school are liberal and comprehensive, and much of its instruction is original. The Institute has been the largest and most successful Medical School ever established in Cincinnati, and its Faculty have recently adopted the liberal measure of dispensing with all fees except the matriculation fee, which is \$20, and the graduation fee, which is \$20. A course of Clinical Instruction will also be given in the Clinical Institute, the fee for which (being optional) is \$5. Graduates of respectable schools are admitted by a matriculation fee of \$10.

Students, on arriving in the city, will call at the office of Prof. R. S. NEWTON, on Seventh street, between Vine and Race.

The FALL SESSION will commence on the first Monday of November, 1854. -- J. R. BUCHANAN, M.D., Denn. Mch. 11. h.

THE FRANKLIN GLOBES. -- We invite the attention of teachers, dealers, and others, to the above new series of Globes. Being made by an entirely new and improved process, they are much stronger than other Globes, and are warranted against cracking. They are printed on new plates, giving the latest changes and divisions; are put up in the most attractive style; and sold at lower prices than any other Globes in the United States. A descriptive catalogue, with styles and prices, will be furnished on application to the manufacturers, MERRIAM, MOORE & Co., Troy, N. Y. Mch. 6t. ex. t.

PHONOGRAPHIC GOLD PENS OF THE BEST quality, furnished by FOWLERS AND WELLS, N. Y., at \$1 50 -- sent by mail, postage pre paid. A cheaper, inferior article, may be had at \$1 25.

FIRST, BEST AND CHEAPEST!!! THE NEW YORK WEEKLY SUN, established in 1836, is the FIRST DOLLAR-A-YEAR WEEKLY NEWSPAPER ever published. Independent of all political parties and cliques; sustained by all the resources of THE SUN ESTABLISHMENT in its collections of the latest news from every part of the world, by telegraph, and by correspondents; ever offering something new in the way of stories and BON-MOTS, reports of Inventions, Prices Current, Markets, Recipes, Marriages and Deaths, etc., its title to the appellation of THE BEST NEWSPAPER to be had for the same money is unquestionable, while the rate at which it is furnished demonstrates it to be, size and contents considered, by far THE CHEAPEST PAPER IN THE WORLD.

Any person may obtain the paper by simply enclosing One Dollar in a letter, writing in it his name and the name of the nearest Post-Office, and of the County and State where he resides, and directing it to MOSES S. BEACH, SUN OFFICE, NEW YORK.

THE POSTAGE on the Weekly Sun to any place in the State of New York is only THIRTEEN CENTS PER YEAR, payable quarterly (3 1-4 cents) in advance. To any place out of the State, but in any part of the United States, the postage is TWENTY-SIX CENTS A YEAR, payable quarterly (6 1-2 cents) in advance.

TERMS -- PAYABLE IN ADVANCE. For a single copy, one year \$1 00 Club of 6 Copies 5 00 Club of 12 Copies 10 00 Club of 20 Copies 15 00 All subscriptions should be sent by mail (post-paid) directed to the Publisher. No travelling agents are employed.

Specimen copies sent gratis when desired. MOSES S. BEACH, Publisher, Corner of Nassau and Fulton streets, Feb. 3t. NEW YORK CITY.

NEW YORK DAILY SUN. -- This popular paper, read by upwards of Two Hundred Thousand persons daily, is mailed to Country Subscribers in season for the early terms at \$4 per year, or \$1 per quarter, payable in advance.

POSTAGE ON THE SUN. To any Post-Office in the State of New York, 75 cents per year, payable quarterly (19 1-2 cents) in advance. To any Post-Office out of the State of New York, but within the United States, \$1 50c. per year, payable quarterly (39 cents) in advance.

MOSES S. BEACH, Publisher, Sole Proprietor of the Sun Establishment, Feb. 3t. Corner of Nassau and Fulton sts., N. Y.

THE WRITING AND SPELLING REFORM consists in the introduction of a complete alphabet of forty-two letters, to represent all the sounds of the English language. This alphabet is adapted to Shorthand and Longhand Writing, and to Printing. Phonetic Shorthand is as legible as common writing; while it is written in one-fourth of the time, and with half the labor. By means of Phonetic Printing, children and ignorant adults may be taught to read accurately in about twenty hours' instruction; and, with a few hours' additional practice, they are capable of reading books printed in the common spelling. The education of the poor is thus rendered not only possible, but easy.

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IN PHONETIC SHORTHAND. -- Manual of Phonography, in paper covers, 40 cents; cloth, 60 cents; History of Shorthand, 80 cents; Reporter's Companion, 50 cents; Reporter's Reading Book, 80 cents; Flowers of Poetry, 15 cents; Chart of the Shorthand Alphabet for teaching, 40 cents.

Constitution of the United States, in Phonography, Corresponding style, 15 cents. Declaration of Independence, in Phonography, a sheet for framing, 15 cents. Phonographic Teacher; being an Inductive Exposition of Phonography, intended for a school book, and to afford complete instruction to those who have not the assistance of an oral teacher, in boards, 45 cents. The Reporter's Manual; an Exposition of the Reporting Style of Phonography, by Andrew J. Graham. Price, 62 cents. Orders for these works will be filled by return of the first mail, by FOWLERS AND WELLS, 131 Nassau street, New York.



THE PHRENOLOGICAL BUST, DESIGNED ESPECIALLY FOR LEARNERS: Showing the exact location of all the Organs of the Brain fully developed, which will enable every one to study the science without an instructor. It may be packed and sent with safety by express, or as freight, (not by mail), to any part of the world. Price, including box for packing, only \$1 25.

"This is one of the most ingenious inventions of the age. A cast made of plaster of Paris, the size of the human head, on which the exact location of each of the Phrenological organs is represented, fully developed, with all the divisions and classifications. Those who cannot obtain the services of a professor, may learn in a very short time, from this model head, the whole science of Phrenology, so far as the location of the organs is concerned." -- New York Daily Sun.

A NEW MAGNETO-ELECTRIC MACHINE IMPROVED. -- The Inventor and Manufacturer presents this machine to the public, with the assurance that it is better adapted to their needs than any heretofore offered. Its construction and arrangement are upon scientific and philosophical principles, rendering it far superior for medicinal purposes to any other now in use, while its chemical powers are unsurpassed. Unlike all others, it requires no LIQUIDS, ACIDS, or SOLUTIONS of any kind, to create the magnetic current; is always ready for use; is perfectly simple, and not liable to get out of order. Each machine is encased in a box, of fine workmanship, and can be sent by express to any place desired. Price, only \$10. All orders should be addressed to FOWLERS AND WELLS, Manufacturer's agents, 131 Nassau street, N. Y. Mch. h. tf.

OUR BOOKS IN BOSTON. -- New England patrons who wish for our various publications, may always obtain them, in large or small quantities, at our Boston establishment, 142 Washington street. Besides our own publications, we keep a supply of all works on Physiology, Phonography, Phrenology, and on the natural sciences generally, including all Progressive and Reformatory works.

PHRENOLOGICAL EXAMINATIONS with charts, and written opinions of character, may also be obtained, day and evening, at our rooms in Boston, No. 142 Washington street, near the old South Church.

T. S. ARTHUR'S HOME MAGAZINE gives over 900 large double column octavo pages of Choice Reading Matter in a year. Also, from 12 to 15 Steel Engravings, of a high order of excellence; besides from 150 to 200 Fine Wood Engravings, all for \$1 25, in Clubs of Four Subscribers.

The Cheapest Monthly Magazine in the World. No Periodical in the United States has been more generally or more warmly commended by the Press than the "HOME MAGAZINE."

Send for Specimen Numbers. They will be furnished free of charge.

TERMS, in Advance, \$2 a year; 4 copies, one year, \$5; 12 do., \$15; and one to get-up of club.

The Home Magazine and Godey's Lady's Book sent one year for \$3 50. Address, post-paid, T. S. ARTHUR & Co., 107 Walnut Street, Philadelphia. Feb. 2t h. e.

MELODEONS -- GOODMAN & BALDWIN'S NEW INVENTION. -- PATENT ORGAN, with two BANKS OF KEYS; the only thing of the kind in the country; having TWO STOPS, COUPLES, SWELL, DRAW-STOPS, &c. A sweet and powerful instrument, pronounced by organists to be superior, for churches or organ practice, to the medium-sized organs. Tuned to the equal temperament; price, \$200. Also the Common Melodeon, of all styles and prices. Being the EXCLUSIVE agent for these instruments, orders are solicited. The usual discount made to the trade, and 12 1/2 per cent. to clergymen, purchasing for the use of themselves or their churches. -- HORACE WATERS, 333 Broadway, N. Y. Mch. 1t.

THE NEW POCKET SYRINGE, WITH DIRECTIONS FOR ITS USE. -- The undersigned take pleasure in offering to the public, the Hydropathic Profession, and especially to families, a new and superior INJECTING INSTRUMENT, with an ILLUSTRATED MANUAL, by R. T. TRALL, M.D., giving complete directions for the employment of water injections. The price of THE NEW POCKET SYRINGE is only Three Dollars and a Half, and may be sent by Express to any place desired. All orders containing remittances should be pre-paid, and directed to FOWLERS AND WELLS, Clinton Hill, 131 Nassau Street, New York.

This instrument has been manufactured to order, to meet the wants of hydropathic physicians and patients. 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 lifetime.

Extra Vaginal Tubes, 25 cents. Sent to any place desired by Express.

CANCERS CURED. -- DR. SCHELL, late of New Orleans, is prepared to treat cancers without the knife, or any distressing surgical operation. He will also guarantee a cure in every case he undertakes. His treatment consists in strict hygienic attention to the general health, with local appliances, which are neither injurious nor painful. Further information may be had of DR. TRALL, 15 Laight street, to whom application may be made.



BOOK ILLUSTRATIONS, Portraits, Buildings, Views, Machinery, Labels, Seals, Bank Checks, Bill Heads, Business Cards, Ornamental Designs for Color Printing, &c., engraved in the best style. Nov. 1t

PLEASANT AND PROFITABLE EMPLOYMENT. -- Capable Young Men and Women, with \$15 to \$25, may obtain healthful, pleasant and profitable employment in every town and village, by engaging in the sale of useful and popular Books, and canvassing for several valuable Journals. For particulars, address, post-paid, FOWLERS AND WELLS, No. 131 Nassau Street, New York.

P.S. All Agents who engage with us will be secured from the possibility of loss, while the profits derived will be very liberal.

AN ORIGINAL FARMING PAPER! -- THE FARMER'S COMPANION AND HORTICULTURAL GAZETTE, edited by Charles Fox (Lecturer on Agriculture in the State University of Michigan, author of the "American Agricultural Text Book," Cor. Mem. of the Philadelphia Academy of Sciences, &c.) and Charles Betts, J. C. Holmes (Sec. of State Agricultural Socy., &c., &c.) Horticultural Editor; Lina Cone, Corresponding Editor. The Poultry Department is under the charge of Dr. M. FREEMAN, (the eminent breeder of improved fowls.) E. L. Drake, (General Travelling Agent.)

This Journal, of 32 8vo pages, monthly, besides a colored cover, was commenced for the purpose of supplying the West with an independent source of information on the great art of Agriculture. The Editors are all practically familiar with their departments; intelligent correspondents in all sections of the country are engaged; European intelligence is industriously procured; and no labor or expense are spared to render the COMPANION one of the best Farming Papers in the world. In order to give it a wide circulation, the price is put very low, viz:

FIFTY CENTS A YEAR, while in substance it may fairly compete with any Dollar paper. It is entirely original, nothing being copied from other farming journals, and combines Art, Science, and Practice, with interesting Reading for the Ladies and Children.

Each number contains from thirty to forty independent articles, with numerous engravings. Address CHARLES BETTS, Freeman's Hall, Detroit, Mich.

We will not attempt to quote from the multitude of flattering testimonials with which the Press, throughout the country, has honored this work, but only remark that the celebrated Prof. J. F. W. JOHNSTON, of England, (who contributed to the last volume a series of articles on "Manures,") characterizes it as "A WONDERFULLY CHEAP AGRICULTURAL JOURNAL!"

VOLUME III, begun on the first of January, and are still being supplied. Mch. 3t. ex.

BOOKS AND STATIONERY. -- IVISON & PHINNEY, (Successors to MARK H. NEWMAN & Co.) Wholesale Bookellers and Publishers, No. 178 Fulton Street, New York, keep an extensive stock of School Books, Stationery, &c., Paper, Blank-Books, Pass-Books, Music-Books, Small and Family Bibles of every style and price, Juvenile Books, the best Works on Hydropathy or the Water-Cure, Standard Theological, Religious and Miscellaneous Books generally.

As IVISON & PHINNEY publish several of the most popular series of School-Books in use throughout the Union, and which are in constant demand by their brother Publishers; they are enabled, through the exchanges thereby resulting, to furnish all the leading School and other Books in markets, at their respective Publishers' wholesale prices.

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MAIL TRAIN -- 9 A. M. Through Way Trains, 12 M. and 3 P. M.

EXPRESS TRAINS -- 5 P. M. Accommodation Train at 6 P. M.

FOR TARRYTOWN -- At 10 1/2 P. M.

FOR Poughkeepsie -- Way Passenger Trains at 7.10 A. M. and 4 P. M., from Chambers Street; and Wny, Freight and Passenger Train at 10 A. M. from Chambers Street.

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FOR PORT CHESTER AND BRIDGEPORT. -- SPECIAL ACCOMMODATION TRAINS. -- At 9.15 A. M. and 6.15 P. M. for Port Chester; and 5 P. M. for Bridgeport.

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Feb. 1t

"AMERICAN RAILWAY GUIDE," FOR MARCH, 1854. -- This valuable Publication, kept "POST-UP" by the RAILWAY COMPANIES themselves, is issued monthly. In addition to our usual amount of information, we have a NEW RAILWAY MAP, got up at great expense to accompany the Guide. The price will remain 12 1/2 cents single copy, \$7 a hundred, wholesale. We will devote a few pages to Advertisements, and our IMMENSE EDITION is sufficient guaranty of its utility.

Send your orders to DUNSMORE & Co., No. 9 Spruce Street, New York. Feb. 1t

THE NEW HYDROPATHIC SCHOOL.

THE first term of the new school was concluded about the middle of February, and the second term commences March 1st. About half of the members of the first medical class will attend the second term, and several of the students have entered for three full terms. Of course they contemplate proficiency, not only in the ability to practise the healing art on the sick, but to teach the hygienic art to the living.

We are happy to be able to announce that the second term will open with a still larger class, and that one half of them, perhaps more, will be females, and some of these are wives and mothers. Encouraged by the success and instructed by the experience of the first term, Dr. Trall and associates have provided increased facilities for medical instruction in all its branches, and will hereafter devote still more of their personal time and attention to the class.

During the ensuing term, the *irregular* "Faculty" will be constituted as follows: O. H. Wellington, M. D., Theory and Practice, and Obstetrics; Geo. H. Taylor, M. D., Anatomy, Surgery, Physiology and Chemistry; R. T. Trall, M. D., Institutes of Medicine, Clinical Practice, and Female Diseases; J. E. Snodgrass, Medical Jurisprudence; L. N. Fowler, Mental Philosophy. Dr. Shew, whose teachings were gratefully appreciated by the students of the first term, (having located for the summer at Oyster Bay, L. I., near the city,) will occasionally lecture to the class.

We may now congratulate ourselves and the community that an educational enterprise, such as the world needs to qualify teachers of physiological science, and practitioners of the Water-Cure System, is among the permanent institutions of our city.

POSTAGE ON OUR JOURNALS.—To settle the question once more in regard to the legal postage on this JOURNAL, we publish the following letter from the Post Office Department, dated, "Appointment Office, January 24, 1854:"

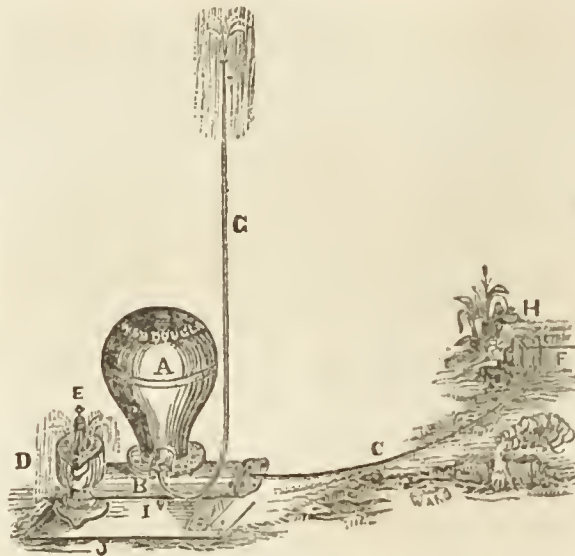
GENTLEMEN: Yours of the 20th inst., accompanied by specimen numbers of your PHRENOLOGICAL and WATER-CURE JOURNALS, and inquiring the legal rate of postage upon each, is received. The character of each, so far as postage is concerned, is the same. Each is a periodical, to be charged according to the weight of each copy, with an unpaid rate of one cent if its weight does not exceed three ounces, and one cent additional for every additional ounce or fraction of an ounce; or to one half of those rates when the postage on it is paid quarterly or yearly in advance.

Very respectfully, &c., St. JOHN B. L. SKINNER,
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[Thus it will be seen that the *legal postage*, when paid in advance by the subscriber, is only *six cents a year*, or *half a cent a number*, and when *not paid in advance*, *one cent a number*, or *twelve cents a year*. The JOURNAL (when dry) being printed on fine thin paper, weighs about two ounces, *never three*. Those who have paid *more than the above-named "legal rates"* may by legal process compel the postmaster to refund such excess.

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WHEN Books are wanted to go by mail, the order should be written on a slip of paper, separate from that containing the names of subscribers.



THE HYDRAULIC RAM.

The hydraulic ram is a simple mechanical apparatus, constructed upon philosophical principles, and is used very effectively in raising a portion of the water from a spring or running brook above the level of its fountain-head. The following description, it is believed, will be easily understood: Suppose a water-pipe is laid along down the course of the stream through which the water is required to pass. The lower end of the pipe is closed, and near that extremity is an orifice on the upper side, which is opened and closed on the inside by a puppet-valve, shaped something like an inverted barrel-bung. There is also another similar orifice and valve opening outward from the main pipe, and into an air-vessel. Now let both valves be closed. As there is then no means of escape for the water in the pipe leading from the spring, it is brought to a state of rest. The valve opening inward is loaded so that its gravity is greater than the pressure of the water at rest in the pipe; it consequently falls into the pipe, leaving the orifice open, through which the water immediately begins to rush with increasing velocity, until its momentum becomes such as to push up the valve to its place in the orifice. The momentum of the water suddenly stopped in its course is such as to lift up the other valve opening outward into the air-vessel, through which the water rushes, compressing the air into a smaller compass, until the reaction of the air is in equilibrium with the action of the water, when the valve No. 2 falls back to its place, and prevents the water in the air-vessel going back again into the main pipe. The water in the main pipe then, having no escape, is again brought to rest, whereupon valve No. 1 falls down again by its own weight, and the process is again repeated. From the air-vessel a discharging-pipe leads off to the upper story of a house, or any other place where the water is wanted, to which point it is driven by the elasticity of the compressed air in the vessel. Of course, the amount of water raised, compared to the whole, will be in inverse ratio to the elevation of the discharging point above the fountain-head. The momentum of the blow forcing the water into the air-vessel when the valve closes, was well illustrated at the time the fountain was first put in action on Boston Common, where, it will be recollected, the momentum of the water was so great at the sudden stoppage of the jet as to burst the pipes and deluge the Common.

In our engraving, H is the spring or brook; C, drive or supply-pipe from brook to ram; G, discharge-pipe, conveying water to house or other point required for use; B, D, A, E, I, the ram; J, the plank or other foundation to which the machine is secured for use.

The price of these rams is about \$20. Smaller ones can be had as low as \$8 or \$10.

BOUND VOLUMES OF THE JOURNAL.—Subscribers wishing to preserve the last volume of the JOURNAL can have the numbers bound in embossed muslin, lettered on the back, for fifty cents, by sending them to the Publishers. Those wishing for a portfolio in which to keep the numbers during the year, can obtain them at this office for twenty-five cents.

APPLE SEEDS.—SAMUEL JAYNE, of Benton, Yates Co., N. Y., has a few bushels of Apple Seeds for sale. Those in want will be supplied by addressing Mr. Jayne, as above.

IMPRESSIONS FROM THE PRESS.

[We select the following from among hundreds of similar *unbought* and *unsolicited* notices of our Journals from the pens of our editorial brethren. We value highly their commendations, and shall try to merit them:]

FOWLERS AND WELLS'S JOURNALS.—The new volumes of the PHRENOLOGICAL JOURNAL and of the WATER-CURE JOURNAL open with specimen numbers that give a flattering assurance of the high character of the works for the current year, both in respect of valuable contents and elegance of typography and illustration. The biographical department has now become a leading feature of the PHRENOLOGICAL JOURNAL. Under the heads of Phrenology, Physiology, Psychology, Editorial, and so forth, we have a great variety of instructive matter, adapted to the intellectual wants of the million, and embodied in the concise, matter-of-fact, common-sense language for which the JOURNAL is remarkable among the popular periodicals of the day. The WATER-CURE JOURNAL has contributions from well-known eminent Hydropathic practitioners, illustrating the principles of the system, and presenting important directions for the care and preservation of health. Apart from the scientific doctrines to which these Journals are devoted, their ample fund of simple and easy instructions in regard to the physical well-being of man, the practical examples which they describe, showing the importance of temperance and moderation in the indulgence of the appetites, and their untiring fidelity to the cause of popular improvement, recommend them to intelligent readers as among the most useful family journals that are now published.—*N. Y. Tribune*.

THE perusal of every number attaches us to them more and more, for the good advice, interesting biography, useful facts, and pure moral tone which pervades the pages.—*The Jackson Citizen*.

WE take great pleasure in commending both publications to our friends, believing them to be worth more than double their cost to every one who reads them.—*Shepherdstown Register*.

THE PHRENOLOGICAL and WATER-CURE JOURNALS for this month are like their predecessors, only a *little* better. We commend these works to the attention of all who are willing to crush the shackles of ignorance and folly with which the corruptions of art have enslaved them, and who wish to improve their mental and physical condition by obeying nature's laws.—*The Chenango News*.

STANDARD JOURNALS in every point of view—professional, literary, and mechanical.—*The Macomb Gazette*.

WE would like to call the attention of the reading public to one fact, viz.: THE PHRENOLOGICAL and WATER-CURE JOURNALS are not devoted to one-idea-ism in any sense of the term. The first-named is not confined to the science of Phrenology merely, but is a kind of literary and scientific museum, which, by forwarding \$1 to the publishers, will visit your families twelve times a year, rendering them wiser and happier thereby. Each number contains several engravings of distinguished persons, with biographical sketches accompanying them. If you wish for something fresh, something which, being read, will set you a thinking, here it is. The WATER-CURE JOURNAL is a gem of the first water.—*The New Dawn*.

THE WATER-CURE JOURNAL—always punctual, and its monthly visits ever welcome—is an invaluable paper. We venture to say that the condition of the human race will, in ten years, be fifty per cent. better for its labor.

To the lover of science and truth, there is no paper of greater interest than the PHRENOLOGICAL JOURNAL.—*Wayne Sentinel*.

THE WATER-CURE JOURNAL and the PHRENOLOGICAL JOURNAL—both beautiful and valuable works. These numbers are very rich. The writers are strong practical men, who care nothing for the venerable character of ancient nonsense. We cannot imagine how the publishers continue to make these works so cheap.—*Janesville Free Press*.

THEY are *always* filled with articles of the highest importance and value, in matters of *health* and *business* of life. No one can read them without profit. Their beauty of workmanship is not exceeded by any paper in the State.—*Weedsport Advertiser*.

THESE excellent periodicals maintain the high character which they have established as advocates of glorious reforms.—*Portsmouth Inquirer*.

WATER-CURE JOURNAL

AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

VOL. XVII. NO. 4.]

NEW YORK, APRIL, 1854.

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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."

HOUSEHOLD SURGERY.

BURNS AND SCALDS.

NO. III.

BY JOEL SHEW, M.D.

In no department of "domestic practice" is water-treatment more useful than in those frequent and often fearful accidents which come under the head of "scalds and burns." It is to be remembered, also, that in accidents of this kind, the physician can seldom be obtained at the time, so that it becomes a matter of more than ordinary importance that non-professional persons learn the methods of treating them. It is to be remembered, moreover, that the good success in treating scalds and burns depends mainly upon the first applications, or the treatment first employed after the injury is received.

I do not deny the fact, that medical men have been, and still everywhere are, a great deal puzzled as to what the proper treatment of scalds and burns really is. If I mistake not, however, the whole thing is in a nut-shell, and may be made so plain that any person of ordinary judgment and reflection can readily understand it.

In the books we read of several varieties of burns; as many, for example, as six, according to some of the French authors. But three divisions only are necessary practically—the first, in which there is mere *redness*; the second, *blistering* superadded; the third, actual destruction of the part. Burns are always more or less painful, except in case the injury is so extensive that reaction cannot take place. In the second variety the anguish is the greatest. The locality of the burn also varies the symptoms. A burn upon the head, or fibrous parts of the body, such as the hand, is more painful than one upon a less import-

ant locality. Burns upon the trunk of the body, or over the region of vital parts, are more dangerous than those of like extent on the extremities.

Treatment. If a person is being burned by the clothes having taken fire, it is important to remember, that it is the oxygen of the atmosphere alone that feeds the flame. Hence no time should be lost in excluding the air from the patient; blankets, comforters, or the carpet torn up from the floor, should be made to envelop the body as soon as possible. (Fig. 1.)

In this way often a vast deal of suffering may be prevented, and life itself saved. Deluging the patient with water, and, best of all, imme-

FIG. 1.



EXTINGUISHING FIRE.

mediate immersion in water, answers the same end, but cannot in general be so conveniently done.

In treating burns in which there is not sinking and collapse—and these seldom happen—the true method I regard is to apply cold. But we need do no violence to nature; and I cannot here do better than quote some remarks on this subject from my Family Physician:

I believe that if a burned part is from the first immersed in cold water—and it need be no colder than just sufficient to keep down all pain—no blistering can take place. In other words, I do not see how it is possible for a blister to rise under cold water. Now, if this is true, it must be a great deal better to apply cold than heat, because it is always best to avoid blistering, if possible; for a great deal of trouble, and especially in regard to constitutional disturbance, may come from vesication. No matter if it should

TO CONTRIBUTORS.—"Reports of Cases" treated at Glen-Havon Water-Cure, intended for this number, was accidentally mislaid, and not recovered till too late. It will appear in the May number. "Diary of a New England Physician," No. 13, is on file for our next. A whole drawerful of good things is still in reserve for our readers, to be served up in due time, and set before them. We must again beg our contributors to be as brief as the nature of their subjects will admit. Give us *facts* rather than *speculations*, and let every word be right to the point.

EDITORIAL NOTICES.

THE WATER-CURE JOURNAL.—One of the best expounders of the Science of Health, one of the most fearless and out-speaking castigators of existing physical abuses to be found in this country. It presents in an attractive form, and in language destitute of scientific technicalities, a knowledge of the laws of life and health, which every person should be possessed of.—*Whitehall Chronicle*.

THIS JOURNAL is rapidly gaining in public favor and confidence. Few families, knowing its worth, would be willing to do without it.—*Monmouth Atlas*.

ONE of the best papers in the country. Its principles are discussed with candor, and sustained with that unyielding energy which truth ever inspires.—*Che-nango News*.

THIS JOURNAL ought to be in every family in the United States, and its teachings should become as familiar as household words.—*Rhode Island Freeman*.

It promises to be a dangerous antagonist of all "pill-rolling" systems.—*Chickasaw Banner*.

THE JOURNAL is a sound, lively, and progressive paper, and we wish it success.—*Clinton Sat. Courier*.

be necessary, in some cases, to keep up the cooling application for many hours, or even days, we only follow nature, I maintain, when we do it; and the safe and unerring rule is, *to suit the application to the feelings of relief*. If we keep on sufficiently long, water is sure in the end to "draw the fire out."

"But," says an objector, "cold water is liable to make the patient shiver and shake." In some cases, do what we will, there will be a *nervous tremor*, greater or less. The more soothing the application, the less of this there will be; and water, it is claimed, is, of all substances, that which best calms nervous excitement, of whatever kind. Besides, we need not use water so much or so cold as to create a chill. While we cool one part, too, we may warm another that is not burned, the feet for example; or we may drink warm water to promote general warmth, while at the same time we cool the burned hand or other part.

Another objector, if he have thought so far, may say blistering is nature's own method of cure; that is, she throws out, at the inflamed part just under the cuticle, a portion of serum from the blood, to moisten, lubricate, and soothe the injured tissues. The answer is, inflammation, or, in other words, heat, is the cause of that injury, irritation, or whatever we choose to call it. Now, if by the use of cold water we prevent all this accumulation of heat, there is, in fact, no need for nature to throw out a blister. The cold application does, in fact, aid her operations, so that the cure is effected in another much shorter and more genial way.

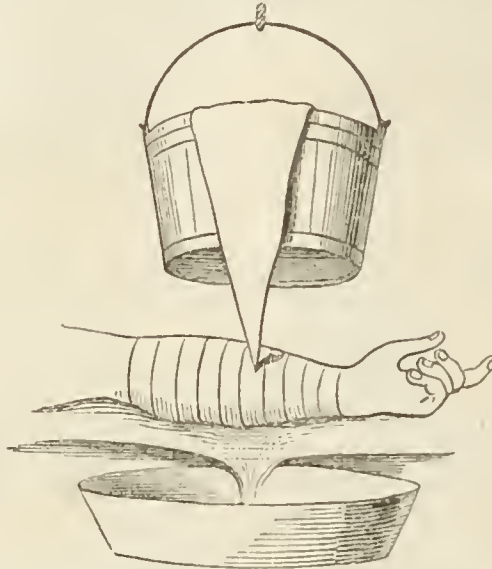
In case a part has been destroyed by the action of the fire, or blistering has taken place before it was possible to stop it, there can be no question, it seems to me, as to what will best aid nature in the reparative process. In another part of this volume I have explained as some length the great advantages of water as a local application in wounds. The same rules of practice, precisely, hold good here; and I repeat, if there is in the wide world any substance that can at all compare with water in promoting the healing of a wounded part, I have yet to learn it. In burns, as in all other injuries, water is the great panacea—just such a one as we would reasonably expect a benevolent, all-wise Creator would bestow.

In those cases of severe scalds and burns in which so great injury is done the powers of life that reaction does not at once take place, we should proceed the same as in any other case of sinking. We should not certainly chill the patient when he has no fever or pain, but should, on the contrary, take the usual means of restoring warmth. After fever and pain begin, it is time enough to treat them; and as to the constitutional symptoms generally, whether they be those of sinking or excitement, we are to treat them precisely as we would in any other case of fever."

NOTE.—With regard to the methods of making cooling applications in cases of burns and scalds, some further remarks will here be in place. In a former number of the JOURNAL we gave some illustrations of the manner of applying the principle of IRRIGATION in cases of wounds. The same are also applicable in the treatment of burns. We will suppose it a case of scald or burn upon the arm.

The affected limb is laid upon a pillow or a cushion, with a piece of oilcloth over it, arranged in such a way as to conduct the water off into a basin or other vessel, as seen in the cut. A bucket of water is suspended over the bed, or set upon a table near the patient. The inflamed part having upon it some lint or soft linen cloths, the water is conducted to these by means of a strip of woollen or other cloth, wide at one end and pointed at the other, and which, hanging from the bucket, the wide end being immersed in

FIG. 2.

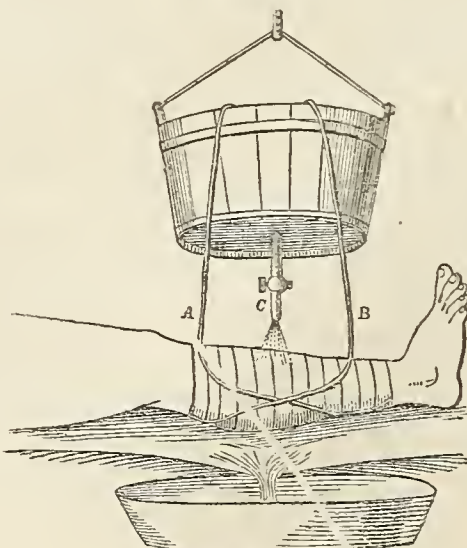


IRRIGATION.

the water, conducts the fluid to the lint or compresses, on the principle of a syphon. The cloth should be of considerable width at one end, and cut so as to be of even taper toward the point. The amount of fluid thus conveyed will depend partly upon the weight and size of the cloth, and partly upon the depth of the vessel from which it is to be drawn. The temperature of the water may easily be regulated, according to the exigencies of the case. This method is, however, more suited for the cooling application, since, in the night, for example, warm water might become too cold. But in the refinement of French surgical practice, the fluid is sometimes kept at a given temperature by means of a spirit-lamp under the bucket, which in these cases must be of tin or other metal.

Another method of employing irrigation is to suspend two ropes of candle-wicking from the

FIG. 3.



IRRIGATION.

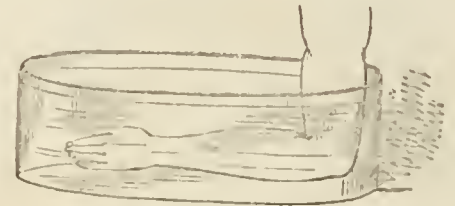
water in the bucket to the dressings, as may be seen in figure 3. But this is not so convenient or

effectual an application as the triangular piece of cloth before described. The ropes of candle-wicking act of course upon the same principle, but are less useful in practice.

Still another method is to conduct the water from the bucket to the dressings by means of a tube with a stop-cock, as seen in the cut. In case no stop-cock could be obtained, the irrigation might be regulated by inserting a cork or wooden peg in the tube, so shaped as merely to allow the water to drop. A little ingenuity will answer in all these cases. A good workman works well with the tools he has, as the old saying is.

The IMMERSION of a burned or scalded part in water, either tepid, warm, or cold, is easily ac-

FIG. 4.



ARM-BATH.

complished by having some such vessel as represented in figure 4.

The fluid is thus made to cover a larger part of the surface, and in all cases the soothing effect of a local application is in proportion to the extent of surface on which it is made to act. It is not merely the wounded or inflamed part that should be brought into contact with the fluid, but as much around and beyond it as may be necessary. An objection to this plan of immersion is, that the inflamed part must, in many cases, be made to hang downward in order to immerse it, which causes the blood to pass by gravity more freely than it otherwise would, to the place affected. The object is to drive away the superabundance of blood, and hence keeping the part in an elevated position is often the preferable mode.

After all, the old-fashioned mode of treating inflamed parts by simple compresses, is one of the best. True, we want all the helps we can have in such emergencies. But it is a great recommendation of Water-Cure, that we may, by very simple means, obtain its good effects. Thus, for example, if a person has scalded or burned his foot, he may have it rest in an elevated and comfortable position, with the simple compress upon it; and if the injury is not an uncommonly bad one, he may thus, by proper perseverance, obtain all the good effects of the cooling plan.

It should not surprise us to find water, simple as it is, the best and most agreeable of all applications, when we recollect how important a part it exerts in all vital processes. It composes by far the larger portion of the living body in health; and through its influence all the vital processes are carried on. Besides, there is nothing in the wide world that can at all compare with it in promoting the restoration of the growth of a wounded part, and simply for the reason that no other substance in nature holds so important a relation to the principle of life.

Water, when thus used locally, acts in various ways, which, to elucidate the subject more fully, may be explained as follows:

1. It regulates the *temperature* of the part, if we go according to the feelings of comfort; and it brings it to that degree of temperature which

is the most suitable for its healing, as well as freeing it from pain and other disturbance.

2. It permeates the finest tissues, and is absorbed freely, thus preventing all undue heat deep among the tissues, as well as upon the surface. It is better than any poultice, because it is *more easily absorbed*; it is less liable to change of properties than any other application—less cumbersome, and in all respects better, as experience abundantly proves.

TO MY SICK SISTERS.

BY DR. HARRIET N. AUSTIN.

HUMAN beings love knowledge, and knowledge they *must* have. So, from the sun, the centre of life, to the solar system, down to the animalcule, they have sacrificed time, health, wealth, comfort and affection, the better to be able to understand the relations of matter and of mind. It is most strange, that with all this desire and effort to acquire knowledge, they should have neglected themselves, and failed to attain a practical acquaintance with their own organization. There has been no lack of work in the way of curing human ills. Statesmen and poets, philanthropists and philosophers, are awake to the necessity of labor for human good; but they, for the most part, have spent their strength for naught; for whilst laboring for human salvation, they are in daily violation of the laws in obedience to which only can they hope to achieve good results.

The medical profession is intelligent. It holds sound theories in respect to health; and this is all, for its members for the most part live recklessly. The masses do not understand the conditions of living. Anatomy, physiology, pathology and therapeutics are to them a sealed book. In society, habits artificial and therefore enervating prevail. Men, women, and children eat, drink, work, sleep, dress, and think after modes which defy all nature. When the system yields to their daily outrages, instead of checking themselves to see what may be done to remove ill health, they immediately place themselves in the hands of those who professionally are to do their thinking and their cure. Hundreds of years of practice have shown the entire fallacy of this arrangement, to that degree that the PEOPLE are losing confidence in the profession. They are coming after all to doubt whether physicians are competent to accomplish what they undertake.

Within a few years, a new method of treating disease has been challenging public attention. Cures which, under the old method, would have been deemed miraculous, have been made quietly, yet to the astonishment of those who have been personally knowing to the facts; and so, gradually, the Water-Cure has come to be acknowledged as a system, having its newspapers, medical journal, and schools. The sick are looking at it, thousands are trying it, and to many, through it, Health comes with healing on her wings.

But many others are doomed to disappointment, because of their ignorance of its true, legitimate workings. Knowing little or nothing of the means or processes by which they become sick,

they do not comprehend the processes or modes by which they are to regain health. One of the greatest mistakes which they labor under, is in regard to the length of *time* necessary to their restoration. They have seen or heard of cases in which patients apparently lying at the point of death have in a few weeks been restored to sound health. They read reports of cases from Hydropathic physicians, in which diseases of long existence have yielded to the treatment at the expiration of one or two months. In forming an estimate of the time requisite for *their* cure, they make no allowance for the difference in vital energy, hereditary predisposition, social condition, or the complications which may exist in the case, simply because not informed on those subjects. Otherwise they could never expect that a body, every particle of which, perhaps, is tainted with scrofula, could in a few weeks be transformed by water or any other treatment into a sound and vigorous condition. Physicians in reporting cases for publication naturally choose those in which the patient has made the greatest apparent progress in the shortest time, and this accounts in some measure for the crude ideas people entertain in regard to the rapidity of Hydropathic cures; but we in doing this make extra work for ourselves, in having to teach our patients, after they come to us, that it is not by a *miracle* they are to be healed, but by patient perseverance in earnest working. When a patient comes to a Cure, and has had her examination, if the physician gives her encouragement as to the curability of her case, almost invariably the next question is in regard to the length of time necessary for her to take treatment; and if the physician, making a guess, gives her some idea about it, saying six, ten, twelve, or eighteen months, she is greatly astonished, and wonders what there is in *her* case which can make it so tedious and difficult. A practical knowledge of physiology and pathology will teach women the philosophy of obtaining health as well as of preserving it. There is no reason why we should not report cases in which the patient has lived for many months on the faith of *good to come*, instead of apparent improvement, for some of our most triumphant cures are of this class. In reporting cases from time to time, with a view specially to interest *the sick of my own sex*, I shall choose from among those which have come under my observation and care, those which seem to me most worthy of note, whether they required weeks, or months, or years of treatment. I propose to present one or two here.

Mrs. —, aged 43, came to our Cure in June, 1842. She was a native of New England, of consumptive family on the maternal side, and delicate from infancy. She had been very tenderly reared, and permitted to form habits in every way enervating. At 22, her father, to whom she was devotedly attached, died, which almost broke her heart, and left her drooping in body and spirit, and then commenced the doctor's work upon her. They gave her "*some sort of medicine*," she drank freely of cold water soon after, took cold, and had excessive swelling of the face, which occurred frequently afterwards. Not long after, she went South, and commenced teaching, and for eighteen years, amidst exertion almost incredible, she la-

bored to extinguish what of vitality she had remaining. For months in succession she would rise at four in the morning, and work incessantly till midnight, devoting the hours not spent with her pupils to writing lectures and fine needlework. While the other teachers took their noonday rest, she was teaching calisthenics, and often has she sat in school in such severe pain, it seemed to her she could not live. She underwent the diseases and consequent medication which Northerners usually suffer at the South. For a long time fever and ague was her standing plague. At one time she took *quinine*, *nine months in succession*, without experiencing the desired result. She then took a bold stand, and took a *large* dose, which *cured* her chills. During all this time she was engaged in the arduous excitement of her profession, but at last her physical part, completely exhausted, refused longer to obey the promptings of her ambitious mind, and she turned to Water-Cure for help. When I first became acquainted with her, she had been at the Glen some time, but I thought she looked as if her case was one of those always to be marked "doubtful." However, as Doctor and Mrs. Jackson looked hopefully upon her, I tried to do so likewise. After a little while she came into my special department for treatment, and I of course became more intimately acquainted with her. She was greatly debilitated from long ill-health, and mucous irritation was excessive. She suffered more than any woman we have ever had at the Glen from prolapsus uteri; and the loss of tone of the ligaments supporting that organ, together with weakness of the abdominal muscles, was such that the case was abandoned by the most celebrated physicians she had had. In all my reading, I have seen reported only *two* cases at all comparable with hers, and neither of these was cured. Were it not for the delicacy attending minute description of a case like this, I am confident a candid and unvarnished statement of the morbid condition of that organ, and those immediately allied to it, in connection with her general conditions of body, would place this case on record as one of the worst cases of prolapsus ever known. Close investigation led us to conclude that the prolapsed organ was forced into its abnormal position from general mucous derangement, and so on that hypothesis the treatment proceeded. No mechanical appliances were ever made besides the wet-bandage, no replacement, no supporters, no pessaries or manipulations, no kneading of the bowels, no motorpathy, nor any thing of that kind. Believing that the special ailment was an effect, we went to the management of her case with a view to the removal of the *cause*.

Her treatment it would be tedious to detail: suffice to say, that she had chills, fever, diarrhoea, greatly increased urinary secretions, and a rash from neck to hip which made the surface look like raw flesh. She could not allow it to be dry five minutes at a time, and would have to wet her bandages from five to seven times a night. At the end of thirteen months she was fleshy, hardy, able to enjoy long walks, the prolapsus was over, and she left our institution hopeful and hearty. The last we heard of her, her husband wrote that she was enjoying excellent health.



HOVEY'S SEEDLING.

STRAWBERRY CULTURE.

THE beautiful large engravings with which we have the pleasure of adorning these pages, are simply truthful and exact representations of the vines and fruit of the two varieties of the strawberry indicated, as they appeared on the grounds of Mr. Charles A. Peabody, a successful and distinguished cultivator in Georgia, to whom, through the kind offices of L. F. W. Andrews, Esq., editor of the *Georgia Citizen*, we are indebted for their use.

Mr. Peabody has given to the public, in an essay on the subject, his plan of culture, and the principles on which it is founded, together with the results of his long and successful experience. This method is causing a revolution in the cultivation of this fruit throughout the South. The same principles, modified in their practical application to adapt them to differences of climate, should be brought to bear at the North and West. Their truth has been amply demonstrated by actual, practical, and permanent success. We copy from the essay referred to, the following

important passages, commending them to the thoughtful consideration of our readers, almost all of whom may and should be, to a greater or less extent, cultivators of that most delicious fruit, the strawberry:

THE FACT.

We had never thought of achieving any thing very wonderful in strawberry culture, until our success had been doubted, and ridicule thrown upon our method of culture, by some of the most eminent of the horticulturists of the North. But



LARGE EARLY SCARLET.

those who are disposed to doubt and ridicule will find it a hard matter to close their eyes against the blazing light of truth. It is a fact too notorious now for any one of respectability to dare to dispute, that we do cultivate acres of strawberries without animal manure of any kind; and that we have a constant succession of fruit from March until September; and this, too, in this hot climate of the South. We now begin too think we have achieved something wonderful, but not so wonderful when properly understood.

A HINT FROM NATURE.

We feed the plant for fruit, instead of for vine; and in this consists our success.

Intelligent experimental cultivators have long since discovered that plants have a specific food for their wood, leaves, and fruit. Physiologists know full well that it takes different substances to form the bones, flesh, and muscles of animals. And profiting by these hints in nature, we stint the luxuriant habit of the strawberry vine, and force the fruit.

SEXUAL CHARACTER OF THE STRAWBERRY PLANT.

Before giving the directions for planting and cultivating, it will be proper to give the sexual character of the plants, as upon a correct knowledge of this most important truth will depend the crop of fruit. The annexed cuts of the three different varieties of blossoms will explain to the cultivator how he is to guard against too many of the one and too few of the other.

The cut represented by Fig. 1 is what is termed an hermaphrodite plant; that is, it blooms and

impregnates itself. The stamens, marked *a*, are full of fine yellow dust, which, falling on the pistil, *b*, impregnates the fruit.

Of this class is the Large Early Scarlet. Fig. 2 is the sterile staminate plant. This is a large showy flower, and deceives many an inexperi-

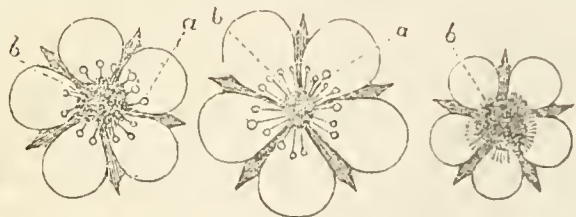


Fig. 1.

Fig. 2.

Fig. 3.

enced cultivator with its false promises of fruit. This is strictly a male plant, never producing a fruit—consequently disposed to perpetuate itself continually by runners. One plant of it will in two seasons fill an acre bed, and will root out and take possession of every other plant. It should not be allowed to encumber the ground; it is easily distinguished by its long showy bloom, long stamens, and long anthers, as marked by *a*, in cut 2. The only use to which this character of plants can possibly be applied, is to impregnate the female or pistillate varieties with. It would be worthless for fruit after it had been done blooming. Fig. 3 is the pistillate or female blossom. It will be observed there are no stamens around the pistil, as *b* in the cut will show, but nearly every bud on the plant will produce a fruit, if impregnated by one of the staminate varieties. Of this class is the Hovey Seedling, which, so far, we cultivate in preference to all others. This, and the Large Early Scarlet, as they figure in the cuts, may be kept in fruit at least six months in the year, by following the few simple directions which we shall now give.

TIME OF IMPREGNATION.

In the first place, we shall speak of the time of impregnation; being fully satisfied that the generally-received opinion, that the strawberry is impregnated after the petals expand, is entirely erroneous. We have observed that both pistillate and staminate plants first open from two to six blossoms, which never make a fruit under any circumstances.

The accompanying large engravings fully explain this. They are sketched exactly as they grew. The Hovey is as perfect a fruit-stem as we have ever found, and yet there will be found two unimpregnated blossoms. The Early Scarlet is the most perfect of its class we have ever seen, and there will be found on the fruit-stem five sterile blossoms. This induced us to examine very critically to ascertain the precise period when the impregnation takes place. We have spent days, weeks, and months, analyzing the matter, and are now satisfied that a strawberry blossom once having expanded fully its petals without impregnation, never produces a fruit. We find that the first blossoms are the impregnators. The staminate open as many as fifteen, which make no fruit, but generally average about six. The pistillates open from two to six. These were no doubt designed by nature as impregnators, but, as they prove sterile, have not the power of impregnating the buds below; consequently the plant is dependent upon the staminate blooms

near it for its impregnation. This is easily accomplished, as the pollen, or fine yellow dust, from the anthers of Fig. 1, marked *a*, scatters in every direction, and the least particle of it falling on the end of the unopened calyx, causes impregnation immediately. Hence, when the petals expand, the pistil enclosed in the calyx contains a glutinous matter, which firmly holds the fertilizing pollen, and carries it direct to the pistil.

The reader, no doubt, will remember having seen many fruits, melons, and cucumbers, that had perfect-formed fruit upon them long before the blossom opened. The same principle is carried out in the apple and pear; the fruit is formed before the blossom opens. Consequently, in the culture of the strawberry, where the pistillate requires impregnating, an impregnator must be cultivated that comes into bloom and continues in bloom as long as the pistillate; of this class are the Hovey Seedling and the Large Early Scarlet—both blooming as early as the frost will permit, and continue in fruit and bloom as long as moisture is given them. We have had from March up to August 20, one constant succession of fruit from vines of this description.

The accompanying cuts, marked *C* and *D*, are the show flowers of the Hovey's and Early Scarlet; *C* being the pistillate, and *D* the staminate. It will be observed they are larger and more showy than the blossoms marked Fig. 1 and 3; 1 being the impregnated Early Scarlet, and 3 the

*C.**D.*

impregnated Hovey. These were impregnated before the blossoms opened, and the germ of the fruit is plainly visible when the petals first expand.

THE SECRET.

The whole secret of strawberry culture is, to cultivate for fruit, and not for vine or blossom. Much depends upon the locality of the strawberry bed. No tree or plant should be near it; the strawberry loves shade, but not a shade that sucks its very life-blood out. The lowest part of the garden, the bank of some little stream of water, are proper localities, and where it is possible, select new land. As to the soil, our beds are on as poor pine land as gopher or salamander ever built into pyramids, and we believe it is pretty generally conceded now, within a circle of a few hundred miles, that we do occasionally have a strawberry. We do not know but a stiffer land may suit them better, but ours does well enough, and we are not disposed to act like that foolish man who "was well, wished to be better, took physic, and died." The strawberry may be transplanted any time from September until March. The plant, properly taken up, is very tenacious of life, and bears transplanting well.

DIRECTIONS, ETC.

The ground designed for the strawberry-bed should be ploughed or spaded as deep as tools can well make it. If the soil is light and thin, a thick coat of swamp-muck or partially decomposed leaves, with leached or unleached ashes, will be fine to turn under. After the ground is pulverized and levelled, mark it off into rows two feet apart. Now plant eight rows of Hovey Seedling and one of the Early Scarlet, two feet apart in the rows, and so continue until the bed is finished. We speak particularly of these two varieties, as we should consider it labor lost to cultivate a variety which only gives fruit three or four weeks in the season. And we have never found a finer fruit, in point of size and flavor, than the Hovey, and none finer flavored than the Early Scarlet. Care should be taken that the plants are put into the ground just as they came out of it; that is, with all their laterals spreading, and not all gathered together and crammed into a little hole. Now, if the object be to get a large number of plants for another year, keep them well worked with the hoe, and let the runners take root. The whole ground will be full by fall. But if fruit be the object, cover the whole surface of the ground with partially decomposed leaves or straw, and as the first runners begin to show themselves, take them off. Care must be used in taking off the runners; they should be cut, and not pulled off, as careless servants will ruin many plants. When the vine has once commenced fruiting, it will show but little disposition to run, as its whole effort is to make the fruit—particularly if the vine is not over-stimulated. It is not enough that the strawberry-bed is in a moist, cool location; for if the ground is moist, the plants want water to set the fruit, and to swell the fruit when set. It is asserted by some English cultivators that the plant should not have water when in bloom, as it washes the pollen away. This may do for England, but it does not do here. We care not how much water they have when in bloom. If the season proves dry, we give them water to set the fruit by artificial rain; and unless it rains twice a week, we give artificial rain to swell the fruit, and then we give artificial rain to form the next fruit-stems, and so on. Fear not to give too much water; water morning and evening.* If grass and weeds show themselves, use the hoe freely. After it is no longer an object to gather fruit, let the vines run and mat together. In the winter, go through with the hoes, thinning out to twelve or eighteen inches; leaving the cut-up vines to decay where they were cut; and then cover the whole bed with leaves, straw, swamp-muck, &c., but use no animal manure. Let the proportions of male and female plants remain the same as when first planted.

Let the cultivator remember the four great requisites for a profitable strawberry-bed: Proper location, vegetable manures, shade to the ground, and WATER, WATER, WATER.

The following plan is the proper one of planting the pistillate and staminate together; some plant every eighth or tenth plant of the staminate or males, but I prefer separate rows, as they are more easily distinguished from the pistillates or females. It will be observed, I place the plants

*Differences of climate and situation should of course modify this and other processes.

two feet apart each way ; this is a greater space than the plants need. I plant this way to give the runners a chance to fill in the intervening spaces, which, if left to themselves and the ground kept clean, they will do the first season.

- Early Scarlet.
- Hovey's.
- Hovey's.
- Hovey's.
- Hovey's.
- Hovey's.
- Hovey's.
- Early Scarlet.

After the plants have taken root and the runners filled in the spaces sufficiently, mulch the whole bed as directed before, and with the free use of water, a constant supply of fruit will be the reward.

STRAWBERRIES ALL THE SEASON.

We are astonished that in the moister, colder latitudes of the North, they do not have strawberries from frost to frost again. The heavy frost of the 16th of April, three years ago, took our strawberry vines in full fruit. We made an early rise the next morning, and walked out with a long countenance to look at the destruction. Trees, shrubs, and plants were stiff in the cold embraces of *Old Jack*. Alas! the fruit was all gone. We strolled into the strawberry-beds. The leaves cracked under our tread like glass. We picked a handful of large crimson berries, as solid as marble. Farewell, thought we, to strawberries for this season. But in fifteen days the beds were again crimson with the fruit, and the market-wagon daily supplying the market, which, in the absence of all other fruit, brought fine prices. This demonstrates that the strawberry crop is the most certain fruit crop cultivated.

Practical Water-Cure.

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

CASES FROM MY NOTE-BOOK.

BY E. A. KITTEDGE, M. D.

Mrs. D—, aged about thirty-five, was taken with "enteritis," or inflammation of the bowels, of the severest kind—the kind that, in the old-fashioned way of "doctoring," it is considered "ruleable," and absolutely essential to recovery, to bleed, "ad deliquium animi"—that is, until the patient faints—and generally this has to be repeated again and again; and then leeches to the abdomen "in numbers," and calomel and opium in sufficient quantities to "affect the glands;" and then, if the patient is possessed of a remarkably good constitution, he may recover from the disease, but not from the "remedies."

These "cures," as they are facetiously called, stick to a man just like a brother; only more so. The days of such men are generally few and full of physic, unless they happen to know enough to go to a Water-Cure institution, and get cured of their "cure."

Mrs. D— being opposed to the drug-system, having been "cured" so often with it that she

was almost dead, applied the water from the beginning, but not sufficiently to check the progress of the terrible inflammation; and when I was called, I found her suffering the most excruciating pain imaginable in the lower portion of the intestinal canal, accompanied by constant nausea, which is one of the distinguishing symptoms of enteritis. The pain, as is generally the case in this disorder, was confined to a space not bigger than a dollar, and can be distinguished from colic, etc., by this fact, and the character of the pain, which is unintermitting and very sharp; whereas in colic it is more of "a grinding and twisting pain," now hard and then "awful hard," and anon harder still, and is not so circumscribed.

I dwell on these differences, because it is important to know at the beginning what you have to contend with.

In colic you have usually only functional derangement resulting in spasmodic contraction, which is easily removed by the prompt application of the wet sheet. It needs to be very cold, though, sometimes; but in the case in question you have to contend with the direst foe known to the intestines, namely, actual disease of the substance of the bowel itself, called "enteritis."

In this instance, the inflammation was of the peritoneal or outer coat of the bowel, which is generally much more severe than when the inner or mucous coat is affected. The patient was one who was scrofulous, had seen much sickness, and was therefore just the one to suffer severely from an attack of this kind; and not knowing the dangerous tissue implicated, she delayed sending for aid until it was nearly too late to make aid effectual. We, however, by the aid of wet sheets, half-packs, sitz-baths, copious injections, cold compresses, &c., succeeded, in the course of eight hours, in reducing the inflammation to such a degree that the pain pretty nearly all subsided; and we left her with strict injunctions to "keep the fever down at all hazards." But she had suffered so much during the thirty-six previous hours that her husband "couldn't bear to disturb her!" and, in consequence of this forbearance, he came very near losing his wife.

When he came for me the second time, the bowels had begun to swell, and continued to do so at a fearful rate, till the whole abdomen was as tense as a drum; and the nausea had increased to vomiting, with occasional hiccups; while the pain, instead of being confined to one spot, was all over the bowels, though not so severely sharp as at the first attack, but terrible to bear, especially as she was much enfeebled from her previous suffering.

On getting into the omnibus, after this visit, I encountered my esteemed friend, Dr. R—, one of the very first physicians in the city; on relating the case to him, he remarked that I would find it was carrying the joke a little too far, to think of curing such a case as that with cold water, and that I might depend upon it there was nothing but leeches, calomel, and opium that could be relied upon in inflammations of this kind!

At my next visit, I told the patient what my distinguished friend had assured me, and offered to "give up" to any drug physician that she might name; but she declared her mind was made up long before, "never to take drugs again, live or die." So of course I kept on,

The kind of leeches I employed, bit harder than any European ones I ever saw. They were fresh, being made especially for the occasion, out of the snow that fell the day before! which, in form of balls as large as a good-sized orange, and hard withal, were rubbed on to the abdomen—one an hour, for forty-eight hours. With these leeches, sitz-baths for calomel, and wet sheets for opium, we had the inexpressible pleasure of restoring a fine woman to her adoring husband and loving family, without feeling conscious that we had superinduced a train of disorders that could never be cured by the abstraction of the vital fluid of life, and the introduction into the system of one of the worst of poisons—especially for such a constitution as hers.

N. B. She is now, a month since the attack, as well as usual.

BRONCHITIS.

Mrs. H.'s little boy, about six years of age, was taken with acute bronchitis—a disease altogether different from what is generally called bronchitis, which is only an inflammation of the organs of the voice; in adults, caused by over-exertion of those parts, disordered digestive functions, and living in false conditions generally.

The disease under consideration is an inflammation of the lower part of the wind-pipe, so to speak. After the wind-pipe gets down to the lungs, it divides into two parts; one part going to one lobe of the lungs, and the other to the other lobe, and each part takes the name of *bronchia*, or bronchial tube.

Inflammation in the upper portion, or *trachea*, as it is called, is known to the faculty as *trachitis*, which often ends in croup and death, and is distinguished from all other complaints by the peculiar ringing metallic sound, so shrill, indeed, that it has been compared to the crowing of young roosters. In "Acute Bronchitis" there is some of this cough, but seldom any thing approaching in severity to that usually manifested in croup. The distinguishing feature in bronchitis, instead of being a peculiar cough, is the very peculiar way in which the inspiration is performed. The tubes being contracted, the sufferer finds it very difficult to supply the lungs with the necessary amount of air, and consequently makes great use of the muscles of the upper part of the chest to draw it in, which causes a sound somewhat similar to the noise made by a pump when it has nearly lost the water from its boxes, and causes a hollow just above the top of the "breast bone" at each inspiration, so remarkable, that one who looks with an eye to these signs can scarcely be mistaken.

This phase of the disease, like that of the upper portion of the breathing apparatus, is very dangerous, especially if neglected at the onset.

N. B. With due deference for the opinion of my highly valued friend, Dr. Trall, who in his *Encyclopaedia*—a most valuable work in the main—says that acute bronchitis is generally of no more account than a mild pneumonia, &c., I beg leave to say that the acute bronchitis which children are so liable to have in the winter months, and of which I am treating, is one of the most deadly affections—especially when improperly treated, as it usually is—that twenty-three years' practice has afforded me an opportunity to witness.

In the particular case in question, they had not

been quite energetic enough in their treatment, though of the right kind; and the little fellow, when I got there, was struggling hard for his breath, and was evidently sinking rapidly. The very acute symptoms had passed away, and I ordered the application of snow to the chest—a ball as large as a billiard ball to be rubbed on every two hours till further orders. This was at 8 P. M.; at 9 A. M. the next day, he was decidedly better, and in a short time more he was out of all danger, though of course very weak for some time.

Half-packs and compresses were used in conjunction with the snow, but the snow saved his life.

HYDROPATHY AT HOME.

BY MRS. S. A. WRIGHT.

[THE following statement derives additional force from the circumstance, that it comes from a woman who was for years engaged in the practice of medicine according to the mode of other schools. The writer is a sister of Miss Dr. Harriet K. Hunt, of Boston.]

To MRS. WELLS:—At your request I will give you a brief sketch of my experience in Water-Cure Home Practice.

When our children had successively whooping-cough, measles, and chicken-pox, they were carried comfortably through without one particle of medicine, by what knowledge we had gained of the water-treatment. It is some three years since we came fully into this simple and natural way of treating diseases.

Our five little children (the oldest nine and a half, the youngest three and a half) fully know the comfort of water to allay irritation or inflammation, and when sick, ask for wet napkins, or a pack, as may be. They are very regular in their habits, taking their three meals a day; use no butter on their bread, take a bath every morning and a wash again at night; never have eaten any candy, and always have the windows open at night; are very hearty and healthy children.

Now I will tell of our experience in *scarlet fever*, that dreaded disease, which is the cause of so many hearth-stones being left desolate when treated with medicines. On Saturday, Oct. 15, our second son Theodore, aged three years, of bilious temperament, complained of being weary, headache, did not want to go to school, no appetite; not knowing that scarlet fever was in the neighborhood, supposed it merely a severe cold; as he complained much of his throat, applied wet napkins and gave a bath of tepid water upon going to bed; next day much worse, very feverish, could hardly speak; swallowed a little water with great difficulty; nausea, chills, and great prostration. We gave him frequent washings, wet napkins, a partial pack for the body. On Monday perceived a redness of the skin, very bad ulcerated throat, breath offensive, able to swallow nothing but a little water; and as the other children complained of not feeling well, vomiting, and chills, with fever, we now were sure what the disease was—scarlet fever with ulcerated throat. Our anxiety now was very great—could we meet the emergency? As we were now aware of the disease and the danger,

we took each child in season as the symptoms manifested themselves—wet napkin to the throat and stomach, bath of tepid water night and morning; a pack in the forenoon; immediately after, a thorough wash down with cold water. In this way Theodore improved, and the other four had it very lightly; though the eruption was out very full, they had only a little sore throat, nothing like ulceration. Theodore took only water for five days, fresh, soft and cold; after this rest from food, he began to rally; could swallow a little baked apple, or a few grapes; could speak, and eruption began to pass off. Now, Oct. 29, I can say with gratitude and joy, this dear child is improving fast,—appetite good, throat almost well, stomach and bowels in good order; and the rest of the children we call well. I forgot to say, during these twelve days of sickness, between bathing and washing and packing, we dressed them each day, led them round the grounds, and rode twice each pleasant day an hour at a time with them. Though Theodore was so very sick, we never kept him from the air, but supported him out, and lifted him into the carriage.

Now I have noted down these particulars for the encouragement of mothers, that they may have the moral courage to take care of their children, and not give them medicine. Think of the comfort to the child: water, pure and cold when burning with fever; or, when chills come, moderately warm; and then again, no after-consequences, no swelling of the body, no deafness, or decay of teeth, but a comfortable sickness and recovery. If parents would only train their children to good habits, early to bed and early to rise, simple and pure food, plenty of exercise, pure air both night and day, a bath always each day, and when indisposed, water-treatment as a cure instead of medicine, how soon would the list of infant mortality decrease, and what a different generation would rise up around us! I wish every mother would read the WATER-CURE JOURNAL; it would encourage and cheer her in this good way.

Mt. Bowdoin, Dorchester, Mass.

TYPHOID FEVER.

BY GEORGE HOYT, M.D.

In July, 1852, I was called to a gentleman in East Boston, having typhoid fever of more than one week's duration. I placed him under hydropathic treatment, with a promise of seeing him again the second day. On the 20th I visited him and found him doing well, in which state he continued without special change until he recovered.

On my second visit, however, I found his wife, who had watched over him with deep solicitude, and who was *enciente*, in the act of parturition. She was safely and quite speedily delivered, and under hydropathic management was comfortable till the fifth day, when she was prostrated with the fever, which she had evidently contracted of her husband.

Her symptoms were violent, and for a few days alarming. Knowing that the supervention of this fever in her condition is usually fatal, I had great anxiety for the result. But all my "prescriptions" were carried out with great exact-

ness, and a few days of "treatment" placed her out of danger. She soon recovered.

Meanwhile a sister of hers came to aid in nursing the wife; and hardly had the latter passed the acme of her disease, when the *former* was prostrated with the fever, not dangerously, though it is impossible to opine the result, but for the free and continued use of water.

To supply the place of the last individual, a sister of the husband appeared, a young woman of unusual physical power. She rendered most efficient help for a few days, when, to my astonishment, she also imbibed the fever, and was laid upon the bed; being the fourth case.

The husband, however, was rapidly improving; the wife had escaped the danger, and was in the "ascendant;" the case of the first sister assumed a mild form, and the fever of the last was kept "at bay" by our hydropathic appliances, till, like a sturdy champion, when no longer able to contend, it yielded silently and sullenly to the victor.

These cases passed through their changes rapidly, and recovered without a "taste" of medicine. My first visit was made the 18th of July, and my last the 13th of August.

Worcester, Mass.

CASES REPORTED.

BY WILLIAM A. HAWLEY, M.D.

CASE II. ABSCESS OF THE LUNGS.—The subject of this report (C. W.) is a lad of sixteen years of age; of a decidedly slender constitution, having never been hale and hearty as other boys. Still, of late years his health has generally been comfortable. On the 12th of May last he was attacked with scarlatina, which was prevailing at the time in his father's family and neighborhood. The characteristic eruption appeared but partially—on the extremities, not at all on the trunk—and disappeared wholly on the second day. Still he was not very sick, and soon got about so as to come to the table with the family. Just at this time he was seized with severe pneumonia, from which he did not get up till in July. From the result of the case, I infer that the right lung became entirely hepatized. The skill of all the most noted physicians of his region was taxed to the utmost, and after several consultations his case was, with one consent, pronounced hopeless. To their credit be it said, they drugged him but slightly. His parents would not give him up. What parent can give up a youthful son? There was one resource left. They could try the WATER-CURE. It was something of which they knew but little, yet it afforded a hope. They were told that to try it would be certain death to their boy, yet they determined to try it. They brought him here on the seventh day of July, extremely emaciated, and so feeble as to be almost helpless—entirely unable to walk, and almost to stand. Previous to leaving home he raised but little, and for some time had had but little cough. On his way home, the first day of his journey, an abscess in the lung broke during a fit of laughter, and discharged very profusely. The next day he had a period of coughing, during which he raised another large quantity of purulent matter.

On his arrival here, his examination showed that there was a large cavity in the right lung, while the whole of the other portions of it were almost wholly impermeable to air. His pulse was quick and throbbing. Respiration quite rapid. Appetite very poor. His cheeks wore almost continually the hectic flush. The bowels were inclined to constipation. Cough very troublesome, and expectoration profuse.

In this condition his case seemed almost hopeless, even to us; but he was here, and apparently too feeble to endure a journey of two hundred miles back to his home. We *must* receive him. We began the treatment very mildly, giving him at first only tepid dripping-sheets and hip-baths. During the first week he seemed to gain a little, and we began to pack him occasionally. The second and third weeks witnessed very little change, but at about the end of the third week of the treatment, there appeared all over him an eruption in color and form precisely like scarlatina. It continued out about the usual time of such eruptions, and gradually disappeared. About a week after this he was attacked with a severe dysentery, which alarmed us a good deal. It yielded to astringent enema in addition to the usual water-treatment. As he recovered from the dysentery he began to mend quite rapidly, and was soon able to ride and come down to his meals and to the parlor. We continued a mild treatment, making it more and more tonic as his strength increased, till at the end of about two months he returned to his home. There he continued to improve in flesh and strength, gaining about a pound a week till the middle of October, when he returned and spent a month longer with us. He was very greatly improved in flesh, and was able to walk several miles a day. The right side of his chest was considerably fallen in, and pectoriloquy was distinctly marked; showing that the cavity had not entirely healed, though it was evidently decreasing in size. The greater part of the lung seemed to have resumed its function to a very great extent. His breathing was quite easy, though readily accelerated by violent exercise. In fine, he seems on the high road to perfect health. [Saratoga Springs.

General Articles.

PLEASURE VERSUS HEALTH.

BY MRS. J. H. HANAFORD.

"How are you to-day, Sarah?" asked Mrs. Orcutt of her friend Mrs. Brandon, as she entered the parlor where Mrs. B. was lying upon a sofa.

"Miserable, as usual," was the reply in a languid tone, "and shall never be any better till I go to some watering-place and recruit."

"Have you decided where you shall spend the coming season?"

"No, Ellen, but I *must* leave the city, for I cannot endure the warm weather. Perhaps I may be able to persuade Mr. Brandon to take me to Newport, or some other watering-place near the sea. Don't you think sea-bathing would be good for me?"

"Sea-bathing *might*," was the laconic reply.

"You don't speak as if you thought it would; or if it would, you speak as if some other reason ought to prevent me from going. Tell me freely, for I really wish to recover my health, and that as speedily as possible."

"Well, since you ask me, Sarah, I will tell you candidly what I think. The fashionable watering-place is the last place for an invalid. Connected with the hotels are too often the bar-room and the ball-room, and as a consequence, noise, disorder, and dissipation unite to disturb the real invalid, while the mock-invalids, of whom there are not a few, whose object is pleasure rather than health, join in the festivities; and since they gain their object—pleasure—spread abroad the impression that a visit to such places will promote health, when the truth is, the really sick are 'nothing bettered, but rather made worse.' I certainly would not advise my friend to trust her aching head under the roof of a hotel at a fashionable watering-place."

"But could not one obtain board in a private family, where the noise would be banished, and yet one could enjoy all the healthful adjuncts of the vicinity—the bathing and sea-air, for instance?"

"Yes, I suppose such a home might possibly be obtained, but even then there are objections to such a mode of seeking health. In pulmonary complaints, as I fear yours is, the sea-air sometimes proves too bracing, and therefore injurious. And many persons of delicate constitutions are unable to bear the fatigue and exposure to the air, usually consequent on ocean-bathing."

"Well, where can I go for health, Sarah?"

"I should advise a good Water-Cure Establishment. Hydropathy will do more to remove your disease than all the sea-bathing in the world. I mean that the processes of the water-treatment are so adapted to the wants of the patient, that the desired result is far sooner gained by their use, and with less danger in their practice. A quiet Water-Cure, with just company enough for cheerfulness, and great sympathy between all, since all are invalids, added to the proper diet, so different from that in our modern hotels, and the healthful recreations enjoyed by the patients, will soon restore you to your former vigor, I think. I long to see my friend pursuing her accustomed duties."

"Your eloquence has so far won my heart in favor of a Water-Cure establishment, that I would go to one this summer, if I had not urged my husband so to take me to a watering-place, that I do not like to change and seem capricious."

"But Mr. B. can surely appreciate good reasons."

"Mr. B. will answer for himself," said a voice at the door. "I have heard a part of your conversation, but think I will go with Sarah to her first chosen place for health, and then, if she decides that such places are more suited to the devotee of pleasure than the seeker of health, we will try the Water-Cure."

A few weeks rolled away, and then the Brandons left their luxurious city home for the crowded hotel of a fashionable seaport. The very first hour spent in their new abode served to convince Mrs. Brandon that her friend's words were true; for the room into which they were

ushered, and which was to be their domicile; for the time they might stay, was as great a contrast to the large, airy, comfortable chamber they had left as could be wished, and the invalid's heart failed her as she saw how closely their baggage must be packed at the side and foot of the bed, in order to have it all in that little room. It would certainly be unsafe to leave it exposed in that Babel of confusion, as the new-comers indeed found their new home. Evening came, and from below them came the clash of the musicians, and the sound of busy feet, yielding but little relief to the aching head of the invalid, whose eyes refused to close in sleep till long after midnight, when the circle of gay ones was broken, and the house for a brief season was quiet enough for repose.

The discomforts of the hotel soon induced our travellers to seek a private boarding-house, which they succeeded in finding, and having now a far more comfortable home, promised themselves some benefit from bathing. But Mrs. Orcutt was to be proved a true prophetess: though, warned by her advice, Mrs. Brandon remained in the water but a short time, yet on emerging, though her attendant and husband exerted their ingenuity to prevent the invalid from taking cold by exposure on proceeding to their home, she felt the change sensibly, and her lungs soon gave evidence that sea-air and sea-bathing were not the requisites for her restoration. The kind husband delayed no longer.

"Here, Sarah," said he, "is a carriage at the door to convey us to the *dépôt*. It is time we visited the Water-Cure. You must be able to speak above a whisper very soon, or I shall despair of your recovery."

The trunks were speedily packed, and the Brandons again "on the wing." This time they sought a lovely rural retreat, where the Genius of Health and the Goddess of Beauty presided. The Water-Cure establishment and its environs were just the reverse of the hotels and accompaniments of fashionable watering-places, while in the cheerful countenances of her fellow-patients Mrs. Brandon read the assurance of her own recovery. But we will let her tell her own story in a letter to her friend Mrs. Orcutt?

"You were right, dear Ellen, and I am now willing to acknowledge that the Water-Cure establishment is the place of all others for me as an invalid. Would that I had come here sooner! My pulmonary symptoms have departed, and with the exception of weakness consequent upon some other diseases which I still have about me, I feel as of yore. And *such* a *beautiful* home as we have! It would do your warm heart good to see how social we are, and your cultivated intellect could find little fault with the most of our conversations. Fun and fancy may sometimes call forth the jest and the laugh, but real, earnest, practical, and philosophical discourse, prove our companions to be from the 'elite' of their own homes, and second to none in point of mental and moral culture and advancement. Poor I feel my insignificance among them, though they are too polite and too kind to intimate that they perceive it.

"The scenery in our vicinity is surpassingly beautiful. The prospect from the window of my own room is very fine; and as I sit there and re-

count to myself the privileges here enjoyed, and the great blessing of health which we receive, I am inspired with emotions of gratitude to God, the Great Founder of the Hydropathic system, for the restoration of health to the dishearted invalid, such as I was when I left you. Do you smile at my expressions, and deem me a little beyond the truth in my enthusiasm? Not so. Is not God the author of all 'good and perfect gifts?' And is not the knowledge of the Water-Cure system a blessed boon to man? Then am I not right in feeling grateful first of all to Him, and styling Him the source of my comfort and joy?

"A lovely lake lies near our quiet home, and there we frequently spend many happy hours. Botanical and mineralogical rambles aid us in the pursuit of health, so that my husband, who is an enthusiast on the subjects of botany and geology, says he shall really regret to leave this place, on account of relinquishing these delightful rambles. But what a long letter I am writing you, compared with the puny epistles which you received from that odious watering-place! You can see that my health is better, since my pen flies faster.

"There, my husband has come to accompany me *on horseback*, (what say you to that, when the sofa was my constant resort at home?) and I must close; but I do so reiterating that I believe the watering-places are only for the devotee of *pleasure*, and the Water-Cure home the true resort for the seeker after *health*, either of body or of mind, since the body has so much effect upon the mind, and *vice versa*.

"Hastily, yet truly, your renovated friend,
"S. BRANDON."

It may suffice to add that our invalid soon resumed her usual duties at her own fireside, renewed in spirits and bodily strength, from her visit to the Hydropathic establishment. Invalid reader, "go and do likewise." [Nantucket.]

Dietetics.

ERRORS IN BREAD-MAKING.

NO. I.

BY A SHAKER.

BAD BREAD.

AN eminent physiologist remarks, that "there is an almost universal carelessness about the character of bread, that thousands will for years, and perhaps as long as they live, eat *poor* bread, and never seem to think that they can possibly have any thing better. And if there is an individual occasionally troubled with some convictions that his bread is not quite what it should be, he knows not how to remedy the difficulty; for it is a serious truth that, although nearly every human being in civilized life eats bread of some kind or other, scarcely any one has sufficient knowledge of the true principles and processes concerned in bread-making, and of the actual causes of the bad qualities of bread, to know how, with any degree of certainty, to avoid bad and secure good bread."

The writer of the following statements and

remarks thinks that bread is commonly injured in the making; that one portion of its nutritive parts is entirely destroyed, and another portion mechanically and chemically injured. And also, that the articles commonly introduced into bread operate to induce derangement of the chemical and mechanical functions of digestion, hence lessening the comfort and durability of life, by coöperating with the causes which produce disease and dissolution. And further, more flour is used up than ought to be, in consequence of the bad methods of bread-making.

WHAT IS BREAD?

Under the term Bread may be included every form of farinacea prepared for food. In the form commonly used, it is a compound of flour, salt, hops, leaven or ferment. Flour is composed of sugar, starch, gluten, and some innutritious matter. *Salt* is composed of muriatic acid and soda. Hops is a compound medical flower, antiseptic, bitter and narcotic. *Leaven* is living rotteness, a conserve of vegetable putrefaction! What is the use of introducing flour and other farinaceous substances into the stomach? It is, that the chemical and mechanical operation of digestion may manufacture therefrom muscle, bone, skin, &c.

EFFECTS OF SALT.

Can salt under the same circumstances and by the same means be made into muscle, bone, and skin? I believe not. What are the effects of salt on the human system after having been subjected to the process of digestion? Salt is an article almost universally used, but very rarely used understandingly; it is mostly used in small doses to stimulate the palate and to suit the taste, without regard to consequences. Wild beasts take it occasionally in a state of solution, and in large doses, but they use it more understandingly; the larger animals take from a half to two gallons perhaps at a time. Such an amount of saline matter will somewhat disturb digestion; the warmth of the stomach will aid its solvent powers to detach and dissolve accumulated mucus, and the probability is, that the excretory organs will bestir themselves, (as is the case with human beings when much saline matter is taken,) force the solution through the intestinal tube, and so prevent it from entering the circulation. Salt has a two-fold action: a weak solution, such as sea water, dissolves animal matter; a strong solution arrests all action. As man takes salt, his case is different from that of the wild beast: he does not take enough at a time to disturb digestion, or to excite the excretory organs to any specific action; hence, salt must come under the action of chemical digestion, and will be decomposed; and the soda enters the circulation and mixes with the blood, and will operate there on the very delicate fluid particles which form bone and muscle, so as to soften and render them less firm when deposited. Such is my opinion, and evidence will hereafter be brought forward to prove that such is the case.

EFFECTS OF HOPS AND LEAVEN.

Hops, being very bitter, act as a stimulant to the liver; and being antiseptic, will, according to its degree, arrest digestion; and being narcotic, will, according to its nature, render that abnormal which God created normal. It should never be put into bread that children eat, and persons of mature years may with great propriety reject it. Leaven, when mixed with flour under the usual conditions of moisture and warmth suitable for kneading and baking, decomposes the sugar into carbonic acid gas and alcohol: acetous acid is also formed from decomposition of the flour. The formation of this acid gives the sour taste to bread so commonly met with. Though it may not be perceptible to the taste, very little bread is made wherein this acid is not formed; and the

leaven if allowed to proceed would ultimately destroy all the starch.

What is the object of using an article so destructive and wasteful of flour, and contrary to sound philosophy, wisdom and common sense? A mechanical effect is all that is desired from the chemical process. The wish of the baker is, that the bread may swell up and be full of little holes: the chemical changes are only incidentally regarded, and the loss sustained by decomposition hardly thought of. I may add that the starch and gluten not decomposed is generally injured and mechanically unfitted for easy digestion, having been so long subjected to the moisture and heat necessary to the action of the leaven.

Leavened bread fresh from the oven is hard of digestion, while unleavened bread is not so. The reason may be as follows: the carbonic acid gas formed in the bread from the destruction of a portion of the flour, is a powerful antiseptic, and has imparted its peculiar effect to the bread, and hinders digestion; the mechanical condition of new bread, being soft and doughy, is also unfriendly to the stomach; hence, bread fresh from the oven should be placed in a current of fresh air, to carry off the moisture and the carbonic acid gas at the same time.

I do not approve of covering bread fresh from the oven with a number of thicknesses of cloth or blanket; it seems to me chemically unclean, unwholesome and repulsive. It is a filthy practice: much better to cut off the crusts and fix them up by themselves, than to injure the whole of the bread.

A well-raised, thoroughly-kneaded, and well-baked loaf, dry and friable, is a wholesome article of food; but the most of bread is flour in a state of ruin, and totally unfitted to be easily digested. Cut the crusts off, and put the loaf under the rolling-pin, and a few turns will press it into dough again.

Even should the bread be well kneaded, dry and friable, can any stomach be benefited by having introduced into it flour that has been subjected to the chemical and mechanical operation of vegetable putrefaction? Ferment or leaven is a power at war with vitality. The vital chemical action which God instituted, and set to work in the bodies of his creatures, is wonderful; and was and is designed to enable the digestive functions to control and exclude from their domain inorganic action—that is, the action of putrefaction, whether of a vegetable or animal nature: hence, to introduce within the precincts of vital action any thing on which putrefaction has begun, is in its degree contradictory and illogical; and more especially so, when the mechanical condition induced by inorganic action renders the material to be digested less vulnerable to the living chemical and mechanical operations of digestion.

Animal or material life is a victory over inorganic action; and when any individual animal ceases to be able to maintain that victory, death ensues, and inorganic action assumes the rule, and distributes the material parts to their respective elements. A mind instructed in these simple things and rightly exercised, will always coöperate with the life-power; but those under the dominion of false habits and a darkened education will work with death and destruction.

Leavened bread may be of the best quality, yet still it is leavened; and though unwilling to state any thing harshly, truth, good and sound economy, and the highest material well-being of all, induce me to state that those who make or require it to be made, act contrary to the precept, "gather up the fragments, that nothing be lost," for all leaven causes loss and deterioration. Such being the case, with what kind of a countenance can rational creatures ask aid and Divine protection against destructive insects which infest their wheat fields? Will evil creative agencies not be able to maintain their ground against them, and say, "Much better to see millions of happy little weevils enjoying themselves on the rich milk of the forming seed, than to have the

mature grain dissipated in gas, injured with alkalies, or reduced comparatively to an indigestible dough?" Certainly they will. And the pertinacity with which men and women cling to error, will strengthen their plea.

How apt low minds are to reason thus, when disturbed on such subjects: "I have eaten leavened bread ever since I was born, and am not dead yet; and the softer it is, the better I like it. Your dry, stale bread is enough to choke one. I have heard folks talk about saleratus and soda as if they were poison; now I have seen my old granny take half a teaspoonful at a time, and it has never done her any hurt yet, as I see. Just start some notion or other that something is wrong about any thing, I don't care what it is, and there will be ideas enough to craze anybody." The order of progression in such minds is stern foremost: the back part of their skull covers their eyes; and they have the merit to stand rank and file with Milton's Devil, "who had a mind not to be changed by place or things."

LESSONS OF EXPERIENCE.

Statements, says the objector, may be made very clearly, and supported by scientific deductions, and seem quite plausible, but except long-continued experience endorse such deductions, they amount to but very little. And here I would call attention to the experience of those in our own country, in Great Britain, and on the continent of Europe, who are in the daily use of leavened bread, and a more energetic set of men, whether in the field, the forest, or the factory, cannot be found. From the same broad field to which you have referred me, I also refer you; and with regard to our own country, no greater or more prominent example of the effects of leavened bread and maltreated farinaeae can be, or ever was exhibited, than is presented in the condition of the people of these States. In the first place, they have had and still have uncommon privileges for physical development, and the social and political stimulus imparted to them exceeds all precedent, probably. When the American grasps his axe, he takes hold of independence, social distinction, and individual sovereignty, affording him means to buoy him up and over many dietetic errors; but what do we see? a nation of hale, strong, mature men, and tough old women? Nay, such is not the case: we see a nation of agricultural dyspeptics, a state of things never heard of before, an anomaly in the history of the race. From the people of these States have issued more complaints of gastric infirmities in one year than from the whole population of Northern Europe, Ireland, and North Britain, with her numerous isles, in fifty, I presume, who live principally on unfermented farinaeae.

The cause of these gastric infirmities is obvious. In the bake-rooms in this country you find *leaven*, shortening, saleratus. And on the table the bread is presented in a raw state; and wherever you go, this trinity and this condition of it is omnipresent, except among the slaves, who use a goodly portion of unfermented bread in the form of hoe-cake, mush, &c. With such fare as they have, they perform nearly all the agricultural and mechanical labor at the South.

On visiting the bake-rooms of the foreign countries just alluded to, these articles are not to be found, except on special occasions, when a portion of shortening may be used. Dr. Cullen, writing on this subject, states, "that nine-tenths of the people of North Britain live on unfermented bread, and farinaeae in other forms; and is of opinion that there is not a more healthy people to be found anywhere." In the walks of literature she is unsurpassed, in agriculture and its kindred arts she is unrivalled. She set the steam-engine in motion, and gave practicability to the power-loom; and the back-bone of the British Navy are mainly gathered from her shores and Northern Isles. A traveller asserts, that a Scotchwoman of twenty-five will outwind two American women one after another; and give her a little breathing-time, and she will

enter the harvest field and level the grain at a rate that few American women would be willing to imitate. She may not play much on the piano; but she can play as well on the organ of utility and common sense as her western sisters.

The number of human beings who use leavened bread is but a small portion compared with those who do not. Millions upon millions of the bone and sinew of continental Europe; nearly the whole of Ireland and Scotland; the natives of this continent; the inhabitants of Africa, and of nearly all of the islands of the world, and the dense population of Asia in addition, live principally on unfermented farinaeae. And if we look into the Bible, we find that the Jews were commanded (not to fast, but) to feast seven days every year upon unleavened bread. Neither leaven nor leavened bread was to be found among them in all their quarters. The absence of leaven was to be regarded as a token of power and deliverance. Neither were they to present leavened bread with any sacrifice. Further, it can be proved, I believe, that wherever leaven prevails, there also the use of medicine prevails; and that more medicine is taken by, and more medical skill required to keep in a small degree of health, those who live on fermented food, than it does all the rest of mankind. But on such a subject as this no proof is required; for whenever flour has suffered any degree of decomposition, it can never be so strong or so wholesome as it was before.

VEGETABLE FOOD AND WINE.—DR. R. T. TRALL: Dear Sir—Feeling, as I do, a deep interest in whatever is calculated to improve and elevate our race, and believing that you are doing much for the accomplishment of this object, I eagerly read all that falls in my way, treating on this subject.

The articles on Vegetarianism in the WATER-CURE JOURNAL are opening the eyes of thousands to the evils of a flesh diet, and the superior advantages of a vegetable diet.

In the *New York Tribune* of Oct. 4 is a review of a book by George S. Hillard, entitled "Six Months in Italy," in which the writer says: "It holds a unique position among books of travels. Free entirely from the off-hand, dashing, colloquial tone in which modern tourists so often find it convenient to indulge, it is no less remarkable for the exquisite refinement of its style, than for the cautious and guarded character of its statements. It contains no random assertions. Every word has been carefully weighed. The author speaks with the precision of a witness under oath." The following paragraph on Temperance I wish you to comment upon, and let us know whether vegetable diet leads to intemperance and fighting.

Very truly, your friend, D. B. HALE.

"TEMPERANCE.—In regard to temperance, I am inclined to think that the inhabitants of Southern Italy, and of the wine-growing countries generally, enjoy a reputation somewhat beyond their deserts. It is true that it is very rare to see a man absolutely drunk; but it is not uncommon to see those who have drunk more than is good for them. But even where excess is avoided, the constant use of wine in considerable quantities is unfavorable both to health and good morals; to health, from the febrile and inflammatory state of the system to which it leads, and to good morals, from the irritability of temper and quarrelsome spirit which it induces. If the proportion of the cases of stabbing brought to

the Roman hospitals which occur in or near wine-shops could be known, I have no question that it would furnish a strong fact wherewith to point the exhortations of a temperance lecturer. There is an added temptation to drink abundantly of wine, from the nature of the usual food of the common people. This, being principally vegetable, does not, especially in cold weather, supply the waste of nervous energy, but leaves, even when the appetite is satisfied, a certain dull and indefinable craving, like being filled but not fed. Wine relieves this sense of flatness and inertness by the momentary glow and fillip it gives to the languid blood; but the relief thus derived is like the heat of a fire of thorns, and there is thus constant inducement to repeat and increase the remedy. If the common people of Rome and its neighborhood could eat more meat and would drink less wine, there is little question that their health and morals would be the better for the change."

[REMARKS.—Mr. Willard may have observed acts and facts correctly, and stated them truly. But that does not make him an oracle of philosophy. His reasoning is perfectly absurd, and has already been refuted by vegetarian writers a hundred times. Flesh-eating is the parent of wine-drinking, there as well as here. Take away all flesh and all wine, and substitute good vegetable food, and we would be willing to answer for the consequences

VEGETABLE DIET.—An animal diet, especially in temperate climates, is more wasting than a vegetable, because it excites, by its stimulating qualities, a fever after every meal, by which the springs of life are urged into constant and weakening exertions; on the contrary, a vegetable diet tends to preserve a delicacy of feeling, a liveliness of imagination, and an acuteness of judgment seldom enjoyed by those who live principally on meat.

RAISING APPLES.—In Homer's time the apple was regarded as one of the *precious fruits*. The varieties that may be produced by cultivation are innumerable. A catalogue of the London Horticultural Society, published in 1831, enumerated 1,500 sorts of apples; and Mr. Cole, author of the "American Fruit Book," says that more than 2,000 have been produced in the State of Maine.

I can imagine no branch of agriculture, "domestic economy," or even "political science," more useful to mankind than that of raising good apples. This kind of farming would tend wonderfully to elevate the human race above its swine-eating propensities. At present a large portion of the apple crop of the world is perverted to hog-feeding and cider-making—neither animal nor liquor, when fed or made, being fit for food or drink.

A little attention to pruning, budding, grafting, and transplanting would enable our American farmers and fruiterers to supply our markets, profitably for themselves, with an abundance of sweet, mellow, luscious apples, so rich and savory, indeed, that but little else than a piece of good bread would enable the veriest epicure to make a luxurious meal.—*Dr. Trall's New Cook Book.*

Matrimonial Correspondence.

COMMUNICATIONS for this department must not exceed a single letter page; must be in prose; must be carefully and legibly written; and must be accompanied by the true name and address (not for publication) of the writer. Unless all of these conditions are complied with, no attention will be paid to them. We have the names of the authors of the following letters for those who have a right to know them.

LETTER NO. XXV.

I AM a little less than twenty-five years of age; tall, straight, and tolerably good-looking too, though no one would say handsome. In my temperament, the nervous predominates, with a good share of the sanguine and bilious. I am the son of a genuine old-fashioned Vermont farmer, and bid fair to become one of the same stamp myself, although, perhaps, with some modern improvements attached; but I can turn my hand to almost any thing else; from making a hoc-handle to preaching. By trade, I am a carpenter and joiner; in politics, a Whig; in medicine, I adhere to Hydropathy; in dietetics, I am a vegetarian; and in religion, a freethinker. And now, if the Publishers of the WATER-CURE JOURNAL will be so kind as to give this a place among its fellows in their JOURNAL, and it should fall under the eye of some plump black-eyed miss, not over twenty, who is a vegetarian, and whose sentiments would not clash with mine in other respects, why—"that is"—just let her make it manifest as the Publishers of this JOURNAL have directed, and we will then take further consideration upon the matter. J. K.
Burlington, Vt.

LETTER NO. XXVI.

. You know a lady must never own she wishes to marry. But if I did wish to, I will just tell you what kind of a helpmate I should want. He must be tall, dark curly hair, (should prefer black,) large black eyes, with heavy eyebrows, prominent nose, rather large mouth, good teeth, clear dark complexion, a broad, full forehead, an impressive manner, free and easy in conversation, with sufficient wit to appreciate wit in others, but no more. I should not like a *satirist*. Reasoning powers pretty well developed, at least sufficiently so to hold a young *lioness* in check by the force of reason alone. I promise any man who may risk his hand and heart in partnership with the writer a pretty broad field wherein to display his argumentative faculties. One thing I forgot—he must not be lame: (deformity can be pitied but not wedded.) Finally, he must be rich enough to take two REFORM JOURNALS at \$1 a year, and a newspaper. I prefer the West to the East, because the people are more friendly and have less pusillanimous pride, yet I am not very particular. Address BERTHA. [Auburn, N. Y.]

LETTER NO. XXVII.

. I am a vegetarian in belief, and in practice as far as circumstances will at present allow. I am also a firm Hydropath, both in belief and practice. I can boast of none of the accomplishments which are attained at a fashionable boarding-school, but for three years past have made nature my study, and to understand and obey her laws has been my desire. I have a healthy and well-developed physical organization, and a large and evenly-developed brain. I am twenty-three years old, rather above the medium height, with no beauty to boast of. I have for more than two years worn the Bloomer costume, and find it the most comfortable and convenient dress I have ever worn. I do not wear it because Mrs. Bloomer or Lucy Stone does, but because I believe the health and well-being of both the present and future generations depend upon this more than any other reform of the present day. I love the country, and should prefer a home among its green hills, but being naturally cheerful, bappy and contented, I could enjoy life in almost any situation where the intellectual, moral and social faculties could have proper exercise. I have warm affections, and want a companion who is capable of reciprocating them; for to me the sweetest moments of life would be those spent in the society of a true and sympathizing companion, not in fretting, complaining, or repeating the latest piece of scandal, but in that sweet social intercourse which adds so much to the enjoyment of the true husband and wife.

In a husband, the following qualities would be desirable: Steady industrious habits, a noble, well-cultivated intellect, high-toned moral sentiments, warm social feelings, and a mild, amiable disposition. I do not want a firebrand nor an iceberg; but, in fine, a noble, warm-hearted, whole-souled man, and a thorough reformer, whose views and feelings are congenial to my own; one who is tall, well-pro-

portioned, and under thirty years of age, would be preferred, though not positively required, as congeniality of soul has much more to do with happiness than age or stature.

Should any gentleman who reads this communication feel desirous of making my acquaintance, he can learn my name and post-office address by applying to the editors.—ELCIE.

LETTER NO. XXVIII.

I AM the daughter of a farmer, and understand the art of housewifery in its different branches, and know how to cook *hydropathically*. I have been a reader of the JOURNAL more than five years, and have not only read it, but have likewise practised its doctrines. I do not eat animal food, (if milk and eggs are not considered such.) I drink nothing but pure water, do not sleep on feathers, and am utterly opposed to self-murder, (tight lacing,) and in favor of the Bloomers. I should not like to be confined entirely within doors. Have had some experience in the process of grafting, the cultivation of fruit trees, flowers, &c., and have been engaged a few seasons in instructing youth. I have an ear for music, but I profess a dislike to the notes or intonations of either the hog or the goose.

I should wish my companion to use neither tobacco in any form, intoxicating drinks, nor profane language. Now, who will lend me a helping hand in this great work of reform?

In conclusion, I will say, I am about thirty, have warm affections, and should wish my companion to possess the same. The Phrenologist says I am not calculated for a life of "single blessedness," and I think we ought to look at this subject phrenologically. DUENNA.

LETTER NO. XXIX.

I DESIRE an intelligent, industrious, vegetarian wife, of a gentle, yielding nature; beautiful, with rosy health and smiling face; of less than twenty years of age.

Now, gentle readers, judge for yourselves. I am on the sunny side of thirty, rather melancholy, from lady-treatment!—have never been from home; have neither dignity nor wit; am considered small among the tall sons of Cumberland mountains; possess very common sense, but am as immovable as a rock, deep planted in the earth. I once thought to be a poet, but have long ago given up the idea. I obey, of necessity, the command, "By the sweat of thy face thou shalt eat bread all the days of thy life."

I shall be happy to exchange names with any fair readers of the JOURNAL who are pleased with me. I think that I would make a good husband, able to repay the warm affections of a high-minded, noble woman. RURAL BOY.

LETTER NO. XXX.

I SHOULD like to find a companion; and if you can, in the circle of your acquaintance, suggest a vegetarian lady, eighteen or twenty years of age, who is desirous of entering into the matrimonial relation, I shall be very much obliged to you. The essential qualities are, a medium share of common sense, and as much general knowledge as possible; one who can entirely dispense with tea, coffee, tobacco, and other things of a similar character, more or less injurious; a thorough vegetarian, and one who could cook without the use of lard and meats of any kind; one who is not at all behind the times, and who is a RADICAL REFORMER. Such a lady would find a true husband and companion in me. II.

LETTER NO. XXXI.

A NEW mode of forming matrimonial alliances truly! to present one's own character to the public and state requirements. I do not ask attention for myself, but to a cousin. Well, in the first place, her object in life is, and has been, to do good. Is a thorough reformer. Is efficient in business, and thoroughly versed in domestic economy. Has spent several years in teaching. She has a fine intellect, is benevolent, affectionate, and good-tempered. What more could one wish? Age thirty-two. As to looks, is tall, and rather slender. Has regular features, a good complexion, dark brown hair, dark eyes. Well, she is what is called good-looking. But, then, don't I know gentlemen care nothing for looks? With her, beauty would be a minor consideration. But good common sense, a benevolent and affectionate heart, would be to her indispensable requisites. Were I to choose for myself, I should decidedly prefer the character of letter *Number Ten*. But my health, which is rather poor, prevents me from availing myself of the present facilities of striking for a husband.

If any wish further particulars respecting her character,

perhaps Mr. Fowler would inform them, if applied to, as he is personally acquainted with her. ALICE LINDEN.

LETTER NO. XXXII.

HAVING seen the advertisement of E. J. C. in the January number for a wife, I concluded, after a consideration, to write; and if he should suit me, I don't know but I might accept his hand in marriage. I think I would be to him all a wife *need be*; industrious, economical, ever trusting and over expecting to be trusted; cheerfully performing my own domestic labor; striving, with care and taste, to throw around his home a charm irresistible; to render the fireside a bright scene and a happy spot. And when moments of sadness interrupt the tenor of life, with a light and happy heart I will soften his troubles, and chase the stray cloud away. Such, I think, is woman's right.

I am under thirty; can do washing, cooking, sewing, but do not understand French. As for music, I can make a little with my tongue. I possess very warm affections.

If you will introduce me to E. J. C., I should be happy to make his acquaintance. MARY EARNEST.

LETTER NO. XXXIII.

I AM alone in the world! and being well advanced in life, I want a *widow* who is from twenty-eight to thirty-five years of age, that has a sound mind in a well-organized and healthy body; who is acquainted with the *hygienic laws*, and is a Hydropath and Vegetarian, able to do and versed in the work which farming women do; who wants a kind husband and a good home. One with one or two children, with or without property, would be accepted. If such an one will write her name and address, directed to T. E. C., Dixon post-office, Scott county, Iowa, she will be attended to. I am a farmer, and own one hundred and seventy acres of land in this county, on which I live, in good society, (but sparse population,) in a healthy place. I profess and try to practise the duties of religion: am Temperance, in all that word implies; am a Hydropath, and Vegetarian; am generally healthy; have had and brought up one family; am not rich, but comfortable to live, with good industry and frugality. DICK GOODENOUGH.

A WATER SONG.*

BY J. E. SNODGRASS, A.M., M.D.

YOUR revelling birds may sing of wine,
Whose sparkling draughts so craze the brain,
Causing the footsteps to incline
To paths where every step is pain;

The draught we sing

No pain will bring,

Though thousand times the cup we drain.

Chorus: The draught we sing, &c.

No sparkling beads it sendeth up,

To dance like sirens round the brim,

Beckoning poor mortals to the cup

Where lurks full many a demon grim;

But Hygeia fair

Inviteth there

The man who thirsts, and blesses him.

Cold water from the rock-bound spring,

Or from the deeply-sunken well,

Is first of remedies to bring

Health where diseases e'er befell.

Blest remedy!

Round thee I see

The hoes of millions gathering.

When fevers light their scorching flame

Within the breast and in the brain,

Sending through all the anguished frame

The boiling currents fraught with pain,

Blest water, thou

Canst cool the brow,

And bid the floods subside again.

Thou art the true Catholicon,

The panacea God hath sent!

Thou dost from earth's own bosom run,

And not from tubes like serpents bent.

From such a cup

'Tis well to sup:

It bringeth health to every one.

The Arab from his desert spring,

And noble from the Thames or Rhine,

May snatch alike this boon, and dream

Of bliss ne'er found in maddening wine.

Fill, then, the bowl,

And quaff the whole.

And all besides forbidden deem!

* Written soon after the author's recovery from a severe attack of pleurisy by means of water-treatment. The case is reported in the HYDRO-PATHIC QUARTERLY REVIEW, No. 2.—EDS.

The Month.

NEW YORK, APRIL, 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 conferring health on men.—CICERO.

REJECTED ARTICLES.—We cannot engage to RETURN rejected articles, nor give the reason WHY we reject them. Most, if not ALL, of our correspondents must know (after reading our Prospectus) what is, and what is NOT, suitable for publication in this Journal. They will not, therefore, send us matter which would be more appropriate for the "old school" journals. WE profess to be progressive, bound by neither creeds nor systems, but governed by the broad principles of HYDROPATHY—which, according to OUR interpretation, are in harmony with the laws of HUMAN LIFE. All REAL "friends of the cause" will favor us with such, and only such, matter as will be acceptable to the public, and do GOOD at the same time.

APRIL AGITATIONS.

BY R. T. TRALL, M. D.

OUR THEME.—Eating, drinking, bathing, breathing—how much of human weal or woe is concentrated around these four two-syllabled participles! Must we forever harp on this quadrangular topic? Shall we forever ring the changes of rhetoric and logic, of science and philosophy, of facts and statements, of statistics and arguments, in the ears of human, reasoning, thinking beings, on subjects which instinct regulates unerringly in all the lower orders of animals?

When we look over the morning papers, our eyes fall, once a week, on the tables of mortality. For several weeks past the average number of deaths in this city has exceeded five hundred per week. Of these about one-half were of children.

Now, we know that about one-fourth of all those deaths were *unnecessarily* occasioned by *bad eating*; one-eighth at least by *improper drinking*; as many more by *total neglect of bathing*; and one-third of the whole number by *erroneous breathing*; leaving less than one-quarter of the total number of deaths to the account of accidents, casualties, "old age," murders, suicides, "found drowned," apoplexy, "visitation of God," starved to death, "perished from exposure," "died from want of proper medical aid," &c., &c.

The diseases whose mortal columns figure the longest are *consumption* and *convulsions*. And the mortality from each of these diseases has been steadily increasing for many years, despite the many wondrous discoveries which "legitimate" medical science is, with every change of the moon, bringing to bear upon them.

In several of the weeks of the last two

months, deaths from consumption have exceeded *seventy*, and deaths from convulsions have exceeded *forty*. Probably every one of these cases resulted mainly from a misuse of two of the four life-giving or life-destroying influences we have placed prominently at the head of this article, viz.: *eating—breathing*.

Of the children who die of convulsions, the cause of death can in at least nine-tenths of the cases be traced directly to *improper food*; and of as large a proportion of those who die of consumption, the cause can be traced directly to *insufficient breathing*. Are not these matters then worth agitating still, and worth harping upon continually, until doctors shall comprehend and the people shall become wiser?

If the cholera, or any unusual malady should appear among us, and sweep away twenty or thirty per week, would not the people be alarmed, and panic prevail, and terror reign? And is a pestilence more dreadful because it seldom afflicts us; or less to be regarded because it destroys unceasingly?

We assert, and challenge all the doctors of all the earth to show the contrary, that *no person can ever have consumption whose lungs are kept properly expanded*. No person, in other words, who breathes deeply, and fully, and sufficiently, so as to fill all the air-cells of the pulmonary tissue, ever did, or ever will, or ever can have consumption. Before any one can by any possibility get consumption, he must in some way close up some of the air-cells: and the air-cells can only be closed by a misuse or inefficient action of the respiratory apparatus, or a want of a sufficient quantity of air.

And convulsions in children can be as surely prevented by proper diet, as consumption can be prevented by proper breathing. Will any one, in view of these premises; in view, too, of the fact that our popular medical men, instead of teaching us what to eat and how to breathe, and thus preserve health, are drugging the whole race continually, and thus perpetuating and multiplying their maladies; will any one, we say, wonder at the assertion of Sir Astley Cooper that "the science of medicine is founded on conjecture and improved by murder;" or the declaration of Dr. Gregory that "medical doctrines are little better than stark-staring absurdities?"

HORSES, DOGS, SAUSAGES, AND SCIENCE.—The *Boston Pathfinder* of a late date makes a furious onslaught against horse-fed

pork and dog-made sausages, which, it seems, Bostonians as well as New Yorkers sometimes dine upon unconsciously.

The *Pathfinder* says: "No little consternation was produced among the flesh-eaters of this vicinity by the discovery, a few days since, of evidence that a certain sausage-maker in an adjoining city was in the habit of converting his neighbors' dogs, which he enticed within his premises, into that delectable article of food by the manufacture of which he obtained his living. The mingled indignation and disgust evinced by certain persons known to possess strong appetites, but tender sensibilities, were particularly edifying to vegetarians.

"But another abomination, equally loathsome, and much more extensive, has been brought to our knowledge, on good authority. We are assured that there is now in operation within three miles of State street, a large establishment, owned and carried on by a wealthy capitalist, at which the carcasses of horses, dying either from disease or accident, are worked up for various purposes. The flesh from these carcasses, after boiling, is *fed out to swine—about ninety of which animals are constantly kept at the establishment, in process of fattening for this market*. Numbers of these horse-flesh-fattened hogs are known to be disposed of annually in Quincy Market—so that no eater of pork in this city can ever be certain that he is not polluting himself with concentrated corruption and disease, in their most revolting form! Of the two, we think sausages manufactured from healthy dogs (and the sausage-maker referred to protests that he selected none but the healthy for his use) much preferable to pork fed upon the flesh of old and diseased horses!"

Now, Mr. Boston Pathfinder, we recommend you to get "posted up" on these subjects, and then to retract all you have said. If you were in the habit, as we are, of reading all the medical and scientific journals, you would discover that the foulest, filthiest, rottenest, putridest animal carcass imaginable, be it of horse, dog, hog, fowl, or of cattle, puppy, pig, or buzzard, is perfectly sweet and wholesome food!

Let us refer your ignorance and "prejudice" to the *Annual of Scientific Discovery* for 1853, page 343. You may there find an article copied from the *Journal de Chimie Medicale*, for March, 1852, wherein the *conclusions* arrived at by M. Reynault, in relation to "the effects of swallowing viru-

lent matters on the digestive organs of men and animals," as deduced from numerous experiments, go to show that diseased or putrid animal matter is perfectly wholesome. Among other "conclusions," M. Reynault concludes:

"That whatever the explanation may be, it is proved, indeed, that pigs and fowls do not undergo, either in their health or in the quality of the products which they furnish for the consumption of man, any alteration in consequence of having been fed with matter from animals which have died of glanders or farcy, carbuncle or madness, and that men may eat without danger the flesh and products of these animals thus nourished."

"That there exists no sanitary reason why pigs and fowls should not be fed with the remains of the *clos d'ecarissage*, whatever they may be."

"That, however comprehensible may be the repugnance of man to consume meat or milk from cattle, pigs, sheep, or fowls, affected with contagious diseases, there is really no danger in his eating cooked flesh or boiled milk furnished by these animals."

There you have it. Isn't it satisfactory to know, on authority both scientific and medical, that, however much your butcher, or sausage-maker, or milk man, or butter-dealer, or poultry-vender, or horse-jockey, or distillery-beef-manufacturer, thinks he cheats you in the quality of the article, you are not harmed in the least! Thank us for putting you in the way of this enlightenment—*quod erat demonstratum!*

PARISIAN TREATMENT OF CHOLERA.—A young American physician in Paris, writing to the *New York Medical Gazette*, informs us of the various methods in which cholera has been treated there by the leading physicians, during the past winter. The only interest the information can possess for our readers, in view of the probable prevalence of cholera in this country the present year, is in showing them that Allopathic physicians all over the world are in the same confusion now, as to its theory and treatment, that they were the first day the disease made its appearance. Thus, M. Aran uses *warm, aromatic, alcoholic drinks and opiates, astringent injections, nitrate of silver, &c.* "He is now trying," says the writer, "*saline injections.*" Andral prescribes *punch and sinapisms*. Guerard gives *wine and alcoholics*, which he alternates with *ice*, according to the state of the stomach.

Rostan gives *hot, aromatic, alcoholic drinks, vapor baths, sinapisms, ice, soda-water, and opiate injections*. A provincial physician recommends *iodine*.

Brignet prescribes *laudanum* in drinks and injections, *frictions*, and a treatment *entirely narcotic*. Cruvillier administers *stimulating drinks, spirits, blisters, and sinapisms*. Piony relies on *pure air!* Grisolle gives *stimulating infusions, ice, seidlitz water, and opiates*. Rayer prescribes, in the beginning, *wet-cupping* on the *epigastrium* and *abdominal walls*, and *opiates*. When the *pulse fails* and the patient *becomes blue*, he stops the cupping, and *stimulates*.

Such absurd and contradictory methods of treatment, with nearly equal results, ought to satisfy thinking persons that it is time to look at the subject without looking through an apothecary-shop.

DOCTORS AND SICKNESS.—An exchange, in noticing the influence of this Journal, propounds a problem which we feel rather delicate about discussing; but as it suggests a subject worth investigating, we pass it along for the consideration of whom it may concern.

"We once heard the remark—'Where there are no doctors, disease will die; and were it not for disease there would be no doctors.' This observation had special reference to the 'old school practice,' and notwithstanding its severity, we apprehend it has a great deal of truth to sustain it. A sickly neighborhood will as invariably collect a swarm of doctors as a pot of honey will collect a swarm of bees; *vice versa*, a neighborhood thickly settled with doctors always *happens* to have a great deal of sickness.

"Now the question occurs to us, if like begets like, if doctors beget sickness and sickness begets doctors, are doctors and sickness alike?"

THE BEARD QUESTION.—The question of long beards, or short beards, or no beards for men, is just now being discussed in the papers, and assuming an importance hardly second to that of "Bloomers or no Bloomers" for women. A contemporary has so well presented the historical aspect of the question that it is worth placing on record. The physiology of the subject we may consider hereafter.

"The question of beards or no beards is not a new one, by any means. Whether it is proper and becoming or otherwise for men (we leave women out of the question,

on this occasion) to permit the covering which nature has given them to remain, has been a matter of controversy from early ages. In the first ages of the race, the Beard Party had it their own way. The Anti beard Party had its origin in Egypt, probably headed by a few 'strong minded men.' But they were not brazen enough to entirely divest their faces of the ornament which nature had provided; they merely trimmed the corners of their beards, or, in modern vernacular, they wore goatees. In time it became a subject of controversy among the Israelites, but Moses put that question at rest by issuing an order—(Lev. 19th chapter:—) 'Neither shalt thou mar the corners of thy beard.' Nothing short of death in the family, or some other great grief, ever led an ancient Hebrew to shave. He would tarry at Jericho six months rather than be seen without a beard on the fashionable promenades of Jerusalem. The *Philadelphia Register* furnishes some interesting historical facts on this subject, which we give below.

"In early Greece, barbers were unknown. The shaving theory was not generally discussed in that country until the reign of Philip. This monarch shaved: and his son, Alexander, being a young man who went ahead when he was sure he was right, called a halt on entering into Asia with his army, and would not stir until he had had every soldier clean shaved. Plutarch records the fact, and Secretary Dobbin, who keeps a Plutarch under his pillow, no doubt had Alexander's order in view when he issued his famous circular on whippers.

"Varro, the historian, tells us that there were no barbers in Rome until the year 454 of the Republic, when one was smuggled in from Sicily. A confirmation of his statement is the fact that Roman statues anterior to that period are all bearded. At first, the young Romans only trimmed a little; but one morning, Scipio Africanus, who, though an old foggy, aspired, like Everett, to lead the young men of his day, appeared in the Senate close shaved. It was a *coup d'état*; Cato and other conservatives railed and argued; but the day was a fatal one for beards. Several centuries passed away before any thing like a reaction took place. Adrian wore a beard because he had warts on his chin, which the Empress Sabina could not abide. Several emperors after him tried to restore the fashion of beard-wearing; Julian the Apostate went so far as to write a stinging satire against shaving. But his

efforts were of no avail; shaving had grown into a national custom, and a custom will defy the hardest reformer; it were easier to introduce Mexico into the Union than the Bloomer among ladies; and to abolish the "peculiar institution" than the stove-pipe hat.

"The Christian Church continued its opposition to shaving as late as the beginning of the ninth century. Wearing the beard was one way of proclaiming to the world their protestation against the Pagan civilization. The *Apostolical Constitutions* formally enjoined a long beard (*Oportet prætera non barbæ pilum corrumpere*, b. ok 1, chap. 3) St. Clement, the Roman, cites Leviticus, and hurls anathemas at every shaver, on the ground that God created every man in his own image, and that it is sacrilege to reap the chin. St. Clement, of Alexandria, St. Jerome, St. Cyprian, Tertullian, and the other Fathers of the Church condemned those who shaved as disfiguring in order to comply with the requirements of a luxurious and effeminate civilization. The Carthage Council, in 393, ordered that clergymen should wear short hair and long beards. (*Clericus nec comam nutriat nec barbam radat*, canon 44.) This order was renewed in the sixth century by the Council of Barcelona. But the Western Church, like the emperors, was obliged to yield to the omnipotence of fashion. About the beginning of the ninth century, Pope Leo the Third shaved. This act was the signal of a furious dissension, which lasted nearly eight hundred years, and on several occasions barely failed to produce the most serious schisms. From that time, however, with the exception of an ephemeral reaction in the sixteenth century, the Western Church and Western civilization have been distinguished by the shaven chin, while the Greek Church and Oriental civilization have rejoiced in the flowing beard.

"For a century or two after Leo, the Patriarchs at Constantinople continued to excommunicate the clergy of the Romish Church for shaving, while the latter professed to be indifferent to the subject. The Council held in 1031 at Limoges, France, ordered the clergy to shave, but did not make it a matter of religious doctrine. In allusion to the rigidity of the Greek Church on the opposite side of the question, the Council said—"And in this, they (the Greeks) cannot blame us, nor we them:" but Gregory the Seventh would stand no trifling on this subject. In 1073, he called

a Council at Gironne, which prohibited beards under the severest penalties. Some of the clergy resisted, and among them the Archbishop of Cagliari. Gregory wrote to the protestants, (1080,) "We command you at the same time to oblige all the ecclesiastics under your jurisdiction to shave, and to confiscate the property of the recusants to the profit of the church of Cagliari." This same Gregory formed a league with the Duke of Sardinia and other sovereigns for the purpose of a war of extermination against the beard.

"We have said that in the sixteenth century there was an ephemeral reaction. It was due in part to the revival of ancient learning, and to an admiration for ancient art, and in part also to the general relaxation of ecclesiastical discipline. Pope Julius the Second, in 1502, sported a long and floating beard, but it came near proving his ruin. If the clergy had opposed the introduction of shaving, they opposed the re-introduction of beards with equal violence. For two centuries, the popes in vain tried to carry their point. At last, in 1700, Clement the Eleventh sacrificed his moustaches to the peace of the Church and the general etiquette of Europe.

"Since that time there have been various attempts to revive the fashion of wearing the beard. None have been successful. Throughout the whole of the Occident, bare faces are the fashion, and a long beard is a sure sign that the wearer wishes to rebel against the leading influences of society."

Miscellany.

308 BROADWAY,
NEW YORK.

OUR REMOVAL.—Before this JOURNAL reaches the distant reader, we shall have removed from the old to our new publication office, No. 308 Broadway, New York. Though now on a busy business street, we shall then be located on the greatest thoroughfare in America, if not in the world. BROADWAY is the great feature of New York. It stands out conspicuously, like the nose on one's face, and everybody must see it. The citizen and the stranger visits Broadway. It is more accessible than any other street. Hundreds and thousands of people pass through it daily. Thirty lines of stages or omnibuses, (more or less,) and hundreds of private carriages are continually thronging Broadway, from Bowling Green to Union Square. We have been so fortunate as to secure an eligible and central location, midway between "up-town" and "down-town." Entering Broadway at Castle Garden, taking the right-hand side, passing the Astor

House, City Hall, the Irving House, and Stewart's marble palace, our place, in the next block above, is easily reached. The Collins New York and Liverpool steamers, coming in at Canal street, near the dépôts of the New Haven, the Harlem, and Hudson River Railroads, we shall be near the junction of these great lines. All the Express Companies will call daily at our door, deliver and receive packages from and for all parts of the civilized world. Thus we shall be easy of access by citizens, and may be easily found by country friends when they visit the "great metropolis." Our address, after the 20th of April, will therefore be,

FOWLERS AND WELLS,
308 Broadway, New York.

NOW READY.—It will be seen by referring to our advertising department, that several of the leading Water-Cure establishments are announced as ready for the reception of patients. Others are being enlarged, renovated, and newly fitted up for the coming season. All will be filled to overflowing, and many more needed; and thousands of bedridden invalids might be made whole by spending a season at a well-conducted Hydropathic establishment. Will not capitalists supply this demand? The people are sick of drugs and drug-doctors. They seek *health*, not patent slop-shop medicines. They do not wish to pay for having their lives *poisoned* out of them. They ask for a *remedy*, and not for "cod-liver oil" in large quart bottles, or bad whiskey, mixed with dirty molasses, called sarsaparilla. Such stuff "won't go down" into the "knowing ones." No, indeed.

Clear pure water, well-prepared and healthful food, ventilated rooms, systematic exercise for the whole person, body and brain, careful attention, and good nursing, etc., etc., all under the judicious superintendence of a skilful and competent physician, are *some* of the surroundings which the dilapidated patient requires. Hydropathy embraces all these, and more. All hygienic agencies are brought to bear, according to the necessities of each particular case, and not dosed and drugged indiscriminately, as is the fashion among some of the learned "regulars."

We expect, accidents excepted, to live to see every State, every county, (and may we not say every well-settled town,) provided with the conveniences for the Hydropathic treatment of those who need *any* treatment. Yes, wherever a drug-doctor has dealt out his doses, there shall the antidote be sent. The Water-Cure is necessary to eradicate from the human system those drugs and other impurities by which it may be afflicted. Nor is there any other means known to man by which it may be so *well* done as by the Hydropathic appliances.

Then put up and throw open suitable places for these purposes.

Water-Cure physicians will be found at the proper time, when called. The people are being converted to these truths, and will soon be ready to practise them. Every new establishment which may be erected will hasten the "good time coming." The JOURNAL shall herald glad tidings throughout the land, and usher in that brighter day when "sickness, suffering, and premature death shall be no more."

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.

INCONTINENCE OF URINE, SALT RHEUM, &c.—S. S. S., Mass. Both the humor and the difficult urination will take care of themselves if you attend to the general health properly. The child must outgrow the humor, rather than doctor it out. You cannot be too strict in the matter of regimen.

CRISES.—A. E. B., Rawlesville, Ala. "Is a case of disease always curable after the production of a crisis, or will critical disturbances succeed each other without any severe treatment after the first crisis is induced?" It is according to the peculiar circumstances of each case. In some cases recovery soon follows after a single critical effort; and in a few cases without any apparent crisis at all. In most cases of long standing, there are several critical disturbances. The treatment should be moderate during the crisis; then resumed under the same rules that apply in the first instance.

DRUG MEDICATION.—J. S. P., Danville, Ala. "If called to a patient who had just taken a dose of calomel or tartar emetic, or any other poisonous drug, how would you proceed?" If the dose was very large, use the stomach-pump; if not so large, or the stomach-pump was not at hand, vomit and purge with warm water.

PUZZLESOME PROBLEMS.—P. M. inquires, "Will you please inform me what you think of Mr. Leroy Sunderland's method of curing diseases by nutrition? Does it harmonize or conflict with the Water-Cure? Have Psychology and Nutrition any relation to each other? Have you ever recovered a person of consumption after the feet have become swollen, and the lungs emitted that sound peculiar to *new leather*, symptoms which are generally regarded as certain precursors of approaching and unavoidable death? What is the cause and cure of a long succession of boils which, when about half-grown, prove abortive, in one whose diet, &c., are about right? Where am I to find a definition of such words as Coma, Pyrexia, Asphyxiated, etc., etc.?"

1. It has many good things. 2. All the good of it harmonizes exactly with Water-Cure. 3. They have the same relation that arithmetic and a baked potato have; each being a "thing substantive" in itself. 4. No. 5. Bad humors or bad habits. Have the diet *exactly* right. 6. In Medical Lexicons, Webster's large Dictionary, and in the standard works on Water-Cure published by FOWLERS AND WELLS.

ERRORS IN WATER-CURE.—J. A. A., Mt. Carmel, Ind. "A friend to whom I have recommended frequent cold water ablutions for pain in the side and lassitude, complains that after such treatment headache invariably follows, unless the water application is first made to the head; and also that the pleasing glow, which most persons experience under like circumstances, she has never felt. What treatment in such a case would you recommend? Why, in another case, does physical prostration follow washing the body with cold water just before retiring to rest in the evening? and how could this difficulty be avoided in the use of cold water? The debility is not sensibly felt unless the washings are taken several times each week for several successive weeks?" 1. Use the water of a milder temperature. We cannot answer your other questions without knowing something of the patient's ailments and habits.

PUERPERAL DIARRHŒA.—M. S. C. "My wife, two weeks ago to-day, gave birth to a fine boy. Her nurse, by order of an Allopath, gave her some physic two or three days thereafter, which set her into a diarrhœa, and which has not left her since, only temporarily by the administration of paregoric. Now, I didn't approve of these things, but not knowing the right application of water, I remained silent. My

wife is weak, scarcely able to be about house. Will you be so kind as to prescribe in the WATER-CURE JOURNAL, which I take and carefully read." Give her warm hip-baths, and cool but not very cold injections, once or twice a day.

TYPHOID AND LUNG FEVER.—E. B. P., Salem, Mass. "In 1849 I had the typhoid fever, and was doctored with drugs. Was always well before; but since have been subject to pains in all parts of the body. In 1852, had the lung fever; and now, whenever I take a long breath it gives me pain under the lower ribs, &c." Your case is an everyday one. Calomel or antimony has, no doubt, poisoned your whole system, and a blister or too much bleeding has contracted the muscles of the chest. Live plainly, take a daily sponge-bath—water not so cold as to be uncomfortable—and a wet-sheet pack once a week or so.

PROFUSE LACTATION.—J. B., Chatham, Ohio. "Can a too abundant secretion of milk be checked without injury? If so, how?" Yes. By dry and abstemious diet, and derivative hip and foot-baths.

THE ITCH.—E. P. J., Orienta. Wash and bathe the skin morning and evening, and eat unfermented brown bread and fruits, and no common itch can trouble you long.

COLD FEET.—E. P. J., Bloomer. Take short tepid foot-baths once or twice a day, preceded and followed by active exercise. If cold in the night, take a hot foot-bath five minutes, followed by a dip in cold water, on retiring.

BUTTER.—F. B., Cincinnati. "I am troubled with salt rheum, scrofula, or something of the kind; and I find butter disagrees with me very much, and I have tried to get along without it, but find it exceedingly difficult. Coffee and tea I do not want, and meat I can give up easily; but I want a substitute for butter. When your Hydropathic Cook Book came out, I thought I should certainly find something to meet my case; but I was surprised when, having examined it carefully, I found not the first word upon anything to eat on bread or puddings. Is there no easy way to make something which will cause bread to slide down as easy as to grease it with butter, and not be so objectionable, and even, perhaps, be advantageous? I think it a great pity that a work so near perfect as the Hydropathic Cook Book should lack instruction on so important a topic. If you have any directions which will be of service to me under my present difficulties, please let me know." Nature has intended the *saliva* as the *sliperification* of our food. Now, if you do not like the arrangement, or if your taste has become fashioned differently, must nature be corrected or must your taste be reformed?

SCROFULA AND CANKER IN THE MOUTH.—E. C., Centerville, Mass. The most essential treatment in the case you mention is the dietetic. Avoid salt, spices, saleratus, and grease. Use unbolted flour, with fruits and vegetables. A daily sponge and a tepid sitz-bath are all the bathing applications necessary.

GYMNASTICS.—Gymnast, Philadelphia. "What is the best ILLUSTRATED work on gymnastics that can be obtained in this country, and what its cost?" THE HYDROPATHIC QUARTERLY REVIEW (now publishing) will contain a complete system of Gymnastics, amply illustrated with engravings. Terms, only \$2 a year, in advance. Address FOWLERS AND WELLS, New York.

AN APOTHECARY-SHOP.—P. P. C., of Shelby county, Ind., is certainly one of the "best-abused" patients of the country. She says: "For these diseases of mine I have taken 500 doses of calomel; 1 doz. quinine powders; 1 quart in solution; 60 drops aqua fortis; 3 gallons of a little of every thing fixed up in whiskey; 1 quart sweet anise; half-gallon gum myrrh in brandy; 10 boxes pills; 52 scarifications; with blisters, plasters, and issues innumerable, and chloroform more than I can measure." After this, Phebe, you need not fear any thing; for it is abundantly proven that *doctors can't kill you!* It would benefit your health, though, to remove to some place where doctors cannot be found, and live on unfermented bread and fruit, and take a sponge and hip-bath daily.

BLEEDING PILES.—A Doctor's Subject. Take a very small injection of cold water at bedtime, and a free injection of tepid water each morning.

OPIUM IN LABOR.—S. P., of Michigan, writes us a doleful account of the results of giving opium to women during parturition, which it seems is a very common practice in that community. The excretion he expresses is none too strong. The doctor or midwife who knows no better than to drug the patient with opium, because the pains are severe, ought to be expelled from the lying-in-chamber with a forty-foot douche!

SULPHUR.—D. E., Wisconsin. "Please inform me through the WATER-CURE JOURNAL whether sulphur, used as a cathartic, is injurious to the system?" It is.

THRUSH AND SWELLED GUMS.—H. A. P., Henderson, Ky. The swelling of the jaws and gums suddenly, and the subsequent ulceration and dark gangrenous appearance, in the case of your child, indicate the effect of some kind of poison. But we cannot, from the data you furnish, determine what the poison was. The drug-medication employed undoubtedly made the matter worse, although it may have reduced the swelling.

VEGETABLE DIET.—J. C. T., Yountsville, Ind. "Will a vegetable diet suit all constitutions in all climates? How shall I reconcile the conflicting views of Phrenologists and Hydropaths on this subject?" You will find these, as also all other questions you propound, fully discussed in "Smith's Fruits and Farinacea," now being republished by FOWLERS AND WELLS.

TOOTHACHE.—G. W. G., Scrubgrass. "I have been perusing your Encyclopedia, and by the index I am referred to page 133." A typographical error. The figure 8 should have been 5. See page 135.

TOBACCO.—J. W. W., Morris county, N. J. "Knowing that you consider the general use of tobacco injurious, I would ask, Do you think smoking is ever beneficial in cases of asthma, soreness, or other diseases of the throat?" No. It is a frequent cause of all those diseases.

VEGETARIANISM ON THE ROAD.—"J. D., being out of health, thinks of travelling as a business agent. He is a vegetarian, and desires to live hydropathically. What plan can he best pursue under the circumstances?" Eat the best bread, fruits, and vegetables he can find, and let the flesh alone.

FILTERING WATER.—S. P. B., Dover, Ill. The Hydropathic Cook Book contains a variety of illustrations as to the various methods of filtering.

NERVOUS HEADACHE.—A bilious stomach, or in other words a congested liver, is the usual cause. To cure it, eat unfermented bread, and a moderate proportion of fruits and vegetables, and be abstemious in quantity. Take also a towel-wash daily, with occasional sitz-baths and abdominal manipulations.

DEFAMATION.—Dorothy, Brinfield, Mass. "Messrs. Editors: How many times in your WATER-CURE JOURNAL have the Allopathic physicians been ridiculed and even slandered for the murderous deeds they have and do still accomplish; intentionally poisoning their patients with their dreadful drugs, and then robbing the poor family of the last cent in remuneration for the horrid deed?"

"One would think, to read some of its articles, that every one of the regular physicians were even worse than murderers, and indeed, I have seen the idea of their being professed Christians treated with the greatest scorn. But what I was going to ask was, the difference between the pocket-drainers of the Allopaths, and those of the Water-Cure establishments.

"Why are patients who visit one of these for medical treatment charged such enormous prices? Can it be that the water is so expensive? If no other article is used, why must such exorbitant prices be charged? How many of the poorer classes are there who could afford to remain weeks, and perhaps months, at one of these Water-Cures, at the rate of eight or ten dollars per week, aside from the accommodations they must provide for themselves, and then, perchance, fail of recovering their health? I never knew of any physician charging one-half as much for a single examination, as I have read of in your paper. Is it not enough to discourage any poor invalid to read over the terms of entrance? Why are not the charges made in the reach of the

poor as well as the rich? Is not health as great a blessing to the former as the latter class?

"Of course none are responsible for such charges but the proprietors; but is it not as outrageous for the one system as the other? And ought they not to be treated accordingly?"

"As you have been so liberal as to insert in the JOURNAL articles which were either pro or con, I humbly ask the same, with an answer, for this."

Dorothy, dear, you have made a dreadful misapprehension. We do not accuse drug-physicians with being murderers, but we do charge that their drugs are manslaughterous. It is the *system*, not the *men*, we drive at—a pretty considerable of a difference, as we take it. Now, as to charges. We charge for room, board, servants, fire, light, etc., all of which cost something. The drug-doctors only charge for talk and Latin, the drugs being too insignificant to name, so far as cost is concerned. And when we examine and prescribe for a case, we charge a single fee, five dollars, which usually is all the patient is ever called on to pay for professional advice, whereas the drug-doctor keeps advising and charging continually.

COSTIVENESS.—S. J. N. E., Abington, Mass. "Please inform me of the cause and cure of costiveness? The patient is a child nine months old, and has been troubled three weeks after birth?" The mother should adopt a plain vegetable and fruit diet, and confine her farinaceous food to unboltoned and unfermented flour. The child should also be fed, more or less, daily, on baked sweet apples, mealy potatoes, and wheat-meal gruel.

PROBLEMS.—J. W. G., Selin's Grove, Pa. "Does age determine the limit of man's growth; and if so, when? Can the memory, once weakened by onanism, be restored to full vigor? Since we can increase the size of the muscles by exercise, cannot the bones be enlarged by the same means?"

1. Yes, when the vital powers are so far exhausted that they can only hold an even "balance of power" with mere chemical affinities. The time, of course, depends on a thousand circumstances. 2. It depends on the degree of injury experienced by the nervous system. Generally it is not perfectly restored. 3. Certainly. All structures maintain a certain relation in development.

PNEUMONIA.—Dr. Hinds, of North Carolina, writes: "When I have leisure, you shall hear from me touching some of the Water-Cure doctrines. I am now much engaged in curing diseases Allopathically, and, of course, scientifically; and although I say it myself, I have right good luck, scarcely ever losing a patient. I have had a number of bad cases of pneumonia recently, and my last case is convalescing finely on cupping, blistering, mercury, and a little tartar-emetica. I tell you, my dear Sir, this treatment acts like a charm in my hands; but if you can teach me a better way, I will gladly embrace and practise it, for I am in search of truth, and always open to conviction. Please give us a chapter on the treatment of pneumonia."

Verily, Doctor, we CAN teach you a better, despite the "charm" of your burning and poisoning medication. Give us a report of your cases—one, two, or a dozen—with the symptoms, progress, medication, nursing, duration of the disease, and period of convalescence, and, if you please, the *rationale* of your treatment, and we will contrast them with precisely similar cases treated hydropathically, giving a detail of all the circumstances above alluded to. This will present the whole subject before our readers in an intelligible manner. What say you?

TYPHOID PNEUMONIA.—S. R. M., Russellville, Ky. "Dr. Trall: I may be uncommonly stupid, but really I cannot find in the *Hydropathic Encyclopaedia* answers sufficiently explicit to suit my purpose, to the following questions, viz.: What is the proper Hydropathic treatment for typhoid pneumonia? Can typhoid fever be cured, hydropathically, in less than twenty or twenty-one days?"

Reversing your order, we answer, 1. We have *always* cured typhoid fever, hydropathically, in one or two weeks, and such has been the general result of Hydropathic practice elsewhere. 2. If you would learn how to treat fevers from the *Encyclopaedia*, first study fevers in general. The *rules* of practice there apply to typhoid pneumonia, and all other febrile diseases. Next look at Typhus or Typhoid Fevers, and learn the characteristic symptoms of this *type* of fever. All "peculiarities of practice" there laid down, apply to all typhoid forms of disease, be it pneumonia, dysentery, or

disease of any other name. Lastly, look at *Pneumonia*, and see what is said of the typhus or typhoid form of inflammation of the lungs. Then you will have all the general rules and all the specialties necessary to conduct the treatment.

VEGETARIANISM IN COLD CLIMATES.—H. N. H., Concord, N. H., asks why we do not show the adaptedness of vegetable food to extremely cold climates, etc. We have often done so. Our books have fully explained this whole subject. The *theory* on which the necessity of animal food is predicated in cold climates is, that it affords carbon to warm the system; but a *fact*, in reply, is, vegetable food affords the same carbon. As to the necessity of persons who reside in regions where vegetable food cannot grow, eating animal food or perishing, we admit the fact, and say, in reply, there is no necessity for human beings occupying such parts of the earth at present. There is room enough where vegetation flourishes. But this is nothing to the principle of vegetarianism. Which is best, when both are attainable? is the question; not, Which is best in a choice of evils?

Business.

TO PREVENT MISCARRIAGES, DELAYS, OR OMISSIONS, all letters and communications relating to this Journal should, in ALL CASES, be post-paid, and directed to the Publishers as follows:

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No. 308 Broadway, New York.

WHOLE WORLD'S TEMPERANCE TRACTS.—FOWLERS AND WELLS now have ready for gratuitous distribution, at cost of paper and printing, the following list of excellent TEMPERANCE TRACTS, of *twelve pages each*:

No. 1. THE MAINE LIQUOR LAW.—An Act for the Suppression of Drinking-houses and Tippling-shops. The Working of the Law. By Hon. NEAL DOW. With a Letter from Prof. MOSES STUART, of Andover.

No. 2. PHILOSOPHY OF THE TEMPERANCE REFORMATION: or, the Relations of Alcohol and the Human Organism, Chemically, Physiologically, and Psychologically considered. A PRIZE ESSAY, to which the premium of \$100 was awarded by the General Temperance Council. By R. T. TRALL, M. D.

No. 3. ALCOHOLIC LIQUORS; their Essential Nature and Necessary Effects on the Human Constitution. By HORACE GREELEY.

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FRIENDS OF TEMPERANCE! will you aid in rescuing from an ignominious death a brother, a sister, a mother, or a father? Then put your shoulder to the wheel, and help to lift out from the mire of despair the sinking mortals whose rocking frames, saddening moans, and delirious voices, cry for *protection, help*, and a *SHIELD* from the most heartless and wicked temptation. Guard them, ye sober-minded. Protect them by law, ye law-makers. The argument, evidence, and testimony is before you, in these earnest, eloquent and convincing Tracts. Will you heed the truths they contain? You cannot resist it. *Nor can that man who finds a justification for wrong-doing, because the "law" permits it, longer satisfy his conscientiousness, in permitting a live serpent to poison the blood, to craze the brain, and precipitate his neighbor into the maddening gulf of "delirium tremens."*

The object of these tracts is to enlighten the people on the question of temperance, and to answer scientifically any supposed objections against the total suppression of the use of Alcohol as a beverage or a medicine, proving conclusively its incompatibility for either. Shall the people be enlightened? Shall they be guarded and protected? How many tracts will you circulate? A hundred? a thousand? The cost is but trifling when compared with the good they may do.

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OUR BOSTON OFFICE, 142 Washington street, proves a great convenience to our New England friends who frequent that city, but who seldom venture so far from home as New York. Being in daily communication by the expresses, by land and water, and within a moment's reach by telegraph, we are enabled to keep a complete stock of all our publications at this New England "head-quarters." PHRENOLOGICAL EXAMINATIONS, with written descriptions of character, and advice touching occupation, education, self-culture, etc., may be obtained at all hours. Public lectures on Physiology, Phrenology, and kindred sciences, are frequently given, and PRIVATE CLASSES for teaching their practical application to the common avocations of everyday life are in almost constant operation at the Cabinet, affording citizens and strangers an opportunity of attending. Our rooms in Boston are at 142 Washington street, near the Old South Church.

MR. O. S. FOWLER, of New York, will commence a course of ten lectures on PHYSIOLOGY, PHRENOLOGY, and their bearings on education, self-improvement, criminal jurisprudence, morals, government, and human development, in the city of Philadelphia, on the 20th of March inst. For further particulars see handbills and daily papers, or inquire at our branch office, 231 Arch street, Philadelphia.

THE ILLUSTRATED HYDROPATHIC ENCYCLOPEDIA is a work of great value to the medical profession and the people, and embraces so much matter of interest to all classes of people, that the enterprising publishers will, we think, soon find the edition they have printed, exhausted.—*Pennsylvania Mining Register.*

We are happy to inform our worthy Schuylkill friend that upwards of *forty thousand copies* of the Encyclopaedia have already been published, and that the increasing demand is pretty good evidence that as many more will be required. At all events, one edition succeeds another as rapidly as printers and binders find it convenient to deliver them. The European market has been but partially supplied as yet, while there are half a million in our own country who ought, need, and would be glad to read it.

OLD COLONY NURSERIES.—Mr. B. W. Watson advertises "the finest sorts of Fruit and Flowering Trees" in the present number of our Journal, for "Water-Cure establishments." Catalogues sent gratis on application. We commend the Old Colony Nurseries. Mr. Watson can fill orders for all varieties of trees, shrubs, and plants which grow in this latitude.

CARPETS.—The advertisement of HIRAM ANDERSON, 99 Bowery, New York, may be found in our columns. This is, we believe, the largest Carpet Establishment in the city. Besides, every variety of European and American patterns, from the most elaborate and costly, down to the plainest quality and lowest priced, are here displayed. Our country friends as well as citizens, in want of this kind of goods, may save themselves the expense of a trip by handing an order to any express company, describing what they want, and sending to Mr. Anderson, the most enterprising dealer with whom we have the pleasure to be acquainted.

PERSONS remitting us money through the mail, will please send it in drafts on some banking-house in New York, instead of *certificates of deposit* on country banks, as these are not worth so much as the notes of those banks, we having to pay from 3s. to 8s. for collection, no matter what the denomination.

ALMANACS.—In consequence of the destruction of the stereotype plates of our Water-Cure and Phrenological Almanacs by the late fire in Spruce street, we shall be unable to print another edition, and shall consequently be obliged to discontinue furnishing them as offered for premiums. *Other* books will be sent as advertised.

OUR ALMANACS for 1855 are now in course of preparation, and will be issued with as little delay as possible.

WATER-CURE JOURNAL.—This is the cheapest work, for its usefulness to our race, published. Its directions in regard to the preservation of health are of the greatest importance.—*Watertown (Wis.) Chronicle.*

THE JOURNAL.

OUR TERMS for the WATER-CURE JOURNAL are as follows: Single Copy, One Year, \$1.00; Five Copies, \$4.00; Ten Copies, \$7.00; Twenty Copies, \$10.00; or, One Copy five years, \$4.

OUR OBJECTS are more fully stated elsewhere, but may here be briefly given, namely: the dissemination of The Principles of Hydropathy, and the Laws which govern Life and Health.

OUR FACILITIES for publishing are ample—acquired by an experience of many years—and the coöperation of all the leading writers on Physiology, Anatomy, and practical Hydropathy throughout our own country and Europe.

OUR GREAT REFORM, the Hydropathic, or Health Reform, is progressing rapidly wherever known and appreciated. It has already overthrown and annihilated monstrous abuses practised upon the people by drug-doctors, and by ignorant vendors of patent quack nostrums.

OUR FRIENDS are solicited to aid in the circulation and promulgation of these useful, truthful, health-preserving and life-prolonging principles. Every family may derive great benefit from such knowledge, and every individual may aid in extending the same blessings.

To those who may wish to form CLUBS for the JOURNAL, we will cheerfully send SPECIMEN COPIES gratis. CLUBS may be composed of persons residing in all parts of the country. We will send to one or a hundred post-offices—it is all the same to the PUBLISHERS.

ON THE SAME TERMS.—It will be the same to the Publishers if TWENTY COPIES of EITHER or BOTH the PHRENOLOGICAL JOURNAL or WATER-CURE JOURNAL are taken in one club.

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308 Broadway, New York.

ADVERTISING.—The New York Tribune charges fifty cents a line for advertisements in its weekly paper.—*Exchange.*

And every line is worth it. Our charges in the *Weekly Era* are thought by some to be high; but we have not known one who has tested the worth of such advertising, who has not admitted the principle, that advertising through a good medium is the cheapest, at any price within the bounds of reason.—*National Era.*

[The circulation of the *Tribune* is not far from one hundred thousand copies, which, at the rate of fifty cents a line, is only half a cent a line for each thousand copies circulated.

The circulation of the WATER-CURE JOURNAL is fifty-six thousand, and our charges only twenty-five cents a line per month, which is less than half a cent a line for each thousand copies circulated. But we prefer to publish no advertisements; nor should we, did not the general reader require and demand such information as is contained therein.

THE HYDROPATHIC QUARTERLY REVIEW.—We rose from its examination, not only convinced of its real merits and prepared to recommend it to our readers, but impressed with the conviction, that if every family would read it and practise its plain and truthful instruction, they would save from their doctors' bills many times the cost of the work, besides saving themselves from a great amount of pain. More than this, it would give our physicians and their patients more time to work their gardens, and enjoy the fruit thereof. The contents of the *Review* are varied, interesting, and instructive; the style clear and simple, and free from provokable technicalities.—*Amer. Banner, N. Y.*

THE *New Church Repository*, edited by Prof. GEORGE BUSH, in addition to a variety of original papers on doctrinal subjects, has a copious supply of information in regard to the condition and progress of the Swedenborgian faith in this country. The excellent spirit and marked ability of this journal commend it to the attention of the religious public.—*N. Y. Tribune.*

Talk and Topics.

WE feel that our readers, however distant, are not STRANGERS, but FRIENDS, with whom we may sit down and have a quiet familiar TALK, and to whom we may suggest TOPICS for CONVERSATION, DISCUSSION and INVESTIGATION.

HYDROPATHY IN WORCESTER.—In 1849, Dr. SETH ROGERS, from Vermont, once a pupil of Dr. Shew, erected an establishment in that thriving city—a city which has more than doubled its population in the last ten years, and now counts upwards of TWENTY THOUSAND inhabitants, with a capital of \$12,575,566. There are no less than five important railroads connecting Worcester with Boston and other cities east, Providence and New York south, Springfield, Hartford, Albany, &c., west, Nashua, Lowell, &c., north; all connecting with the other principal American railroads, thus rendering that city accessible from all quarters. Add to all these advantages, a surrounding country rich in agricultural products, in manufactories, the people distinguished for industry, intelligence, integrity, and a progressive liberality; the land of hospitality, schools, and learning; a suitable field for the growth of Hydropathic principles, through the wide circulation of the WATER-CURE JOURNAL—for, be it remembered, we planted more than one hundred copies of the WATER-CURE JOURNAL in the city of Worcester in the year 1848, besides many hundreds of copies in the surrounding towns of that county. "The people" were ready for the reform. It took root and thrived abundantly. Invalids cast out drugs, and sought the restoring hand of the Hydropathic physician. DR. ROGERS was soon surrounded by an appreciative, enthusiastic, and confiding household. His Establishment became the centre of attraction for those who needed his services. He met their views and their wants. In short, he "heated them." They, in return, sent their friends; and for three years this faithful physician, assisted by his "noble helpmeet," conducted with great success his extensive practice. But from an overruling desire to know more of the world, and to perfect and complete his medical education, Dr. Rogers effected an arrangement with GEORGE HOYT, M.D., of Boston, to fill his place for upwards of a year, while he set sail for Europe. After visiting London and other cities, he took up his residence in Paris, where he remained a year, attending lectures at the principal medical college, clinics at the hospitals, and availing himself of the vast stores of knowledge which those old metropolitan libraries afford. And now—the 10th of March—just as we go to press, his arrival in Boston by the steamer ALPS is announced. Dr. Rogers will return at once to resume his humane office, and to receive the most hearty welcome by the citizens of Worcester, who hold him in high though just estimation as a scholar, a physician, and a man.

Long life, say we,
To SETH ROGERS, M.D.

SHE HAS NOTHING TO DO.—How deplorable it is to be so situated, either from poverty or an overabundance of "this world's riches," as to have "nothing to do!" If prevented by poverty from entering into the various lucrative pursuits by which others gain an easy subsistence and even wealth, then, indeed, is her condition bad. But if brought up in the lap of luxury, all her wants anticipated and supplied without the inclination or necessity of physical or mental labor, and without even the opportunity of healthful exercise, she is not less an object of pity. Nor will she be more likely to escape a premature grave than the former, who depends upon the cold charity of a selfish world.

Nothing to do! Young woman, be not disheartened, though you have been crowded out of your "proper sphere" by effeminate men, and denied a "liberal education." You shall yet have enough to do, and of that which is both "pleasant and profitable." You shall soon fill all the charitable missions, manage our almshouses, asylums, and prisons. You shall teach our schools, common and select, summer and winter. (Every young woman ought to teach school at least one year before marriage, in order to acquire self-government and self-reliance.) You shall engage in horticultural and in mercantile pursuits, make gardens, plant nurseries, lay out parks and pleasure-grounds, sell goods, and keep accounts. You shall give lectures on science, morals, and men. You shall edit newspapers, magazines, write poetry, (and read it, too,) print books, and sell them everywhere. You shall administer the law, medicine, and the

gospel. You shall do all these things in the good time coming, besides "attending to your own domestic concerns."

The young men shall build steamboats, ships, railways, and manage them. They shall plough, plant, reap, and thresh. They shall build houses, after plans and specifications by women. They shall plant trees, and gather the fruit thereof. They shall attend to all other masculine duties, and not interfere with those of the women. They may marry for love, but not for money. The privilege of "proposing" shall be equal. The woman may select the man of her choice, or the man the woman of her choice. There shall be no forced marriages. Both parties shall advise with and take counsel from their parents or guardians. Each shall have an equal privilege to read the WATER-CURE JOURNAL, to practise its precepts, obtain subscribers for it, and thus to hasten the day when all, from the least to the greatest, may have something to do, and enjoy "life, liberty, and the pursuit of happiness."

Ladies, (beg pardon, we mean women,) what say you to this platform? Will you support it? Then give us your votes, *i. e.*, subscriptions for the JOURNAL. Then your rights and interests shall be protected. No more man-midwives, no more male counter-jumpers or male mantua-makers, no more interference with those domestic and maternal affairs which, by right of organization, belong to women.

This question may be settled without great political agitation, without "endangering the Union"—may be settled by a vote from each woman in the nation, said vote to be a ticket of the right denomination, enclosed in a prepaid envelope, directed to the publishers of the WATER-CURE JOURNAL, New-York, and deposited in the nearest post-office.

DAILY LECTURES ON PHYSIOLOGY AND HYDROPATHY have been delivered the past winter by physicians to their patients at several of the principal Establishments, as previously announced by advertisement. Dr. Hayes, of Wyoming, Dr. Gleason, of Elmira, and Dr. Thayer, of Binghamton, have each provided themselves with suitable apparatus, such as anatomical drawings, charts, maps, and models, with which to illustrate their subjects, and have thus converted their Cures into seminaries of learning.

We commend the example to others, and would advise that the doors be thrown open, and the lectures made free to outside neighbors—when no expense would thereby be incurred by the lecturer. By this means, larger audiences would attend—an excellent way to disseminate the principles of Life and Health.

GOOD STATIONERY.—When buying paper, pens, ink, and so forth, get the best. Our thoughts flow more freely, when writing with a good pen, on good paper, with good ink. Fewer mistakes would be made, a better style or hand would be attained, with good tools; printers would make fewer blunders, and authors seldom be mortified by typographical errors.

When writing for the press, write on one side only. Take a sheet of "foolscap" and cut it into four equal pieces lengthwise of the sheet. This is a more convenient shape for the compositor; it covers up less of his case when setting type. But always use black ink, white paper, and a good gold pen. Then write sensibly, briefly, and you may see your thoughts correctly printed.

TEMPERANCE AND A PROHIBITORY LAW as enforced by PHRENOLOGY and PHYSIOLOGY. By O. S. FOWLER. Being No. 5 of "Whole World's Temperance Tracts."

"THE HUMAN CONSTITUTION," says the author, "is that final empire before which to arbitrate whatever questions any way affect man, physically or mentally. Temperance and intemperance thus affect him, and phrenology and physiology expound all the laws and functions of man. If, therefore, temperance is based in the nature of man, or intemperance violates it, these sciences of that nature will commend the former and condemn the latter. Then, what verdict do they render as to the effects of alcohol on body and mind? The trial is intrinsically interesting, as unfolding first principles, applicable alike to other subjects, and the issue important. Besides, does not the Temperance Reform now specially need the dignified authority of HUMAN SCIENCE—that august nuncio of Heaven's imperial mandate and man's highest good?"

This new Tract contains thoughts, facts, and principles enough to make a volume, but is given—without chaff—in twelve pages. The author asserts—and proves it—that whatever affects the body similarly affects the mind; Alcohol powerfully stimulates the brain, concentrated on the animal propensities; Effects on the Morals; Right of the

Law to prohibit the Liquor Traffic; the Ballot-Box; Crimes and their Causes; Protect Human Life, &c., &c.—closing with the following:

"Yet, since nothing can be accomplished but by appropriate means, in what way can we kill an evil so great, and so ramified throughout society? First, by LAW. This natural means is adopted by all civilized communities to rid themselves of all public evils, and is as appropriate to remove this as murder, or any other moral evil. Then KILL THIS BLACK TIGER, ye voting freemen, who wield this battle-axe of sovereign power. Empire State, complete your nobly-begun victory. Nor let temperance anywhere lose one single vote to the great prohibitory issue, because its details may not exactly suit. Let not trifles kill such great issues.

"MINISTERS OF RELIGION, smash this dragon's head with all the thunderbolts of your sacred office. Preach, pray, labor, wrestle, overcome, and lend your churches.

"WOMAN, labor with us. By distributing tracts and votes, and inviting men to read the one and cast the other, as did Michigan women, inspire men to enact and enforce this law, while you sustain it by that moral power of which you are the natural fountain-head. Oh, wield wisely but effectually the resistless power thus reposed in you. Let rich and poor, wise and simple, men and women, one and all, each in our spheres, do all we can. Let the greatness of the work alone measure our exertions, as it will our reward."

"To whom it may concern," we commend this earnest tract. Reader, have you an interest at stake? Insure yourself, your friends, your FAMILY, from the blighting curse of intemperance; convince your neighbor; procure his influence and assistance; scatter, broadcast, these eloquent pages; remove the temptation, and thus save human life, the bodies and souls of men.

This new tract may be had in packages of one thousand for Four Dollars, or at Fifty Cents a hundred. Published by FOWLERS AND WELLS, 308 Broadway, New York.

DOCTORS LOOKING UP.—We now have doctors in the United States Congress, in the Senate, the House of Representatives, and in the Legislature of almost every State. Is not this encouraging? But the recent signal triumph of our very excellent friend, the editor of the *Boston Medical and Surgical Journal* gives us more pleasure than we can possibly express with pen and ink.

J. V. C. SMITH, M.D., has just been elected Mayor of the metropolis of New England, the city of Boston; of no party, but of the people; an intelligent, upright, judicious, straightforward TEMPERANCE man, and a REFORMER! As a friend and "fellow-citizen," we regard Mr. Smith a fine specimen of humanity, for whom we have great respect, and not a little real benevolent affection; but as Dr. Smith, of the "regular" school, of the "cod-liver school," we are his opponents, and shall continue to oppose him until he lays up, "for good," his saddle-bags, lays aside the sheep-skin, empties his bottles, burns up his pill-boxes, and abandons his former "practices." We must, in justice to our convictions, to the cause we advocate, continue the war until we have put to rout and completely exterminated the poisonous practice of twenty thousand doctors and ten thousand druggists. We must spike their guns, blow up the patent medicine manufactories, use their cod-liver oil to grease machinery, (not human stomachs,) convert their fishing-vessels into wood, lumber, or the general freighting business, and thus "wind up their bobbins." There is plenty of healthful and useful work to be done, so that the able-bodied doctors and druggists need not be long out of employment, while our charitable institutions will provide for such of them as may have, in an unlucky moment and unguardedly, swallowed some of their own "remedies!" Some may turn politicians, some farmers; others more ingenious and inventive may take to "mechanics;" while the more learned, talented, and liberal will become presiding officers in places of honor and trust. All may therefore be suitably provided for, and poor sick humanity be spared the pain of dying with an apothecary's shop in their bodies.

We congratulate Mr. Smith and the citizens of Boston. The honor conferred is well merited, and will be carefully and scrupulously guarded, while the laws will be judiciously administered, the interests of the people kept in view, the Reforms encouraged and promoted, and all "Down East" benefited. When Mr. Smith, the Mayor of Boston, visits New York, we will have a nice fresh clean bath ready, and our table spread with all the vegetarian luxuries of the season. Will he return the compliment?

[The above article was put in type for the February number, but crowded out. "Better late than never."]

THE WATER-CURE JOURNAL is a very valuable paper, and is contributing much towards the removal of abuses in the different systems of medical practice.—*Christian Advocate and Journal, Hamilton, C. W.*

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.

NOTES OF TRAVEL AND LIFE. By TWO Young Ladies, the Misses MANDELL AND HOSMER. 12mo. 288 pp. New York.

We have taken much pleasure in looking over this book, fresh from the pens of writers who have never before made an attempt at authorship. Perhaps a favorable "business acquaintance" with the authors made us more desirous to know what they had to say. But before saying much of the authors, it may be well to remark that they are two good-looking, intelligent young women, who, having tired of school-teaching, and finding no other occupation that would render them a fair compensation for their labor, or a tolerable support, dared violate the customs of society, and earn an honest livelihood by canvassing for periodicals and selling books. The volume now before us contains a series of letters written by them while thus engaged. They have given their own reason for authorship in their Preface, which we quote:

"Reasons, do you ask, why we have written a book? For one; as pioneers in a new sphere of labor for our sex, we would make known to them our success, and open to them a new avenue to industry and independence. Again, we saw people in their every-day clothes, and from our unpretending position, they showed themselves as they were. Thus we present a series of pictures from the great, and of never-failing interest, Book of Life. And third—and are not three reasons enough for women, at least, who are not supposed to have any—we would replenish our purses, and turn our labor and thought into profit."

In their travels through several of the States, they met with all kinds of people, by some of whom they were pitied and advised to leave the business, and return to "women's work." One woman, after having subscribed for a book, after deliberate consideration, came to the conclusion it would be wrong to patronize them, and sent them word to that effect; but by most they were kindly received and commended for their undertaking. They were, for the most part, well patronized, and were quite as successful as could have been expected.

We believe it is the intention of the authors to keep the entire control of the sale of their book, and not to furnish it through the ordinary channels of trade. We cannot, therefore, supply our friends, and can only advise them to purchase it when presented by the ladies in person. And to the hundreds and thousands of our countrywomen whose cheeks pale and frames are wasting by hard work and close confinement, we would say, Go ye and do likewise.

LEWIE; or the Bended Twig. By COUSIN CICELY, Author of the "Silver Lake Stories," etc. [Price, prepaid by mail, \$1 25.]

Lewie is a domestic tale, founded on a basis of facts, and conveying an excellent moral. "It traces the career of a spoiled and petted boy, whose mother was too weak and indolent to restrain him as she ought, through the several stages of a perverse childhood, a reckless boyhood, and a passionate, ungovernable youth, till this victim of a parent's folly is found in a felon's cell, with the mark of Cain on his brow."

PUTNAM'S MONTHLY.—We have before expressed the opinion that this is the best American Magazine, and fully equal to the first-class monthlies of Europe. The contents of Putnam are wholly original, fresh, pithy, and American. The March number, among other articles, has "The Cocked Hat Gentry," "Valley of the Amazon," "How I Live, and with Whom," and a splendid Poem, entitled "Winter Evening Hymn to my Fire."

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THE WATER CURE JOURNAL AND HERALD OF REFORMS. Devoted to Hydropathy, its Philosophy and Practice, to Physiology and Anatomy, with Illustrative Engravings, to Dietetics, Exercise, Clothing, Occupations, Amusements, and those Laws which govern Life and Health. Published monthly, in convenient form for binding.

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"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

THE ILLUSTRATED HYDROPATHIC QUARTERLY REVIEW. A New Professional Magazine, devoted to Medical Reform, 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 of Practice and 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 illustrations. Each number contains from 190 to 200 octavo pages.

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"In addition to the widely circulated monthly journals issued by those enterprising publishers, we have the New Hydropathic Quarterly Review, edited by the most distinguished members of that school. It is filled with articles of permanent value, which ought to be read by every American."—[New York Tribune.

POSTAGE ON THE REVIEW, when sent to regular subscribers, and paid by them Quarterly in advance, at their own office, is only four and a half cents a number, or eighteen cents a year.

When single numbers are sent to non-subscribers, and prepaid by the publishers at the New York post office, nine cents a number; or when not prepaid, double this amount.

Single numbers, for agents, will be prepaid by the publishers, and sent to any post office for fifty cents.

Communications, New Books for notice or review, Advertisements, and Subscriptions, should be addressed to the Publishers, as follows:

FOWLERS AND WELLS,

308 BROADWAY, New York.

P.S.—One copy of each of those three JOURNALS will be sent, one year, to one address, for three dollars.

GLEN-HAVEN WATER-CURE.

TO THE SICK:—

You long for health. It is not surprising that you do. It is God's best blessing. Without it life is dreary, for sickness has no pleasures. You have tried Allopathy, Homeopathy, Eclecticism, Galvanism, Clairvoyance, and patent medicines. And still you are sick. I do not wonder you are. I only wonder you are *alive*. Were not Nature kind beyond parallel, the poisons you have taken in under the name of medicinal remedies would long ago have killed you.

What a wretched delusion this drug-medication, so common and so constant, is! What a stupendous fraud! Nothing like it exists in the records of the human race. If so, what is it? People have been deluded in their worship, following false deities. People have been cheated in their speculations, grasping *bubbles*; they have taken to themselves false philosophies, and have grossly erred; but knowledge has dispelled delusion, bubbles have burst, truth has shown herself, and the race has in many things grown wise. But in this matter of *drug-taking*, the millions are as blind as beetles. The brutes of the field are wiser than they. Will the sick never *think*? Shall Nature never teach them? What possible relation can a substance in its elements *poisonous*, and therefore destructive, hold to the human body, other than *deadly*? How can a man, by simply *calling* himself a *Doctor*, make that whose legitimate nature it is to *KILL*, act on the human body so as to *cure*? Calomel, opium, iodine, quinine, lobelia, and hundreds of other substances, are *poisonous*. Necessarily, therefore, they kill, or *tend to kill*, in proportion to the quantity taken. O man! O woman! will you never cease this slow but sure sapping of the powers of life? Will you never awake to the horrible fact, that war, pestilence, or famine, has never peopled graveyards as thickly as *drugs*?

Do you ask *what you shall do*? I reply, trust Nature and common sense. There are natural means for treating disease. At their head prominently stands the WATER-CURE method. Do not despise it for its simplicity: therein lies its power. All God's means for benefiting man are simple. Nature is always simple. It is man that establishes processes which are complicated and difficult to understand. God makes things, and means, and plans, and processes, by which results are to follow, *simple*. Man attempts to improve, and makes a fool of himself.

We do not desire or intend to delude or lead astray, but to tell the simple truth, as all who visit us will find.

1. We are situated at the head of Skaneateles lake, twenty-five miles south-west from Syracuse, N. Y. The lake is admitted by all to be the most beautiful body of water in the State except Lake George, and only yielding to that *in size*. It is a *Home* for sick people who, having failed to recover their lost health by other means, can and do recover it by Hydropathic treatment. To the truth of this statement, over 1500 persons can speak. *True*, they have to show heart and courage, resolution, and *much self-denial*; but hard as it is to have all these when one is weak, and enfeebled, and broken down by disease and drugs, it is not as hard as *the grave*.

2. The place is conceded by all who visit it to have as fine climate as the North can boast. The air is dry, unfoggy, and so pure that our feeblest patients lie with their windows open all night, and are out in the evening with impunity, if able to walk.

3. Our water is pure and soft. We appeal with confidence to all persons who have ever taken treatment at the Glen, if its softness, and the ease with which the stomach receives it, and the fine effects it has on the skin, are not the *theme* of universal commendation. We appeal to the dyspeptic, the scrofulous, the neuralgic, the rheumatic, those having kidney disease, those having cutaneous eruptions, the consumptive; we appeal to those of the female sex having difficulties peculiar in character, to men broken down by long attention to business and ill habits, to those who have been poisoned by *drugs*, if they have not all *alike* spoken of and felt that the water of the Glen had *life* in it. Says a gentleman from Pittsburgh: "I have been from fifteen to twenty years a dyspeptic, and have been from Lake Superior to the Aroostook, and I in only one instance have found as good water as yours." Says a gentleman from North Adams, Mass.: "For years I have been a rheumatic, and have suffered incalculably from bad water which I have drunk east, west, north, south, and I *know* I never drank as good water as yours." We could add hundreds of such testimonials.

4. Our quantity used daily cannot be less than 1000 barrels; living streams passing into and out of our reservoirs, and plunges fresh from the top of a mountain a thousand feet high, whence they issue to the surface through a stratum of slate. We think we owe the recovery of some of our most desperate cases to "the *goodness*," "the *livingness*," the purity and softness of our water.

5. We have never given a particle of medicine since the Establishment came into our hands. We have not found a case where, having failed to cure it, an Allopathic physician would have given any other than an *anodyne*, with the least expectation of doing the person good.

6. Our Care will accommodate eighty persons in the winter, and one hundred in summer. Our rooms are commodious, plainly but neatly furnished, and are all kept warm and *clean*. Our *bath-rooms* are not surpassed, if equalled, in the country. They are four in number, and high, and well ventilated, and of the following sizes: 12 by 24 feet, 12 by 30 feet, 16 by 20 feet, and 20 by 30 feet. To this last is attached a nice dressing-room, 12 by 24 feet.

7. *Assistants*.—We keep abundant help, and of the most reliable character. As our guests are about equal in numbers of each sex, our assistants are also equal in number. The most fastidious cannot find fault in this respect. Our assistants never forget that they have *sick* people to deal with.

8. Our assistant Physicians are Dr. C. J. Armstrong, of Castleton Medical College, and Dr. Harriet N. Austin. By their attention, assiduity, and skill, they have secured our fullest confidence, and won for themselves the grateful regard of those to whom they have ministered.

9. Our table is *abundantly* spread with good food; and whilst, in particular instances, great care must be had as to diet in *quantity*, our theory proceeds on the assumption that it is the *quality* of food that needs attending to, as a general rule.

10. We take nobody on the "No cure no pay" principle, so nobody need apply. We do our best, and if we fail, are just as much entitled to compensation as if we succeed. If we choose to *give*, that is another thing. Our terms for advice and prescription will be found in another place. See *NOTICE*.

11. *Amusements*.—We have erected a new ball-alley with two beds sixty feet in length, and we adopt all games and exercises which can let the brain sleep and keep the muscles and heart awake. We ask our patients to live like children in innocence, in courage and purpose like men and women. We insist that we can cure much faster and more easily those who consider themselves of our family, readily aiding (and getting aid in all things needful to their recovery, from) those with whom they associate.

12. We never limit ourselves as to *time*. That we *must* have. It is of no use to ask us to pledge ourselves to cure you in a fortnight, ninety days, six months, or a year. We make no pledges of this sort; but we do pledge ourselves, our assistants, our combined *skill*, to do for you, by day or night, in season and out of season, all that we can, to give you health in the quickest manner, and send you away to "Scatter blessings wh-e-ver you go."

13. Our Post-Office is Scott, Cortland Co., N. Y.; and the way to reach it is to come from east or west to a depot called "THE JUNCTION," on the Central Railroad which runs from Buffalo to Albany. At that point take *omnibus* to Skaneateles, and there take steamboat, or apply to Mr. James Tyler, Livery-keeper, who, for a reasonable sum, will bring you safely and comfortably to us. We will send circulars freely to all who apply post-paid.

OURSELVES.—We have letters enough to fill a volume from those who have been treated by us, from most of the States of the Union and the Canadas. They speak of us and our Institution in terms of high praise and grateful acknowledgment. We have never solicited a letter from any one for the purpose of publication, or to puff our Establishment. If it will not stand and prosper on its own merits, we desire to see it go down.*

We select, without the consent or knowledge of the writers, a few extracts from letters recently received:—

Hartford, January 5, 1854.

DEAR SIR:—Perhaps from my long silence you may think I have forgotten you, but it is not so. Glen-Haven is often called to my remembrance, and always with pleasurable emotions. I had a safe journey home, and surprised all friends by my improved appearance. They wished to know if it was fat on me. Some thought it was only bloated caused by the water. My answer was, "If it is bloated, may I ever continue to have the same." I see Mr. D. occasionally. He expresses himself satisfied with his visit to the Glen.—Yours affectionately,
J. F.

Marion, February 3, 1854.

FRIEND JACKSON:—Language cannot express the gratitude we feel for the kindness shown us by our friends at the Glen. Suffice it for the present that we prize it.—Respectfully thine,
B. S. B.

Indianapolis, December 9, 1853.

MY DEAR SIR:—I refer with much pleasure to the time when we were at the Glen. We have almost regretted not having remained longer.

It is quite probable you may have some patients next spring whom I have advised to go to you and be healed. May the Divine Creator bless and keep you many years, as a comfort to poor, weak humanity.—Very truly,
P. B. L. S.

Nantucket, October 30, 1853.

DR. J. C. JACKSON:—Dear Friend and Physician: The remembrance of my sojourn with you will always afford me great pleasure.* The life, manners and customs, and that rural simplicity, were very congenial to my spirit. We could there set aside some of those worthless conventionalities existing in the present state of society, and exult in the freedom of our own true natures.

The portraits of all my friends at the Glen are engraven on

* We have had seventy patients all winter; and at this date, March 1st, have ladies and gentlemen from sixteen States and Canada.

my heart, not to be effaced, and I frequently imagine myself in the midst of you all.—Yours respectfully,
**

[From a Gentleman reduced to 94 POUNDS in weight.]

DR. J. C. JACKSON:—Dear Sir: Having a few moments to myself, I improve them in penning a few lines to you; for, believe me, there is not another person (besides my dear wife and children) that I think half as often of as I do of you. The people here say you ought to give me a salary for walking the streets, for I am now walking "circular" in favor of your Institution; and some say I ought to *will you all* I have got, for the benefit you have done me. Believe me, I was weighed to-day, and I weighed 180 POUNDS! I find myself improving all the time, and so is my wife and family. We take a bath every morning, and live strictly Hydropathically. There is more Graham food eaten here in one week than was eaten in two years before. We have numerous inquirers how to live almost every day; and have had some very striking and interesting cases of water-treatment in acute diseases, such as sudden colds, croup, and colic. I am very anxious to have you come and give us a few lectures. The people are very anxious to *see you and hear you*. We will try and make you thrice welcome. Give my best respects to Mrs. Jackson, and bring her with you when you come to Canada.—Yours truly,
P. W. D.
Georgetown, December 13, 1853.

[From an Allopathic Physician.]

J. C. JACKSON, M.D.:—From your communications in the WATER-CURE JOURNAL, I feel as if I had a tolerable acquaintance with you, and permit me to add, an almost unbounded confidence in your medical skill. I have read with care your reports, and have been profligate, interested, and highly gratified. I take the liberty of introducing to your notice and kind attentions the bearer, or rather his daughter. She needs a little exercise of your skill to restore her to health. I was called to see her a few times while she was under the care of another practitioner, and feel interested in her care, as a friend both of her and her father.

I honestly believe that water, properly used, will accomplish a cure in all cases which are curable, and, further, that your skill in its application is unequalled.—Yours respectfully,
M. D.

[This gentleman has since placed his daughter under our care.]

Defiance, Nov. 29, 1853.

DR. JACKSON:—I am sensible that I owe you much that money cannot pay, for my present health; and my faith is good that I shall yet be a living witness of the efficiency of water in child-bearing, assisted by the kind advice of Dr. Jackson.—Yours in friendship,
A. S. S.

Oswego, October 26, 1853.

DR. JACKSON:—Dear Sir: I am happy to inform you that I am still alive and in the enjoyment of very good health. I have had none of my *spells* since I came home. In fact, I have not enjoyed so good health in eight years as I have since I returned from your excellent Establishment. On the whole, Doctor, I think I made a first-rate investment of my money when I deposited it with you.

I have not only recovered my own health, but I have been instrumental in mitigating the sufferings of quite a number of my fellow-citizens.—Respectfully yours,
J. B. S.

Petersburg, Va., Jan. 1, 1854.

DR. J. C. JACKSON:—My dear Sir: I found my health greatly improved after leaving your Establishment, and has continued so until within the last few months, since which time it has been on the decline. This latter effect is owing to the use of tobacco, which I had abandoned for more than a year.—Yours truly,
W. G. R.

Hartford, Dec. 4, 1853.

DR. JACKSON:—Dear Sir: When I left home in July last, no person who knew me thought I would come back alive. I had been sick for eight years. Had tried every means to get well. Three years ago this fall, I had lung difficulty. The doctors said tubercles were formed. The change in me is truly wonderful. I wish you could hear the expressions of astonishment that greet my ears every day. Soon after my return, I met an old friend in the street. He stopped, looked at me, and said, "Is this Mr. D.?" I said, "It's nobody else." Says he, "What have you been doing to so alter your appearance? Is it possible that you have become a brandy-drinker?" I replied, "No, Sir; not brandy, but bran-bread and cold water." "Well," he replied, "it heats all that ever I knew." Another asks if I am not bloated; another says, Have you had the toothache, that your face is so swollen? another, Your flesh can't be good got so soon. "Maybe," says I; "but I would like more of the same sort." Persons remark to me daily that they never knew such a change in so short a time. Well may they wonder. They had seen me pale and emaciated for years. After a short absence from the city, they behold me with my cheeks standing out with fatness. Truly, the triumph of Water-Cure in this case is most glorious! I can count converts by scores, made such by my case. You already have evidence of what I say, and you will have more. Invalids call upon me almost daily to know if there is hope for them. The only objection to the Glen which I have heard expressed is the distance.—Yours, for humanity,
J. S. D.

J. C. JACKSON, M.D. } PHYSICIANS.
MRS. L. E. JACKSON, }

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 ONE CENT A LINE FOR EVERY THOUSAND COPIES, our edition being never less than 40,000 copies.

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

All Advertisements for the WATER-CURE 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 Enight 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 physiological teachers and lecturers, and hydropathic physicians. TEACHERS: Dr. Shew, Dr. Taylor, Dr. Wellington, Dr. Snodgrass, Dr. Trall, L. N. Fowler, and Miss A. S. Cogswell.

Regular Terms commence March 1, July 1, and November 1, of each year.

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.

DR. SHEW'S LONG ISLAND WATER-CURE at Oyster Bay will be fully open May 1st. The place is one of the most romantic and healthful that can anywhere be found; the water abundant and the purest on record. Sailing, rowing, fishing, etc., can here be enjoyed to their fullest extent, and sea-bathing without danger of surf. The buildings of the Cure are new, in the best possible 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. For full particulars concerning our plans, prices, prospects, etc., see our next.

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. 15.

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. Apl 14

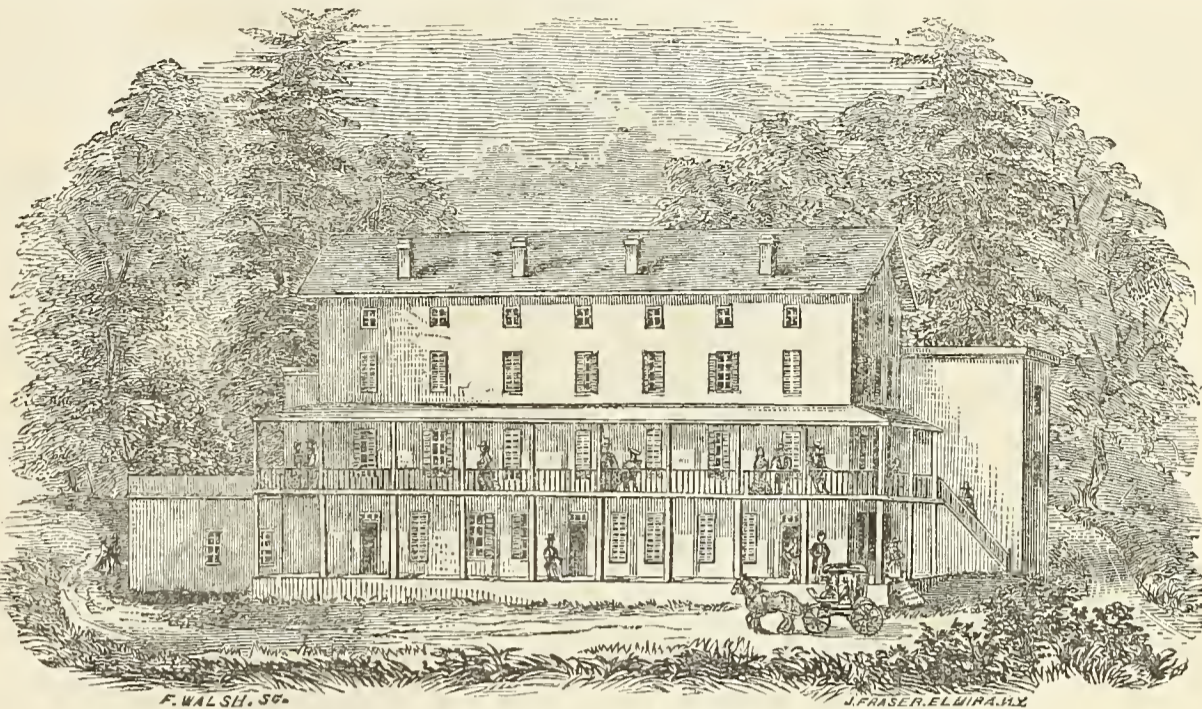
GLEN HAVEN.—Persons wishing to consult us for medical advice will please observe—our Fees are as follows:

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., } Physicians.
MRS. L. E. JACKSON, }

Apl 14

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. FREAS, M.D., Deardorff's Mills, Tuscarawas Co., O. Apl 14

THE WATER-CURE ESTABLISHMENT near Willow Grove, Montgomery Co., Pennsylvania, after having undergone thorough repairs, will open again for patients and boarders on the first of April. For further particulars apply to Rev. JOHN C. BRUMBER, on the premises. Apl 14



ELMIRA WATER-CURE.

This INSTITUTION is situated on an eminence east and just out of the beautiful and enterprising village of Elmira,—the Queen City of the Southern tier, commanding a fine view of the same, and of the lovely, wide-spreading, and luxuriant valley of Chemung, through which flows a river of crystal transparency from which the vale derives its name, and whose silver sheen appears in the distance. Beyond, tower range after range of royal hills, forming a magnificent background to this majestic and picturesque scenery. In close proximity to the Cure is a charming romantic glen, affording a delightful retreat for those who love to gaze on the wild, the sublime, the reverence and awe-inspiring phases of Nature, and "hold communion with her visible forms."

From this place the N. Y. & Erie Railroad stretches forth its iron arms, embracing the East and the West, and, by the numerous thoroughfares connecting with the same, renders the Cure accessible by railroad from most of the States in the Union and from the Canadas. Finally, for accessibility, for purity of air and water, for delightful walks and conveniences of arrangements, it is not surpassed by any Cure in the country. The building is new, having been planned and erected some eighteen months since by Dr. S. O. Gleason, whose eight years' experience in Hydropathy renders him a competent judge of what is necessary for the convenience, comfort, and well-being of patients. The Cure has 300 feet of piazza, a saloon 40 feet in length, while the main building is 76 by 35, and four stories high; besides, there is a bath-room at each end two stories high, accessible from the second and third floors without any intervening stairs. In connection with the Cure are a Gymnasium and Bowling Saloon, where, under the guidance of an experienced gymnast, patients take exercise calculated to call into action and develop every muscle of the human system.

Dr. S. O. Gleason and Mrs. R. B. Gleason, M. D., opened the fourth Cure in the United States, and the first one west of the Hudson. They for two years had charge of the Green Wood Springs Cure, Allegheny Co., N. Y.; for three years of the medical department of the Glen Haven Cure, N. Y.; one year at Forest City, Tompkins Co., N. Y., and have now made a permanent location.

They have treated between 3000 and 4000 cases. Mrs. Gleason has eminent success in treating Female Diseases, as hundreds can testify. The management of the Cure in all of its departments is in their hands and under their immediate supervision. They will continue to treat as heretofore the following diseases, to wit: Incipient Consumption, Bronchitis, Catarrh, Nervous Headache, Dyspepsia, Chronic Diarrhea, Constipation, Rheumatism, Neuralgia, Hysteria, Epilepsy, Spasms, Apoplexy, Paralysis, Spinal Complaints, Old Ulcerations of any part of the body, Inflammation of the Eyes, Female Complaints, General Debility, Liver Complaints, Dropsy, Diseases of the Kidney and Bladder, Spermatorrhea or Nocturnal Emissions, for which Dr. G. has adopted a new and efficient mode of treatment. Besides the foregoing, they treat a host of other diseases of a complicated character. To their friends they feel under lasting obligations for their influence and patronage, and would still solicit future favors so long as they can be confidently recommended for medical skill and for efficiency in their department.

They will endeavor to do every thing in their power to accomplish a speedy cure of those placed under their care. At their Establishment will be found stout, sympathizing, and cheerful hearts, and prompt and willing hands, to assist, to encourage, to cheer, to buoy up all sinking spirits, and to bear them onward and upward against the tide of opposing circumstances; to disperse the murky clouds of despondency which brood with raven wing over the sky of their minds, blotting out from their vision the star of hope; and at their Cure the afflicted will have for their associates many who are pressing successfully forward toward the goal of health, and whose example and triumph will be worth much to the sufferer, till he too is enabled to tread with them the same joyous pathway.

Dr. and Mrs. G. give from fifty to seventy-five lectures a year, to which the patients have access gratuitously.

TERMS moderate.—\$1 00, \$1 50, and \$3 00 per week, according to size and location of room occupied.

Each patient will furnish three comforters, one woollen sheet or blanket, one linen sheet, two cotton ones for packing purposes, and half a dozen bath towels, or they can be accommodated with the same at 50 cents per week. Patients can be furnished with Livery at the Cure at a moderate charge.

All letters should be post-paid. Address S. O. GLEASON, M.D., Elmira, N. Y.

FOR LADIES ONLY. — WASHINGTON SPRINGS HYDROPATHIC INSTITUTE, Mountain Road, Plainfield, N. J. Terms and Circular of this highly respectable establishment will be forwarded, gratis, to the address of any lady. Apl 14

B. 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. Apl 14

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 Mch 14 DE. H. F. MEIER.

CINCINNATI WATER-CURE—Five miles from the city, on the Cincinnati and Dayton Railroad, and but a few rods from the Carriage Depot.—The building is large, airy and commodious, and contains nine large bath-rooms, well supplied with pure, soft spring water. This large and flourishing institution is open summer and winter. TERMS, from \$5 to \$10 per week. For further particulars address D. A. PEASE, M.D., Carthage, Hamilton Co., Ohio. Mch. 14

CLEVELAND WATER-CURE ESTABLISHMENT.—The above establishment still continues in successful operation; having already entered upon its sixth season. The largely increased number of patients treated at the Establishment the past year, over any previous year, and the increased rapidity and proportion of cures, induce 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 unsurpassed by none. May, 14. T. T. SEELYE, M. D., Proprietor.

THE JAMESTOWN WATER-CURE will be open for the reception of patients summer and winter. PHYSICIANS, E. Potter, M.D., and Mrs. L. M. Potter. Oct. 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: \$5 to \$7 per week. For particulars address Mch. 14. GEO. FIELD, M.D.

FORESTVILLE WATER-CURE, at Forestville, Chautauque Co., N. Y., eight miles from Dunkirk, on the New York and Erie Railroad. The house is new, commodious, and the rooms pleasant and airy. Every facility will be afforded the patient to make the stay pleasant, and favor the restoration of lost health. TERMS, from \$5 to \$8 per week, payable weekly. Consult CHARLES PARKER, M.D., Proprietor. June 14

CONCORD WATER-CURE.—Dr. VAIL'S Establishment, at the Capitol of the "Granite State," is open summer and winter. No place affords superior advantages for treatment. Letters of inquiry answered without charge. Prescriptions for home treatment, \$2. Two comfortable, two woollen blankets, three coarse sheets, towels, &c., are required for purposes of treatment; or they may be hired at the establishment. Dec 14

ONEIDA WATER-CURE, located near Rome, N. Y., in one of the most pleasant and healthy districts to be found in New York. Extensive additions have been made to the establishment, so that we can cheerfully compare it with any similar establishment in the State. During the past seven years, multitudes of patients have taken treatment here, with what success, we refer the reader to our neighbors and patrons. H. R. BENHAM of Ohio is now associated with Dr. C., and they are determined that the sick shall have all the advantages and attention requisite for their comfort and improvement. TERMS: From \$4 to \$8 per week. Our address, Lowell, N. Y. S. CURTIS, } M.D.
Mch. 14. H. R. BENHAM, }

HIGHLAND HOME WATER-CURE, at Fishkill Landing, Dutchess Co., N. Y. O. W. MAY, M.D., Proprietor. The pure air and water, beautiful scenery, fine large edifice, an easy access from every direction, combine to render this a desirable place for those who need Hydropathic treatment. This establishment is intended more particularly for the cure of Female diseases; but all other remediable diseases are here treated successfully. 14

1854.—LAKE VIEW WATER-CURE AND HOMEOPATHIC INSTITUTE, at Rochester, N. Y., is unsurpassed in its location, and its facilities for the cure of invalids. Room for 150. Horseback exercises.—L. D. FLEMING, M. D., Proprietor. REFERENCES:—Gov. Seward, Francis Granger, Lewis Tappan, Horace Mann. Apl 14

TO WATER-CURE STUDENTS.—A young man, desirous of qualifying himself for the Hydropathic practice, can hear of an opportunity where his expenses may be defrayed by services rendered, by addressing Dr. VAIL, Concord, N. H. Mch. 14.

CHICAGO WATER-CURE RETREAT, No. 6 Rush street, cor. Indiana, 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. Feb. 14. J. WEBSTER, M.D.

WORCESTER HYDROPATHIC INSTITUTION, No. 1 GLEN STREET.—This Institution is well arranged for treatment at all seasons. It will remain under the medical direction of Dr. GEORGE HOYT until the return of Dr. ROGERS from Paris, in April, 1854. TERMS, usually from \$7 to \$9 per week. For treatment without board, \$3 to \$4 per week. Nov 14

FOR SALE.—A WATER-CURE ESTABLISHMENT, unsurpassed in every requisite of business prospects and central location. Address FOWLER and WELLS, personally or by letter, post-paid. Mch. 14

AUBURN WATER-CURE, Auburn, Macon Co., Ala.—Dr. WM. G. REED, Miss L. A. ELY, Physicians. Apl 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.

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 14

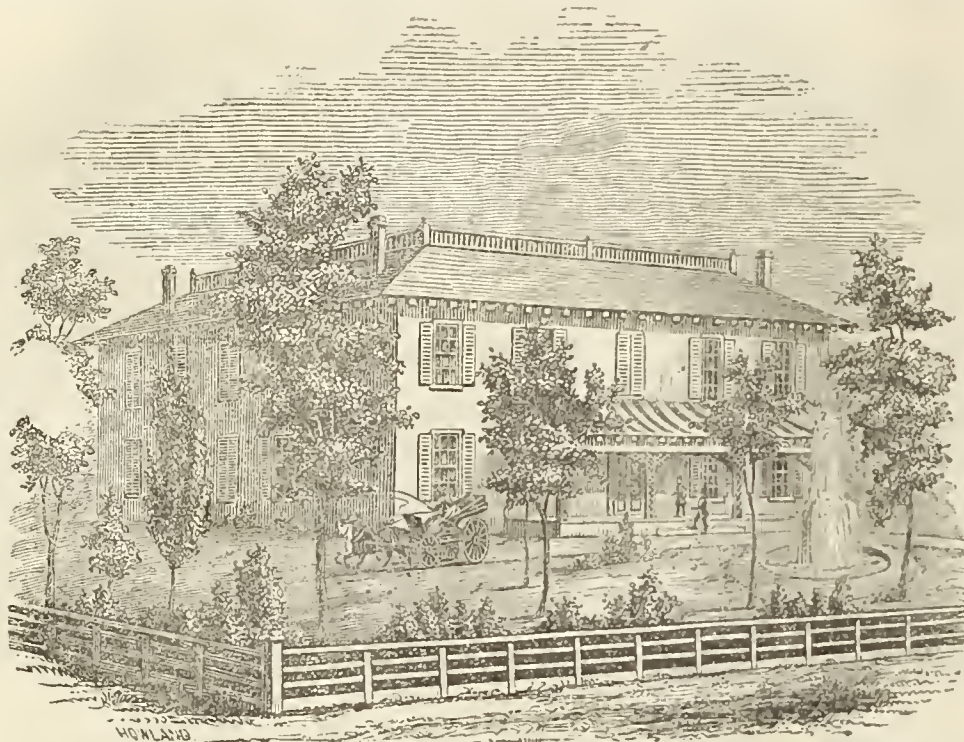
PHILADELPHIA.—Dr. WEDER'S CITY WATER-CURE ESTABLISHMENT, No. 80 North Eleventh Street. Dec 31

G. H. TAYLOR, M.D., Practitioner of Water-Cure, No. 15 Light street, New York. Domestic practice and office consultations particularly attended to. Also, letters for advice. July 14

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

CANTON WATER-CURE—Canton, Ill.—Address JAMES BURSON, M.D., Mrs. N. BURSON, or Dr. G. Q. Hitchcock, Canton, Ill. Jan 14

DR. BEDORTHA'S WATER-CURE ESTABLISHMENT is at Saratoga Springs. Aug 14



WYOMING WATER-CURE INSTITUTE, AT WYOMING, N. Y.

We have redeemed our promise made to our patients last autumn through the WATER-CURE JOURNAL. We have given them since that time more than fifty lectures of forty minutes to an hour in length. These have embraced Descriptive Anatomy; Physiology, Human and Comparative; the Laws of Health, and the History, Pathology, Causes, Symptoms, and Hydropathic Treatment of a very considerable number of the diseases of our climate. We have also given a few private lectures to ladies upon subjects of the first importance, relating to the special diseases and hygiene of the sex.

To illustrate these lectures, we purchased last fall of Messrs. FOWLER and WELLS and Messrs. HAYES, and obtained from private sources, a considerable number of maps, models, and specimens in human and comparative anatomy. The interest excited by these lectures has determined us to continue them permanently in our Institution, and we shall commence a new series the first week in May ensuing.

Our Establishment is pleasantly situated upon the western range of hills bordering the valley of Wyoming in the State of New York. It is surrounded by more than two hundred shade, ornamental, and fruit trees; it embraces a large extent of improved grounds, gravel walks and gardens, and a hall for useful and amusing exercises, one hundred feet in length.

To those desiring information concerning the diseases we have treated and our success, we will send gratis, on application post paid, our Report of nearly 400 cases, with statistical tables and details of treatment.

Our terms are \$5.50 to \$7 per week, payable weekly. Patients bring for use in treatment two linen sheets, one woollen sheet, two comfortables, and four towels. We keep warm fires in cold weather, and warm HEARNS at all seasons. We are fully and heartily committed to our work, and we aspire to greater and still greater success in the art of curing disease.

Patients reach us by the Buffalo and New York City Railroad. Those coming from the east stop at WARSAW; those from the west at LINNEN. At either place they will find both public and private conveyances. The public conveyances leave at 11 o'clock A. M. The Institution is an hour's ride from either station.
WYOMING, N. Y., April, 1854. P. H. HAYES, M. D. Apl 11 c 11

MOUNT PROSPECT WATER-CURE, Binghanton, 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-paths 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 Binghanton 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. Business and Domestic Department.—This is under the superintendence of Mr. H. M. Ranney, who will look well to the wants of patients, with a desire to satisfy every reasonable want or necessity. He is assisted by Mrs. C. W. Batchelder, formerly matron at the Home for the Friendless, and recently matron at the Glen Haven Water-Cure. We consider ourselves very fortunate in obtaining the services of one so well qualified for the station assigned her, in attending to the wants and comforts of invalids.

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

Patients will bring two comfortables, 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 he do more good.

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

FOR RENT—THE BROWNSVILLE WATER CURE. C. BAELZ. Feb 21.

NOTICES OF NEW GRAEFENBERG.

Not the least important of the enterprises which have been undertaken in and about our city within a few years, is the Water-Cure Establishment, known as New Graefenberg. It is located on Frankfort Hill, some four and a half miles south-east of Utica. The situation is one of much beauty, and embraces all the requisites for the Hydropathic treatment; abundance of the purest water, picturesque scenery, fine air, pleasant walks, drives, &c.—Utica Daily Gazette.

REPORT OF 1851.—This report must prove quite interesting to the Hydropathist, or the liberal-minded practitioner of any school. It must be chiefly so, however, to the CHRONIC INVALID, or to any one contemplating a course of water-treatment. Many of the cases here recorded are of a remarkable character, and cures have been performed at this Establishment which will bear a comparison with those of any similar resort in the country. Its location is fine, water excellent, and medical supervision of a satisfactory character.—Eclectic Jour. of Med.

We acknowledge the receipt of a report of cases treated at this Establishment, which presents a highly creditable success in its sanative regulations. When we take into consideration that nearly all the patients are chronic cases—many of them laboring under a complication of diseases, and who have become nearly discouraged by the failure of common treatment—this report is truly encouraging. Those who are desirous of availing themselves of water-cure treatment will find this Establishment among the best.—American Journal of Medicine.

NEW GRAEFENBERG.—This Institution enjoys a high reputation. We are a believer in Hydropathy to a certain extent. It is a fact that a judicious use of water, as a remedial agent, will cure many diseases not to be reached by any other treatment.—Camden Courier.

NEW GRAEFENBERG REPORT.—Some of the cures here detailed are really wonderful, and we should be suspicious of their genuineness were not the high character of the gentleman presiding at the Institution a sufficient guaranty of their authenticity. We have never enjoyed the luxury of wet-sheet, sitz-baths, &c., but have known so many who have, and who came out renovated and improved, that we must believe that the water-treatment has no rival.

This Establishment, we are told by those competent to judge, is one of the best conducted in the country. Dr. Holland, by long experience in this mode of treatment, as well as personal experience of its efficacy, is eminently qualified to stand at its head.—Onondaga Morning Herald.

While some Water Cures have been unable to succeed, we learn that this Establishment is being well patronized, and that Dr. Holland has had even better success the past year than heretofore. He has effected many remarkable cures. His patients speak in high terms of his skill and experience, his frank and candid manners, and his exertions to secure their comfort and improvement.—Utica Evening Telegraph.

This Institution, so favorably known, we learn from the best authority, has been even more successful the past season than heretofore. We esteem that man the best doctor who makes the most cures, whatever may be his system of practice. Dr. Holland, in this respect, stands high. He is frank, honest, kind, attentive, and

skillful. He does not humbug his patients, but has effected as many remarkable cures as any institution we know of.—Union Journal of Medicine.

As far as we have heard, all invalids who resort to New Graefenberg, return well satisfied with their improvement, which is the best recommendation that can be bestowed on Dr. Holland or his system of practice.—Teetotaler. Apl 11

Full printed particulars may be had by addressing R. HOLLAND, New Graefenberg, Herkimer Co., N. Y.

TARRYTOWN WATER-CURE.—THIS ESTABLISHMENT, which was consumed by fire last year, has been rebuilt, and is now ready to receive patients. Address, F. D. PIERSON, Tarrytown, N. Y.

GRANVILLE WATER-CURE.—FOR THE TREATMENT OF DISEASES OF FEMALES. Address—W. W. SANCROFT, M. D., Granville, Licking Co., Ohio.

NEW GRAEFENBERG WATER-CURE.—FULL, printed particulars, address R. HOLLAND, M. D. New Graefenberg, N. Y. Aug 11

NEWPORT, R. I., WATER-CURE.—This Establishment is now in successful operation, under the direction of Dr. W. F. RAY, whom please to address for particulars.

GEORGIA WATER-CURE.—At Rock Spring, near Marietta, Georgia, is open, summer and winter. C. Cox, M. D., Proprietor. Sept 11.

LEBANON SPRINGS WATER-CURE (Colombia Co., N. Y.) is now open for the fall and winter. DR. SHEW, of New York city, consulting physician.

Business Advertisements.

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. Apl 11

THE NEW POCKET SYRINGE, WITH DIRECTIONS FOR ITS USE.—The undersigned take pleasure in offering to the public, the Hydropathic Profession, and especially to families, a new and superior INJECTING INSTRUMENT, with an ILLUSTRATED MANUAL, by R. T. TRALL, M. D., giving complete directions for the employment of water injections. The price of THE NEW POCKET SYRINGE is only Three Dollars and a Half, and may be sent by Express to any place desired, and orders containing remittances should be pre-paid, and directed to FOWLER and WELLS, Clinton Hall, 131 Nassau Street, New York.

This instrument has been manufactured to order, to meet the wants of hydropathic physicians and patients. 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 lifetime.

Extra Vaginal Tubes, 25 cents. Sent to any place desired by Express.

PIANOS, MELODEONS, AND MUSICAL INSTRUMENTS OF ALL KINDS; SHEET MUSIC, GLEE AND INSTRUCTION BOOKS, &c., to be found at the Music Rooms, 333 Broadway, N. Y., belonging to HORACE WATERS, Publisher and Dealer.

PIANOS.
T. GILBERT & Co.'s WORLD'S FAIR PREMIUM ÆOLIAN PIANOS.

The merits of these Instruments have won for them a world-wide reputation, having called forth the highest testimonials both from the Press and Artists; and it would be difficult to conceive any thing more melodious than the strains produced by the Æolian Attachment of these celebrated makers. To be had of Mr. W., at prices as low as at the factory.

GILBERT'S BOUDOIR PIANOS.

An elegant instrument for small rooms, acknowledged to be superior to Collard & Collard's Boudoirs, (of London.)

HORACE WATERS' PIANOS.

An instrument manufactured expressly for Mr. W., possessing a power or volume of tone equal to Erard's Grand Piano, and a melodious continuance of sound nearly equal to the organ; an instrument he can warrant to give entire satisfaction, as he does all instruments sold, or purchase-money returned.

A Large Assortment of Pianos of other celebrated make. New and Second-Hand Pianos sold at great bargains.

MELODEONS.

Goodman & Baldwin's New and Unrivalled Invention Patent Organ Melodeon, having a double bank of keys, coupler, swell-draw, stops, &c.; the only thing of the kind in the country; a sweet and powerful instrument, pronounced by organists to be superior for churches or organ practice, to the medium-sized organ. S. D. & H. W. Smith's celebrated do., which, as well as Messrs. G. & B.'s, are tuned in the equal temperament. Melodeons of other makers, of all styles and prices. To suit some purchasers, monthly payments are taken.

GUITARS.

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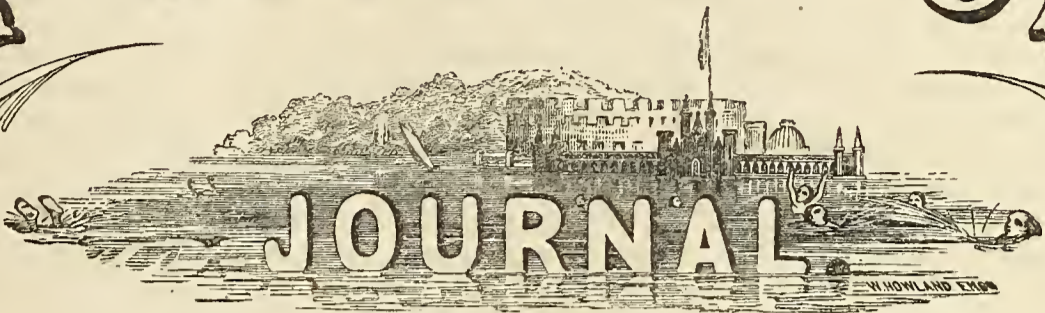
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THE WATER-CURE JOURNAL



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REMOVAL.

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EARLY TO PRESS.—In consequence of our "moving," we were compelled to send the present number to press, and away to subscribers, a few days in advance of the usual time, in order that it might not partake of the "noise and confusion" incident to such an interesting event. Our usual publication-day is on the 10th of the month *preceding* the date. Thus, copy for the June number will be put in hand early in April, and we shall commence printing early in May. Advertisements, and other matter, should therefore be sent in accordingly. Address the Publishers, 308 Broadway, New York.

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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."

HOUSEHOLD SURGERY. CHOKING AT THE THROAT, WINDPIPE, AND CESOPHAGUS.

NO. IV.

BY JOEL SHEW, M. D.

DEATH is in some instances caused by the mere act of getting a piece of meat, potatoe, apple, &c., fast in the throat. In such cases the patient, or assistant, should pass the thumb and finger down the gullet, and, if possible, at once extract the

Fig. 1.



CHOKING.

offending substance. Or if this cannot be done, he should swallow large draughts of water, a piece of bread, and the like, to force the mass downwards; and if all else fails, the probang itself should be at once used.

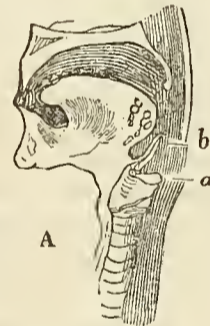
Choking may happen in three ways, either of which may prove fatal. A substance may become lodged at the pharynx, closing both the cesophagus and the epiglottis; or it may slip through at the epiglottis into the bronchus, or windpipe; or it may pass some way into the cesophagus, and from its being of too large size, may there remain.

Mr. South, one of the surgeons of St. Thomas' Hospital in London, relates an instance in which a man who, when eating leg-of-beef-soup for his supper, rather greedily, it may be presumed, got into his throat a piece of meat about two inches long

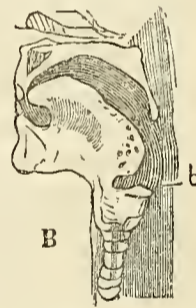
and three inches round. He left the table immediately, went out at the street-door, and about a quarter of an hour after was found dead. It was supposed that he had died of apoplexy, but on examination of his body, it was found that this large piece of meat was in his throat, and beyond doubt had caused his death. Had any one been present, and had understood the matter, it might easily have been pulled out with his finger and thumb, as it was at the top of the throat, and fully within reach. The way in which death is caused in such a case is readily understood by referring

Fig. 2.

Fig. 3.



WINDPIPE.



WINDPIPE.

to Figs. 2 and 3. In the first, *a* shows the narrow opening of the upper part of the windpipe, the glottis, the epiglottis *b* being raised to allow of the inspiration of air. But when we swallow, the epiglottis, *b*, Fig. 3, is closed, and the cesophagus darts up to receive the portion of food that is sent into the back part of the mouth for the purpose of being swallowed. Now, when so large a piece of meat as the one described gets into the throat, it can neither pass down the cesophagus, nor can the person breathe, because it forces the epiglottis down upon the glottis, and thus strangles him for want of air.

The explanation will also serve to show in what manner substances sometimes get the "wrong way" into the throat. Every one knows the sensation that follows the ingress of a drop of water, saliva, morsel of food, and the like, when it passes into the windpipe. If the substance is a small one, it does no harm generally; but children sometimes, when laughing at play, and perhaps older persons, get a bean, a piece of money, or some similar article into the windpipe, and it may be impossible for the expulsive action of coughing

or the efforts of art to bring it away. It then either remains stationary, or passes down, and sooner or later causes an inflammation that ends in death. A boy has been known to live with a piece of money in his throat for three years, and then die of consumption in consequence. In many cases death takes place in a few days at most, in consequence of the inflammation caused.

The length of time bodies may thus remain lodged in the windpipe without causing serious results is variable. A remarkable instance is on record, in which a girl of nine years old got a piece of chicken-bone into her windpipe, which she did not throw up till she was twenty-four years of age; she afterwards died of consumption. In a case mentioned by Mr. South, of London, a plasterer threw up a lath-nail which had slipped into his windpipe more than twelve months before. This patient also died of consumption, resulting from the irritation caused by the offending substance.

When a substance has lodged in the windpipe, and is felt to move by coughing, patience and perseverance will not unfrequently suffice to enable the patient to expel it. He should not worry and fret himself in the matter, for this would only make things worse, by increasing the tendency to inflammation.

There is an account of a Highland shepherd who, whilst mumbling a small bullet between his teeth, unfortunately had it escape from them and slip into the windpipe. He coughed incessantly for two hours, after which he had slight inconvenience beyond a little occasional dry cough, till the middle of the following day, when he was attacked with shivering, headache, and deep pain in the right side of the chest. The shivering and headache ceased, but the pain continued, and he was excessively drowsy. On the evening of the third day he was seen by a physician, who, being satisfied of the lodgment of the bullet, directed the man to be strapped securely to a common chair, that he might be easily suspended from the rafters of the roof of the house with his head downwards, in order that his chest might be conveniently shaken by a rapid succession of sudden smart jerks, and that the weight of the bullet might favor its escape from its seat in the lungs. He was kept depending as long as he could endure such an uncomfortable position, and then placed in a horizontal posture for a few minutes to rest. When sufficiently recruited, he was hung up again. Upon being taken down the first time, he described the pain in his breast as moved nearer the top of his chest, and during the third suspension he joyfully exclaimed, "It has come, it has come!" After a smart shaking, and a few convulsive coughs, he spit the bullet from his mouth. It was three-eighths of an inch in diameter.

Another case was that of a celebrated engineer, which excited considerable interest in London. Whilst playing with his children, a half-sovereign slipped into his windpipe, and was followed by the usual symptoms. On the sixteenth day after the accident, he made an attempt to get rid of the coin by placing himself in the prone position, with his breast resting on a chair, and his head and neck inclined downwards; and having done so, he immediately had a distinct perception of a loose body slipping along the windpipe. A violent cough ensued. On resuming the erect pos-

ture, he again had the sensation of a loose body moving in the windpipe, but in an opposite direction, that is, towards the chest. The experiment was repeated six days after, more completely; he was placed in the prone position on a platform, made to be movable on a hinge in the centre, so that one end of it being elevated, the other was equally depressed. The shoulders and body having been fixed by means of a broad strap, the head was lowered until the platform was brought to an angle of about 80° with the horizon. At first no cough ensued, but on the back having been struck with the hand, the patient began to cough violently; the half-sovereign, however, did not make its appearance. This process was twice repeated with no better result; and on the last occasion the cough was so distressing, and the appearance of choking so alarming, it was not thought right to proceed further. Two days after, the windpipe was opened by a surgical operation, but the money could neither be felt nor got out. He was, therefore, left alone ten days to recover from the operation, and was then placed again upon the movable platform, in the same position already mentioned; the back was struck with the hand, cough followed, and he presently felt the coin quit the bronchus, striking almost immediately afterwards against the front teeth of the upper jaw, and dropping out of the mouth. The first of these cases is given on the authority of Mr. Liston, and the latter on that of Sir B. Brodie.

THE TWO SYSTEMS.

If the Allopathists have the advantage of us in many respects, we have the advantage of them in others, of such importance as to make the principle of compensation true in this, as in all other things. They have the advantage of us in having institutions established and endowed by Government, in which the materia medica and principles of therapeutics of their school are taught by learned professors, who are able to spread out before their classes the accumulated experience of centuries; while we, in order to obtain a thorough knowledge of those sciences essential to the accomplished physician, of whatever mode of practice, have been obliged to patronize the same institutions, though half our time there has to be spent in hearing what can never be of any benefit to us as Hydropathic practitioners.

They have the advantage of us in having attached to their system of practice that universal passport to popular confidence—antiquity; while the very newness of our system is sufficient to excite the popular suspicion. They have the advantage of us in having their patients to treat in the incipiency of their diseases, while, as a general fact, our patients go through the hands of every other school of physicians before they trust themselves to Water-Cure.

They have the selfish advantage of us in the fact, that in curing one form of disease, they lay the foundation of another; and thus, when a patient is once secured, he is likely to be a patient, at short intervals, as long as he lives; while with our patients we do not consider the work accom-

plished until there is such a thorough renovation of the system, and such a degree of intelligence acquired by the patient, that he is not likely to need the doctor afterwards.

We have the advantage of them in this: the more intelligent our patients become in regard to the philosophy of life and the action of pure water upon the tissues of the body, the more earnestly do they cooperate with us in all our plans of treatment; while, if the Allopathists' patients investigate these subjects, together with the nature of the substances used by their physicians as medicines, they must grow distrustful of their efficiency to cure. We have the advantage of them in knowing what we are doing; in understanding the operation of our remedies, and the extent of their effect, so that we do not go blindly to work to combat symptoms, trusting that by some sort of magic our applications will produce the desired result. If there is great acceleration of the circulation and heat of the surface, we know how a cool bath carries off the excess of caloric, is taken up by the absorbents and carried through the myriad channels of the body, dissolving and washing away the irritating matters which had provoked nature to this disturbance in her efforts to cast it out.

They do not know how their refrigerants act in reducing febrile heat. If we wish to produce an inverted action of the stomach so as to cause vomiting, we know that simple distension of it by tepid water causes the muscles to contract, and thus expel the contents.

They do not know how their emetics cause such contractions. If we wish to empty the bowels of their contents, we know how distension by the same agent produces the same result. They do not know how their cathartics procure evacuations of the bowels. So ignorant are the most learned among them as to the action of their medicines, that one of their number, Dr. Meigs, of Philadelphia, says in his letter on Woman and her Diseases: "I conceive that we have not, and that we cannot ever reasonably expect to have, any very clear notions as to the *methodus operandi* of any medicine. Who can explain the cathartic power of jalap, as contradistinguished from the emetic force attendant upon the chemical constitution of calicea ipecacuana, or the tartrate of antimony and potash?"

"We are well acquainted with the facts, the phenomena; yet to say why tartar emetic shall produce vomiting, while sulphate of magnesia shall have the effect of a purgation, is beyond the power of the human mind." After stating that he has great trust in the power of iron to cure anæmia, and admitting that he does not know how the cure is effected, he says: "I do not consider myself as credulous in believing that iron has a special power to invigorate the tissues composing the pærmatosic membrane; certainly not more so than ten thousand American physicians, who confidently administer five or twenty grains of calomel, with the utmost certainty of exciting the liver into greater or more healthy activity; squills to excite the mucous follicles of the bronchi; nitre to arouse the kidneys, or belladonna the skin; and strychnia to wake up again the torpid muscles of a paralytic leg or arm. In the *methodus operandi* of drugs and medicines, all our cognitions are purely empirical."

Another advantage which we possess over them is the fact, that we control the habits of our patients. This indeed is a part of our treatment: so much so, that we would not attempt to cure the sick person whom we could not influence in this matter. So great importance do we attach to the establishment of correct habits in the cure of disease, that they say our success is attributable to this, and that our baths are of no account—as wide a mistake in theory as they make in practice, when they fail to teach their patients the necessity of living in conformity to the laws of nature. Our philosophy compels us to put much stress on the habits of our patients, for we believe disease to be the result of wrong modes of living; and if we cannot induce them to return to the simplicity of nature, we cannot hope to give them permanent benefit from water-treatment; for it is impossible to remove the effect while the cause remains. We look after their social feelings, their mental operations, the quantity and quality of their food, the manner of eating, their hours of retiring and rising, the quality of the air they breathe, and their manner of breathing; their exercise, dress, and bodily positions; and in hundreds of cases, of which the following are examples, we have sufficient evidence that this care is not wasted:

Miss L., a young lady, fair and fragile as a lily, entered our Institution in the spring of 1853. Though the daughter of an Allopathic physician, her health had been offered a sacrifice on the altar of the customs of society. She had lived in a community where not to be conservative on all the questions of the day is a thing unheard of. Tea, coffee, meat, butter, and high-seasoned food of all kinds had been her diet; she had worn long tight waists, with whalebones; long heavy skirts and thin shoes. Her habit had been to read till midnight, then retire to a restless pillow, from which she arose at a late hour in the morning, languid and without appetite. Added to these practices, and a naturally delicate constitution, she had permitted the loss of friends, under peculiarly painful circumstances, to weigh upon her spirits, till all youthful buoyancy had departed, and she came to us cheerless, hopeless, purposeless, and with, apparently, too slight a hold on life to last long. Her mother, who was with her, was sure that she would not live. Frail as she was, we could make no sudden attacks upon her mental or physical habits, but gradually we introduced her to our way of thinking and acting, till she came to feel that comfort and health are of more consequence than what people will say. She had no more than got initiated into treatment, when she had a severe attack of bilious cholera, followed by violent fever and obstinate constipation; but her system adapted itself readily to our baths, and she came up from the attack in better condition than she had been for a long time. Soon she was climbing the hills and rowing on the lake, in short dresses, with cheerful company, while the color came gradually to her cheek, vigor to her muscles, and hilarity to her spirits.

At the beginning of this year she left us, a perfect wonder to those who knew her when she came here. She has gone back to her home, but I trust not to her old manner of living; for she must ever bear in her heart the consciousness that there is a more excellent way, and that life has a

higher aim and woman a nobler destiny than to move passively along with the popular current, whether its course be towards happiness or misery. Had not the whole tendency of this girl's habits been changed, she might have taken medicine till doomsday—which would have come to her soon—without the shadow of a benefit.

Little Eddie, a child four years old, who had always been considered as very healthy by his parents, took cold in the latter part of last March, which resulted in a gathering in his head, accompanied with great general disturbance.

The discharge from this was so acrid as to excoriate the face, forming a bad sore, which spread, covering the entire side of his face and his chin. The best physician in the town exhausted his skill upon him, but he constantly grew worse. On the 28th of May he was brought to the Glen for treatment. He had daily fever, exceedingly restless nights, appetite fickle, craving only meat; and though his parents were convinced he ought not to eat it, they gave it to him rather than have him eat nothing.

We commenced packing him daily, with half and foot-baths and abdominal bandages, and such a diet as we thought most wholesome for him. At the end of a week I made this entry in my journal: "Eddie's face is already much better; appetite is improving; sleeps well at night; is having a rash come under his bandages." At the end of three weeks he had improved so much as to make it expedient for his parents to take him home; and at the end of the fourth week his father wrote to us, saying that his face was well and smooth, and his health entirely good, which remains so to this day.—[*Glen Haven, N. Y.*]

THE LITTLE POWDERS.

[The following capital exposition of medical logic, and of the virtues of Signor Blitz's "leettle powders," is from the pen of the eccentric but witty and talented Elizur Wright, formerly so well-known as the editor of the *Chronotype*. We copy it from the Boston *Commonwealth*.]

MR. EDITOR: I am well aware that it is dangerous for a layman (the "faculty" consider all men but themselves lame men) to talk about medicine or the *art* of healing. Perhaps I shall make myself ridiculous, but people must have *something* to laugh at. Laughter is salutary and sanitary, according to all schools of medicine. Therefore, if I occasion some of it at my own expense, while talking of medicine, I shall so far prove myself no bad doctor.

Who has not been delighted with the professional logic of our old friend, Signor Blitz? "You see," says that learned professor, "this leettle box. It is empty. I put in it this leettle ball, you see, and shut it. I put it on this table. Here is another box. You see it is quite empty. I put it on this other table, and shut it up empty. The leettle ball, you remember, is in that box yonder. This other is quite empty." Of course, the professor cannot be mistaken, for the tables stand apart from each other, and there is no communication between them. "Well, now," says he, "we shall try the effect of this leettle powder." And he drops a little pinch of white powder on the empty box. "If this leettle powder has its proper effect," he continues, "the leettle ball will be no longer in the box where it was put, but in the box where we put the leettle powder. As soon as it has time to operate, we will see what

is the effect of the leettle powder." Accordingly he proceeds to open the first box, which, to the astonishment of everybody, is perfectly empty—no sign of a ball in it. He then opens the powdered box, and there is the identical ball. Of course the removal of the ball from one box to the other is the effect of the little powder. There is no other visible cause, which amounts to the same thing as no other possible cause, and every thing must have a cause; therefore the "leettle powder" of the learned professor is the cause of drawing that black ball from one of those boxes to the other.

After witnessing this simple and beautiful experiment, and hearing the still more simple and beautiful logic by which Signor Blitz explains it, one has no difficulty at all in understanding how the "leettle powders," so neatly put up by our apothecaries, under the administration of learned physicians, draw diseases from one part of the human system to another, or, as many fancy, draw them entirely out of the system, and leave it sound as an empty box. The analogy is perfect and complete. Signor Blitz cannot possibly get along without the "leettle powders" any more than the doctors—I mean the regular popular doctors—can get along without protochloride of mercury or tartrate of antimony and potash. If the ingenious Signor should show the natural way in which the sight and presence of the ball is transferred from one box to another, it would cease to be miraculous or wonderful, and his occupation, so far as concerned that trick, would be gone for ever. So, if the doctors on whom the people depend for their health—many of them seem to enjoy bad health—were to show the actual course which a fever takes in getting out of the system, or the relation which its final departure has to Dover's or any other "leettle powders," their patients might transfer their faith from Blitz, M.D., and the "leettle powders," to Nature or their own constitutions, the way they were made to get well when sick.

It is a very pretty and probable theory that the Maker of mankind made each of them liable to the attacks of several hundred diseases, each particular disease answering, with its own distinct particular head, to each of several hundred little powders, drops, or pills, as the case may be, all of which may be seen arrayed in admirable order at one of the Browns', for example. Goodness gracious! what has not modern science achieved, in discovering all the different diseases, marking and naming them, and again in discovering, out of all the millions of different sorts of powders, drops, gums, and pill-stuffs this immense globe is composed of, precisely those which the great Creator intended as antidotes, or locomotives, to each of the aforesaid diseases! Truly, life is short, and art is long and wide—the art of healing especially. I admire the phrase, "art of healing," for nothing can be more artful, not to say artistic. If the received system of medicine is not a science, assuredly the art of it is one.

Blitz is suspected by some to have had a private summons, or process of his own, by which the ball that was snug in one box at one time, afterwards made its appearance in another; so I confess I have suspected that the regular doctors must have, besides the little powders, some sensible sort of practice against fevers, which escapes general observation. They not only order, with pomp of Latin, *Tart. Antimonii et Potassæ*, in *aqua pura*, etc., etc., with hieroglyphics of quantity, but hint casually to the nurse to stop off the patient's food, and keep him cool with wet towels, ice-water, etc., as an engineer would save a dangerously hot boiler by not increasing the fuel, and throwing water on that already burning. Of course, these directions to the nurse are only designed to facilitate the sovereign effect of the "leettle powders"—on the faith of the public.

The public must and ought to have faith, and it can far more easily believe in "leettle powders" than in Nature's being left to herself, with as little obstruction as possible. Hence a great

many excellent and able physicians, who have made the powders too *lectle* to do any mischief, still parade them with great pomp and circumstance, as the authors of the cures which Nature effects by the aid of pure air, clean water, and a fit temperature to remove obstacles out of her benevolent path. They seem to think honesty is not the best policy, when the policy is to be used for physic.

But there is one doctor in this village of ours so eccentric that he never uses either the logic or the little powders of Blitz. He actually doctors people, and very sick people too, by a resort to the natural resources of air, water, cold, heat, rest, and motion, as the symptoms seem to demand. People see him convey the ball, by the most natural means, from one box to the other, and have to confess the fact, but they do not wonder. Why should they? The case is perfectly natural, and couldn't be helped. It must be obvious to all thinking people that this queer and exceptional M.D. cannot be thought much of, or make much money. His science is nothing more than common sense. He plainly cures nobody, but at most only lets Nature do it. He lets people get well if they can, not interfering himself, nor letting anything else interfere to prevent it. People readily perceive that, if this is all, anybody who has common sense can let himself get well, without the aid of a doctor. Hence the doctor's success does not tend to distend his purse, but rather the reverse.

But, exclaims some inquiring reader, Nature lets people die, even causes them to die; and if your doctor leaves Nature to her course, of course his patients must in some cases die. Probably they do. I have known people die under the little powders. I cannot say that they died natural deaths. Nobody can. They may have died naturally and inevitably, but there is some considerable chance that they died artificially. Everybody who swallows the little powders and the consoling logic of Blitz—unless the powders are those blessed little infinitesimal doses that would not either kill or cure a gnat—has the romantic consolation of knowing that, whether killed or cured, no mortal can be certain what did it in either case. In case of death, this uncertainty ought to be as good to bereaved friends as an equal degree of doubt whether the departed was not buried alive. To the deceased himself it amounts to the same thing.

When one looks at the immense masses of matter that pass into consumption through the drug trade, most of it poisonous, more or less, from that, a drop of which will kill a dog, down to ordinary dirt, it is hard not to believe that human life is shortened rather than lengthened by it. Not reckoning the alcohol, there is doubtless poison enough, in the shape of medicines, in Boston, to kill outright half the people of Massachusetts. It is a very pretty thing to believe that all this poison can be so diluted and so gradually swallowed as only to promote health, instead of impairing and destroying it. For one, I don't believe a word of it. And what is more, I have lived up to this medical infidelity for eight years. My health and family have not, on the whole, decreased in the mean time. We have had sickness under the old theory and under the new. I believe more and more firmly that it is always easier to get well without any little powders than with them. And I feel it due to Nature, and to Dr. Edward A. Kittredge—sometimes called Noggs—the only “educated” physician within my knowledge in this vicinity who does not insult Nature, and practise on human credulity, more or less, by the use of “little powders,” to say, that to their genial and cordial cooperation I owe the recovery from the most virulent attack of “summer complaint,” or, as the doctors would perhaps call it, *chronic cholera infantum*, which I ever saw, of my two youngest boys. Twins, with sixteen brothers and sisters, children of their own mother, preceding them, and one only by an interval of eleven months, it could not be supposed they should have robust constitutions to

withstand the deadly pestilence which carries off so many children in a crowded city during the first and second year. They were, in fact, wasted to skeletons, and hung at death's door for weeks. But their case excited neither distrust in nature's remedies nor faith in the little powders of the Blitz faculty; they swallowed no diarrhoea cordials, or any thing of the sort, and they are now well and thriving. I think I could not be induced by any money to “certify” for any medicine-vender, patent or otherwise; but when good Dame Nature herself goes into partnership with an M.D. who shows that he thinks more of the thanks than the dollars of his patients—more of his cause than of himself—the firm shall have my spontaneous and cordial certificate. If you are sick, therefore, and do not feel full confidence in your own acquaintance with Nature's remedies, I beseech you to send for “Noggs,” her interpreter, without powders, pills, leeches, lancets, tinctures, blisters, or Blitz.

P.S.—In all I have said above, my friends, the dosing physicians will please not to find any imputation of murderous or mercenary motives. They are the kindest and best-meaning men in the world, many of them the most generous and self-sacrificing. But they were educated to the logic of Blitz. So was I, both as to medicine and theology. By the venerable tomes of pillology, the doctors themselves are as much duped as their patients. It is not to be expected that any man should discover such a fact, against his own pecuniary profit, quite so quick as if he should save money by the discovery. But the discovery has had its Columbus, and only waits the decadence of the Blitz philosophy, and the adolescence of common sense, to be universally received.

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.

REPORTS OF CASES.

No. 1.—BY J. C. JACKSON, M.D.

MR. J. L. D., of —, presented himself at the Glen on the 20th July, aged twenty-six, a tailor by profession. He was a pitiable-looking object, though, when in health, fine-looking. His thinness amounted to cadaverousness, and his feeble step denoted the last stages of atrophy. I could hardly ask a question relative to the condition of the different organs and their functions, without receiving an answer affirming derangement. He coughed, and had his hectic, his diarrhoea, and his night-sweats, his bloated feet and glistening eye, almost amounting to a glare, like a consumptive who could not live a week; yet his lungs were, on examination, only sympathetically affected. His diarrhoea alternated with the most inveterate costiveness; his stomach sour, yet he could eat without distress; his circulation in the skin as bad as it could be, and his pulse quick and slamming. I had not a patient who did not affirm that he must certainly die. He said that his physician could do nothing for him, yet declared that his lungs were not diseased. I gave him the following treatment: Wet-sheet on rising, at 90 to 80 degrees; sitz-bath once a day; packing, three times a week, with foot-baths; injections daily, compresses over the abdomen, and a vegetarian diet. The first perceptible improvement was increased steadiness in walking. He staggered less. Next his feet took on better circulation, his appe-

tite improved, his constipation lessened, and his countenance assumed a new phase altogether. He became hopeful of himself. He said one day that he thought he should get well; and from that time—about ten days after he arrived—till he left, which was at the expiration of ten weeks, he gained steadily, and without a drawback. When he left, he was fleshy, well in every feeling; could walk mile after mile without fatigue; could wield the oar like a sailor; and went back to preach a new doctrine, and inform the physicians of the *drug* school that Nature is greater than their potencies or potations; and that “there are things in heaven and earth not dreamed of in their philosophies.”

No. 2.—BY MRS. L. E. JACKSON.

ON the 27th of June last, there came to the Glen a lady from Canada, aged forty-six. She was of large stature and full habit. Her head was large, countenance massive, dark eyes, black hair, and a fine personal appearance. A diagnosis of her case, taken the day after her arrival, presented the following symptoms: Headache almost constantly, affecting her eyesight at times; pain in the nape of the neck and between her shoulders, palpitation of the heart, great acidity of stomach, and at periodical intervals excruciatingly violent vomitings, lasting for three or four days, during which all the resources of the materia medica were used in vain. These vomitings repeatedly, in the estimation of her physicians, had placed her life in imminent jeopardy. Added to these, she was habitually costive, had bleeding piles, with severe prolapsus ani, a very bad prolapsus uteri, whites excessively at times, and for twenty-four years had had no *menses*, nor show of them. She had eaten as gastronomists only like to eat, to the full, daily, of rich food, and had *gout* in the left foot. She uniformly had cold feet and hands; and for the last ten years had been in the hands of physicians, and gradually had grown worse. She was able to walk but a very little way on her arrival, and LIFE was, unmistakably, a burden.

In conjunction with my husband's counsel, I decided on a plan of treatment, and she commenced. It would extend this statement unduly to give the treatment in detail; let it suffice that it was purely hydropathic, administered with great gentleness and prudence, and she began soon to improve. She was with us five weeks, during which time her derangements, one by one, gave way, and she became so vigorous that she could walk two miles before breakfast. I have never seen a more marked case of speedy recovery from the ailments of years, and do not report this case to you that the reader may therefore infer that the age of miracles has not passed, but simply to show the great adaptability of Water-Cure in female diseases. I also wish to say, that in the treatment of her prolapsus uteri, no mechanical nor drug appliances were used; and that in none of the very large number of cases, amounting to hundreds, which we have treated, have we ever found it necessary to use other agents than water, except in *one* case, and that was clearly a case for the knife. But anteversions, retroversions, ulcerations, indurations, and, in some cases, so-called tumors have given way to water-treat-

ment. In the case of this lady, we all think her improvement whilst with us very remarkable.

NO. 3.—BY HARRIET N. AUSTIN.

Miss — came to our Cure in August last, aged seventeen years. She inherited a feeble constitution, and during the winter of '52 had a cough; over-exerted herself in preparing for school; and in the spring of '53 had a severe attack of lung fever. During the fever she took a great deal of medicine. She did not recover her strength after the fever had left her; and when she came to us, was very much emaciated, and was suffering from great lack of nervous energy, shown in inability to maintain muscular effort. A journey of a few miles completely exhausted her. She had constant headache, a dry hacking cough, pain in her shoulders and right side, constipation, occasional sick headache, severe pain in the small of the back, and on making slight exertion, bearing-down pain. Her back was so weak that she could not sit up more than five minutes without support. Her hands and feet had so long been cold that they had forgotten the sensation of warmth.

We commenced treatment by giving her short sitz and half-baths, at a temperature of 85 to 80 degrees, with *much hand-rubbing*. Wet bandages were gradually applied, and packs as she was able to bear, and rubbing wet-sheets and douches as the symptoms seemed to indicate. Under this treatment, and a simple, nutritious, unstimulating, and purely vegetarian diet, the organs of nutrition assumed a more healthy tone, her appetite became good, the bowels set up a regular action, the circulation put on a better aspect, her strength increased, and our injunction to *sit up straight* was no longer an impossibility. At about the *tenth* week a *rash* appeared on her neck, which spread by the fourteenth week nearly all over her body, at which time she had grown quite fleshy. Her cough entirely disappeared, and she was able to walk three miles a day; and her appearance excited great wonder among all who saw her at her entrance into the Glen. Aside from a small boil, she is perfectly well.

NATURE THE BEST DOCTOR.

BY VERITOR.

It was during the hottest month of the year that a friend who resides near us sent me word that her little James, the sprightliest boy in the village, was very ill. Accustomed as we were to reciprocate kind offices daily, especially upon occasions of affliction, I hastened my steps to her dwelling. He had been quite unwell for several days, but the night previous, vomiting and purging had set in, accompanied with violent pains in the head, and unusual heat of the body. We saw the boy was in an alarming state, yet as one of the family had recently recovered from a long siege of calomel, morphine, blistering, &c., the parents dreaded to call in a physician. The mother was a very intelligent woman and a skilful nurse, and by extensive reading in Physiology and Hygiene had acquired a knowledge of diseases which caused her to be very highly ap-

preciated in our little community. "If I send for a doctor," said she, "he will give a heavy dose of calomel, and the child's strength will become so reduced that he will not be able to contend with the disease. I will look to the Almighty for a blessing, and administer to him myself."

"No one can do it better," was the answer we all gave her. Now this lady never saw your "JOURNAL," Messrs. Editors, at least had never read it, neither any work upon Hydropathy. So the method she pursued was a part of the old system, while the light of nature, shining into her mind, revealed the beauties of primitive healing so clearly, that she seized upon them so far as she understood them.

Believing the child to have worms producing the fever, she gave him a mild vermifuge, which operated in expelling a remarkable number of those enemies to the peace of children. Having done this, she *bathed him twice a day*; made nourishing light soups to sustain his strength, and as the pain in his head still continued, she kept it constantly covered with wet cloths. This course was pursued for a few days: still the child did not improve, except in the abatement of pain. He lay in a heavy stupor, refusing the nourishment provided for him, and calling almost constantly for cold water, which was allowed him without restraint. "I am sure pure cold water cannot hurt him," said his mother in reply to an inquiry by one who thought *so much* cold water injudicious. "It seems to do him so much good that I cannot bear to refuse." Little James still grew worse; we all thought he would die, and it was suggested that a physician be called. "What can he do more than I have done, if he comes, except to make the child weaker? I don't think he will die: it seems to me that he has not come to the crisis. I will watch carefully, hope and trust."

And so she gave her boy as much water as he wished, and laved his poor fevered body, reduced to a skeleton, in the cool water as often as it seemed requisite; changed his bed-linen and clothing daily, and in a few days a fine eruption came out on his hands, face, and the whole of his body. His fever left him; he awoke from his stupor and asked for nourishment. The eruption was a mystery to us all, but on the second or third day it assumed a character which seemed indicative of varioloid. A physician was requested to look at it, and he immediately pronounced it to be what we had feared. He said the mother was doing all that could be done, and he should not call again unless sent for. Now came the trial of a mother's love; for she saw her child a victim to a disease which would no doubt spread through all her family. She kept a fresh current of air constantly flowing through the room, and continued her cold water and bathing, with occasional nourishment. But all would not do; the disease had begun, and it marched with rapid strides; and poor little James was soon the victim of the worst kind of SMALL-POX. Covered from head to foot with the most loathsome sores, his eyes closed with the swelling, his hands and feet almost ready to burst, unable to lie or to sit, in misery in every pore—who but a *mother* could have watched over him with *hope*? The news of his illness got wing; "friends and acquaintances stood far off," and

the dwelling of our friend became a modern Jericho; "none went out and none came in."

How unremittingly that mother labored to mitigate the sufferings of her darling boy! Her strongest efforts were directed to the cleanliness and coolness of the child. Clean rags, clean body and bed-linen, *daily bathing* through all, practised "because it seemed so refreshing;" and without waiting for the pustules to vent themselves and run into each other, she opened them herself, nature and common sense telling her this course would relieve misery, and hasten a cure. And while in the height of the disease, several of the *Regulars*, who wished to know if things were really as report described, desired to see the child, and were admitted. As they approached the bed and saw the bloated, disfigured little creature, whose humanity was hardly discernible, they raised their hands in astonishment.

"A genuine case of SMALL-POX surely, and no mistake," said one.

"Of the very worst kind too," responded another.

"What do you *do* for him, Madam?" turns a third to the mother.

"I let nature take its course, and assist it by pure air, plenty of cold water outside and in, and keeping him very cool and clean. Now and then I give him a very gentle *laxative*, when it is *necessary*."

"Excellent, Madam! we ourselves could not do better. Go on, and you will save your child."

"I move that Mrs. — be admitted to practice," smilingly said another.

"I think she has sufficient already. I am afraid *we* shall have to *leave*."

And so they retired, quite honorably leaving the laurels with the unassuming "angel of the household."

Slowly, indeed, and with many alternations of hope and fear, many quiverings on the margin of the dark river, did little James rise from his couch of suffering; once more he walked about his room, and finally took his seat at the family table. The marks were evident for many weeks, nay, months; but owing to the delicacy and care with which the pustules had been watched, they gradually vanished, until it requires considerable attention to perceive them at all. Where would little James have been, "long, long ago," had he been treated by an Allopathic physician under the old régime? Water, water, bright water for me!

CASES REPORTED.

BY WILLIAM A. HAWLEY, M.D.

CASE III. INFLAMMATION OF THE BRAIN.—Mr. —, fifty years of age, a lawyer by profession, and at the same time a farmer, has been ever since his college days more or less a dyspeptic. For years he has been, at times, subject to depression of spirits, to such a degree that he could only find relief by busying himself in active outdoor business. Much of the time of late he has suffered a great deal with a difficulty in the head, which became greatly aggravated during the latter part of the summer and early fall just past, when he often spoke of his brain as feeling as if it were on fire.

All of this time he was not aware of any disorder of the stomach or bowels, but had a voracious appetite, which he indulged freely—eating with great rapidity. At nights he was sleepless, and his mind was full of evil forebodings—filled with apprehensions of permanent insanity. At length his health became so miserable, that, about the last of October, he concluded to go to the NEW LEBANON WATER-CURE for treatment. He went the 30th day of the month, but could content himself only one day, and returned the next. The night after he got home he was taken with furious delirium, so that it required four stout men to hold him. This furious delirium recurred in paroxysms of from one to three hours' duration, two or three times daily for a week or ten days. The first day of November, Dr. BEDORTHA was sent for to see him, and visited him on the third. His business was such that he could not remain, and after leaving directions for treatment, he returned home, only to be called again as soon as a messenger could come for him. He visited him again on the eighth, and finding him no better, returned on the ninth, and sent out the writer the next day, with directions to stay till the case was decided. He arrived about four P.M., and found the patient just quieted down after a paroxysm which had lasted about three hours. At this time his face was flushed, all the vessels of the head fully distended, the conjunctiva entirely engorged, pupils dilated, with an expression of staring wildness. The whole head intensely hot, while his hearing was very acute, so that he could hear even a whisper in the adjoining room. Delirium constant but various, sometimes making him very loquacious, and again equally taciturn, but all the time oppressed with fears that he should injure himself or others. Almost entirely sleepless. Tongue covered with a heavy white coat. No appetite. Thirst moderate. Bowels constipated and extremities cold. Up to this time his only treatment had been the constant application of cloths dipped in ice-water to the head, with occasional sponging of the whole person, and lavements twice daily, with hot applications to the feet.

On my arrival the whole head was at once enveloped in towels filled with pounded ice, which was kept constantly renewed as often as it melted away. So great was the heat, that a pint and a half of ice applied at a time would all disappear in fifteen or twenty minutes. The other treatment was not changed. This was continued with no variation for fourteen days, when the ice was removed, and hip-baths at 75°, with ice on the head twenty minutes once a day, with dripping-sheet at 70° in morning, were prescribed.

The effect of the ice became manifest in two or three hours, in so far calming the patient that he had no more paroxysms. The third day the engorgement of the conjunctiva began to disappear, and with it the dilatation of the pupils. The fourth day these symptoms were entirely gone. The fifth day there began to be a marked decrease of the heat of the head and a softening of the pulse, with much abatement of the delirium. This decrease continued gradually till the ice was removed. For four or five days there were three distinct exacerbations of the fever daily—10½ A.M., 4 P.M., and at midnight. Then these became reduced to two, occurring about noon and

midnight. The last two or three days there was but one exacerbation, and that in the latter part of the morning. During the exacerbations, which generally lasted about an hour and a half, he was always desponding, and filled with a feeling of certainty that the paroxysms would return. As soon as the inflammation was reduced, his appetite began to return, and with it his strength, which had been considerably reduced. He gained quite rapidly under the tonic treatment adopted, but still complained of a constant ringing in his head. About four days after the removal of the ice, a very large carbuncle appeared on his forehead, which was ten days in coming to suppuration; but when it did discharge, it was to the manifest relief of his head. At the end of the fourth week of treatment he left his home and came to this establishment, where he rapidly gained a vigorous state of health.

OPHTHALMIA.

INFLAMMATION OF THE EYE.

BY JAMES BURSON, M.D.

AUGUST 25, 1853.—Commenced treating Joseph H. Gardiner, who had been attacked three months previously with violent scleritis and choroiditis, and of course inflammation of the optic nerve and all the appendages of the eye. The light was so painful as to require entire seclusion; he had to be led about, and was, in the language of his friends, "perfectly blind." He had been treated by Homœopathic and Allopathic physicians until they "gave up," and then had tried quack nostrums to his heart's content.

Of course his friends began to think that he never would see again. Feet cold; appetite morbidly "good" and craving. Commenced with hot foot-bath; next, wet-sheet pack continued about three hours; following with a thorough douche or shower; and lastly, as much friction with coarse towels as he could bear. Diet, vegetable and spare. No medicine of any kind.

After two days I was able to open his eyes, and discovered their appearance that of blood; commenced, in addition to the other treatment, cold water to the eyes, but appearing to aggravate, was exchanged for warm, though no reliance was placed on either, the whole effort being to direct the excessive action of blood from the eyes. In three weeks I sent him home to continue the treatment, he having in every respect commenced improving.

In three weeks more he was able to bear the glorious noonday sun without goggles, pursue reading and outdoor avocations with a more healthy appearance than he has evinced for five years. Yet those who are able to accomplish such results are denounced as quacks, for nothing else, I suppose, than a departure from their authorized method. Time will show the world who are most deserving the Paracelsian title.

Perhaps, if we except the stomach, no portion of the human frame has been more subject to the vandalism of unprincipled quacks, ignoramuses and designing knaves, than the human eye. Thousands are driven blind, and thousands more rendered miserable by applications of sulphate of zinc and copper, nitrate of silver, &c., &c., to say

nothing of leeches, cups and blisters as near the affected part as possible; no poison too strong, no knife and scissors too severe for the delicate eye. I do not contend that the latter are never needed by the oculist, but I do say that their necessity is generally caused by caustic and irritating applications, or by a neglect of all appropriate treatment.

Only think of it! One would suppose that any fool would know better than to make such applications. How can cups, blisters and vitriol applied to the eye cure inflammations depending on excessive circulation of blood thereto? How nonsensical, in their estimation, are applications to the feet and surface to cure the eyes! Hence their application of specifics to the eye—all having a tendency to make the feet colder and the eyes and head hotter, and of course worse. In simple or subacute inflammation of the conjunctiva, these sometimes appear to have a magical effect: their stimulating and astringent effects cause the relaxed and debilitated vessels to contract and shut out the excessive supply of blood, and thus the administrator claims an astonishing cure. He heralds to the world a certain cure, a specific, when the facts are, that not one in a hundred is benefited by its use. Yet so long as those who should know how to relieve such cases fail, and others promise relief, the afflicted will be sure to resort to the nostrum-monger. A true science of medicine, a rational practice by Regular physicians, will put a stop to their golden fortunes. The Regular Faculty are to blame for all the quackery in the world, Regular and Irregular.—[*Canton Water-Cure.*]

General Articles.

DIARY OF A NEW ENGLAND PHYSICIAN. NO. XIII.

BY NOGGS.

JEMIMA, as I have said, was much interested in Dr. Pillicoddy, and notwithstanding all that had passed, the Doctor began to feel "a lively interest" in her, especially since he was becoming a convert to the doctrine that she had so ardently advocated. Coming to like her doctrine, he naturally came to like her. Finding he was touched by a coal from the altar of truth as it is in cold water, Jemima took care to keep him supplied with an abundant supply of the right material for keeping up the combustion; and Dr. Lientuch was but too happy to assist her in her laudable purpose by furnishing her with the best books on the subject of Hydropathy that his well-stocked library could afford.

Not long after this, Dr. Pillicoddy, being called to a patient afflicted with severe inflammation of the lungs, or "lung fever," came to the heroic determination to give the water a fair trial, and commenced at once by washing the patient all over in water nearly cold; and finding immediate and exceedingly great relief from it, he concluded to venture farther, and accordingly soon after put him in the wet-sheet pack, although, as he said, with some little fear and trembling; but he found that his fears were groundless, for he had

scarcely got his patient packed up before he found him entirely relieved from the excruciating pain in his side and the laborious breathing, which had been intolerably severe for some hours.

"At first," said Dr. P., "I thought I had killed him; so sudden and complete was the transition from the greatest agony and restlessness to the most perfect relief and quiet; but I found to my joyful surprise that he was fast asleep, although not more than ten minutes had elapsed since I got him into the pack!"

After this, Dr. Pillicoddy became more courageous, for his greatest fears had been in using it in lung complaints; he had thought, in common with almost all the uninitiated, that "cold water put upon the surface would drive the blood to the vitals," and in lung-fevers and such like, there was always too much blood coursing to the lungs, and so of course it must be injurious if not fatal. But he now had a practical demonstration to the contrary, and found that the recuperative power of nature was fully adequate to prevent any such danger as that; and coming to reason upon it, he saw that the old notion of "cold driving to the vitals" was all an idle whim, unsupported by a shadow of proof, and contrary to the law of God written upon every constitution, that action shall produce reaction. It is astonishing how much some folks don't know.

Were it true, as the majority of the world believe, or pretend to believe, that "cold drives to the vitals" the whole blood of the system, and keeps it there, mankind would be in a "pretty fix," especially in such hard old winters as this! Why, a man would die in less than ten minutes, when exposed to a temperature anywhere near zero, if the reaction of the system was the feeble thing the world seem to suppose.

It would seem that any man of decent brains ought to know better than to talk about the danger of using a little cold water on the body when a man is burning up with fever, when they know thousands of thousands have been exposed to the severest tests of its powers of evil, and yet live. I allude now to the numerous and oft-repeated instances of persons staying for hours in the ocean, lakes, &c., when shipwrecked, almost if not quite immersed in water of the coldest possible kind; and yet have they lived—those of them who got picked up or reached the shore. Ay, not only do people stay in the water for hours and hours without injury, but the world is full of instances where persons have got cured of severe diseases, some of them of long standing, by having the good luck to fall overboard and having to swim a mile or so for their lives! And yet we hear the bngbear cry on every side of, "Cold water is dangerous;" "It drives the blood to the vitals;" "It will kill you if you wash all over in it when you are sick!" Ay, it will not do even to drink it when you are thirsty, if you are sick! Stupid, if not wicked, must be they who make these assertions, and oftentimes I fear they are both.

Just carry out this doctrine, "a man must not drink cold water when he is sick." Well, a man who has been toiling and sweating, however robust, for hours, deprived of water, becomes very thirsty; he is sick, in fact, and the thirst is the symptom of his sickness; and the good God has

made this so prominent and urgent a symptom, that nothing but the freest indulgence of this by the swallowing of copious draughts of cold water will satisfy the patient: now let us suppose a man so stupid as to be persuaded that it will be injurious for him to gratify his thirst in the manner nature has provided; and what would be the result? Why, in a short time he would be in a raging fever, and, "doctored" by one of the terribly timorous doctors, would probably die as the fool dieth, and the verdict of all sensible men would be, "Served him right!" Now I want one of these "wise-beyond-what-is-written" folks to tell why the thirst of a man sick from over-eating, or any other cause, should not be gratified? I pity the man who honestly believes that it is dangerous to give a man cold water to drink when he is thirsty, let the cause of his thirst be what it may; and I despise the man who refuses it him, in order to stifle the truth, or to prevent a patient from getting well, as I fear too many do. Uncharitable as this may seem to some, I can't well avoid the conclusion, for I know of "physicians"—that's the name of 'em—who are apparently tolerably well endowed with brains, &c., and yet who almost invariably go against the use of cold water in any way, however their patients may call for it!

Certainly no man, not a downright idiot, can be so blind as not to see and know that cold water *always* assuages and relieves in sickness, if it does not cure, and never does harm unless immoderately and very injudiciously used.

The next case Dr. Pillicoddy had was one of small-pox; and as they were dying all round him with this loathsome disease, under the old-fashioned treatment, he thought he would try the water, especially as it seemed to him to be peculiarly adapted to this kind of disease; and here, again, the prejudices of the multitude and the past beset him on every hand.

"What! put a patient into a cold wet-sheet who has got the small-pox! Goodness gracious, Doctor, it'll kill him sure! It will drive all the humor into him, instead of out of him, as is desired!"

"How do you know that?" said the Doctor.

"Why, everybody says so!"

"But have any of you ever tried?"

"Oh! la me! goodness, no! guess we ha'n't."

"Well, Madam, let me reason the case with you! I think I can convince you of the erroneousness of your impressions."

"Perhaps you can, Doctor, but I don't want to be convinced! I'm afraid of cold water in sickness, especially in cases of this kind, where there is a humor to come out! I a'n't larned like you be, Doctor, nor I ha'n't had no experience, I know, but everybody says that in all diseases where there's an eruption to come out, we must give warming things instead of cold, to drive it out; and I mus'n't think of going agin everybody."

"But I assure you, Madam," said Dr. P., "your 'everybody' is very much mistaken in this case; for the great trouble why the eruptions in scarlet fever, small-pox, measles, &c., don't come readily to the surface is, that there is so much fever in the system that nature can't assert her supremacy; she is crippled by it, and consequently the eruption remains within; now, if we only apply

water in some way, so as to conduct off this super-abundant heat, nature will be relieved, and then will be enabled to throw to the surface whatever troubles her."

"Well, well, Doctor, I s'pose you know bes', or oughter, but I darsen't let you apply cold water to my husband when he's sick, and I shouldn't have sent for you if I had have known that you was a water-doctor. You mus'n't be angry, Doctor; it a'n't you I don't like, it is the cold water! I sent for you because I thought you was the most skilful doctor in town."

"And if I would give him medicines, you would let me doctor him now?"

"Oh la! yes, Doctor, and glad to have you!"

"But, Madam, it seems to me very strange, if you consider me skilful, that you shouldn't allow me to know what is best for a case of this kind! You would let me give him arsenic if I thought it best, wouldn't you?"

"Oh la! yes; of course I would, 'cause I know ars'nic is mighty powerful medicine; it kills rats in no time, and it must kill disease! Will you give him some if I'll let you doctor him; or some other good strong drug?"

"No, Ma'am," said the Doctor.

"Why not, Doctor, if I want you to?"

"Because I don't believe they would do him any good, and might do him a great deal of harm."

"But I wouldn't blame you, Doctor, let what would happen."

"Supposing I saw your child running away, and to stop him I should knock him down with my big silver-headed cane, wounnd, and nearly kill him, or perhaps quite; would you blame me?"

"Oh! la me! Doctor, how you talk! you would never do no such thing, when you could stop him by just ketching hold on him."

"And yet you think me capable of giving poisonous drugs which I know will endanger life, when I can cure a patient ten times as well without, with something that will make him better instead of hurting him! No, Madam! I have given in the days of my blindness all manner of poisonous things, thinking I was doing God and my patients service; but 'whereas once I was bliud, now I see,' and now to do so would be wicked in the highest degree."

"But, Doctor, if folks want you to, what do you care what you give?"

"What do I care! I care so much, Madam, that I'd sooner dig clams with my naked hands than thus to pander to the vitiated appetites of the multitude, believing as I do their appetites to be false."

"Well, I'm sorry, Doctor, to have to send for anybody else, but I must, for I never could forgive myself if any thing should happen to my husband, and he using cold water. I must send for Dr. Boanerges Phosphorus; he gives 'em just what they like best, they say—Allopathy, Homœopathy, or Hydropathy, or all three together!"

Well, the short of it is, the son of thunder came, and, as usual, gave all three of his systems a trial, and the result was, that the patient died, as might be supposed. "Between two stools you fall to the ground," and between three you break your neck generally!

A CHAPTER OF SORROW.

BY OLIVIA OAKWOOD.

"Died, Charlie, aged one year and ten months; James, aged three years; Joseph, aged five years; Ada, three years; Bella, five years; Villette, two years; the two latter, children of Dr. —, all in the space of two weeks, of scarlet fever and malignant scarlatina."

What sorrowful events are shadowed forth in the above announcement! Dear little lambs! Others like them were laid low beneath the storm, but these the GOOD SHEPHERD gathered to His fold. Day after day the village-bell has tolled its mournful peals upon the air; day after day has the little coffin, upon the bier, been borne to its new-made grave. How many fond hopes were buried there! How many heart-strings have been rent, as the cold clods rattled upon the elay of the idolized only child! There were eyes to pity, but no arm potent to save, and so the Destroyer came and made sure of all that was mortal in the lovely prattlers of the household.

Poor little sufferers! How they tossed from side to side—now nearly falling from their beds—now endeavoring in their delirium to creep up the cool walls—now elutching with frenzied eagerness the glass containing the limpid draught, and in their haste pouring it over their swelled and burning cheeks. Had drugs the power to cool those flames within—to quench for one moment that burning thirst—to allay those bloated, disfigured visages—the swelled, distorted eyes—the blackened tongue—to soothe the ravings of delirium? Oh, no! All hearts seemed to quail in the presence of this terrible disease; and drugs "hid their diminished heads." WATER was given—was applied to the burning brow, but, alas, no one knew how sweet it would have been to have wrapped the whole of those precious forms in the soothing wet-sheets, and laved them in the saving bath.

Not one in this community—not one for a hundred miles around us understands the true science of Water-Cure sufficiently to be trusted with the lives of immortal beings. There are a few who practise it upon themselves, but society must be more generally and fully enlightened upon the mode of treatment before much can be done here. Many admit that Hydropathy is good, but how to practise it they know not.

I believe, were a good Water-Cure physician settled near us, he would be well patronized, and thousands of lives might be saved, especially those of children. Although there are no springs in the village that I know of, there is a fine little stream running by its boundary, and a few miles north of us there is a farm admirably adapted for an Institution. A person settling there, and once obtaining the confidence of the different communities around, would be almost overwhelmed with practice; at least, such is my opinion.

Ah, dear! Could I conduct you to the various dwellings in this village, what sorrowful sights you would witness! Slow, wasting consumption, ill-treated and mistaken from the first; inflammatory rheumatism, long, lingering and frightful; bronchitis in various degrees, and a hundred other chronic and almost hopeless cases. It is quite time for Hydropathy to advance and unfurl

his banner to the four winds around us. May the good time soon come when his empire shall be established in this community, where they are daily "going to their long home, and the mourners go about the streets."

AN UNFORTUNATE.

MESSRS. EDITORS: I read in the WATER-CURE JOURNAL, a long time ago, a letter from "Ivy Gazelle," which seemed to turn my thoughts upon myself, not on account of the similarity between us, but rather on account of dissimilarity; and I thought it might benefit me to write to you, if so be you thought it worth your while to notice me. By the way, pray tell me what has become of Ivy. Is she dead, or is she married?

Now I am unlike her in most respects; not, like her, the light-winged, happy creature, ardent with hope, beautiful and fairy-like, with elastic, bounding step; but am oftener seen with the clipped and drooping wing of melancholy, sad and pensive with thoughts of boding sorrow; my feet are weighed down with heaviness, and lines of care and anxiety are marked upon my face. Still a casual observer would say, that naught of care or sorrow ever brooded o'er my path. True, I want nothing which wealth can buy, and have many friends, and doting parents, who use every exertion to render my life easy and happy, and to raise me in the eyes of the world.

But notwithstanding all the helps I have, my inefficiency ever shows itself. In most of my studies I succeed very well when others assist me, but can do nothing alone; and I often wonder how others can manage to get along and study out their lessons by themselves, for I am sure of failure in the first trial. Why, my letters are first written by some good friend, and I copy them to send away. My compositions are all amended and revised before "writing off," and the additional improvements generally overbalance the original, and the former resemblance is hardly perceptible. My time would pass much more pleasantly if my abilities were such as to insure success in efforts of my own.

Another thing which makes life wear heavily upon me is the feeble state of my health. I have always been unable to have any care of myself, or to assist in those little duties which one so often finds to occupy the time; having always been favored with good servants, ready to wait on me at all times. But father often says, that it would be more benefit to me than all the doctors if the servants were dismissed, and I were to step into the kitchen. He cannot be in earnest, surely; do you think he can? His daughter in the kitchen! what an idea!

I suppose you would recommend frequent bathing and walking. But really, how can one so feeble perform daily and semi-daily ablutions? I seldom rise in season to breakfast with the family, I feel so languid in the morning. When I get up from my bed, it seems as if I must lie right down again, which I just do. Now the trouble of the bath and its contingent labors could not be borne. If I could only bathe by proxy, there would be no failure, certainly; for extra

pay would insure the services of any of our domestics.

As to walking, I have a pretty good share of this, as there are two long flights of stairs to ascend in order to reach my room. Yet I have sometimes thought of trying to walk out a little; but on the whole have come to the conclusion that, as father has such a dear little carriage, and such splendid match grays, it will benefit me as much to ride as to walk. That is, a two-mile ride is as good as a mile walk. But then again, I am obliged to be so careful about taking cold, and have been shut up in my room for nearly a month on account of cough. Whenever I venture out it gets worse. How hard it is to be so confined this fine weather! But I fear you are weary with my troubles, and it is nearly twelve o'clock—almost my bedtime—so I will just put some wood in my stove and retire. These air-tights are a glorious invention: don't you think so? Well, a good-night to you all.

MARY MOSELLE, *Myrtle Vale.*

Dietetics.

ERRORS IN BREAD-MAKING.

SECOND ARTICLE.

SOFT BREAD.

"WHAT is the reason," I am asked, "that soft bread is so much used?" Many ignorant persons prefer it; it can be swallowed without much mastication, and the labor of kneading is greatly abridged. Bread, to be good, requires much kneading, and to be baked until the crusts are well browned.

LEAVEN—CORRECTIVES.

The use of leaven has led to the use of other powerful agents, such as sal-eratus, known as the bicarbonate of potash; the bicarbonate of soda; and the super-tartrate of potash, called cream of tartar, and magnesia, as substitutes and correctives.

The composition of these chemicals is as follows: sal-eratus is composed of potash and carbonic acid gas; the base of potash is a metal called potassium; a portion of this metal added to a corresponding portion of warm tallow, will form soap in a short time; hence we know that it possesses great power over animal matter.

Potash, when put into an atmosphere of carbonic acid gas, drinks it in, (if I may use the expression,) and so becomes highly carbonized: it is then called sal-eratus. Bicarbonate of soda is of the same nature: its base is a metal, and will form soap also. Cream of tartar is composed of tartaric acid and potash. It is stated on the best authority, that it is never pure; that it uniformly contains tartrate of lime, amounting occasionally to fourteen per cent., and it is sometimes adulterated with sand, clay, and similar substances; and is sometimes mixed with white flinty pebbles bruised into fragments. It is used as a medicine: in small doses it is aperient; in large doses it produces copious watery evacuations. Magnesia is a metallic compound: its base is a bright shining metal. A sulphate of this article is called Epsom salts. Sal-eratus is used in cakes of

various kinds, and in crackers; and in conjunction with sour milk. Sometimes the quantity is so great as not only to be perceptible, but unpleasant to the taste. Now, what is the chemical action of sal-eratus on sour milk? Milk is acidified by the decomposition of the sugar of milk. The acid formed may be called acetic acid. The chemical action of sal-eratus on that acid is this: When sal-eratus comes into contact with it, the potash leaves the carbonic acid gas, and unites with the acid, and forms acetate of potash, something near akin to Glauber salts. The carbonic acid gas being liberated, produces the same effect on the cake as is produced by the decomposition of flour in the process of fermentation—the cake is made light. It operates on flour in the same manner as carbonate of lime does on saw-dust; it makes it tender, imparts a peculiar kind of rot to it, and in a degree destroys it.

Acetate of potash, according to authentic investigations and actual experiment, after entering the alimentary canal, is decomposed; and the potash enters the circulation. This is a startling statement. A worthy member of society, now deceased, said, "Sal-eratus rots the bones."

The future bone is in the blood in a fluid state: the potash is there also in the same condition. The action of potash on animal matter is well known; hence we can judge how it will affect the very delicate particles destined to form bone and muscle, no matter whether it be the muriate, the nitrate, the acetate, the tartrate or carbonate of any of these alkaline substances. The law of analogy sustains the conclusion, that the alkaline matter enters the circulation with the blood.

Allow me to reflect for a few moments on the conduct of man. Observe how he abuses the richest blessings of material things: he goes to work to rot in part his bread, before he will condescend to eat it; and when he wills to eat something nice and light, pleasant to the eye and to the palate, he, or rather she, puts into her bread a little sal-eratus—O nay! something better, a little bicarbonate of soda—to soften the bones, the liver, and the brain. And after many years of faithful and willing perseverance in this course, he complains of weakness, gastric difficulties, and nervous inquietude; he then invokes medical aid; gets better; and again pursues the well-beaten track, till the constitution, wearied with the imposition, yields up before the appointed time.

MEDICAL TESTIMONY.

Medical men have had their attention drawn to this subject, and many efforts made to discover antidotes, and to prevent the ill effects of alkaline compounds; and although medical men disagree on many points that come within their province, yet on this point they are nearly unanimous as to the cause, the effect, and the remedy. Some of the effects of the long-continued use of alkaline compounds are: difficulty of breathing after motion, weariness, heaviness, gums apt to bleed on the slightest touch, fetid breath; and "dissections of such cases have always shown the blood in a very dissolved state." The remedy is abstinence from alkaline compounds, with a diet of fresh vegetables and wholesome farinacea.

EFFECTS OF ALKALIES ON RESPIRATION.

But there is a digestion beyond that which takes place in the stomach, of a higher order; I mean that which takes place in the lungs, wherein atmospheric air is decomposed, one part of it appropriated and identified with the blood, and the other parts expelled from the body, and may be termed pneumatic digestion. Now, the all-wise Creator has so arranged the venous blood, by imparting to it a peculiar power, which chemists call an affinity for oxygen, that when fresh portions of venous blood arrive at the lungs, and come into contact with atmospheric air, the air is immediately decomposed, the oxygen remains in the blood, and the carbonic acid gas is expelled. This carbonic acid gas is of a very deadly nature: one or two full inhalations of it will kill a man. Now when any foreign chemical matter is in the blood, and cannot be controlled by the gastric and biliary digestion, then, that matter must remain under the law of its own chemical affinities; and should that matter be soda or potash, it will imprint its own character on the fluid bone and muscle, and of course operate to prevent a full oxygenation of the blood; and according to the amount of alkaline matter, a dull and heavy feeling will be experienced; for it is ascertained with sufficient certainty, that oxygen is vivifying, and a larger portion than what is usually derived from breathing is highly exhilarating, while carbonic acid gas is the reverse. Hence we may conclude, that the fluid bone and muscle have suffered injury in themselves, and their power to decompose atmospheric air is impaired and weakened.

As I have already hinted, this is a subject of serious moment, and opens a view explanatory of subjects heretofore covered up. And it seems to me, that the dissolved state of the blood exhibited by dissection in cases where death ensued from the long-continued use of alkaline matter, was, in the first place, owing to the chemical action of soda and potash on the fluid bone and muscle; and in the second place, the strong affinity these salts have for carbonic acid gas, prevented in a degree pneumatic digestion; for be it remembered, these chemicals have their affinities, as well as venous blood; the former for the carbonic acid gas of the atmosphere, and the latter for the oxygen. Hence the wisdom to allow nothing to enter the circulation which has an affinity for carbonic acid gas, or can chemically operate on fluid bone and muscle.

EDUCATIONAL HINTS.

If bakers and cooks were but slightly informed regarding the nature of the chemical agents they are in the habit of using, it might be an advantage to themselves and others. And I would suggest that children, when receiving elementary education, should be so instructed as to make their education bear upon the duties and necessities of life. A knowledge of many things is communicated to them, pleasant and agreeable to know, that have but little practical use; while many other things, equally pleasant and agreeable in themselves, and necessary to be known, are not presented to their minds; and of course, they remain ignorant of them through life.

Ask a girl at school where Kamschatka is, and what are the manners of the people there, and

the probability is that she will give you a correct answer; but ask her what table-salt is, and she cannot tell. She knows where the Mountains of the Moon are, and what kind of noses the people have there, and what an isthmus is. But she does not know how much quicklime ought to be added to a bushel of ashes to render ley caustic; neither does she know what office lime performs in the case. From ignorance in this little matter, loss is sustained every year in soap-making. Ask her what chemical changes take place in bread from the action of leaven, or whether flour is improved in any respect by having alkaline matter added to it, or what is the object of breathing, and she is equally at a loss. Hence, from the want of a little knowledge, she is content to live in an ill-ventilated apartment; and to maltreat flour and meal, to the detriment of her own and of others' health.

BUCKWHEAT.

Buckwheat is one of Heaven's blessings, but the pan or griddle cakes, in which it is mostly used, are a wasteful form of bread, and not a wholesome article by any means; and the matter is made worse by calling into operation the uncultivated habit of eating butter and saccharine matter at the same time. The Germans and the Russians I believe hull their buckwheat, and boil it as we do rice. In that form it is wholesome, palatable, nutritious, and economical; a consideration which ought never to be lost sight of by those who have many mouths to supply.

INDIAN CORN

Is a noble grain, a rich boon, nicely covered up and presented to the human family in a very clean condition: no grain more so. The consumption of it should be encouraged. The meal of this grain, so far as I have observed, is ground too fine, so that when cooked it has a pasty consistence. Corn ought to be always coarsely ground. It is naturally more friable than wheat, and in this respect it has the advantage over wheat. This friability is a valuable mechanical property, and should never be injured by grinding or cooking. A good mechanical condition is an indispensable requisite to easy digestion; therefore friability ought to be stamped upon every dish, and marked on every cake and loaf. All doughy, glutinous and pasty bread and puddings should be avoided; they do not become the tables of an intelligent and cultivated people; the time and fuel expended in preparing doughy bread and pasty puddings is worse than a dead loss.

MILK IN BREAD.

I have more objections than one to milk in bread, but the most serious is, that persons of advanced age, who are in the daily use of milk-made bread, will be exposed to suffer from an over-supply of osseous or bony matter, and particularly so if their kidneys be affected. Bread should always be made with water, and when so made, it is suitable for the aged and the young, the sick and the well. And as for sour milk, a microscopic view would, I presume, present additional arguments against its use.

CRACKERS.

Plain crackers and biscuit are made of flour and water, and are more extensively used than

any other kind. Great quantities are consumed at sea; it is the main article there in the bread line; and much experience has decided that coarse flour makes the best bread.

No system of diet is perfect which does not include this form of bread. For the sick, when properly prepared, it sits kindly on the stomach. For the well, its sustaining powers are well known, imparting elasticity and vigor to both body and mind. Blood made of such unleavened bread, I am induced to believe, is more easily oxygenated than that formed from any other article of diet containing the same amount of nutriment in the same bulk.

This bread is made to a great extent by machinery. The kneading is done in a very simple manner: one hundred pounds of flour is put into an oblong box; an iron shaft is placed lengthwise of the box, on which are fixed kneading-knives extending six inches from the centre, and two inches apart, which, when set in motion, perform the kneading; slowly at first, but finally so quick as to knead the whole in four and a half minutes. The dough is then rolled out, shaped, and put into the oven; fourteen minutes completes the baking. The bread is then removed to a hot dry room, where it remains two or three days, and is then ready for being packed in casks.

There is a cracker in much repute, and used by sick persons: it splits open very easily, and readily softens in warm water; this kind of cracker is a great favorite with many persons, and quite extensively known; but the reason why it splits open so easily is not so well known. To throw a little light on this subject, I will state that fermentation is permitted to proceed to a greater extent than in making bread—more of the flour is destroyed, and more acidity generated; this acidity is neutralized by a copious application of one or other of the alkaline carbonates, and the presumption is, that the gluten of the flour is removed from its natural condition by the operation of inorganic action, or by the solvent action of the alkaline matter: dry flour is then rapidly kneaded in, the dough rolled out to the required thickness, slightly baked, and kept dry for sale. Instead of being called Boston Crackers, they may with propriety be called Rotted Crackers. A public writer on this kind of bread states, "Besides the fact that the best qualities of a portion of the flour are destroyed, the quantity of alkali employed in neutralizing the acid is necessarily injurious to the digestive organs; and to say the least of it, such bread is miserable stuff." Magnesia is sometimes added to flour in making crackers: it is very white: if it was black dirt, no persuasion could induce bakers to use it; but being so very white, down the gullet it goes, superfine flour and dirt together. When the chemist looks at magnesia, the color to him is nothing; he inquires, What is its base? what are its affinities? and what are the properties of its compounds? He ascertains that magnesia is a metallic oxide, and that magnesium, like other metals, has its chemical affinities, and that these give birth to compounds having certain properties. Magnesia has been used by medical men as an antacid in cases of sour stomach and sick headache; but it is too late in the day now, even for physicians to make use of it. Abstinence from food, and a due supply of

water as drink, are highly preferable, more efficient and kindly in their effects. It cannot be safe to introduce earthy matter into the bowels; and cannot be creditable to any people to use it in food. There is a cracker, or biscuit and cake, in considerable use, made of sour milk and saleratus. It may be remarked of this kind of bread, that if more saleratus is used than is sufficient to saturate the acid of the milk, the object of the baker is not furthered thereby, because the amount of carbonic acid gas liberated bears a certain proportion to the quantity of acid in the milk, therefore care should be taken not to use more of a bad thing than is required. And here allow me to add, that I cannot sanction the use of such things in food. The soap-room and not the bake-house is the place for them.

SOUTHERN DIET.—The summers of 1851 and 1852 I spent in Florida and Georgia, and being much among people of every grade of society, I had an excellent opportunity of observing their ways. A previous perusal of O. S. Fowler's Physiology, in connection with impaired health, had led me to buckle up my total-abstinence girdle with renewed energy, and to station around the citadel of life more watchful sentinels than ever before. So, when invited to drink, (and it was often, very often,) I always answered in a polite, friendly, and often jocose, but resolute and decided manner, "No, I thank you; I never drink. I think I can get along through the world better without it than with it." This, together with a mouth undefiled by tobacco, and frequent refusals of coffee, and calls for cold water, and the use of but very little meat, almost invariably called forth a spontaneous expression of real opinion, which, from its frequency, made a deep impression on my mind. "Well, I believe we'd all be better off," they would say, "if we'd drink nothing but cold water, and not eat so much meat." And yet they would keep right on sinning against God by eating and drinking that which they knew would shorten life. And is it not so in a great degree with almost the whole human race? Do we not let our appetites, feelings, and passions run away with our judgment, and our convictions of what is really for our highest good? Will He who seeth all things hold us guiltless for thus inverting the order of his universe, and allowing our lower faculties to triumph over faith, justice, intellect, and humanity, without one effort towards obedience? One other thing made a deep impression on my mind, and explains one deep, one all-pervading cause of the prevailing ignorance in those regions. When soliciting assistance in the establishment of schools, excuses would often be made, "We are too poor; we cannot afford it!" But they were not too poor to visit the grog-shop; not too poor to thrust the (as they thought) delicious quid into the mouth as often as desired; not too poor to furnish coffee, blacker and more malignant in its color than the demon of darkness himself, three times a day to the whole family; and not too poor to spend a great amount of time and exertion raising, cooking, and eating that most charmingly refined, neat and polished appendage of society—the hog. By simple dietetic measures I passed, without visible harm, through one of the most sickly seasons the South has ever known,

while the cry all around was, fever, fever, fever; and calomel and beloved quinine were adding new misery to the horrors of disease. F. A. G.

A CALIFORNIA FRUIT TREE.—Last year, in March, Mr. A. Myers sold a golden pippin tree to Mr. Beard, of the mission of San José. The tree was scarcely larger than one's finger, and had neither bud, branch, nor leaf. There is now on exhibition, at San Francisco, a beautiful apple, the product of this tree, which, in fragrance and appearance, is equal to the finest we have ever seen. All the books on agriculture—all the "leaders" in newspapers on the subject, are as nothing in comparison with this one fact, as exhibiting the matchless soil and climate of California.—*Commercial*.

[If "golden pippins" can thus be produced in California, it will afford a field more useful and scarcely less profitable than the gold mines themselves. We have had the pleasure of shipping quantities of apple seeds to both California and Oregon the past season. We may yet export dried fruit from those States to Europe. Who will take the lead in this enterprise?

VEGETABLE FOOD ABUNDANT IN LAPLAND.—There is no more common objection to the universal applicability of vegetarian principles, than the notion held, by those who have not examined the facts of the case, that vegetable food cannot be procured in the cold regions of the north, and there is nothing more opposed to the truth. George Combe commences his CONSTITUTION OF MAN with the following illustration of the reason for what exists: "It is a matter of fact that arctic regions and torrid zones exist; that a certain kind of moss is most abundant in Lapland in mid-winter; that the rein-deer feeds on it, and enjoys high health and vigor in situations where most other animals would die." It is well-known, or, if it is not, it ought to be, that this "Iceland moss" is a most nutritious vegetable, and when properly cooked, becomes well adapted for human sustenance, especially in cold climates. What, then, is the value of this far-fetched argument of our anti-vegetarian friends?

MATRIMONIAL CORRESPONDENCE.—The WATER-CURE JOURNAL for March contains quite a number of interesting letters under the head of "Matrimonial Correspondence;" and among them we find one from "Fida," who expresses a decided partiality for editors and printers. Poor innocent, uninitiated Fida! Her acquaintance with the profession must, we are sure, be limited. But still, if the fair Fida (we have made up our mind she is good-looking) "loves us for the troubles we have passed," we certainly can do no less than "love her that she does pity them."

We think we know of some bachelor editors who would like to find for themselves a Fida; and we recommend, as the best method we know of, that they put their names down under this matrimonial correspondence and "run their chances."—*Public Medium*.

A MONUMENT OF MERIT.—Mr. Bowen, of the firm of Bowen and McNamee, of New York, has just ordered \$600 worth of evergreens to be set out in the streets of South Woodstock, Connecticut, his native village. A sensible way this to keep "his memory green."—*The papers*.

[MAPLE MONUMENTS should line the streets of every village, while fruit trees should be planted by every lane and roadside throughout the land. Who can estimate the good which would result from a work so benevolent? Young men, plant trees along the highways—fruit trees if you can, shade trees if no other—but plant trees!]

WITHIN a few days, three women have been fined in Boston for flogging their husbands.—*Franklin Democrat*.

[Well, why, what of it? Are not these the days of equal rights?]

Home-Voices.

ONE page of personal experience is worth folios of theoretic fancies.—
DR. KITCHENER.

EXTRACTS OF LETTERS.

FROM M. C. A., Pulaski, Ill.—The WATER-CURE JOURNAL is doing acts of mercy in this Western country. Wherever it is taken it is cherished as a messenger of good tidings; and many who thought it was all a "humbug" on its first introduction have become friendly, or cease to oppose it. The Allopathic doctors are forsaken by the mass of the people, and look like so many wolves going about in search of prey. Many of them have acted wisely, and left off their practice of killing people, and gone to business more honorable. Parsimonious persons find that it is *economical* to take the JOURNAL; as it saves them not only the expense of purchasing tobacco, tea, and coffee, but also *doctor-bills*. I know one man whose doctor's bill for the last seven years preceeding 1849, amounted to \$27 annually, since which time he has had no sickness in his family, and consequently no doctor-bills to pay—in consequence of his taking the WATER-CURE JOURNAL.

[The drug-doctors' occupation is nearly gone in many places out West. The people will read, and reading they believe; and the WATER-CURE JOURNAL and the "Encyclopedia," or the "New Illustrated Family Physician," take the place of Dr. Calomel and his pill-bags. Those who make this change never desire to "swop back."]

FROM J. C. G., Ripley, N. Y.—Your JOURNALS are worth more to me than ten times their cost. Oh! had I sooner known the truths presented in them, I might have saved myself many hours of untold misery. I little realized the consequences of yielding to the temptations to sensual enjoyments. But I hope. The blessed truths taught by Hydropathy and Phrenology tell me I may live, that misery need not be my portion. Noble souls are those engaged in spreading the precious doctrines taught in your JOURNALS. May they never cease to warn and instruct their fellows, and especially to teach the rising generation! When I read such passages as I find in your last WATER-CURE, in the address of Dr. Hamilton, it fills my soul. How true every word! Such a man must do good: he must have a *mind*. What that is truer than the following words from his address: "The *control* of the *passions* and *propensities*—here we shall meet with the *greatest obstacles*, and in proportion to our *success here* will be our *triumph* in the management of disease." The passage immediately succeeding this is most excellent; so is it all.

FROM F. A. M. S., Wapello, Iowa.—My husband is trying to quit the use of tobacco; and I think it will be a great benefit to his health, for he is quite nervous. I have had the third-day ague all the time for four months, but still my faith is unshaken. I believe water will cure it. I have had also the neuralgia, mostly facial, all the fall, arising from debility and decayed teeth; but I have no one to pack me, as my husband has been from home all the fall; but I have had one tooth out, took a pack last week, and had a light chill last night. I have treated my youngest son, a boy of five years, who was always diseased, and had been drugged three or four years, this fall; and, although he had taken no calomel for eighteen months, he was salivated three weeks. His complaint is affection of the liver, with hemorrhoids, causing prolapsus of the lower bowel, which has had to be replaced after every evacuation for three years; he had more than forty boils, besides being covered with skin blisters; it has been about six weeks since his body became well enough for me to rub him; he was a perfect skeleton, but could stand alone all the time. My faith was almost shaken when his strength failed day by day; but still he would answer always to the question, "Do you want a doctor?" with great emphasis, "No." But now he is around all day, and can walk a quarter of a mile; although his digestive organs are quite weak. I am a hard-working woman, and I think the Water-Cure adapted to the working-class; but, alas! how blindly they cling to their idols, and say the doctor knows. One lady said she would rather die with the consumption than look like a fright with a loose short dress. But time and patience will even work wonders. I have been sent for in two families to bathe, and they begin to *believe* when they see my boy walking around, and our doctors have both buried theirs.

[The foregoing is from a conscientious, energetic, and brave Water-Cure woman. Such a one will overcome all obstacles and all opposition. Such pioneers of reform have a hard and thankless task to perform in the outset, but a few years will work wonders in opening the eyes of the people to the enormities of druggery and the beauties of the Water-Cure.]

FROM S. H., Peoria, Ill.—As to pecuniary considerations, it is useless to speak. Only think of two such publications as the PHRENOLOGICAL and WATER-CURE JOURNALS being furnished one whole year—when sent for in clubs—for *one dollar!* Why, it is next to nothing; every number is worth the money to any one who will study and practise their teachings. I know this by experience. I have been a regular subscriber to the JOURNALS for the past four years, and to say that they have merely saved me ten times their cost yearly, would be paying but a poor tribute to their real merit. When I commenced reading the JOURNALS I used tea, coffee, meats, and high-seasoned dishes of various kinds; now I have nothing to do with either; then I thought it necessary to take several ounces of blue-pill, besides several kinds of alcoholic bitters yearly, to *purify* the blood and ward off bilious attacks which are so prevalent in this country. Now, I have no use for such stuffs, having removed the principal cause of those attacks by a change in my dietetic habits; and I find that frequent ablutions in pure *cold water*, in connection with a strict vegetable diet, is all-sufficient to purify the blood and insure one almost uninterrupted health.

[Yes, it *will* "pay," if that question comes up, to take our JOURNALS—pay in health and happiness as well as in money saved; and, more than all, it will help to redeem the world from sickness and physical and moral degradation, and hasten the advent of the "good time coming."]

FROM J. C. P., Lake Mills, Wis.—It is astonishing how rapidly the cause of Hydropathy is extending in Wisconsin. We frequently hear from different parts of the State: where two years ago the Water-Cure was hardly heard of, it now has taken strong hold, never to be abandoned. In this county, one town which last year furnished but five subscribers, which I sent, this year has an independent club of over thirty. Indeed, the principles of reform are fairly "before the people." Your JOURNALS are missionaries, persuading the people to abandon their false modes of living; creating a demand for good books, thereby enriching them body and mind—pocket besides. Cases of acute diseases, and especially fevers, are frequently occurring, in which Water-Cure is completely triumphant, furnishing facts for observation which are doing their work in a manner not to be misunderstood; no, not by the fogies themselves.

FROM A CONVERTED ALLOPATH, Mt. Palatine, Ill.—I have for a long time felt a desire to add my testimony with the many thousands who have gone before me in the field of reform in which you are engaged. It is worthy the attention of all, as it proves a blessing to mankind. The JOURNAL is doing wonders in the West, in opening the eyes of the blind, and unstopping the ears of the deaf, and healing the sick. I rejoice as did Simeon of old, that my eyes have often seen the great salvation.

I was a practising physician (Allopath) in Massachusetts for a number of years before coming West, which I did in 1841. I have long since quit the drug system, tea and coffee, and those poisons which tend to kill, and am a free man. I drink at nature's fount, and rejoice in my pilgrimage. I am looking forward to the time when I shall see many more redeemed from Allopathy and come into the Hydropathic ranks. Speak kindly to the Allopaths, for they have too long made silver shrines for the goddess Diana, and their craft is in danger.

L. D.

FROM H. B., Williamsburg, Mo.—Most persons here are more or less in the habit of making their stomachs the receptacle of the doctors' pill-bags, and, as a matter of course, we have a great deal of impotence and effeminaey in our midst, and the natural sequent is, degeneracy follows in its train. Instead of becoming familiar with the *real* cause, cure, and prevention of diseases, why, the argument is advanced that the doctor does all this, and there is no necessity of others doing so. I long to see the WATER-CURE JOURNAL in the hands of all; not that I expect that it would convince all of their errors, for there are those that will not yield to proof, however plain and powerful; but there is a vast deal of benefit to be derived from it, even if one does not concur

with the views advanced: the code or standard of morals advocated by it is the highest contended for by any publication. I have taken the PHRENOLOGICAL JOURNAL three years, and the WATER-CURE JOURNAL one, and I hope I may never be deprived of them so long as I live. I also hope the time is not far distant when it may be an object for lecturers to traverse the State and lecture.

[Everywhere throughout the West and South-west there is a great demand for lecturers and physicians of the right stamp—pure Hydropathists, zealous, earnest, and well-educated. The people need instruction in the laws of life and health. There is a call for the physician to take his true place in the community—the place of teacher of hygiene—though there are unfortunately plenty of sick people yet to give him other work.]

FROM F. G. C., Beloit, Wis.—I am much pleased with your JOURNALS, particularly the WATER-CURE JOURNAL. I "have suffered many things of many physicians," and some time since came to the conclusion to "drug" no more. We very much need a Hydropathic physician here, and think Beloit and vicinity would support one handsomely. Beloit has a population of about 3,500, and we think it a "right smart chance" of a place. We have an army of Allopaths among us, who ride rough-shod over the necks of the people. A goodly number of our citizens prefer the Water-Cure treatment to all others, and practise it as far as their knowledge extends. Indeed, we are having quite an extensive "revival" hereabouts, and *conversions* to the *good cause* are of daily occurrence. For one, I am bound to circulate the JOURNAL among the people, and shall make an effort to send you a new club of subscribers to commence with the July number. Put me down for a "life" subscriber.

[The letter from which the foregoing is an extract is dated May, 1853. It got mislaid, or would have found a place at the time. Later returns from the writer, and the increased list of names on our books, attest that he has not lost his interest in the good cause, but still, to quote his own expression, "rides the Water-Cure hobby."]

FROM D. T., Albany, Oregon Territory.—The health of emigrants this season was good compared with what it was last year. The diseases that prevail are bowel complaint, and what they call mountain-fever. Tetter, erysipelas, scurvy, and serofula, frequently make their appearance in subjects predisposed to them. This is probably owing to the absence of fresh vegetable diet, and the enormous quantities of swine's flesh consumed on the journey. Most emigrants provide themselves with cholera medicine, pain-killer, brandy, quinine, &c., to repel the attacks of disease. The result of the contest is various with different persons, and at different times; sometimes the disease is victorious, and sometimes the medicine, or rather the vital energies of the persons attacked. The most of the emigrants are from Missouri, Illinois, and Iowa; and exceedingly few of them appear to be acquainted with the blessings of Water-Cure. The writer brought with him nothing in the shape of medicine; believing that wherever good water could be found, there Providence furnished him with medicine; and accordingly, when diarrhoea threatened our health, the abdominal compress or long wet towel was employed, and the quantity of food greatly diminished; and this consisted in boiled rice for the most part. Should the complaint appear a little obstinate, the syringe with cold water was employed once or twice, and no further doctoring was required. Two of my drivers, who held Water-Cure in contempt, but who were ignorant of its principles or practice, took dysentery, and used cholera medicine, pain-killer, opium, &c. The medicine, however, was like to *kill* one of them, as well as his *pains*; he therefore sent back for a doctor who was travelling in a train fifteen miles behind ours; and behold, when he came, he told the patient that his *main reliance* for a *cure* was on the use of the syringe and wet towels applied to the abdomen. With the use of these Water-Cure appliances, and some medicine from the doctor, he got over the disease in five or six weeks; but had he applied to me, and used the Water Cure, he might, under Providence, have had his complaint removed in that many hours from its commencement. Having him and his brother sick in my wagons for about a month on Bear and Snake river, helped to break down two teams for me and occasion the death of some fine oxen.—Yours, &c.

[We thank our correspondent for his hints to emigrants, and commend them to all whom it may concern. Don't take the doctor's pill-bags with you when you go West.]

Deferred Articles.

HOW TO MAKE MONEY FAST AND HONESTLY.—Enter into a business of which you have a perfect knowledge. In your own right, or by the aid of friends on long time, have a cash capital sufficient to do at least a cash business. Never venture on a credit business on commencement. Buy all of your goods or materials for cash; you can take every advantage of the market, and can pick and choose where you will. Be careful not to overstock yourself. Rise and fall with the market on short stocks. Always stick to those whom you prove to be strictly just in their transactions, and shun all others, even at a temporary disadvantage. Never take advantage of a customer's ignorance, nor equivocate, nor misrepresent. Have but one price and a small profit, and you will find all the most profitable customers—the cash ones—or they will find you.

If ever deceived in business transactions, never attempt to save yourself by putting the deception upon others; but submit to the loss, and be more cautious in future. According to the character or extent of your business, set aside a liberal percentage for printing and advertising, and do not hesitate. Never let an article, parcel or package go out from you without a handsomely-printed wrapper, card or circular, and dispense them continually. Choose the newspaper for your purpose, and keep yourself unceasingly before the public; and it matters not what business of utility you make choice of, for if intelligently and industriously pursued, a fortune will be the result.—DR. BOURNE.

[There are some good hints here, which prove the Doctor to be something of a business man.]

PUERPERAL FEVER.—On the 17th of October I was called to see a lady in Putnam Co., Mo., who had been nine days in *puerperal* fever. One Allopathic and one Botanic physician had been attending on her all the time, both of whom declared they had done all they could, and that she must die. I was then sent for, but not being at home, I did not see her till the afternoon of the 18th. The patient was suffering with a severe pain in the right hip, remitting only for a moment or so at a time. So severe was the pain that her screams could be heard for half a mile. Her cheeks were as red as scarlet, eyes sunken, and quite delirious at times; head very hot, tongue thickly coated and dry, great difficulty in breathing, feet cold as clay, great tenderness in the abdomen, and pulse one hundred and twenty.

Cold applications were immediately made to the head, breast, and abdomen, and bottles of hot water to the feet. When the cold applications were made, the patient exclaimed, "Oh, how refreshing!" As much cold water as desired was given, which had hitherto been denied. The hot fomentations were applied to the hips, and to the astonishment of all present, by twelve o'clock at night the disease began to yield to the treatment. The cold applications were frequently changed, and the bottle removed every half-hour. Next morning, flush in the cheek gone, tongue moist, coating white, pain in the hip considerably abated, breathing easy, and pulse one hundred and twelve. In six days the fever had entirely left, and the patient considered convalescent; and in two days more, able to sit up long enough to have her bed made and clothes changed, without prostration or fatigue. I would remark, that

owing to the fact of the patient's being so full of pain, and her leg so stiff, she could not be moved; hence we could not resort to the sitz-bath, wet-sheet, etc.; hence, her cure was not as speedy and relief as quick as it otherwise would have been; yet I regard this case as being one among the most striking evidences of the powerful resources of Hydropathy in relieving pain and extinguishing inflammation.—D. A. M. [Bloomfield, Iowa.

WATER-CURE IN CHILDBIRTH.—My wife has had eight children, and in all the cases of confinement she has always been kept in the house and bed from three to four weeks, and commonly has caught cold and had to call in a doctor; but the last time, against the remonstrance of all her friends, she resolved to carry out the directions given in your excellent paper. I must confess I was uneasy, and much concerned for the result. The old midwife told her it would be sure to kill her; but she was somewhat disappointed, for my wife, like the Hebrew woman, was delivered before she came. Her friends generally talked of her strange notions; but the fourth day she went into the garden, and she could have done so the third day, but it was a cold, blustering day; and she kept her bed no more, but attended to her business as usual.

A. B. F.

[A correspondent in Campbell Co., Georgia, sends us the above little item of home experience. Such facts tell more effectually than the most logical arguments.]

RUM AND DRUG-DOCTORS.—People of the "old foggy" school think your JOURNALS are too hard on "rum" and the "drug-doctors;" but since I had the pleasure of calling at your office, (about four weeks ago,) two "items" have come under my notice which ought to lead to a different conclusion. I left Cincinnati on the boat *Indiana*. Within twelve hours the pilot, who was in "liquor," ran the boat ashore three times, the third time knocking a hole in her bottom. The boat had to be hauled out of the water (on the "dry-dock" at Madison) for repairs. After trying for two days, with but little success, to get the boat in a position so that she could be overhauled, a telegraphic message was sent to Cincinnati for another boat to take the passengers to New Orleans. The *Indiana* lay three days idle, at an expense of \$275 per day: and the owners gave us the whole of our passage-money back, or passage on the other boat. The pilot's "drink" will cost him the loss of his situation, a fine of \$1500, the loss of his "license" for one year, (by which he cannot act as pilot;) and to crown the whole, the owners of the boat intend to bring an action for damages. The pilot's pay was \$250 per month.

The second "item" is as follows: One of the engineers of the boat I am now on, about ten days ago had a small "pimple" break out on one of his fingers; he did not think much of it for a day or two, doing to it what he thought best. Unfortunately there happened to be two drug-doctors on board the boat. After a few days one of them saw his finger, and told him that as he had not called in a "doctor" at first, it was possible that he might now lose his finger. The two "doctors" now took his case in hand. Gentlemen, they killed the poor fellow; he died yester-

day in the most dreadful agony. Being told that there were two "doctors" on board, I asked one of the passengers which was the other; (I knew one of them.) He said, "Why, that fellow who is all the time half drunk?"

J. H. C.

[Mississippi River, near New Orleans.

Poetry.

HYGEIA.

BY HORACE S. RUMSEY.

GODDESS of Health and Beauty, hail!
Hygeia, rosy maiden;
Thy goblets filled with Adam's ale,
With fruit thy panniers laden,
And he who quaffs the sparkling dew,
Where lurks no fiery spirit,
And is to laws hygienic true,
Shall length of days inherit.

His cup of sweets shall reach the brim,
Now pleasures ever blinding;
Oh! happy is the life of him
Hygeia is attending.
Her smile is like the sun's warm ray,
On earth in spring-time falling,
When Sol from cold, ungenial clay
Is sweetest blossoms calling.

Her voice is like the song of bird
In amaranthine bower;
The heart's fine chords are sweetly stirred
By its enchanting power.
Her step is like the genial shower
O'er violet beds distilling;
Her breath, th' aroma of a flower,
The air with fragrance filling.

Light flow her robes; her limbs are free,
And sylph-like is her motion;
She moves majestic, gracefully
As swan upon the ocean.
Her haunts are where the balmy breeze
Is ever freshly blowing,
By murmuring rills, where forest trees
Are wide their branches throwing.

She nerves with strength the yeoman's arm;
His habes she crowns with roses;
O'er him at eve she breathes a charm,
Then sweetly he reposes.
Her best-beloved are sons of toil,
She giveth them her blessing;
But who from exercise recoil,
Receive not her caressing.

Ye smitten by disease and care,
Oppressed with many a sorrow,
Go breathe the health-restoring air,
Toil for a better morrow.
Go lave ye in the sparkling rill,
Sip of the crystal fountain;
To-day ascend a gentle hill,
To-morrow climb a mountain.

Then from your airy height survey
The realms of Health and Pleasure;
Drink in the scenery day by day,
And yours shall be the treasure.
The rose shall with the lily blend,
And glow in every feature;
Hygeia will your steps attend,
If you commune with nature.

Elmira Water-Cure, N. Y.

The Month.

NEW YORK, MAY, 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.

Office Removed.

THE OFFICE of the WATER-CURE JOURNAL has been removed to 308 Broadway, New York, where all letters and other communications should hereafter be addressed.

We are two blocks above the Park, and not more than five minutes' walk from our old stand on Nassau street.

Go up Broadway, pass the Astor House, City Hall, the Irving House, and Stewart's marble block, and our office will be reached a few steps above, nearly opposite the New York Hospital.

Our address is now as follows :

FOWLERS AND WELLS,
308 BROADWAY, NEW YORK.

MAY MATTERS.

BY R. T. TRALL, M. D.

WATER-CURE FOR THE POOR.—Long, deeply, and seriously have we pondered on a subject which our correspondents are frequently writing about. Complaints come to us from all quarters, that the Water-Cure gospel is too expensive for poor folks; and so far as most of the "Establishments" are concerned, this is true to a great extent. The honest, industrial, productive, and intrinsically most useful classes in society are apt—so imperfectly are the premiums of civilization awarded according to merit—to be the poorer classes. But they are certainly no less entitled to enjoy, in health, the circumstances of comfort, and in sickness, the conditions of cure.

Unfortunately rather than criminally, the present generation of invalids became such in ignorance of the laws of health. If the next generation is a race of invalids, the penalty of violated law will be, in part at least, well merited; for, with all the machinery now in operation to enlighten mankind on this subject, the majority cannot long be in a state of excusable ignorance.

But all existing invalids who are curable ought to have an opportunity to get well. Many—a majority probably—can work out

their own salvation at home, aided, by such hints and instruction as they may derive from this Journal, the *Quarterly Review*, and the standard books of our school.

But some there are who cannot do this; they require all the facilities afforded by the best establishments and most skilful physicians of our country, and often it takes a long course of treatment to cure—six or twelve months, or even longer; and this, at \$8 or \$10 a week, is no small affair to a workingman. Many could and willingly would "throw away" a year or two or three, for the sake of possessing health for the remainder of life; but as to the money, where is that to come from?

Complaints are sometimes made that Water-Cure doctors, like doctors of other schools, have a hankering after "filthy lucre;" that *money* is the great end and aim of the keeping up of their establishments. This may be true. We have not a word to say as to Water-Cure doctors being any better men, *as men*, nor any less avaricious, *as the world goes*, than doctors of other schools. Human nature may be the same, whether the being manifesting it believes in one system or another. All we are particularly anxious to prove, or even to argue before the public, is, that the Hydropathic system is the most successful method of preventing or curing diseases.

But sometimes the proprietors of the Water-Cure establishments are not fairly represented. Few persons have any adequate conception of the wear and tear of mind and body of proprietors and physicians; of the hard drudging labor of attendants and servants; of the waste and destruction of machinery and furniture: and after all, the expenses at the best Water-Cures in the country, including room, board, lodging, bathing attendance, and medical advice, are less, considerably less, than the expense of merely boarding at a second-rate hotel in the city, or a first-class boarding-house in the country.

But all these considerations do not provide for the poor and needy. We can suggest but one scheme that will meet this emergency, and to carry this into successful operation requires capital. With *ourselves* it has long been a favorite, a *darling* project; and we are happy to be able to record the fact, in evidence of the philanthropy of *some* Water-Cure practitioners, that several of them have also, with no promptings from us, suggested a similar plan; and although we are rather anxious to

have a hand in carrying out the project, and monopolize the lion's share of the profits—for we are perfectly sure it *could* be made profitable—we are willing to manifest our unpaid-for benevolence in exposing the whole affair, so that "whom it may concern," if so disposed, can anticipate our enterprise and secure to themselves all the honors and emoluments.

It is this: Form a joint-stock association, with a capital of \$30,000 or \$40,000 or \$50,000. Invest the capital in a farm of 50 to 100 acres, where there are plenty of living springs of pure soft water bubbling out of the earth at a sufficient elevation to be conducted by its own gravity all over a four-story building; with a stream also large enough to make a power for mechanical purposes. Erect a plain but commodious house, capable of accommodating five or six hundred persons. The different stories might be arranged so as to accommodate both rich and poor, say \$10, \$8, \$6 and \$4 per week.

Some light mechanical business, (we can at this moment think of several suitable kinds,) which can be learned in a few days, and which brings ready pay, should be introduced, at which invalids might work for the double purpose of healthful exercise and of earning their way. Some would be able to earn more than their expenses, others one half, and others more or less. In this way hundreds would be able to remain at the establishment until recovery was complete, and, what is almost equally important, other hundreds would get well much faster by having their minds diverted by some profitable employment, instead of brooding continually, as they are apt to do, even when walking along surrounded by the loveliest scenery, the most beautiful streams, the finest rivers and bays, the most charming valleys, and the most magnificent mountains on earth.

Of course we would have labor, remunerative labor adapted to females as well as males; and our present notion is, (and we have thought *seriously* on this part of our scheme,) to have the workshops planned so that both sexes should work in each other's presence. One especial motive we have in this part of the arrangement is, to "elevate the dignity of labor."

We would have all the business transacted on the "mutual assurance" or joint-stock plan. We would have all persons interested, stockholders, housekeepers, farmers, gardeners, physicians, superintendents, &c.,

paid out of the profits, or made to suffer the losses, according to the scale of their capital invested and services. All help or servants are of course to be paid by the month, and all invalids by the job or piece; these items going into the sum of the expenditure.

This is, very briefly and hurriedly sketched, our whole scheme. Those who have the money and the inclination are welcome to take the enterprise off our hands; otherwise we shall continue to cherish the expectation of sooner or later realizing the project for ourselves.

One difficulty may be suggested to all this project, which our friends may say, as has been said of Western cities, "looks so pretty on paper," that of finding a suitable location. To this we have only to reply that we know of locations within an hour or two of this city, having all the requisites we have indicated. Other ones and better ones, however, may be found, by a little time spent in exploration. We know persons too, who would be willing to become associated in the enterprise and furnish a part of the necessary capital; all of which information is at the service of any person and all persons who have the honest means and the earnest disposition to enter into the scheme.

Miscellany.

WATER-CURE IN THE COUNTRY. BY WM. A. ALCOTT, M.D.—Having occasion to lecture, and to spend ten or twelve days in Athol, Mass., of late, in giving lectures on Hygiene, and finding that both of the public-houses there were places where rum and tobacco were thought more of than water, I solicited admission to the Water-Cure establishment conducted by George Field, M.D., of which your readers have heard, but of which they know less than I wish they did; for not only is Dr. F. one of the right sort of men, but he has one of the most accomplished assistants as a helpmeet which can possibly be found, to say nothing of other advantages at present enjoyed, or the society which his house affords. In the summer season particularly, his establishment affords a most beautiful retreat for those who wish to escape the noise and dust of the crowded town and city; and the scenery is delightful. It is, as you know, contiguous to the railroad, so as to be easily accessible.

I am the more free to commend this excellent institution to your notice, from the fact that I love modesty, especially that degree of modesty that does not seek to blazon itself, but contents itself in obscurity, when others will not notice it. Another thing moves me. In theory Dr. Field does not, I believe, entirely accord with me as regards diet, and yet I can truly say—and I rejoice to be able to say it—that he prescribes a vegetable diet for many of his patients—perhaps

for the most of them—reserving only the right to give a small amount of animal food to particular persons of a particular temperament. I will also concede, most cheerfully, that his table, though it contains once a day a very small quantity of animal food, is, nevertheless, as simple and rational and truly physiological a table as I have yet seen at any of the numerous Water-Cure houses I have visited. The cures effected by Dr. F. are, some of them, among the most surprising I have known.

Since I wrote you, I have also had occasion to spend a week or two at P. P. Stewart's establishment, in Troy. This is as popular as ever, and as deserving. There is among the inmates and boarders a laudable spirit of inquiry as to the way of life, physically, which I wish I could say was more generally diffused abroad. The inmates, in particular, seem not only disposed to get well of their diseases, but to *keep* well, by obeying the laws. Last evening nearly thirty of the patients and boarders came together to hear me on "Fires and Warming," and were scarcely willing to leave me at the late hour of ten o'clock.

HOME TREATMENT IN CHILLS AND FEVER.—This summer my wife was taken with the chills and fever. She took the "infallible cures" of her friends, who said if she took the water-treatment she would die, as she had been confined but three weeks before. To make short, they failed. She grew worse, and I determined to try the Water-Cure. I did so, and in two days she was well. Since that, I was taken myself. The second paroxysm, I took a rubbing in the cold sitz-bath before the paroxysm came on, then the cold wet-sheet pack, changing every half-hour, with much vomiting by warm water. Every few minutes, when the chill had worn off, I poured cold water on the head, and over the whole body; this kept down the fever, and prevented the sweating-stage. This constituted the first course. The second day I took a warm-water vomit every five minutes, commencing three hours before the chill, until near the time of the chill; then I took a blanket-pack, with bottles of hot water to my feet. I thus prevented the chill altogether. I would here mention that I ate nothing on my sick-days till after the fever was off, and very little even on my well-days. L. W. M.

HAVE YOU ANY MERCURY IN YOUR BONES?—This may be answered in the affirmative by nine-tenths of our adult population. When the weather changes, it may be felt. If we happen, from necessity, to lift the weight of our own bodies, we so far over-strain as to throw us on the "sick-list." If we happen to get caught out in a shower, the "mercury in our bones" gives us a deal of trouble. There are no less than thirty-six different forms in which *mercury* or *calomel* is applied or administered to the human system by the "regulars," who pronounce it "scientific," and according to their creed. Thus it comes about that we all have more or less mercury in our bones. It was fed to us when we were babies. Our mothers took it into their bodies before we were born. We have inherited their infirmities; being "bone of their bone," etc., we could not escape, but must endure and suffer on account

of the sins committed by them before we came to have a voice in the management of affairs; for are not the sins (physical) of parents visited upon their children, even to the third generation? This may seem hard, uncharitable, and even wicked, but it is so, an irrevocable law of—Nature, and there is no getting away from it. MERCURY is imported into our country by the ton, and administered to sick folks, and others who *think* they are sick, from over-eating, a want of fresh air or exercise—to anybody who will pay for it, shut their eyes and swallow it. They hope—blindly, it is true—to be better for having swallowed a virulent poison, which lingers through a painful life in their bones and bodies, until old mother earth receives them, still undissolved, into her cold sepulchre. Have you any mercury in your bones?

THE SOUTH ORANGE WATER-CURE ESTABLISHMENT opened on the 15th of April, under the management of Drs. WELLINGTON and MAY. See announcement in advertisements. Further particulars will be given in our next.

CASE OF RHEUMATISM.—Having been for years a constant reader of the JOURNAL, and seeing the encouragement you give to those who ask advice, I would lay before you a case upon which I would very gladly have your mind. I go upon the principle of the golden rule, "Whatsoever ye would that men should do unto you, do ye also so to them." Whenever and wherever I can find an opportunity of showing the beauties as well as benefits of the Water-Cure system, I do it "without money and without price." I have many enemies to contend against, but patience, success, and the *legalized murderous* practice of Dr. Allopath, are opening the eyes of some of my neighbors. One of them has been sick for four months of rheumatism—or I may say for years rather; for when he gets so as to work for a few months, if he takes a little cold he is down again. He has tried all the best (worst) doctors in the country—has been bled, blistered, cupped—in fact, has been made a miniature drug-shop, but all to no purpose—they have done him no good. His brother (one of the learned Allopathic profession) told him the other day, (after he had experimented upon him for years,) that he *might* give him something to *help him a little*, but that *he could not be cured*. This led him to think seriously upon the subject, and to give up in despair. However, he was induced by his wife to try the Water-Cure, and he concluded to do so, whether it kill or cure. I will now give you a few particulars:

Habits.—Has used tobacco, coffee, pork, and fine flour freely. He is spare in flesh; about thirty years old; dark hair.

Symptoms.—Severe pain in the shoulders and across the hips; feet very much swollen; restless during nights; stomach and bowels disordered. Can't dress himself, and can scarcely walk.

Treatment.—I commenced with the well-wrung sheet at 85°; a pack and dripping sheet; two or three foot-baths daily. I occasionally give a warm bath with a tepid pail-douche. This treatment with slight variations has been given about two weeks. Don't see much change. Feet still much swollen and tender. His skin will not

react with any thing colder than 80° or 85°; hard work sometimes at that. Told him he is a hard case, and need not expect to get better short of six or eight months. His skin is just beginning to exhale the impurities of the system. I have put him upon water-diet.

From the above statements, I hope you will be able to judge of his case, and to prescribe accordingly. I would earnestly beg of you to answer at your earliest opportunity, as many eyes are upon me, especially two of his brothers (doctors) and the rest of his family, who are dreadfully afraid of cold water.—Yours, in the cause of suffering humanity,
GEORGE THOMPSON.

Geneva, Kane Co., Ill.

[REPLY.—You are on the right plan. Persevere. It will take, as you suggest, months to cure; but it is the best the case admits of

CURE OF SPINAL CURVATURE. By W. A. ALCOTT, M.D.—Travelling among the hills of Massachusetts, a few months since, I fell in with an old educational friend whom, though I had not seen him for nearly twenty years, I immediately recognized. After the first salutations was over, he asked where I stopped. “Just by here,” I said, pointing to my place of sojourn. “Why don’t you go to the *Water-Cure*?” said he. “Will they admit me?” said I. “Most certainly,” he added: “we are not very full just now.”

I removed, by my landlord’s permission, to the *Water-Cure*. It was in Athol, at the upper village. The place in summer is most delightful. It is conducted by Dr. George Field, a well-educated and sensible practitioner of medicine, aided and sustained and cheered—for we find here and there a help-meet to man—by his excellent wife.

Here I staid ten days, during which time I was chiefly employed in giving lectures in the two villages, in visiting families, prescribing for invalids, &c. I also seized the opportunity to make observations on the treatment of patients, of which the Doctor had several interesting ones. For your readers know already that I am an “old-school physieian,” not yet so nearly converted to the Water-Cure as the air-cure. Still, I was anxious to learn all I could of disease, and of the peculiarities, if there were any, of treatment. Among the patients was a Miss ———; she was twenty-four years of age, and had been sick for eight years. For the greater part of the time she had been confined to her room, and for a part of it to her bed. She had taken for her stomach, liver, bowels, nerves, &c., and to induce sleep, a world of medicine, so to speak; and yet, like the woman of old, was nothing bettered, but rather grew worse. She even arrived at the institution leaning upon three different kinds, and feeling as if she could not live comfortably without them. Had labored very hard from fourteen to sixteen years of age; and had not, all the previous summer, been able to walk farther than the door-yard gate.

When she came to Athol she had very bad lateral curvatures of the spine, obstinate dyspepsia, liver complaint, prolapsus uteri, and neuralgia. The last, however, was probably sympathetic. Which of all was the primal disease I am not formed. In circumstances like these, she ought to have remained at the Institute a year; but she

staid only twelve weeks. In that time the curvatures—strange to say it—diminished one half, or not far from that. The digestive organs all improved slowly, but surely. The same might be said with regard to the prolapsus, neuralgia, and general strength. She was able to walk half a mile without harm, and to perform some labor. At the last I heard of her, which was about Jan. 1, (three months or so after I saw her,) she was so far recovered as to be able to work for her board; and her weight was greater than for many years; having gained in all ten pounds!*

I ought to add that she was kept, so far as I could ascertain, on a very moderate diet as regards quantity; and I might even say as regards quality too. The most rigid vegetarian could hardly have desired more. She took three cool baths a day; and was constantly required to take what exercise she could, and not reduce her strength by it.

This case I regard as adding one more to the many brilliant triumphs of Water-Cure in this country. The almost miraculous air-cures performed at Mr. Stewart’s institution in this place, (Troy, N. Y.) some of which I should like to send you ere long, will hardly exceed it. By the way, why does not some New Yorker who loves the country buy out Dr. Field—if, indeed, the latter could be induced to leave so charming a summer residence, and so delightful a retreat for invalids?

* Since writing the above, I have ascertained that on Feb. 7 she had gained in all fourteen pounds; had nearly lost her craving appetite for food; and was almost nearly satisfied with her single slice of bread for supper!

Reviews.

THE POCKET WATER-CURE GUIDE; showing how much better Disease can be cast out by Natural Means than poisoned out with Drugs. By W. HUNT. Published by FOWLERS AND WELLS, 308 Broadway, New York.

Such is the copious title of an admirable little tract which the author tells us is intended for those who *think for themselves*. It is, however, well calculated to “make some think who never thought before” on the simple truths of health and hygiene, and to make those who have thought much on the subject of drug-medicines “now think the more.”

It contains the quintessence of an introduction to the Water-Cure system, compressed within the limits of a little book of thirty-two pages, and of a size suitable to be enclosed in an ordinary letter envelope, thus being fitted for universal distribution. A single sixpence will enable any person to send the work through the post-office, prepaid—the book costing three cents, and the stamp three cents more—to any deserving friend or needy enemy.

The author has long been a consistent and exemplary advocate of health-reform, and in his travels among strangers, and visits among friends, he has listened attentively to, and carefully noted the objections which are most frequently and most forcibly urged against our system; and to answer these objections indirectly by giving the information necessary to remove them has been the main object of the author in preparing the work. A few brief extracts will indicate its peculiar features.

EDUCATION.—In educating the child, we should begin with the body; all its powers should be developed and strengthened, and their energies made to serve the true interest of the intellectual and moral nature. To secure this end we should understand the structure and uses of the several parts of our own frame, the relation and adaptation of food to the organs of digestion, of air to the lungs, of light to the eye, of sound to the ear, of clothing to the body; that in adjusting these relations, reference must be had to exercise and rest, sleeping and waking, moisture and dryness, change of temperature and the vicissitudes of the seasons. It should be enjoined upon the child that the laws of health are the laws of God; and that it is no less sinful in the sight of Heaven knowingly to waste and destroy life little by little, than it is to commit suicide at once.

NATURE AND MEDICINES.—Every effort of nature is for health. Medicines, instead of aiding, check her curative processes. They deaden and stifle diseases, instead of casting them out. Often they change acute affections, which, left to their own course, would result in health, to chronic and incurable diseases. In nine cases in ten the patient will get well if let alone. Unassisted nature, where there is a large stock of vitality, may triumph over both disease and medicine.

HEALTH REFORMERS are often confirmed invalids themselves. This tells against the cause which they advocate. The circumstance arises from the fact that ill-health first drew their attention to the subject; and while they reap few of the benefits and pleasures that an earlier inquiry would have yielded, others who have not sinned away their day of health and strength, or let false habits get too strong a sway, may, if they will, profit by their investigations.

THINK FOR YOURSELF.—Respect no doctrine on account of its age or the numbers who believe in it. The precept of the apostle, “Prove all things; hold fast that which is good,” is now beginning to be understood, respected, and obeyed. Reject no doctrine because it is as yet new, and its teachers have their fame yet to acquire; or because it has not the influence of numbers to support it. A man should look back upon the wrongs, falsehoods, and errors of the past, as he looks upon the follies and mistakes of his own childhood and youth. They are not to be re-learned or repeated. The past has its lessons; but it teaches us, for the most part, what to avoid.

CONSUMPTION IMPOSSIBLE.—It is *impossible* to have the consumption if the lungs are filled several times each day with a few *full* inspirations of *pure fresh air*.

Now it is *unnatural* to fill the lungs when there is *no demand* for the air, therefore take a little active exercise just before your deep breathing, and all will be right.

WORK FOR THE SICK.—The sick have their work to do as surely as those in health, and they require a strong power of *will* to do it; their work is to leave off bad habits—to resist such *customs* as are injurious—“cease to do evil, and learn to do well;” *seek* for the *right*, and when it is found, *practise* it; the bodily as well as the morally sick require *personal* effort.

All the waters of Jordan will not restore a person who lacks *soul-force* to abandon bad habits and substitute good ones—who shrinks from tasks that will become as pleasant as they are at first uncomfortable.

Where there is *no will* there is *no way*; the man of strong will often recovers, though you see him lying at the grave’s mouth; while the inefficient man dies from mere *spiritual inactivity*, though you can hardly judge him sick. The physician, the nurse, the friend, feel the courage of the one and the want of courage of the other, and, eating them, reflect them to build up one and kill the other. One is a firm believer in the doctrine that “God helps those who help themselves,” and therefore willing to work; the other, drone-like, is willing Divine Providence

should cure him, if it will, but unwilling himself to aid.

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mentary Substances to Health, with plain Receipts for preparing all appropriate dishes for Hydropathic Establishments, boarding-houses, private families, etc. It is the Cook's Complete Guide for all who "eat to live." Price, prepaid by mail, muslin, 87 cents.

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FRUITS AND FARINACEA, THE NATURAL FOOD OF MAN. By JOHN SMITH, Esq., of England; with Notes and Illustrations by R. T. TRALL, M. D.

This work is now stereotyping, and will be issued in four numbers, at 25 cents each. It discusses the question of vegetarianism 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; whilst an immense amount of important statistical data has been compressed into the smallest possible compass, and presented in an admirably systematic manner. In a word, it is precisely such a text-book as the age, the times, and the state of the public mind in reference to diet demand. FOWLERS AND WELLS, New York, Publishers.

Notes and Comments.

A "FIRST-RATE NOTICE."—The Supreme Court, at its last session in Franklin county, granted several petitions for divorce, among which was Sarah A. Mott vs. Darwin Mott, formerly editor of the *St. Albans Democrat*. Of this worthy the *Rutland Herald* kindly furnishes the following short and pithy biography:

"We know that man, D—M—. He came to St. Albans with a long face, a silver-headed cane, and Rev. prefixed to his name. He preached one faith a few mouths, and suddenly changed it. He preached and went hunting the same day. He lectured on Temperance (and the people were astonished at his stolen lectures and feigned honesty) and got drunk. He lectured to young ladies and played the adulterer. He kept a bad school—edited a reckless paper—stole money from his (borrowed) boy, and charged the theft upon the servant-girl—got the office of Deputy Inspector—got drunk on smuggled liquor—took one shirt, another man's wife, and a bundle of manuscript sermons, and ran away from his own wife, his paper, and a crowd of creditors."

That man ought to be handed over to the *Allopathic doctors*. They would take away some of his "bad blood," physic him thin as a June shad, put on a blister-plaster, give him cod-liver-oil, then in a few weeks hand him over to the patent medicine or sarsaparilla swindlers. Then he would sign any certificate, testify to the potency of patent medicine, linger a few long months, weeks, days, and—finally—be sold to the surgeons for dissection. We submit the question, Would not such a course be more humane than State Prison for life, or hanging by the neck?

CLEVELAND, Ohio, is a reading city. One thousand families take, on an average, ten publications each, including dailies, weeklies, and monthlies; one thousand families average five publications each; one thousand, three each; and two thousand, one each.—*New York Tribune.*

[Upwards of FIVE HUNDRED COPIES of the WATER-CURE JOURNAL are taken in Cleveland. And it is not only a reading city, but a beautiful and healthful city.]

DON'T GET SICK.—The *Christian Register* says: It is stated that the physicians of one of our cities have agreed to raise their charges—meaning to live, however it may fare with their patients. The patients had better strike and resolve not to be sick!—*Westfield News Letter.*

Water-Cure folks are already "on a strike," circulating Journals, and are in a fair way to dispense with both drugs and die-stuffs. We would again suggest the propriety of those drug-doctors engaging in some other pursuit which will "pay" better and at the same time be more useful—less injurious—cod-fishing, for example, or gathering roots and herbs.

WATER-CURES WANTED.—A correspondent writes from Wheeling, Va., as follows:

"The increasing and rapid growth of our city, the population of which is nearly 20,000; the dawning light of progression in Water-Cure, which has heretofore been dimmed by Old Fogysm, and many other reasons, demand that a physician of the right stamp—viz.: Water-Cure—should be established in our midst, thereby dispelling the gloom shed abroad by Allopathy and its adherents."

Dr. Vail, now of the Concord (N. H.) Water-Cure, is seeking a location for an Establishment. See advertisement.

TO COUNTRY PEOPLE.—We have received from the Secretary of the Children's Aid Society, Mr. Charles L. Brace, a circular addressed to "Farmers and Mechanics in the Country," from which we make the following extracts:

We call upon every man in the country who has the opportunities for it, and who would do a Christian charity, to assist us in getting these children *work*. There would be no loss in the charity. These boys are, many of them, handy and active, and would learn soon any common trade or labor. They could be employed on farms, in trades, in manufacturing; and many an intelligent lad might be saved to society from a life of theft or vagrancy.

The girls could be used for the common kinds of housework. They are the children of parents coarse and very poor, with many bad habits, but kindness has a wonderful effect on the young girl; and of this, the vagrant child in our great city gets little. A charity at this time of life would do what no reform or good influence can do afterwards.

It is hoped that farmers will be found who will take small numbers of boys on trial, receiving a fair compensation for their board, and then distribute them to those in want of such, through the neighborhood or country. Good references of character are in all cases demanded.

All communications on this subject will be addressed to the office of the "CHILDREN'S AID SOCIETY," No. 20 New Bible House; or, after the first of May, to the Clinton Buildings, Astor Place. CHARLES L. BRACE, Secretary.

We heartily commend this philanthropic and Christian enterprise to the country readers of our JOURNAL. Let us see what can be done to save the poor children in whose behalf this appeal is made. Those who have already grown up in the ways of crime and shame may be beyond our reach; for the young at least there is hope. Who would not stretch out a hand to save them?

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.

MILK-LEG.—J. M. M. "What ought to be done for a bad case of milk-leg, of four years' standing, now very sore and lame, and of the color of a bad bruise?" Keep the bowels very free with coarse food, and injections if need be; let the whole diet be very plain and simple; use the wet or dry pack (according to the general temperature) occasionally, so managed as to induce moderate sweating; and wear wet bandages to the limb a part of the time.

WHITE BLOOD.—M. L. U., Ulysses, Pa. "Our doctor tells us that the blood is white in the capillaries which connect the arteries and veins. Is it so? If so, what makes red cheeks?" Your doctor has propounded a disputed problem. The capillary system is made of a minute ramification of arteries, veins, nerves, and lymphatics; and the probability is that the fluid called white blood is a secretion or exudation from the blood, or the red fluid we call blood.

LOSS OF VOICE—HEARTBURN.—A. K., Quebec. "I send you the two following cases, for which I should be glad to learn if the Water-Cure furnishes a remedy:

"A lady, some years ago, took cold, and ever since she has completely lost her voice. She has always enjoyed the most robust health. The whisper is generally quite audible and intelligible, but at seasons of depression it can hardly be understood. On one occasion the voice returned altogether for a few hours.

"2. A lady of considerable nervous excitability is constantly troubled with heartburn; sometimes it yields readily to a simple remedy, such as drinking milk or eating an apple; at other times it baffles all attempts to relieve it."

We have cured many cases of loss of voice resulting from colds. It requires judicious gymnastic exercises directed to such of the respiratory muscles as are in a weakened or semi-paralytic condition, in addition to full water-treatment for the general health. Heartburn is a symptom of dyspepsia or indigestion, and will disappear if the primary malady be properly treated.

WHITE PAPER.—A correspondent wants to know if white unglazed paper is poisonous. To write on, it is not poisonous; but to eat or chew, it is. Fish and poultry are the *very worst* articles of diet to overcome a morbid appetite with. Better eat of the ordinary flesh-pots.

HYDROPATHIC SCHOOL.—"What would be the probable expense of attending two terms of the New York Hydropathic and Physiological School?" About \$200.

OBSTINATE ULCER.—G. A., Eldersville. Attend to the general health first. Give the wet-sheet pack occasionally; and adopt a strict vegetable diet. Wet compresses are the proper local appliance.

COLD OR HOT WATER.—A. E., Evansville, Ind., finds some discrepancy in the treatment of "congestive fever," as respects cold or hot applications, in the writings of Dr. Wood, Dr. Rausse, Dr. Shew, etc., and asks us to explain. All the difficulty will disappear if he will look *always* at the condition of the patient, and not at the name of the disease. An ever-present indication is to equalize the circulation. If the whole surface is hot, use all cold water; if the head is hot and feet cold, hot applications to the feet will most promptly meet the indication.

FLATULENCE.—J. O., Sardinia, Ill. "My symptoms are flatulence in the stomach and bowels, beating in the stomach and chest, difficult breathing," etc. Constipation is probably the principal difficulty. Use the plainest and coarsest food, rub and knead the abdomen occasionally, and daily take a sponge and sitz-bath.

BILIOUSNESS.—M. L., New York. "Will you please answer, in your next, how you treat biliousness? A young man, twenty-five years of age, who is troubled with pain and fulness in the stomach; has not a natural appetite, and often a dizziness in the head, with a delicate constitution, and subject to colds."

Give the patient a warm water emetic; let him fast for twenty-four hours, then eat very moderately afterwards of the plainest food. A daily bath or wash is necessary for cleanliness; and if his skin is yellow or jaundiced, he ought to have a few wet-sheet packs.

ERYSIPELAS.—J. C. C., New York. "Though this disease is almost universally prevalent, yet it seems but little understood and seldom, if ever, effectually cured. I was first attacked with it about a year past; it returned three successive times, and was cured each time by the application of bruised cranberries; and though it has not returned since, yet traces of it still remain in my face, and frequently exhibits itself in a fiery redness of the face and a burning heat, and keeps me in constant fear of taking cold and having it break out anew. If I may trespass on your time, I would take it as a special favor to have you briefly notice it in the next number (or as soon as convenient) of your valuable and instructive paper, the 'WATER-CURE JOURNAL.' Is it your opinion that the disease is affected by the constant use of flesh-meat, &c.? and if so, what course of diet would you recommend me to pursue?"

The common causes of erysipelas are salted meats, grease, fine flour, and seasonings or condiments of all kinds. The free use of fresh flesh-meat also tends to induce it. The proper diet therefore is, obviously and naturally, plain, unconcentrated fruits, vegetables, and farinacea. Don't forget a little washing of the whole surface, for "cleanliness is next to godliness," in all bad humors.

HARD WATER, &c.—A. E., South Framingham, Mass. All the questions you propound are fully discussed in the Hydropathic Encyclopædia. It would take a very long column to answer them here.

A PATHOLOGICAL PROBLEM.—H. S. H., Jamestown, N. Y. "In the March number of the JOURNAL I discover the following Hydropathic cough recipe, which I presume is all right: but as the *modus operandi* of *cure* seems to conflict with my preconceived notions of things, I take this opportunity of exposing my ignorance and asking for information. I have always supposed the object and office of every 'cough remedy' was to promote an easy expectoration, and thereby to assist nature in her efforts to throw off the offending matter accumulated on the lungs. Now, by following the directions of the recipe above alluded to, it appears evident to one with my present limited knowledge, that you effectually close up within the system what nature is making an effort to throw out, which of course must then be disposed of in some other way. Now, if you can enlighten me and some others of your readers on this subject, through the JOURNAL, without taking up too much room, I shall be duly thankful.

"A WATER-CURE COUGH RECIPE. By one who has 'tried it.'—Place a glass or cup of *pure soft water* within reach, and whenever inclined to cough, or feel an irritation or tickling in the throat, take a swallow or sip, with a determination *not* to cough. Continue this perseveringly, and 'my word for it,' the most vexatious cough will be removed in a much shorter time than by the use of any other means known to—yours truly,
E. F. R."

Your ignorance is no worse than similar ignorant notions we find in medical books. How it is that a few drops or sips of water can close up offending matter within the system, would puzzle Esculapius himself to explain. We should think it might mix with, dilute, and half wash away the stuff, providing it affected it in any way. But coughs are often induced by a tickling sensation; and this tickling sensation is induced by a dryness or feverishness, or want of mucous secretion in the mucous membrane of the mouth, throat, stomach, or windpipe; and, by affecting the respiratory muscles sympathetically, excites coughing. Now, cool water, frequently sipped, will supply the moisture, cool the fever, allay the irritation, and thereby prevent the coughing, &c. &c.

A TRIO OF QUESTIONS.—A. E., Framingham. "I should like to propose two or three questions in regard to the use of water on the head, &c. 1. Is it best, ordinarily, to wet the head all over—hair and all—when taking the morning bath, especially in cool weather? 2. In syringing the ear for deafness, &c., is there no danger of too much water *remaining* in the ear? 3. In using the heating bandage over the ear at night for the same cause, (deafness,) is there danger, ordinarily, of taking cold next day, if ears and side of the head are well washed in cold water and left unprotected?"

1. It is usually the better way if the hair be not too thick. 2. No. If any uneasiness is experienced after syringing, it may be absorbed by a little cotton-wool. 3. Not in the least.

COUGH AND EXPECTORATION.—S. D. A. "Is there any way (hydropathically) to stop a violent cough and expectoration, when the system is so reduced by prolapsus, &c., as to require an immediate check?" Much depends on the cause. If from consumption, it cannot be suddenly arrested. If a severe cold or acute inflammation, wet cloths to the neck, the chest-wrapper, and derivative hip and foot-baths, will almost always succeed very promptly.

ASCARIDES.—F. A., Fountain. "I have been troubled with small white worms from infancy. What is the remedy?" Eat mainly unbolted and *unfermented* bread, with good fruits; free injections are also occasionally useful.

SHOWERING THE HEAD.—J. B. B., Sparta. "Why is it injurious to take the water of the shower-bath on the head? I have always been in the habit of doing so without inconvenience." So have we and many others. It is objectionable only in feeble persons, or those liable to local determinations to the brain or lungs. In such cases the shock disturbs the proper balance between the circulation and respiration.

SOFT WATER.—L. B. M., Griffin, Ga. "Will you please inform us what is meant by the term soft water?"

We have in this country what we call freestone water and limestone water, &c. I have asked several whom I thought were learned and ought to know, but they do not agree. Some say rain or distilled water is soft water; others, warm water; and for that reason apply it to pond or standing water. From the reading of the cold-water books, I supposed what we call freestone water is what we mean by the term soft water—am I right? Again, some in this country say that constant or daily bathing in water will bring on disease of the lungs—will it do it?"

Water is *soft* when it will readily dissolve soap so as to make a good suds. It is *pure* when it holds nothing in solution. For hydropathic purposes water should be both soft and pure; for all pure water is soft, but soft water is not necessarily pure. To the second question—No.

Talk and Topics.

We feel that our readers, however distant, are not STRANGERS, but FRIENDS, with whom we may sit down and have a quiet familiar TALK, and to whom we may suggest TOPICS for CONVERSATION, DISCUSSION and INVESTIGATION.

FLOWER SEEDS BY MAIL.—Just as we expected.

We had estimated correctly the desires, wants, and wishes of our distant country patrons, who prove to be amply blessed with taste, refinement, and a love of the beautiful in nature. Every woman desires a flower-garden, and so does every man, though he may have heavy work to do, and it is impossible for him to attend to the adorning of the door-yard or garden, or he may feign to feel no interest in such matters. But offer him a fragrant bouquet when he returns to the house for his meals, or to rest, and see the "sunshine" in his eyes! Yes, be he ever so tired or troubled, a fresh flower will aid to cheer and comfort him.

We have the seeds of nearly a hundred varieties, (see MARCH NUMBER for a list,) which may yet be sent by mail, in time for spring planting in the Middle and Northern States. We have made arrangements by which we are enabled to send *double* the varieties offered in our March number. In smaller packages, that is, for 15 cents, we will send, post-paid, any *two* kinds or varieties on the list; for One Dollar, *fourteen* varieties; and for Five Dollars, *eighty* varieties—enough to beautify the pleasure-grounds of any private residence, Water-Cure establishment, school, or college. It will do in this latitude to plant flower seeds in May or June, and farther north, still later. Postage-stamps may be enclosed in a letter and remitted in place of small change. Address FOWLERS AND WELLS, 303 Broadway, New York.

PRICES RISING.—With the rise of prices for wheat, corn, and all other sorts of provisions, comes a corresponding rise in the price of house-rents, labor, and nearly every kind of agricultural and manufactured productions. Printing-paper has advanced from twenty to twenty-five per cent., while the wages of printers, stereotypers, and binders, have gone up in the same ratio. Books cannot now be manufactured as cheaply by twenty per cent. as formerly, notwithstanding the improvements in machinery. But when the "staff of life"—provisions—becomes more abundant, and when the world's people "stop fighting," and engage in more humane and sensible employments, then books may become more plentiful and accessible, schools more liberally endowed, a higher and better development of the race attained. Now, while a part of the human family are at war, others must work to provide them with food and raiment. Thus, a great loss in time, property, and human life is sustained, and the world put back. Still, *we do believe* in "THE GOOD TIME COMING," and shall, with the aid of our friends, continue to work for it.

DR. FRANKLIN'S "WATER-CURE" ESTABLISHMENT.—The FREDONIA (N. Y.) Advertiser gives the following description:

"This fine edifice, on Temple street, is nearly completed, and will be ready for public patronage on the first of May. On inspection, we were struck with the peculiar convenience and adaptation to the objects in view. There are upwards of fifty rooms in the building. On the basement, or ground floor, are bathing-rooms, and two of them are swimming-baths. There are also on this floor a kitchen, dressing and sleeping-apartments, vegetable and wood-rooms, &c. On the second floor, to which there are three front entrances, are the office and private family apartments of the Superintendent, a large parlor, dining-hall, and kitchen. On

the third floor, a large parlor and numerous chambers on either side of a hall 100 feet long by 10 feet wide and 12 feet high, which latter is to be occupied as a sitting-room by the occupants. The fourth story is to be used as a gymnasium, while the cupola above will afford a commanding place of observation. The roofs are made so nearly level as to be appropriated for promenade. On the whole, the entire disposition of the space seems to have been made under an admirable system of utility and economy, and reflects much credit upon the author of the design.

GOING THE WHOLE SAM PATCH.—The *Schoharie Republican* says: "A hog owned by Reuben Decker, who lives at Bouck's Falls, recently slipped off the bank, striking upon the ice, falling about 100 feet. The water being high, the hog was carried over the cataract, a succession of falls about 150 feet. Three hours afterward he was taken out of the water about one half-mile below the falls, alive, having sustained no injuries with the exception of one lame leg."

A DISCUSSION.—We have received several numbers of the *Democratic Transcript*, published at Canton, Ohio, and containing a discussion on Medical Reform between Mr. John Grable, a zealous Hydropathist, and a regular and somewhat rabid Allopath. Mr. Grable has the advantage of being on the *right side* of the question, and has therefore no occasion to fear the onslaught of a dozen M. D.'s. The crowded state of our columns precludes the possibility of copying any portion of the discussion.

MISS HARRIET A. JUDD—a medical graduate—is now practising Hydropathy successfully in Waterbury, Connecticut. We are assured that Miss Judd bids fair to occupy a prominent place in the medical profession.

MATRIMONY.—The *Matrimonial Correspondence* is necessarily deferred till our next number.

Business.

TO PREVENT MISCARRIAGES, DELAYS, OR OMISSIONS, all letters and communications relating to this Journal should, in ALL CASES, be post-paid, and directed to the Publishers as follows:

FOWLERS AND WELLS,
No. 308 Broadway, New York.

MEDICAL WORKS AND SURGICAL INSTRUMENTS for physicians and others, may be ordered by express, through FOWLERS AND WELLS, 308 Broadway, New York.

Manikins and skeletons will also be imported for lecturers or medical colleges.

Anatomical maps, and drawings the size of life—complete sets of eleven figures, on canvas, with rollers, \$25 00.

THE WATER-CURE HOME.—Oyster Bay, situated on the north side of Long Island, and about twenty-five miles from the city of New York, is acknowledged by all who are acquainted with the place, to be one of the most beautiful and healthful that can anywhere be found. Years ago, Dr. SHEW was attracted to this locality by the beauty of the scenery and the abundance and purity of the water—it being the purest on record—and he spent two seasons in the prosecution of Water-Cure among this ancient people. He could not, however, at the time, succeed in making a purchase of suitable property in the place, and so for the time abandoned it. He has, however, of late accomplished his wishes, and proposes, in connection with his family and assistants, to make Oyster Bay a HOME for invalids who may seek his advice.

In addition to the ordinary advantages of a good Cure, there is at Oyster Bay access to SEA-BATHING, which in many cases is a desideratum. The exhilaration and benefit that is obtained from this kind of bathing can best be appreciated by those who have experienced them. Rowing, sailing, and fishing, for those who have a desire for the sport, can all be enjoyed in the highest degree of perfection. Altogether, a change from the city or country to the sea air, it is believed, can but be attended with the greatest benefit.

THE WATER-CURE HOME is likewise to be made a SCHOOL OF HEALTH. The proprietor proposes giving frequent lectures on Anatomy, Physiology, Dietetics, &c., and particularly on the application of water as the means of curing disease. While the body is being healed, the object will be to instruct and interest also the mind. In this way much of the tediousness that usually attends a sojourn at a Water-

Cure will be avoided. The lectures and instructions will all be free to the inmates of the establishment; and it is proposed to make the expenses generally as reasonable as the case will admit of.

Here, then, are proffered to the invalid a combination of advantages which it is believed will not easily be surpassed. There are the fine groves and walks, the pure air, the mild climate, the water—in short, every thing that goes to make up a most desirable resort.

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.

MINNIE HERMON; or, A Night and its Morning.

A Tale for the Times. By THURLOW W. BROWN, author of "Temperance Tales and Hearth-stone Reveries." [Price, prepaid by mail, \$1.50.]

This is well designated on the title-page "A Tale for the Times." It is a Temperance story of thrilling interest, and full of true pathos and earnest feeling. Mr. Brown, who is well known as editor of that excellent paper the *Cayuga Chief*, and as a zealous and efficient laborer in the field of Temperance reform, is an eloquent writer, and a true, warm-hearted, whole-souled man. "Minnie Hermon" is such a book as one has a right to expect from the pen of such a writer. It will do its work for the "Maine Law," and for the salvation of humanity from the blighting curse of Intemperance. The author says in his preface: "You will bear in mind that every chapter in this book is 'drawn from life.'" We are glad to learn that it is having a great sale.

ELLIOTT'S FRUIT BOOK; or, American Fruit-Grower's Guide in Orchard and Garden. By F. R. ELLIOTT. New York: C. M. SAXTON. [Price, prepaid by mail, \$1.25.]

This is a new work by a distinguished practical fruit-grower of the West, and comprises a compend of the history, modes of culture, propagation, etc., of fruit trees and shrubs, with descriptions of nearly all the varieties of fruits cultivated in this country, their adaptation to localities and soils, a complete list of fruits worthy of cultivation, etc. Mr. Elliott seems to have prepared his work with care, as well as with that genuine love of his subject which is so essential to the vitality of any work. We commend the book to the attention of fruit-growers in all sections of our country, and particularly to those of the West. To them the author's practical experience, recorded in his work, will be of great value.

ALCOHOL AND THE CONSTITUTION OF MAN.—This is one of the popular publications of Messrs. FOWLERS AND WELLS, New York. The author presents the chemical properties of alcohol, and its leading effects upon the healthy human constitution. The work gives a great amount of information on the subject investigated, and is accompanied by a colored chemical chart, which gives it additional value. [Price, prepaid by mail, 30 cts.]—*Buffalo Christian Adv.*

PHRENOLOGICAL JOURNAL.—This Journal has reached its *nineteenth* year with the commencement of this year, and is prospering continually. It is a work really deserving patronage, as, aside from the science its name indicates as its appropriate sphere, it treats of a great variety of subjects in which the great body of the reading public are interested, and in a forcible and interesting manner. Published monthly, at \$1.00 per year, by FOWLERS AND WELLS, 308 Broadway, New York.—*Granite Farmer.*

PUTNAM'S MONTHLY for April [price \$3 a year] has several articles of great interest. Its critical and independent notices of new publications, American, English, French, and German, are alone worth the price of the work. The reader may always open Putnam with the certainty of finding something readable, fresh and racy.

NEW WORKS AND NEW EDITIONS,

Nor included in our regular list, all of which may be ordered and received by return of the first mail, at the prices annexed. The postage will be prepaid by the Publishers. Letters, with remittances, should be prepaid and directed to

FOWLERS & WELLS,
308 Broadway, New York.

Philosophy of the Human Life. By Dr. Jennings. 87 cts.

Sargent's Temperance Tales. \$1 25

Thoughts for Young Men. By Horace Mann. 30 cts.

Thoughts for Young Women. " 30 cts.

Two Lectures on Temperance. " 30 cts.

Downing's Fruits of America. \$1 50

Minnie Hermon: A (Temperance) Tale for the Times. By Thurlow W. Brown. \$1 50

Charles Hopewell; or Society as it is. 62 cts.

Beecher's Lectures to Young Men. 87 cts.

Lectures on Life and Health, or the Laws and Means of Physical Culture. By Dr. Alcott. \$1 25

Mesmer and Swedenborg; their Doctrines compared. By Prof. George Bush. \$1 25

Sherwood's Manual for Magnetising, with a Magnetic Machine. 60 cts.

Mesmerism in India. By the celebrated Dr. Esdaile. 87 cts.

Shadow-Land; or, The Seer. By Mrs. E. Oakes Smith. 30 cts.

Woman's Rights Convention. Proceedings at Broadway Tabernacle, New York, Sept., 1853. 30 cts.

Hints on Dress and Beauty. By Mrs. E. Oakes Smith. 30 cts.

Woman and her Needs. By Mrs. E. Oakes Smith. 30 cts.

Woman and her Wishes. An Essay. By Thos. W. Higginson. 12 cts.

Freeman's Companion; or, Wisdom's Guide. With Moral, Political and Philosophical Views, to illustrate the general cause of Truth, Justice, Liberty, and Human Improvement. \$2 00

Rationale of Crime; with Appropriate Treatment. With Notes and Illustrations. 87 cts.

A Compendium of the Theological and Spiritual Writings of Emanuel Swedenborg; selected from more than thirty Authors, and embracing all his fundamental Principles; with copious Illustrations and Teachings, and full Life of the Author. \$2 50

Class Book of Chemistry. By Professor Youmans. \$1 00

Glances at Europe. By Horace Greeley. \$1 25

Beaumont's Experiments in Physiology and Digestion. \$1 25

NOT MAILABLE.

Webster's great Unabridged Quarto Dictionary. \$6 00

Muller's Principles of Physics and Meteorology. 530 wood-cuts and 2 colored engravings. 8vo. \$4 00

Weisbach's Mechanics of Machinery and Engineering. Vols. 1 and 2, with 900 wood-cuts. \$7 50

Technology; or, Chemistry applied to the Arts and to Manufactures. By Drs. Knapp, Ronalds, and Richardson. Vol. 3, with additional folio colored plates. \$5 00

Fau's Anatomy of the External Forms of Man. For Artists. Edited by R. Knox, M. D. 8vo., and an Atlas of 28 plates 4to. Price, plain, \$6 00, colored, \$10 00

Prof. Nichols' Architecture of the Heavens. Ninth edition, entirely revised, steel plates and wood-cuts. \$3 00

UTERINE DISEASES AND DISPLACEMENTS.—Dr.

Trall's new work, which was announced as forthcoming in our last, will soon be ready. It covers the whole ground of diseases of the uterine system, and of the various malpositions or displacements of the uterus and its appendages. The most important subjects are illustrated with colored engravings, many of which are from original designs. Inflammations, ulcerations, tumors, menses, prolapsions of the uterus, retroversions, anteversions, inversion, etc., etc., are clearly described and illustrated, and the appropriate medicinal, mechanical and surgical treatment indicated.

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 amount to LESS THAN ONE CENT A LINE FOR EVERY THOUSAND COPIES, our edition being never less than 40,000 copies.

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

All Advertisements for the WATER-CURE 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 Light 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 physiological teachers and lecturers, and hydropathic physicians. Teachers: Dr. Sew, Dr. Taylor, Dr. Wellington, Dr. Snodgrass, Dr. Trall, L. N. Fowler, and Miss A. S. Cogswell.
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.

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 healthful 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 1/2 to 3 P. M., returning early in the morning. May 11

CRYSTAL FOUNTAIN WATER-CURE, at Berlin Heights, Erie Co., Ohio.—This "Water-Cure," erected expressly for the purpose during the last year, is under the management of Dr. B. L. HILL, (Professor of Surgery in the Cleveland Homeopathic College,) Dr. BURHAM, with Doctress SEaton in the Ladies' Department. The establishment is so arranged as to afford ample means for carrying out the most improved Hydropathic treatment with ease and facility, both for practitioners and patients. The water is of the purest quality, and the supply abundant, soft and cold, flowing from sandstone rocks at such an elevation as to be brought, by the force of the fountain-head, into the top of the buildings, supplying every room. The Bath-Rooms are supplied with apparatus for heating water, as well as air, so that patients can have baths, air or water, at any desirable temperature. The main building is 138 feet front; centre, 4 stories, and wings 3 stories high. The gymnasium attached is 90 feet long by 24 wide, with 16 feet arched ceiling, so arranged as to allow invalids the most ample opportunity for all kinds of healthful and health-restoring exercises. The groves and scenery 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 gullies and ravines, lined with occasional evergreens. The GEOLOGICAL interest of the locality has few equals in the West. Here can be viewed, within a few minutes' walk, some of the most wonderful freaks of nature in the 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 thirty miles distant. 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 for uniform healthfulness, this locality is unequalled in the West.

The location is delightful, being on the elevated lands, four miles south of, and several hundred feet above, and overlooking, Lake Erie. It is very accessible, being two and a half miles south of the Berlin Station, on the Cleveland and Toledo Railroad, (northern division,) four miles north of the Townsend Station, (southern division,) on the C. and T. R. R.; eight miles from Norwalk; and forty-six miles west of Cleveland.

The price of a residence at the Establishment, including board, rooms, &c., with treatment and nursing, is from \$5 to \$12 per week.

Address "Crystal Fountain Water-Cure," Berlin Heights, Erie County, Ohio. May 11

FORESTVILLE WATER-CURE, at Forestville, Chautauque Co., N. Y., eight miles from Dunkirk, on the New York and Erie Railroad. The house is new, commodious, and the rooms pleasant and airy. Every facility will be afforded the patient to make the stay pleasant, and favor the restoration of lost health.

TERMS, from \$5 to \$8 per week, payable weekly. Consult CHARLES PARKER, M.D., Proprietor. June 11

WYOMING WATER-CURE INSTITUTE, at Wyoming, N. Y.—We have redeemed our promise made to our patients last autumn through the WATER-CURE JOURNAL. We have given them since that time more than fifty lectures of forty minutes to an hour in length. These have embraced Descriptive Anatomy; Physiology, Human and Comparative; the Laws of Health, and the History, Pathology, Causes, Symptoms, and Hydropathic Treatment of a very considerable number of the diseases of our climate. We have also given a few private lectures to ladies upon subjects of the first importance, relating to the special diseases and hygiene of the sex.

To illustrate these lectures, we purchased last fall of Messrs. FOWLER and WELLS and Messrs. HYATT, and obtained from private sources, a considerable number of maps, models, and specimens in human and comparative anatomy. The interest excited by these lectures has determined us to continue them permanently in our Institution, and we shall commence a new series the first week in May ensuing.

Our Establishment is pleasantly situated upon the western range of hills bordering the valley of Wyoming in the State of New York. It is surrounded by more than two hundred shade, ornamental, and fruit trees; it embraces a large extent of improved grounds, gravel walks and gardens, and a hall for useful and amusing exercises, one hundred feet in length.

To those desiring information concerning the diseases we have treated and our success, we will send gratis, on application post-paid, our Report of nearly 400 cases, with statistical tables and details of treatment.

Our terms are \$5 to \$1 per week, payable weekly. Patients bring for use in treatment two linen sheets, one woollen sheet, two comfortable, and four towels. We keep warm fires in cold weather, and warm hearts at all seasons. We are fully and heartily committed to our work, and we aspire to greater and still greater success in the art of curing disease.

Patients reach us by the Buffalo and New York City Railroad. Those coming from the east stop at WAKESAW; those from the west at LINDEN. At either place they will find both public and private conveyances. The public conveyances leave at 11 o'clock A. M. The Institution is an hour's ride from either station.

P. H. HAYES, M. D. WYOMING, N. Y., April, 1854. Apl 11 c 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 do 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, PURE 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 drougbts 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 spermatorrhea and nocturnal emissions effectually, by a mild and nearly painless operation. (Something new.)

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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—will knowing in no way could be done good.

O. V. THAYER, M.D., Resident Physicians. Mrs. H. H. THAYER, H. M. RANNEY, Proprietor. Apl 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

ELMIRA WATER-CURE, by S. O. and Mrs. R. B. 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

CONCORD WATER-CURE.—Dr. VAIL'S Establishment, at the Capital of the "Granite State," is open summer and winter. No place affords superior advantages for treatment. Letters of inquiry answered without charge. Prescriptions for home treatment, \$2. Two comfortable, two woollen blankets, three coarse sheets, towels, &c., are required for purposes of treatment; or they may be hired at the establishment. Dec 11

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. Bedortna, 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. Apl 11

DR. WESSELHOFF'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. WESSELHOFF, 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. Mny 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 in 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. Apl 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. FEESE, M.D., Deardorff's Mills, Tuscarawas Co., O. Apl 11

THE WATER-CURE ESTABLISHMENT near Willow Grove, Montgomery Co., Pennsylvania, after having undergone thorough repairs, will open again for patients and boarders on the first of April. For further particulars apply to Rev. JOHN C. BRENNER, on the premises. Apl 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 homes. Office consultations daily. Apl 11

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. Mch 11 b.

CLEVELAND WATER-CURE ESTABLISHMENT.—The above establishment still continues in successful operation; having already entered upon its sixth season. The largely increased number of patients treated at the Establishment the past year, over any previous year, and the increased rapidity and proportion of cures, induce 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 unsurpassed by none.

May, 11. T. T. SZELYE, M. D., Proprietor.

COLUMBUS WATER-CURE, FOR LADIES ONLY. Address W. SHEPARD, M. D., Columbus, O. May 11

TARRYTOWN WATER-CURE.—THIS ESTABLISHMENT, which was consumed by fire last year, has been rebuilt, and is now ready to receive patients. Address, F. D. PIERSON, Tarrytown, N. Y.

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

NEW GRAEFENBERG WATER-CURE.—FOR full, printed particulars, address R. HOLLAND, M. D., New Graefenberg, N. Y. Aug 11

NEWPORT, R. I., WATER-CURE.—This Establishment is now in successful operation, under the direction of Dr. W. F. REE, whom please to address for particulars.

GEORGIA WATER-CURE — At Rock Spring, near Marietta, Georgia, is open, summer and winter. C. COX, M. D., Proprietor. Sept 11

ONEIDA WATER-CURE, located near Rome, N. Y., in one of the most pleasant and healthy districts to be found in New York.

Extensive additions have been made to the establishment, so that we can cheerfully compare it with any similar establishment in the State. During the past seven years, multitudes of patients have taken treatment here, with what success, we refer the reader to our neighbors and patrons.

H. R. ENHAM of Ohio is now associated with Dr. C., and they are determined that the sick shall have all the advantages and attention requisite for their comfort and improvement.

TERMS: From \$4 to \$8 per week. Our address, Lowell, N. Y. S. CURTIS, H. R. ENHAM, } M.D. Mch. 11

HIGHLAND HOME WATER-CURE, at Fishkill Landing, Dutchess Co., N. Y. O. W. MAY, M.D., Proprietor.

The pure air and water, beautiful scenery, fine large edifice, an easy access from every direction, combine to render this a desirable place for those who need Hydropathic treatment. This establishment is intended more particularly for the cure of Female diseases; but all other remediable diseases are here treated successfully. 11

CHICAGO WATER-CURE RETREAT, No. 6 Rush street, cor. Indiana, 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. Feb. 11. J. WEBSTER, M.D.

WORCESTER HYDROPATHIC INSTITUTION, No. 1 GLEN STREET.—This Institution is well arranged for treatment at all seasons. It will remain under the medical direction of Dr. GEORGE HOYT until the return of Dr. ROGERS from Paris, in April, 1854. TERMS, usually from \$7 to \$9 per week. For treatment without board, \$3 to \$4 per week. Nov 11

AUBURN WATER-CURE, Auburn, Mac-cor Co., Ala.—Dr. Wm. G. REED, Miss L. A. ELY, Physicians. Apl 11

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.

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 11

PHILADELPHIA.—DR. WEDER'S CITY WATER-CURE ESTABLISHMENT, No. 80 North Eleventh Street. Dec 31

G. H. TAYLOR, M.D., Practitioner of Water-Cure, No. 15 Light street, New York. Domestic practice and office consultations particularly attended to. Also, letters for advice. July 11

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

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

DR. BEDORTHA'S WATER-CURE ESTAB-lishment is at Saratoga Springs. Aug 11

FOR LADIES ONLY. — WASHINGTON SPRINGS HYDROPATHIC INSTITUTE, Mountain Road, Plainfield, N. J. Terms and Circular of this highly respectable establishment will be forwarded, gratis, to the address of any lady. Apl 11

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.

THE JAMESTOWN WATER-CURE will be open for the reception of patients summer and winter. PHYSICIANS. E. Potter, M.D., and Mrs. L. M. Potter. Oct. 11

WATER-CURE WANTED.—DR. VAIL, of the Concord Water-Cure, is desirous of enlarging his Establishment sufficiently to meet the continually increasing demands for Hydropathic treatment. He would accept a location anywhere in New Hampshire or Vermont, affording superior facilities. To any capitalist who will furnish a building fully adapted to the purpose, large enough to accommodate 40 patients, or more, ten per cent. on the cost will be guaranteed for a term of years. A location affording such facilities that the charges for board and treatment may be reduced, is desirable. A country town, with romantic scenery, would be preferred. Address W. T. VAIL, M. D., Concord, N. H. May 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. Apl 11

TO PROPRIETORS OF WATER-CURES!—A stout young man, of practical experience in Hydropathy, formerly Bath-attendant at the principal Establishments in Germany and America for the last five years, with particular references, wishes employment by a good institution in any State of this Union. A line addressed C. A. C. (to the office of this Journal) will receive immediate attention. May 11 *

FOR SALE.—A WATER-CURE ESTAB-lishment, unsurpassed in every requisite of business prospects and central location. Address FOWLER and WELLS, personally or by letter, post-paid. Mch. 11

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.

One object of our association is to afford patients the opportunity of pursuing their treatment at either Establishment, or a part in each, when the comfort or convenience of the patient requires it, under proper regulation.

The situation, building and arrangements at Orange Mountain have always been regarded as without equal in the country, and we intend our managements to be in every way worthy of the place.

The Establishment in Twelfth street, New York, shall sustain the reputation it already has, and be under the care of Dr. Wellington.

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

The Establishment at Orange Mountain will open April 15th.

May 1st

O. H. WELLINGTON, M. D.

O. W. MAY, M. D.

NOTICES OF NEW GRÆFENBERG.

NOT the least important of the enterprises which have been undertaken in and about our city within a few years, is the Water-Cure Establishment known as New Græfenberg. It is located on Frankfort Hill, some four and a half miles south-east of Utica. The situation is one of much beauty, and embraces all the requisites for the Hydropathic treatment; abundance of the purest water, picturesque scenery, fine air, pleasant walks, drives, &c.—*Utica Daily Gazette.*

REPORT OF 1851.—This report must prove quite interesting to the Hydropathist, or the liberal-minded practitioner of any school. It must be chiefly so, however, to the CHRONIC INVALID, or to any one contemplating a course of water-treatment. Many of the cases here recorded are of a remarkable character, and cures have been performed at this Establishment which will bear a comparison with those of any similar resort in the country. Its location is fine, water excellent, and medical supervision of a satisfactory character.—*Eclectic Jour. of Med.*

WE acknowledge the receipt of a report of cases treated at this Establishment, which presents a highly creditable success in its sanative regulations. When we take into consideration that nearly all the patients are chronic cases—many of them laboring under a complication of diseases, and who have become nearly discouraged by the failure of common treatment—this report is truly encouraging. Those who are desirous of availing themselves of water-cure treatment will find this Establishment among the best.—*American Journal of Medicine.*

NEW GRÆFENBERG.—This institution enjoys a high reputation. We are a believer in Hydropathy to a certain extent. It is a fact that a judicious use of water, as a remedial agent, will cure many diseases not to be reached by any other treatment.—*Camden Courier.*

NEW GRÆFENBERG REPORT.—Some of the cures here detailed are really wonderful, and we should be suspicious of their genuineness, were not the high character of the gentleman presiding at the Institution a sufficient guaranty of their authenticity. We have never enjoyed the luxury of wet-sheets, sitz-baths, &c., but have known so many who have, and who came out renovated and improved, that we must believe that the water-treatment has no rival.

This Establishment, we are told by those competent to judge, is one of the best conducted in the country. Dr. Holland, by long experience in this mode of treatment, as well as personal experience of its efficacy, is eminently qualified to stand at its head.—*Oneida Morning Herald.*

WHILE some Water-Cures have been unable to succeed, we learn that this Establishment is being well patronized, and that Dr. Holland has had even better success the past year than heretofore. He has effected many remarkable cures. His patients speak in high terms of his skill and experience,

his frank and candid manner, and his exertions to secure their comfort and improvement.—*Utica Evening Telegraph.*

THIS Institution, so favorably known, we learn from the best authority, has been even more successful the past season than heretofore. We esteem that man the best doctor who makes the most cures, whatever may be his system of practice. Dr. Holland, in this respect, stands high. He is frank, honest, kind, attentive, and skilful. He does not humbug his patients, but has effected as many remarkable cures as any institution we know of.—*Union Journal of Medicine.*

As far as we have heard, all invalids who resort to New Græfenberg return well satisfied with their improvement, which is the best recommendation that can be bestowed on Dr. Holland or his system of practice.—*Tec-totaller.*

Full printed particulars may be had by addressing R. HOLLAND, New Græfenberg, Herkimer Co., New York. May 1st

Business Advertisements.

THE NEW POCKET SYRINGE, WITH DIRECTIONS FOR ITS USE.—The undersigned take pleasure in offering to the public, the Hydropathic Profession, and especially to families, a new and superior INJECTING INSTRUMENT, with an ILLUSTRATED MANUAL, by R. T. TRALL, M.D., giving complete directions for the employment of water injections. The price of THE NEW POCKET SYRINGE is only Three Dollars and a Half, and may be sent by Express to any place desired. All orders containing remittance should be prepaid, and directed to FOWLER AND WELLS, 308 Broadway, New York.

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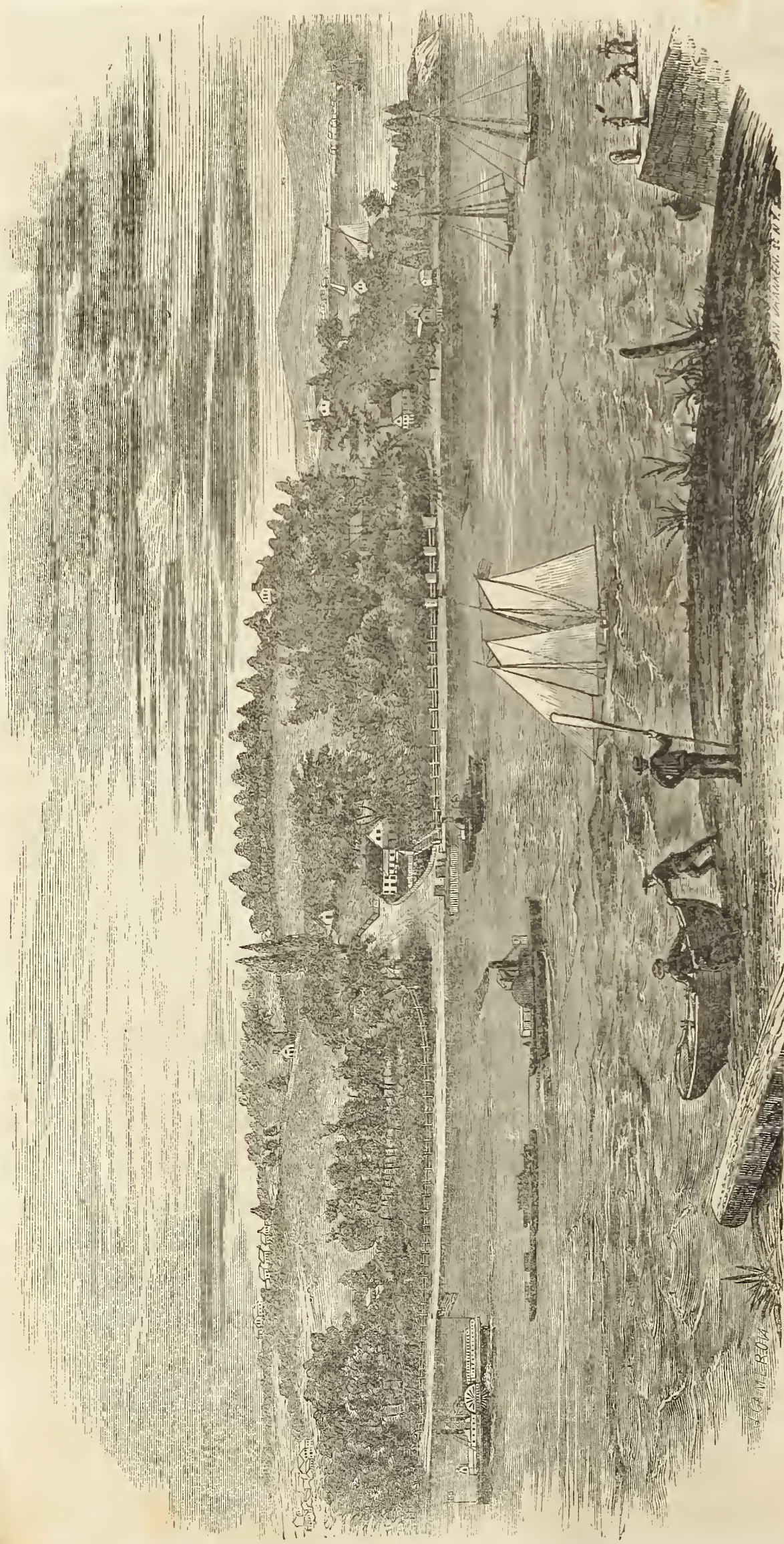
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The *Bigarreau Monstrueuse de Mezel*, of which we give

a portrait, proves to be a large productive variety, and, as the fruit is firm, valuable for marketing. The tree is a very strong, irregular grower—more so than the Elton, or any other variety we know of, and, as far as we have observed, quite hardy. Fruit—very large; larger than Black Tartarian, obtuse heart-shaped, with an uneven surface. Stalk—long and slender. Color—dark mahogany. Flesh—firm, somewhat like the Tradescant's Black Heart, juicy, and agreeable, though not highly flavored. The fruit is produced in very large clusters. Ripe, at Rochester, latter end of June and beginning of July—usually lasts to the middle of July.—*Horticulturist.*

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SENSIBLE WISHES.—We commend the following to all our readers as a very sensible desire, within the reach of those who read the *WATER-CURE JOURNAL*.

From the Knickerbocker.

I'd kind o' like to have a cot,
Fixed on some sunny slope; a spot
Five acres more or less,
With maples, cedars, cherry trees,
And poplars whiteening in the breeze.

'Twould suit my taste, I guess,
To have the porch with vines o'erhung,
With bells of pendent woodbine swung:
In every bell a bee,
And round my lattice-window spread
A clump of roses, white and red.

To solace mine and mo,
I kind o' think I should desire
To hear around the lawns a choir
O' wood birds singing sweet:
And in a dell I'd have a brook,
Where I might sit and read my book.

Such should be my retreat,
Far from the city's crowds and noise:
There would I rear the girls and boys,
(I have some two or three.)
And if kind Heaven should bless my store
With five or six or seven more,
How happy I should be!

STRIKES OF THE WIVES OF ENGLAND.—Mr. Punch has received a letter, written in a bold feminine style, and sealed with a crest, a hand, and a patten—a letter of which the subjoined are the contents:

"At the present moment, when every thing is rising, it behooves the wives of England to be up and doing too. There are thousands—perhaps millions of my depressed sisters this minute married to husbands in the human form who, with a meanness which ought to make them ashamed of themselves, allow so much and no more for the expenses of the house. No matter what are the markets—the weekly allowance is the same. Bread may rise—butter may go up—legs of mutton may advance—and still no rise at home!

"Therefore, it is desired that all wives suffering in silence under the yoke of the tyrant will take their remedy in their own hands; and strike.

"All ladies willing to cooperate—that the blow may be aimed through the cuphoard at the husband on the same day—are requested to communicate (post-paid) with
MRS. MARY ANNE HEN."

"*Shoulder of Mutton Fields.*"

IN Boston there are 390 physicians, of which number, 15 are botanic, and 14 female; 3 manufacturers of artificial limbs; 16 dealers in botanical medicines; 73 dentists; 2 dental depots; 88 apothecaries; 45 dealers in drugs, medicines, &c.; 3 chiropodists; 111 midwives and nurses; 6 surgical and dental instrument manufactories; and in connection with these statistics, it may be added that there are 15 coffin warehouses and 31 undertakers.

IT is about time the trash about woman's rights and strong-minded women, to which every paper we receive devotes a column, should cease. Let the women stay at home, take care of themselves, their husbands, their babies, and attend to their domestic duties. Adam was a happy dog till a woman named Eve bothered him. Strong-minded women—pshaw! *A woman has no business to have a mind.*

DEAN SWIFT was once solicited to preach a sermon for the benefit of the poor. When the time arrived, he arose and selected his text: "He who giveth to the poor lendeth to the Lord."

"Now, says he, 'my brethren, if you are satisfied with the security, down with the dust.' He then took his seat, and there was an enormous collection.

WATER-CURE

Journal



JOURNAL

AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

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REMOVAL.

THE WATER CURE-JOURNAL is now published at 308 Broadway, New York, two blocks above the City Hall Park, and a few steps below the Tabernacle, and nearly opposite the New York Hospital. Our post-office address is now as follows:

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A PROMISE should be given with caution and kept with care. A promise should be made by the heart and remembered by the head. A promise is the offering of the intentions, and should be nurtured by recollection. A promise and its performance should, like the scales of a balance, always present a mutual adjustment. A promise delayed is justice deferred. A promise neglected is an untruth told. A promise attended to is a debt settled.—*Hopes and Helps.*

CANADA POSTAGE.—Our friends in Canada, when sending their Clubs for the Journals, will please remember to enclose, in addition to the subscription price, the American postage, which is only six cents a year: a small matter considered by itself, but on the thousands we send to Canada, would amount to more than the price at which the Journals are furnished will warrant us in losing.

THE PHRENOLOGICAL JOURNAL.—There is a free spirit of inquiry in the conducting of this work which we much approve. [One dollar a year.]—*Baltimore Co. Whig.*

THE WATER-CURE JOURNAL we commend to those who wish to live comfortably for a "good spell."—*St. Catharine Journal.*

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."

LETTER TO AN ALLOPATH.

GLEN HAVEN WATER-CURE,
Scott, Cortland Co., N. Y., May 1, 1854. }

HENRY HAYES, M. D., Hartland, Vt. :

DEAR SIR:—I do not address this letter to you because you are an Hydropathist, but because I am one; preferring it to the school of which you are a distinguished ornament.

Compared at present, the Allopathic has greatly an apparent advantage over the Hydropathic school. It has great age, and the prescriptive rights which age gives. It has the wisdom which close observation and varied experience are calculated to bestow. It has the prestige of order and regularity; and to a good degree as yet, it has the confidence of the people.

Hydropathy has to a small extent only any of these advantages; and some of them not at all. Of age, it has only that which belongs to youth. Of Regularity and Apostolic Succession, it has not a whit, being most clearly an innovation; of weight of character and confidence with the people, only a moderate amount; and its way is through struggle and contest to triumph, if triumph it ever sees.

It is a matter of surprise to many of my personal friends who feel an interest in my personal welfare, why I should place myself in hostility to the Allopathic practice. I was born, reared, educated and trained under its fostering care. From the earliest settlement of western Massachusetts, each generation had furnished a physician of the Regular school from our family. Yet here I am, a so-called quack, trying to cure the ills that flesh is heir to, without the consent of the established schools, and without drugs. Why is this? What queer idea has got into my head to think I know more than all the Allopathic doctors in the land? I propose to tell you. In doing so, I speak for

myself only. Laboring in the same cause with me are physicians of both sexes, to do honor to whom I feel proud; but I never make them responsible for any statements of mine. Their statements may be like mine or not; my practice may be like theirs or not; we are respectively independent and severally responsible, each for what he says and does, and that only.

To be frank, I think I have potential reasons why I should not be an Allopathic physician. The first is, that Allopathy affirms the curative power of poisons. Its whole philosophy is based on this dogma, and by it stands or falls. Of its *materia medica*, its *poisonous* remedies are by far more numerous than those which in their nature are innocuous. In fact, its *chief* remedies are *poisons*. Those which are the most highly recommended and most popular, are *poisons*. Those remedies which, if they do no good, do no harm, are in small repute with physicians of your school. Now I join issue with this notion. I have no quarrel with the men who cherish it. They devoutly believe in their efficacy. They administer them in good faith. They ascribe wonderful results to their exhibition, and they think themselves justified in calling any man a *quack* who falls not in with their idea. I wish to leave out of my inquiry the representatives of the system, so that I may the better make my assault on the system itself. Those who stand forth as its advocates are men of learning, experience, and skill. It is evident they must be so; else, with such a system as they practise, they would destroy as large per cent. as now they save. They are gentlemen, but their system in my judgment is a *stupendous falsehood*, whose sceptre has been deadly, and whose effects have been incalculably deleterious.

Doctor Hayes, I do not believe a human being was ever kept out of the grave by giving him poison, unless such person had by mistake taken poison. Aside from this kind of administration, which is no part of Allopathic therapeutics, no poison ever prolonged human life, or cured one who could not and would not just as well and better have lived without it. It matters not a whit whether the dose be of huge potency or of high dilution: poisons everywhere always kill,

or tend to kill. That is their nature, and to it they are *true*. What one gives as medicine—to do good and not harm—to save and not destroy—must hold to the human body relations which are naturally congenial; so that its influence when taken *in health* shall be good and not ill. Any substance, when taken as medicine, which will make a *well* man *sick*, will make a sick man *sicker*. Any substance which taken will make a sick man better, will not make a well man sick. This is the law of action of remedies as well as their law of limitation. Beyond it they cannot go. Overstepped, one is in the sphere of destruction and not of cure. Take the materia medica, and sit down and apply this rule (for it is a sound one, however much it may be doubted) to the remedies therein contained, and see after a faithful application how many you have left, and you will be surprised. No greater absurdity can exist than this, of supposing that certain substances, which are unfriendly in health, will act friendly when the body is out of health. Nature's economics are not thus arranged. She is guilty of no such sophistry as this. Uniformly she makes her agents for the preservation of health, grand restoratives; and those which act to restore, which build up, which supply waste, which repair breaches in the constitution, which invigorate organs whose functional associations are feeble or imperfect, are always appropriate to the body *when in health*. Step out into her broad domain, beyond the intermeddling of man, and see how *true* this is. Air for the sick and well; light for the sick and well; food for the sick and well; exercise for the sick and well; water for the sick and well; easy and pleasant mental conditions for the sick and the well. Each and all, to sick and well, in proportion to their respective capabilities to bear them. But never one or all of these for the sick only, or the well only. Take the Allopathic agents, which Nature abhors, and the distinction is at once set up. Ha! ha! how the whole land would laugh at the assertion that calomel, like *air*, was to be used by both sick and well, only in different quantities. Or opium, or strychnine, or colchicum, or sulphuric acid, or aquafortis, or arsenic, or iodine, like water, is appropriate for the well and sick, *only in different quantities!* Why, everybody knows that no Allopathic doctor would dare thus to affirm. Yet of his remedies, the Hydropathist dare affirm their universal fitness. Oh that men of common sense would use it! they would come to see the utter impossibility of making that perform for a sick man, in the way of *cure*, what it will not do in the way of protecting a well man against sickness. My dear Sir, how can a substance—calomel for instance—acting on a liver which is healthy, so as to disturb it and make it sick, *whirl about and act on it, now it is sick*, so as to restore it? Or, how can a body, made sick by drug-medication, (as tens of thousands are,) be made well by the application of the same means? This problem reminds one of the problem of accounting for the difference between saints and sinners in Hudibras:

The saints may do the same things, by
The Spirit in sincerity,
Which others are but tempted to,
And at the Devil's instance do,

And yet the actions be contrary,
Just as the saints and wicked vary.

That is, give calomel to a well man and it raises the Devil with him; i. e. makes him sick. Give it to a man with whom the Devil is raised, i. e. who is *sick*, and it makes him a saint, i. e. restores him to health. A wonderful power of accommodation to man's convenience these poisons are. When will this terrible imposture cease?

When will this delusion end? If ever a man sent from the depths of his heart a *cry* up to God which should be all-prevailing, it seems to me that one should go forth, beseeching Him to enlighten the human race in this matter of the laws of life, the way to preserve it, and its *intrinsic* value. For, if you set aside the Water-Cure school, or those who believe in the use of remedies only which are congenial in their operation on a healthy system, the whole world is under this fatal mistake. Take as an instance the following: A very large and influential body of men and women have become convinced that alcohol is a *poison*; that its destructive influence is incalculable; that a check or stop to its use must be had, or the nation is ruined. So, in season and out of season, they labor to bring the public mind to this issue. They have not been satisfied with summoning morality and piety to their aid; they have invoked the aid of *science*; and chemistry has been called to witness that alcohol is a poison. Edward L. Youmans, a chemist, in a work titled, "Alcohol and the Constitution of Man," shows great research and learning to demonstrate the injurious and oftentimes deadly effects of this agent on the human body.

He declares that it acts as a disorganizing agent *to the water of the tissues*; that, like heat, it coagulates the albumen of the blood if taken in excess; that it is *only less destructive as it is taken in less quantity*; and that it is never neutral or inactive. That it obstructs the nutritive and reparative functions; that it prevents the natural changes in the blood; that it impedes the liberation of carbonic acid; that it does not protect the system against cold; that it causes irritation and inflammation; that it is not a tonic; that it cannot protect from contagion; that it produces internal disease, when the patient is apparently well; that it deranges the liver; that it is a deadly poison, and that as a poison it has a specific action on the brain; and concludes by affirming that, in whatever quantity or form, it is a poison, *except when judiciously given in cases of disease by a cautious and candid physician*. There, Sir! Did you ever see a scientific man drawing such conclusion? Here is a substance, admitted to be, in and by its very nature, a rank, deadly poison, drying up the juices of the human body; operating destructively in that degree, that Government is to be called to its prohibition; whose very nature and influence are changed by a prescription of a physician. That is, take it *without* the assent of a cautious and candid physician, and it will *kill*; take it *by his advice*, and it will *cure*.

"Strange such a difference there should be
"Twixt tweedle-dum and tweedle-dee."

Is it not humiliating thus to pervert science to ignorant notions? Yet what is true of alcohol, is true of *all* poisons. If in healthy conditions

they are destructive, in diseased states they are necessarily *more* destructive. If they will kill the strong, think you they will save the weak? Never, Sir! All this sort of talk is trifling—audaciously wicked trifling; and when brought out into practice, horribly destructive in its results. All this poisoning people for their good, is on a level with the practice of blood-letting; a practice so destructive, that a very able writer has declared that the *lancet* in Europe has sent more persons into eternity than all the battles ever fought. A remark I am disposed to think greatly within the truth. Now, Sir, this is one of the reasons why I cannot be an Allopathic physician. And it applies with like force to any school whose remedies are *poisonous*. I will never consent, in order to be regarded as a man of celebrity, to violate my convictions, and abate my self-respect. I know as well as I want to know, that all the specific affinities which it is said different poisons have for different organs, are *destructive* affinities. They attack only to kill. Calomel—if one fact is true above another, it is, that it has killed hundreds of thousands, who, but for its administration, would have, by the use of simple means, recovered from their ailments. Opium, iodine, arsenic, and like things, have killed myriads. Those they have saved, where are they? Doctor Hayes, four-fifths of all those having acute diseases, who are treated allopathically, have, after their recovery, some form of *chronic ailment*; some derangement, disturbance, or marked disease, which it is a burden to carry; which makes life less joyous; which in many cases hangs as a dead weight on the soul, causing it to clamor for deliverance. This fact of itself is pregnant with condemnation to the drug system. It speaks for itself. It demonstrates that the remedies which are held so *potential*, are powerful only to *use up vigor*; breaking down the elasticity of the muscles; stiffening the sinews; inflaming the secreting membranes; relaxing the capillaries; obstructing the glands; weakening the action of the lacteals, and so subverting nutrition; reducing the tone of the lymphatics, and so making the blood impure; affecting respiration and the circulation; and making the patient old before his manhood has reached its prime; strewing his head with gray; furrowing wrinkles on his face; giving him the stoop of age, the decrepitude of the confirmed invalid, and the air of one to whom the grasshopper has become a burden. Is not the land full of such persons? In every town, city, village, neighborhood, hamlet—I liked to have said house—you can have tottering, feeble, cadaverous testimonials of the truth of my averment. What ails them? Why, they have *chronic* disease of some kind. Chronic disease! Do you suppose, that when the day shall have come that physicians shall know how to treat acute disease properly—so treat it as to cure it—that chronic disease will be known? Nay, verily, chronic disease is the effect, the child, the offspring of drug-giving. For myself, I should be ashamed, were I to report a case of acute disease as *cured*, and have my patient have some chronic affection in its stead. Water-Cure commits no such blunders as that. An acute case, no matter what it is, if put into the hands of a Water-Cure physician, dies, or *gets well*,

leaving no aches or pains; no stiff knees, inert kidneys, weak lungs, tender spine, poor circulation, feeble digestion, swollen limbs, sore eyes, catarrh, running at the ears, loss of hair, trembling legs, weak voice, and unsteady brain. He comes forth from the combat, fresh and vigorous, with his forces at his command, and a heart full of gratitude. He knows the difference, and never forgets it. Let me quote a case now lying before me. The lady lives in —. The reader who peruses this letter may say the case is singular. I simply say, that I have received not less than *one thousand letters* the past year, wearing the same general air—that of their writers having been drugged well-nigh to death, and asking me if I could cure them. To a larger half I have had to say I could not. Their doom was sealed without reprieve.

“At 14 was unwell. Neighbors told mother to go for a doctor. He came; gave me blue-pills; afterwards some mercurial preparation, which salivated me. Attended me a good while. I grew worse; and finally father called another doctor. He hesitated some; but concluded to try mustard, pepper, horse-radish, whiskey; blistered the whole length of the spine; tried alkalies, saleratus, potash, soda, lime-water; then acid drops; but none of these helped me. Could not sleep; so took opium, morphine, lupuline, extract of lettuce, valerian; but all made my nervous system worse, and me more wakeful. *Continued blistering for one year*, but did no good; then antimonial sores, nine weeks; then a seton; then caustic issues; had twelve burned in my back in about six months, when they began to heal. They put antimony into them. Then he thought that cupping would do me good. I was blistered, scarified, and burned, till I was all covered with scars. I doctored this way four years; during which time I had *nine* different physicians, *who all considered it doubtful if I was ever any better*. I had a large kernel in the hollow of my foot. My physician said it was scirrous or cancerous in its nature. He wanted counsel—so father called a noted physician, who said it was cancerous; said the right lobe of the liver and the lower part of the stomach were ossified; and that I should not live four weeks. I will try and name some of the medicine that I took in that four years: carbonate, sulphate, precipitate, and muriate of iron; iodine, nitrate of silver, hydriodate of potassa, opium, morphine, ammonia, balsam of copaiva, nitre, spirits of nitre, spirits of turpentine, arsenic, sicutu, belladonna, stramonium, strychnine, quicksilver, calomel, blue-pill, oxide of bismuth, aquafortis, composition, barberry-bark, white-ash bark, Peruvian bark, quinine, lobelia, blood-root, wild turnip, wild cherry, buttonballs soaked in brandy, tar-water, camphor, cinchona, ether, hydrocyanic acid, digitalis, castor oil, rhubarb, bilious pills, liver pills, Phinney's pills, Soule's pills, chlorate of potash, tartarized antimony, Epsom salts, cream of tartar, and many others that I cannot think of. The last doctor I had came and proposed to give me some medicine. I said to him, ‘Doctor, I am filled to the chin with medicine.’ He said he could do nothing for me, and went away. Since that time I have had no doctor. Soon after this, menses came on; lasted eight weeks; had a violent cough; became a mere skeleton; could not

sit up a moment; could hardly speak a loud word; had a sort of hearse made, on which was a bed, and I was put on it; was carried out by and by; began to be a little better; finally, got so as to be put on a bed in buggy and ride out; rode so nine months; gradually gained, so I can ride now, sitting up without help; write some; sew a little; keep up good courage—am cheerful and happy; do not allow myself to get low-spirited, discouraged, or have the horrors. My health has been better for the past six months than for the past nine years. Do you think, dear Sir, I can get well?”

Now, what shall be said of a system which will allow able men, one after another, successively to fill up this poor girl's tissues with their infernal poisons, making her to have torments surpassed only by the damned? My blood runs cold, and I shiver with horror as I think of tens of thousands on thousands, subjected to just such tortures; and this in a land nominally Christian, with a good God all around and about us, whose tender mercies are over all his works; and whose wisdom and goodness are never more beautifully displayed than in the bountiful provision He has made for the preservation of human life. I wash my hands of all this human butchery; this blood-guiltiness; this opening of graves whose sods should rest undisturbed for long years, ere the shovel and the pick sent forth their dull leaden death-knell. Men of your school may call me a *quack*; try to keep the sick from consulting me. I will let their criticisms pass unheeded; but so help me God, I will not have a hand in dealing out their poisons. I will dig the hill-side for bread, and quaff water for drink; will scent the fresh air of the morning for strength, and wear sheep's gray for a covering, before I will pour poison into the current of my brother's blood, and dry up the marrow of his bones.

I know that thus to talk, seems severe; but it is mild compared with what should be said. Admit, for a moment—which I deny—the curative effect of drugs; and in seventy-five per cent. of all the cases where drugs and medicines are given, adulterated drugs and medicines are exhibited; stuff which bears the same relation to the article supposed, as chalk bears to cheese. I do not speak unadvisedly. I understand full well that I am responsible to the moral sense of the people for the truth or falsity of the statements I make; and so I affirm anew that at least seventy-five per cent. of the drugs given to the sick are not the articles supposed. Read the following from one of the first druggist firms in the world:

“The regular practitioner of medicine has almost insurmountable difficulties to contend with, in the fact, that his prescriptions are necessarily little better than experiments—more particularly the physician of the South and West—from the fact that the purity and strength of medicines vary so very materially.

“It is well known that laudanum is usually made from the most inferior and unsaleable pieces of opium, which seldom if ever contain half the proper quantity of morphine.

“Rhubarb is powdered from roots varying in price from twenty cents to one dollar per pound—the lower prices, of course, more or less decayed and worm-eaten: and thus, being unsale-

able, they are powdered and colored to sell ‘cheap.’

“Instead of jalap, large quantities of the *spurious jalap*, and also of a variety known as *jalap tops*, are sold at about one-quarter the price of the true jalap.”

For Peruvian bark, at least a thousand pounds of the worthless inert Carthagena and Maracaibo bark are ground and sold for every pound of the true Peruvian Calasaya bark. Now, *if* these are facts—and they certainly *are* well-known facts, and very *serious* facts, too—*how is it possible to prescribe with any certainty?* Is prescribing with such medicines any thing else than experimenting?

“It is well known among dealers, and yet not generally known to the profession and the public, that pure and genuine medicines, particularly pure powdered drugs, from the first quality of gums and roots, are scarcely procurable in this country, and therefore physicians often prescribe medicines to meet certain indications in the disease of the patient, without obtaining the desired and expected beneficial result. To enumerate the articles of adulterated medicines that are daily sold in market, would be to name almost the entire list of the materia medica. From the finer and more important chemicals and pharmaceutical preparations, such as morphine, quinine, hydriodate of potass, calomel, blue-pill, &c., &c., down to the most common, and those of daily use, such as cream of tartar, rhubarb, ipecac, &c., the adulterations are so adroitly made, that (without analyzation) even the closest inspection will fail to detect them. Quinine is often found largely adulterated (in some instances more than half) with mannite and other substances. Blue-mass and calomel have been found much more than half adulteration. A gentleman at one time connected with an extensive manufacturing establishment, informed us that just before he left England, the factory turned out more than four thousand pounds of blue-pill, containing barytes, instead of mercury; and it was all destined for the American market.”

Add to this evidence of the adulteration of drugs, the abundant evidence of the drugging of *liquors*, which are in such repute among physicians, either as directly to be drunk, or to be used in making extracts of roots and shrubs—commonly denominated “Hydro-alcoholic Extracts,” and you put the cap-sheaf upon this stack of imposture. Eminent chemists assert that nine-tenths at least of all the liquors consumed in the United States are more or less drugged.

Under an enactment of Congress, relative to the adulteration of drugs, the United States Examiner reports, that “The country is filled with base mixtures and worthless trash; and the question naturally and fairly comes up, will prime crude drugs be found on sale in town and country in as pure condition as when imported, or, in other words, be found free from adulteration?” And he says “No,” emphatically. Yet it is such wretched creatures as these that medical men rely on to cure disease, and sneer at others who, for their remedies, step from a sphere so poorly regulated by Art, out into the broad world of Nature presided over by God. Whilst I love and honor to a very large extent the fraternity of physicians, of which my noble father

was for thirty years a bright, particular star, I must in duty to my self-respect leave the Allopathic system to the contempt which I feel that it merits. It has nothing intrinsic to recommend it; it lives on the character of its practitioners, (and even they cannot sustain it after the people are awake;) whilst Water-Cure has in it an inherent force which will sustain it and all who follow it truthfully.

I am not forgetful that there is a class of physicians who call themselves *Water-Cure* physicians, who use drugs in greater or less quantities. But it is always to be borne in mind, that these persons were of old drug doctors; that they were taught that practice; that they have added to it water as an agent, hoping thereby to add to their success—of which Heaven knows there was great need.

I do not now know of a single Water-Cure in the United States whose physician gives drugs, who had not, previously to his taking charge of an establishment, given them. The Hydro-druggists are all from the drug schools. The Hydropathists are converted Allopathists, Homœopathists, or Eclectics; or newly-educated young men and women. It is not fair to hold Water-Cure and Hydro-drug doctors on the same level. We are no nearer alike than an Allopath and Homœopath are. The former give *water*; the latter medicine; yet they do not represent the *same idea*. Hydropathy and Hydro-druggery are not synonyms; not types of the same system; not co-workers in the same cause. The former is a *revolution*; the latter *may be* a reformation. The one is *radical*; the other is a modified form of drug-medication. For my own part, I am so convinced of the complete unworthiness of drugs as remedies against disease, that I prefer to be subjected to many trials, rather than have my patients touch poisons.

On the other hand, I am so convinced of the superiority of water in the treatment of all diseases, that I prefer to wait patiently and hopefully for the time to come when intelligent men and women will no more think of introducing into their systems, when sick, subtle, concentrated poisons, than of cutting their throats. And I shall not have to wait so very long. For a revolution, based on truth, always proceeds in a geometrical ratio; and so absorbs numbers rapidly. Meanwhile, there is ample field opened to me and mine for all the skill and devotion to the *NEW IDEA* which it needs. One only needs to *cure* the sick, and the sick will find him and go to him, let him be where he may.

Let me commend to you some of the positive reasons for my preference of Hydropathy over drug-medication. First, is its adaptability to all forms and phases of disease; in all climates and latitudes; and to all living creatures. It is, without a joke, the universal remedy. No matter what disease one may have, water-treatment will cure it, if curable by medical treatment. Even in surgery it is rapidly supplanting other agents. One of the most distinguished surgeons in this State told me that he always does up his patients in water-dressings. And it is well known that Liston rejected all other liquid applications. But within the pale of physic as distinguished from surgery, it stands as a remedy without a rival. Some who use it say, that in a large share of cases

it is valuable, but in some cases it is of no use. Admitted; but the cases where it will do no good are incurable by any method; and I have always found those who limit its application are those who give or take drugs. What else could they do? Not to do this, would be to pay a poor compliment to themselves as drug-givers, or to their medicines as remedies. Second: It is not simply because of its adaptability, but because also of its potency in controlling morbid symptoms, rapidly changing ill conditions, that I am its advocate. Take a case: I was called yesterday to the bedside of a lady whose brother I had cured after other physicians had given him up, and who is a patient of mine for a very severe disease. She had carelessly taken cold, and I found her with all the opening symptoms of inflammation of the lungs: head hot; rigors; flashes of heat; sharp pains in the sternum; cold feet; pulse 120; suffused eyes; dry, hacking cough, and greatly alarmed. I ordered her a pack in a sheet wet as it could be and not drip, in water at 85°, and to wrap her in it from top of head to tip of toe. She was thus wrapped. In five minutes she said she was hot, steaming as it were. I had her taken out; given a dripping sheet at 80°; rubbed with the hand for two minutes, and again packed as before. In this last envelopment she remained fifteen minutes; took her out; gave her a sheet as before; wiped her dry; rubbed her well; put on head-cap, neck-bandage, and chest-jacket, wet; the two last covered by dry; put her in bed, with warm bottle to her feet; taking time in all—just thirty minutes. I went into her room; felt her pulse; it was calm, full, soft, and only 85°; pressure of head relieved; feet warm; surface cooled to a natural temperature; and she smiling and saying to me: "Oh! Doctor, was there ever any thing like water?" To which you may imagine my answer. Now, if any drug-doctor on the face of the earth will produce, in a like case, the like effects in the same time, by the administration of any *drug*, I will give him *fifty* dollars. He may take it from the tail or jaw of a *snake*; from the head or body of a *whale*; from the bowels of the earth; or the topmost bough of a tree on a mountain top; and I defy him to do it. Yet this instance of mine is nothing strange in the annals of Water-Cure.

One more reason, and I close. Water-Cure shows its superiority in its power to palliate disease when disease is *incurable*. It smoothes the passage to the tomb. It leaves the patient in full consciousness to make arrangements for his great change. There is no nausea; no stupor; no delirium; no exhibition of abnormal symptoms, such as drugs cause; but Nature is left in the best estate to combat the foe, and to expel it from her domain if possible. My dear Sir, for yourself I cherish profound regard—not merely for your personal worth, but for your attainments as a physician. Your name is in the mouths of the Green Mountaineers as one of high repute. Let me commend Water-Cure to you as worthy of your closest scrutiny, and as sure to answer your most sanguine expectations, if you investigate and practise it. For myself, nothing could make me doubt its efficacy. Nothing will turn me from it. I hope to live many years, and to gather around me, in my mountain home, many

memorials of my practice, in the remembrance left me by those who came to me under sentence of death from gentlemen of the drug-school, and have gone away well.

Truly and kindly yours,
J. C. JACKSON.

SOMETHING TO TAKE.

BY MRS. R. B. GLEASON.

A FEW days since, this household phrase was suggestive of some practical thoughts. Having occasion to remove a pedunculated tumor by ligature, on calling the second morning after its appliance to tighten it, the careful mother said in a tone of tenderness for the daughter, mingled with mild reproach for myself, "Surely it seems cruel that Phœbe should lie here without something to take."

On stealing softly into the patient's room, I found her sleeping, not with suppressed suffering written on her countenance, but rather like one who was taking a comfortable nap. When she awoke, I found no febrile excitement, no local inflammation. The symptoms were every way encouraging. On explaining this to the mother, she replied:

"Well, yes, it did seem as if she was doing well; but then she kinder *thought* she *ought* to have something to take."

On my way homeward, "something to take" sounded in my ears as if uttered all along the valley of the Chemung, and echoed by the adjacent hills. And so it is the world over; this "something to take" is the main thought of many a head, the great disturber of many a stomach, the irritant of millions of nerves.

The young Miss of genteel form and fashionable dress, who lunches on dainties, reclines on sofas, and reads light literature by day, and dreams of her admirers by night, has loss of appetite, want of strength, a pain in the side, and must have "something to take." Well, what shall she take? Why, take off her tight dress; and take to some active, useful employment.

The man of business whose brain is oppressed, whose stomach is in pain, whose nerves are irritable, must have "something to take." What shall it be? Let him take more time to talk with his wife, to play with his children, and his dinner will digest better, his head be clearer, and his sleep sweeter.

To be sure, in years to come, he may have a few hundreds less in purse; but in health, *yea, in heart* too, he will have gained a treasure of infinitely more worth than golden wealth. More than this, he will have imparted to the "loved ones at home" that which is *too choice* for money to buy,—a father's care, a husband's company. The masculine as well as the maternal element is required to perfect "home influence."

Here we find the fair young mother lying on a feather-bed, with a flushed cheek and fluttering pulse, every door and window guarded as if a pestilential vapor instead of an invigorating breath would steal in if they were left ajar.

Though the dreaded peril was safely passed, and she hoped soon to be strong again, yet she

finds that day by day she grows more feeble and nervous. The vigilant nurse and devoted husband decide "she must have something to take." Let us select anodynes, tonics and restoratives for her. First give her plenty of fresh air in her chamber; draw aside the curtains, open the blinds, for animal as well as vegetable organizations need sunlight to thrive well. Let her have one general ablution and two hip-baths of mild temperature each day. Do not burden her with body-braces or abdominal supporters, but rather adjust a wet linen girdle, covered with dry cotton, about the body, and it will be a soothing support. Let her take short walks and frequent rides, and so use what strength she has—the sure way to find more.

Next our eye rests on the little nestling in blankets. It worries; a friend by suggests that it has the colic, and must have "something to take." Shall we give it catnip, aniseed, or some other more potent baby-cordial? No, none of these. Perhaps its dress is too snug; perhaps its sensitive stomach is suffering from the sickly condition of the mother. So we will not add irritant to irritant, but we will unfasten its dress, rub its little body; wait a little, it will soon be better.

As the mother improves under her new dispensation, this little counterpart of her existence will also thrive better.

At the house of a friend we find a little boy with curly hair and fair features, but a frail constitution. It is mid-winter, and so he is kept closely within-doors. He wears a low-neck dress with short sleeves, and those little arms have a purple, mottled look, for chill of the surface has rendered the capillary circulation imperfect. The mother assures us they are not cold; but, nevertheless, we see the unmistakable impress of that condition. The little fellow has frequent colds and a croupy cough, and must have "something to take." First take off that embroidered slip and low slippers, and instead, a flannel suit, with substantial shoes, and then let him run hither and thither, in-doors and out, without fear of soiling his clothes or catching a cold. His muscular system will be developed by exercise, his sensitive lungs grow strong by the inhalation of pure cold air, and thus he will grow up a hardy boy, and not a hot-house plant.

On every hand, we find some one complaining of the "compliments of the season" in the shape of coughs, colds, influenzas, &c., all in want of "something to take." What shall we select from the host of pectorals and pulmonics?

Nothing to put inside save frequent draughts of pure cold water; and for the outside, such treatment as will increase the activity of the skin, equalize the circulation, &c. If the attack be severe, take a sweat in a hot bath, with a pour after at 65°, just before retiring. If much oppression of chest, wear during the night a wet linen chest-bandage, with one of dry cotton over; both of them double; and on rising, lay aside the bandage, and wash the chest thoroughly but quickly in cold water. During the day take a foment of twenty minutes over the chest, followed by a wet-sheet pack of three-quarters of an hour, and a drip-sheet rubbing after, at 70°.

Best of all, is much exercise in the open air, either by rides or walks, or both. The inhala-

tion of pure cold air while the body is warmly clad, is one of the safest and surest ways of curing colds, and catarrhal and bronchial affections.

The shutting up those having sensitive lungs in close rooms, is a practice most deleterious to both health and longevity. The safety of such depends not on the *warmth* of the air breathed, but on the *warmth* of surface maintained, especially that of the extremities.

Some persons have a kind of cold-catching mania, and every time the wind whistles through a crevice, they fancy they have a new cold.

Such, despite all their precautions, or rather by them, are suffering from colds almost constantly; because their over-careful habits beget such a morbid sensitiveness that they become unfit for the climate of *this globe*. If there be any more favored planet where changes never come, where breezes never blow, it would be best to transport them thither.

Then, too, there are electrical changes in the atmosphere which induce more or less oppression of head and chest in those who have a peculiar sensitiveness in the air-passages.

These symptoms are often mistaken for the effects of undue exposure to cold, and so the unfortunate one fidgets about, bundles up and shuts up more closely than ever, and thus perpetuates and increases the irritability of mucous membrane upon which it depends.

Wherever we turn, somebody is ailing, and in want of "something to take." So now for some all-healing balm. Well, let us betake ourselves to more simplicity in diet and dress; to less fashionable restraint and more freedom of thought and life. Let us all *worry* less and *work on* more quietly, patiently and hopefully; remembering that it requires both resolution and resignation, not only to do duty, but to maintain health. Thus may we all be in less need of "something to take."—[*Elmira Water-Cure*.

A DIFFICULT QUESTION.

BY S. O. GLEASON, M. D.

"How long will it be necessary for me to remain?" is among the first questions asked after a case has been looked over at a Water-Cure. It is a difficult one to answer. I propose to present some of the reasons why it is impossible for a physician to give it a definite reply.

Nature is slow in perfecting all her noblest works. An untold period of time passed away before the earth on which we live was made a suitable habitation for man. Generations of animals and plants had to live, flourish, and become extinct, before such perfection was attained as made the earth capable of sustaining the human race. The "brave old oak" that stands on the mountain's brow bidding defiance to the wintry storms, was centuries in arriving at perfection. It takes from twenty-five to thirty years to perfect the human frame—to consolidate and make it capable of its highest and most energetic movements.

The vapor that floats in cloud-form may descend to earth in such torrents as to remove and

destroy a part of some bluff or bank that centuries of slow progress built up. The fierce whirlwind may twist off the arms of the oak; the hand of disease may prostrate the energies of the stoutest frame in human form in a few moments of time. But what length of time shall be required to send out new shoots from the body of the oak, that shall again arm it as before, none can tell. What time it will require to rebuild the human system when once diseased, and restore it, fresh as it came from the hand of its Maker, to its possessor, none can tell.

It must not be forgotten that in this delicate machine of ours, there dwelleth an immortal spirit that plays an active part in the destruction or in the rebuilding of the diseased body. So the physician has to take into the account, not only the physical condition of his patient, but the mental also. The time required to produce a cure depends almost as much upon the state of mind as upon the disease of the body. The patient who has the greatest amount of constant, untiring, energetic *will-force* at his command, and who keeps this in full, free play, hopefully and cheerfully expended, is altogether the most sure of speedy benefit and of an ultimate cure. Without this no one can expect to make any thing like rapid progress, nor can many cases even hope for an amelioration of their sufferings. So much depends upon the patient, that we cannot tell how much they will aid in working out a cure, or how much they will retard the necessary changes which are to be wrought in the constitution.

As the original growth of the system is slow, so the water-treatment works gradually in producing its healthful and life-giving changes—by cleansing the blood of its impurities; by restoring its secretions; by strengthening the muscular fibres of the heart as well as of other parts of the body; by invigorating and strengthening the nervous system; by giving *rest to the weary, tired, jaded brains*. In all probability the patient has been exposed to a train of unhealthful causes for years, which have been inch by inch sapping the vital forces, if not working organic changes. He must be removed from these, else he has no hope of a cure. He must in a certain sense "grow back again" into health.

A few months, or even one to two years of time are of but little consequence in comparison to a lifetime, to be spent in making unsuccessful attempts to patch up the human frame by stimulants, narcotics, alteratives, bitters, tonics, &c., which only make the machinery run for a time in misery and pain.

The Hydropathic system of treatment aims at removing old morbid matter; while at the same time it builds up with new, sound material the tissues of the body. It works *real and substantial changes*. They are not deceptive, like those wrought by medicine. Surgeons of eminence have testified, that the muscles of those who have been subjected to the water-treatment before the amputation of a limb, have not only borne the operation better, but that the healing process has been more rapid and safe. This is a clear proof of the purity of the blood brought about by the water-treatment.

Water-crises are so common under the treatment, patients should by all means remain at a

Cure until all critical symptoms have disappeared. There is often a disposition to leave after a few weeks of treatment, from the fact that many become tired of the effort necessary on their part to insure success. They may begin to feel the workings of the treatment; may have more pain, soreness of the surface, headache, chills, feel depressed, get home-sick, and declare they will leave. Some do so just at the *very time* when all the life-forces are being wrought up to the great work of producing a crisis. Only a few weeks since, I had a patient who had been with me only some three weeks, when the organic forces began to work, producing the symptoms above described, and he was on the point of leaving; discouraged, just at the point when hope dawned; just at the time when a water-patient should bring into play all his energies of will, for this is the time that good is to be hoped. He prevailed upon to remain a little longer. In less than a week one of the most marked skin-crises came out that I have ever seen. The pains left, his spirits came up, and all was right again. He remained until the second one came, and then left, highly delighted with his improvement.

We have one patient who came here near a year since, in the most forlorn condition, who has steadily pursued the treatment; has gained some thirty pounds; general health has improved; the system seems well-nigh changed in its material. Crises have from time to time come out; each time freeing the system, till the rosy appearance has taken up again its residence on the countenance. The rule for patients is, *Stay till you get a cure, if you can.*

I know there are circumstances that hinder a cure, and often prevent its final accomplishment. Home cares, home duties, press themselves upon many, and the requisite amount of time cannot be spent at a Cure to make a sufficient change in the system to insure health. Many incidents may occur that will prevent a cure; such as critical action, general disturbance of the system after one has left, hoping to carry on home treatment. Many fail, when a cure would have been certain if they could have remained at an establishment a short time longer. Books, though good general guides, are not sufficient to meet all the phases that may come up during the treatment of a chronic case of disease. Such are the complications in many instances, that it needs the best skill of the most experienced to guide them to the haven of health. To some, these remarks may seem impertinent. But to one who has seen some severe forms of critical action, they will appear truthful and full of meaning. The cure often depends upon good guidance for a few weeks. If such an opportunity be lost, it may be lost for ever. It is of the highest importance to guide the energies of the system when they have once been aroused to the point of producing important chemical and organic changes.

We are at times greatly pained to see patients leave when the point for which we have toiled is almost gained. Not long since, we urged a patient to remain one week longer; but did not succeed in securing the consent. There was no urgent reason for going. Thirty miles were scarce reached before sickness came on; and the result was, severe critical attack, with none

at hand to guide in the hour of the greatest need.

Thus, often, time and money are lost in the present, and the hopes for future success blighted.

So we cannot give any definite reply to the query, How long shall I have to remain? Circumstances must decide the matter. One who is determined to get well, will abide his time till such changes are wrought as will enable him to make progress after he leaves the Cure. We do not expect to have patients remain with us till they get well. But it is highly desirable that they should stay till they can go in safety to themselves—till they can by our guidance keep improving, and ultimately regain lost vigor and energy of system.

The life of a Water-Cure patient is not one of ease; it is full of stern, vigorous effort. We cannot lead our patients by the "song of coral muses, nor by rosy hours." Work, work, stern work, must be met cheerfully and manly, if we would succeed. Idleness, indolence, inactivity, never can guide us to the goddess Hygeia. We must woo her by effort—by cheerful toil—by manly exertions. The gods love heroes. We must be heroic, if we would find favor in the eyes of the ever-beautiful Hygeia.

[*Elmira Water-Cure.*]

TRIUMPHS OF WATER-CURE.

BY DR. W. M. STEPHENS.

SINCE the treatment of diseases by water has been reduced to a system guided by well-established principles, its history has been one undeviating record of almost miraculous cures. Its curative powers have not been confined to any species of disease, to any idiosyncrasy of constitution, to any age, to any country or climate. It has extended itself as wide as Christian civilization, and wherever it has gone, it has found many to praise and to bless it.

Although every patent medicine, and every system of cure, are supported by many cases of cures performed, the Water-Cure has this advantage, that it has cured after all patent nostrums, and after most all other curative systems have been tried in vain. In the early history of the Water-Cure, no one resorted to it until he had exhausted the skill of the medical faculty, and swallowed a pharmacopœia of medicines. With such cases the Hydropathic system has been tried and found successful, curing in almost every case in which it has had any kind of a trial.

No system ever had so much prejudice and opposition to overcome. It being started by one outside of the profession, it was condemned as quackery, and the whole medical faculty combined in condemning it as an unsafe and unreliable mode of cure. Had they had the power, the Water-Cure would have been crushed in its infancy, and the world bound fast to the car of drug superstition for a thousand years longer. But it has triumphed over the "faculty." It has been tried side by side with their "poisons" and come off conqueror, thus proving the uselessness and injury of Allopathic druggery. It has awakened the

attention of the world to the subject of disease; and wherever it has been introduced, it has not failed to modify, in an essential manner, the practice of physicians.

There is no disease in which the faithful and proper employment of water will not be beneficial. Even in those diseases which are incurable, it will do good by alleviating the pain, cooling the fever, soothing the nervous system, removing foreign substances, and promoting the general health. So that even in incurable diseases the Water-Cure is preferable to any other system. For when that fails, we may be pretty certain that there is nothing else that can restore; and although some diseases are incurable, yet death may be rendered so calm and sweet, that when the summons comes, we shall go,

"—— not like the quarry slave at night,
Scourged to his dungeon, but, sustained and soothed
By an unfaltering trust, approach the grave
Like one who wraps the drapery of his couch
About him, and lies down to pleasant dreams."

Although the Water-Cure has done so much in curing diseases, we can see clearly that its greatest glory is to be achieved and its greatest good to be done by *preventing* sickness. It is our firm conviction that any and every disease can be warded off by a rigid adherence for a time to the rules of health laid down in the Water-Cure system. Every constitution can be braced against the attacks of Cholera, Dysentery, Intermittent Fever, Influenzas, Diarrhoeas, and against every other disease. The system must first be purified and regulated, and then the tone of life kept up to that point at which it is able to throw off the effects of miasma, malaria, contagion and pestilence. We already see individuals who will live in the midst of all these unharmed. The benevolent Howard, who practised the Water-Cure and used a vegetable diet most rigidly, could breathe the atmosphere of the plague and the pestilence unharmed, whilst thousands were dying on every side.

It may take more than one generation of correct living to raise us above slight attacks of contagious diseases when exposed to their contagion; but the Measles, Small-Pox and Whooping-Cough will become very mild complaints when taken under both the preventive and restorative application of water-treatment.

The Water-Cure points out the road to the time when this earth shall be redeemed from DISEASE, DRUGS and DOCTORS. It gives a faint glimpse of that period when misery and poverty shall no more prevail; when the voice of lamentation and woe shall no longer go up to God from the children of men; when the racking *strife* of business shall be past; when man shall no longer war with his fellow; when all the goodness of his nature will no longer be turned into bitterness, contempt and scorn; but when, by obedience to Divine Law, strength will be given to man to become more perfect, more Christlike, to subdue to himself this earth and make it a paradise, to govern his own spirit and banish strife and war, to do away with all clanship, with family and national prejudices, and to reduce all mankind to one great BROTHERHOOD.

Dansville, N. Y.

Practical Water-Cure.

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

CASES IN WATER-CURE PRACTICE.

BY JOHN SNUBBS.

Case 1st.—This was a severe attack of typhoid fever of the nervous type, (*Typhus Miliar.*) No thorough treatment was attempted, for lack of conveniences, nurses, &c. The patient was a young lady 17 years old. The wet-sheet pack was used as often as was deemed necessary; the bowels were kept open by enemata of pure water, tepid. Care was taken to keep the feet warm and head cool. This, with one or two sponge-baths daily, was about all that was done. And although timid people urged a little *physic*, and the consultation of a physician, yet no medicine was used—no physician was consulted. The motto was: *Keep the fever down and let Nature do the work.* The result: a *short run*, and speedy recovery.

Case 2d.—This was a case of croup; the patient, a little girl three years of age. As soon as that shrill, hoarse cough appeared, and the “hard breathing” began, the child was put into a tub of tepid water, bathed and rubbed freely; taken out; wiped dry; the chest-wrapper, (which should always be at hand,) wrung from water nearly cold, was put on, covered with dry flannel; a wet bandage was put round the neck, covered with the same; the feet were put into a hot foot-bath for ten minutes, the child being wrapped in dry blankets, and then put to bed. This process was repeated every half hour for two or three hours, when perspiration appeared, the cough became loose, and relief followed.

Case 3d.—This was a case of *lung fever*; the patient, a boy four years old. The circumstances were afflicting. He, with a younger brother, had been under the *Allopathic* treatment two or three weeks. The younger was dying. Friends had gathered round to watch the departure of the little sufferer to a land free from *calomel*, *ipccac*, and *cantharides*. A council of physicians was being held over the other. It closed. The anxious parents were eager to know the result. “After a careful investigation of the case, we must say that we can give you *no encouragement*. The child seems to be going just like the other one; our remedies fail to reach the disease, and the child will undoubtedly *run down*.”

This, substantially, was the verdict. It was open, candid; but oh, how heart-rending! This was not all. After virtually pronouncing the case incurable, they measured out their *calomel* and *ipccac*, spread their *blister-plasters*, and remarked, as they left, “You can use these remedies as you did with the other—it is the best we can do.”

But the father, amidst all his troubles, retained his reason. *That* taught him, that if his child must die, it ought not to be tortured out of the world. So the *remedies* were thrown aside, the Water-Cure system applied, and mark the result! The chest-wrapper, changed often, with frequent

spongings, reduced the fever; the warm water *enema* acted upon the bowels; the feet were kept warm, the head cool, and Nature conquered disease, Allopathy and all! The boy is now well and hearty.

These are but samples of dozens of cases which have occurred in the writer’s knowledge within the last few months. Whenever water is applied, and persisted in, the happiest results follow. He has seen the dysentery, scarlatina, bilious fever, bronchitis, incipient consumption, dyspepsia of the worst form, influenza, and asthma, yield readily to the great remedy—Water; that, too, in an incredibly short time. In this vicinity, where it has been applied, there has been as yet no failure. There seems a general awakening of interest. Many are using the Water-Cure agents now, who, twelve months ago, were scorners of the practice. Still, there are a great many hindrances. The *pantry* influence is great, and causes much evil. I think, instead of looking at the patient’s tongue, the physician ought to look into the pantry; *there* lies the worst symptom of morbidity.—[Warren, Mass.]

LETTER TO DR. HAYES.

Wyoming, April 29th, 2854.

EDITORS OF THE JOURNAL:—We receive many cheering and hope-inspiring letters from those who have been our patients, but few however more emphatic and spirited than the following from a young lady at the West:

Woodville Cottage, March 21, 1854.

DR. HAYES:—DEAR SIR—I sit down to-day to redeem “a long ago” made but not a forgotten promise. Since my return home, my time has been chiefly occupied in toil, and in painful vigils at the bedside of the sick and afflicted, and this must form my only excuse for not sooner complying with your request. I have in imagination written you many a letter while I have been about my work; and could my thoughts as they arise before my mental vision have been daguerre-typed on paper, you would, ere this, have received many a missive from me. I daily send many a thought and wish on the wings of the wind to my “old home,” and a prayer that the blessing of God may rest upon you and all your household. I often meet with you all in spirit around the “family altar” and mingle my feeble prayers with thine, for the restoration to health and happiness of all those who are seeking for these desirable blessings. May you long live to gather your household around you and lead them before the throne of Divine grace and love. If there is one place on earth made sacred to me above another, it is where “family prayer” is daily offered up before God in truth and sincerity. I have often felt that, had I been a poet born, I too could have written a “Cottar’s Saturday Night.” But, alas! I am not. I can only *feel*, with the impassioned Burns, that it is holy and consecrated ground where prayer is daily offered up to “Heaven’s Eternal King.” It was his pen, and his alone, that could stamp on paper the *living, breathing* reality of such a scene; and none may ever dare to paint the scene with hope of equal success. I expect I am so well this spring no

one will think it necessary for me to go back, but I would like to go and make a visit, and have H— give me a few baths. I think I should feel renewed in strength, both physically and mentally. My only regret now is, that I did not stay until the fall at the Cure. I think by that time I should have been perfectly *rejuvenated*. As it is, I feel now twenty year younger, in body and mind, for the treatment I had; and I think, if some young man don’t take a fancy to marry me now, they are much to blame, and can have no just idea of what is for their interest. Doctor, I don’t really like to *brag* of myself; but I wish you could know how much I have been enabled to endure physically, and the mental toil and anxiety I have undergone since my return home. The water-treatment, to say the least of it, has made considerable of a woman of me, and now, not content with that, it has of late turned me into a *boy*. I suppose you would like to know the “modus operandi” whereby such a miraculous change has been wrought. Well, I will explain: My brother, the latter part of December, broke his leg, and before he recovered to do any thing except as he went upon crutches, his “hired man” left for Iowa, and not another could be obtained for love or money—for I tried *both*, and they would not work. The public works take off all the efficient help. Now for the transformation: I donned the Bloomer and went forth, not with a crochet-needle, harp or timbrel in hand, but a pitchfork, and took care of horses, cattle, hogs, milked cows, did housework, took my baths, and got time to sew besides. Now, Doctor, as I am *exceedingly* modest, and don’t like to extol myself, but wouldn’t I make some *good man* a wife, *providing* I had a chance? I dislike ever to enter into details of my domestic affairs, for I think every one has sufficient of their own to occupy their mind; but what I have written you of mine is to let you know to some extent, and to let others know, how much I have been benefited by the use of water, diet, air, and out-door exercise, and what it has enabled me to do and endure. Mole-hills that once looked like mountains have disappeared, mountains and all, and I work now with a brave heart and a willing hand. I ascribe to that mode of treatment my deliverance from the house of bondage, and I now “rejoice with joy unspeakable” in the glorious liberty and free use of all my God-given faculties. I hope I shall be pardoned for being so egotistical in saying so much about myself, to the exclusion of all others and other subjects; but what bird *wouldn’t* sing, if it *couldn’t* help it? Respectfully yours,

LOUISE.

BARE ARMS AND BARE HEADS.

BY MRS. J. H. HANAFORD.

“Is it possible, Mr. Ellis,” asked a lady who met him one morning when carrying his little son out, in his wicker carriage, for his usual morning ride, “that you permit your only child to ride out with his head uncovered? Why, I should think he would get his death-cold. I should not dare to have mine out so uncovered.” Mr. Ellis smiled, and replied calmly,

"I think there is no danger to be apprehended, Mrs. Dana, or I would not expose a child I love so well to it. Do you not remember that Physiology teaches that it is very important that the head should be kept from being unduly heated? The old adage,

'Keep the feet warm and the head cool,'

is a very true one, I believe."

"Well, I never studied Physiology, but common sense seems to tell me to put a hat on my child's head whenever he goes out. My parents did so to those in their care, and I think I follow a good example when I do as they did."

"I do not allow my little son to be without a hat when exposed to the summer's scorching sun, but in this sheltered carriage he really needs no hat, and, in fact, it is rather inconvenient, and he prefers to be without it. As for the example of our parents, the present generation know far more of Physiology and Hygiene than they did, and it is not strange nor improper for those who have studied those subjects to act according to their present light and convictions of duty, regardless of what was the custom in a former and less informed period."

Mrs. Dana had no reply to offer to this very proper view of the subject, for she was really unacquainted with the laws of health, or the functions of the various organs of the human body. So she passed on, repeating, "Well, I shouldn't dare to do it. I shouldn't dare to have his head so bare."

The warm, bright days of the Indian summer had given place to the chill winds of autumn, announcing old winter's speedy approach. Mr. Ellis had charge of the grammar-school in the district to which Mrs. Dana belonged, and day after day he saw the youngest of her flock coming up to the school-house with bare arms. Her short, flowing sleeves were not sufficient to insure even a little comfort, and the child sat pale and shivering in her seat, for some time after the school was opened, while that evidence of a chill, commonly called "goose-flesh," was quite apparent on her half-covered arms.

For some time this custom, which was not confined to Mrs. Dana's child, was a source of discomfort to the really humane teacher, and in his *enlightened humanity*, and not *false physiology*, he one day felt it to be his duty to explain and enlarge upon the subject of the propriety of bare arms in such weather, while he felt forcibly the hygienic inconsistency of Mrs. Dana, who feared to have her child bareheaded in a covered carriage in midsummer, yet was not afraid to send her little daughter with low-necked dress and bare arms to school in the chilly days of autumn.

How much of such inconsistency is daily seen by the observing physiologist! And, therefore, great is the necessity of thorough physiological training on the part of the teachers and guardians of youth, and the wisdom of introducing the study of the human system, and the laws of health, in all our schools.

Nantucket, Mass.

REAL TREASURES.—A virtuous mind in a fair body is a fine picture in a good light, and, therefore, it is no wonder that it makes the softer sex full of charms.

Dietetics.

ERRORS IN BREAD-MAKING.

THIRD ARTICLE.

SELF-RISING POWDERS.—The term self-rising is only to draw attention to the powders which are composed of acids, acid compounds and carbonated alkalies. The following is a specimen of what baking-powders are, viz: Two table-spoonfuls of super-tartrate of potash, one table-spoonful of carbonate of soda, add them to two pints of flour. Another, 2 oz. 5 dr. 45 gr. of crystallized carbonate of soda, 7 oz. 2 dr. 22 gr. of muriatic acid. Tartaric acid and bicarbonate of soda are also used. Alum being but a few cents a pound, and well known to bakers, (they having used it much,) will most likely be used in baking-powders, and when united to soda will form Glauber salts in the bread, and leave a residue of pure clay: for alum is a sulphate of alumina or clay. Tartaric acid will with soda form something like Rochelle salts in the bread.

There are but few medical men who have any clear and well-defined ideas of the action of soda and potash as regards *pneumatic digestion*, therefore they will be exposed to be made tools of to gull the public into a belief that a compound of tartaric acid and soda is not hurtful.

Those who totally abstain from such compounds will be in no danger of hurt from them, and will enjoy an elasticity of limb, a firmness of muscle, and a buoyancy of spirits superior to those who use them. And further, they will be saved from the adulterations of chemicals which frequently take place. Sal-cratus even is adulterated: and were there nothing to sustain the position that such compounds are hurtful, but the fact that strong concretions are sometimes found formed on the surface of joints, composed mainly of soda and an acid; this ought of itself to be sufficient to deter any intelligent and cultivated people from using alkaline compounds in their food on any occasion.

But these light delicate cakes raised with a little soda are very inviting. They are like Solomon's champagne, when the carbonic acid gas caused the wine to sparkle in the cup, and show itself aright, but afterwards it stung like a serpent, and bit like an adder.

These cakes occupy the same place in food as wine does in drink; and are rendered inviting by the same element, viz.: carbonic acid gas, and it will require a little grain of self-denial to keep clear of them.

ACTION OF SALTS ON THE HUMAN SYSTEM.—The preceding remarks on salts, including muriate of soda, or common salt, and the almost universal use of that article by man and inferior animals, may cause some who are not acquainted with the subject to conclude that, seeing salt is so freely used, saline matter cannot be so very hurtful after all. I have to inform those who so think, that there is sufficient and abundant evidence of the baneful effects of saline matter on the blood. It is but a short time since the arrival of one of the vessels sent out from this country to the Polar

Seas in search of Sir John Franklin; and it may be presumed that the crew was amply provided with the means to prevent and cure the scurvy; yet to such an extent did that disease prevail, that old sores that had been healed up, actually broke out afresh; proving that the amount of saline matter in the circulation was so great as to impair the affinity between the living blood and the living body.

It is a settled point with those acquainted with the nature of scurvy, that it is a disease of the blood, and not of the muscular parts; and the rapidity with which patients recover from that disease (when not too far gone) when released from salt provisions, and have an opportunity to manufacture blood from other sources, is evidence what effect alkaline matter has on the blood. And those who are not confined, as sailors are, to a limited fare, are exposed to be heedless about the amount of alkaline matter they take into their system, the effects not being immediately visible. And with regard to common salt, I am not aware that it ever is assimilated or is capable of being assimilated. Neither does it contribute to the production or maintenance of animal heat, but directly the reverse. The more alkaline matter in the blood, the colder the subject, and the less able to withstand the cold of winter or the heat of summer. And if there is any use for it at all, it assists in the process of decay; the particles of our bodies become worn and decay, and are removed from the system. It may also assist as a solvent in gastric digestion.

The following quotation from Liebig, one of whose works I had an opportunity to see a few weeks after the foregoing was written, shows the light in which the first chemist of the day views alkaline matter in the system:

"All salts with alkaline bases, when administered internally to man in dilute solutions, may be again diluted in the blood, and the transit of these substances produces disturbance in the organism." Further, "It is manifest that the presence of organic salts must produce a change in the process of respiration. A part of the oxygen inspired, which usually combines with the constituents of the blood, must, when they are present, combine with their acids, and thus (the oxygen) be prevented from performing its usual office. The consequence of this must be, the formation of arterial blood in less quantity, or, in other words, the process of respiration must be retarded," or be imperfect. And other eminent men, each of whom is a host in himself, such as Schwenneke, Pitcairne, Friend and Thackeray, testify that the carbonate of potash, soda and ammonia, (the carbonate of ammonia is used in pastry by the confectioners,) has a particular effect on attenuating the blood, breaking up its coagulating power, and thus inducing a diminished vital cohesion of the various textures of the body formed from it.

And according to the experiments of Orfila, "potash is absorbed and conveyed into the blood. When he gave about one drachm to dogs, the presence of this alkali was, after the lapse of six hours, detected in the liver, spleen and kidneys. And owing to the solvent action of this poison on fibrin and albumen, the blood is never found coagulated after death." See Taylor on Poisons,

in relation to medical jurisprudence, page 224. Dr. Pereira corroborates the above testimonies. He states that "the alkalies give rise to effects analogous to those caused by mercury; after some time the digestive function becomes disordered, the blood becomes thinner and darker colored, and loses its power of spontaneous coagulation when drawn out of the body; the whole system becomes enfeebled, and a state precisely analogous to that of scurvy is brought on."

It is universally acknowledged that scurvy is brought on by the long-continued use of salted provisions; now it cannot be the opinion of medical men that it is the acid of the salt or of the saltpetre which produces that disease, for they give acids as correctives, therefore it must be the potash and soda of these compounds. The intelligent and reliable author of "Letters from Graefenberg" states that Priessnitz tried some experiments on pigs with salt. He fed some with the usual allowance, and others without salt in their food; on dissection, he remarked that the intestines of the latter were sound and healthy, and those of the former were soft and easily torn with the fingers; and goes on to say, "it may not be out of place here to offer a few remarks on the use of that article," as there seems to be a very unreasonable prejudice in its favor. It has often been asserted in books and in conversation, that the use of salt as a condiment is absolutely essential to health; but I never met with a single fact or argument which went to support this assertion.

On the contrary, it is well known that many tribes—the New Zealanders for example—abstain entirely from the use of salt. And it is often necessary to forbid the use of it in some disorders, in various skin diseases: even in simple water-rash, the irritability of the part affected is often considerably increased by the use of salt.

I have known more than one case of sloughing ulcers which had resisted medical remedies, healed by decoctions of simples, and a diet of unleavened barley cakes made without salt, as the only food, and spring water as the only drink." The facts and testimonies of these distinguished men, coupled with the scientific deductions of Liebig, it is thought, (by the writer,) cover all the ground that has been assumed. And I have been informed that several of the oldest Water-Cure practitioners in this country take similar views of the action of saline matter on the human system. As professional men, I think their opinion and counsel of much value.

CONCLUSION.—In conclusion, these statements and remarks on bread and alkaline compounds are kindly presented to those who feel interested in the welfare of society; the use of the carbonate of soda and potash in bread has taken deep root among the people, and the evil is on the increase.

The writer felt he had a duty to do in the foregoing matter, and he has done it as well as he was able; and if its fulfilment in any degree will prevent disease and tend to improve the health of the community, the happiness of the writer will be increased, for he is seriously impressed with the conviction that the physical condition of society has much effect on its mental, moral, and spiritual states.

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THE FASHIONS.

[See Illustrations on last page.]

WE here offer the readers of the WATER-CURE JOURNAL, and especially the ladies, a rich treat, not set down in the "programme." We do not promise among the "new and attractive features" mentioned in our Prospectus, to give "fashion plates," "colored" or "uncolored," or "Reports of the Fashions," but, in imitation of the Ladies' Magazines and *Punch*, we this month embellish our pages with a couple of "specimens" of dame Fashion's handiwork "in full bloom and feather," together with a long and minute, as well as an accurate report of her various and wonderful inventions for adorning and *improving* the noblest work of God, in the "human form divine." These curious and ingenious inventions are offered freely to all—who can pay for them, and all loyal subjects of her realm in both hemispheres are expected to adopt them, not only cheerfully, but admiringly and enthusiastically. Who would not? Look at those two elegant figures very slightly altered from *Le Follet*. Do you think Nature ever made any thing so fine? No, indeed! Nature is evidently a bungler. She hides her diminished head on the approach of the Parisian dressmaker. The artists of Greece and Italy were utter barbarians, and knew no better than to follow Nature in all her blunders! The Venus of Medici?—pshaw! *what a waist!* And our own Powers must have studied among the savages. He certainly never saw a *belle* on Broadway or the Boulevards! The Greek Slave should be corseted at once, and adorned with puffed sleeves, flouncings, feathers and *mantau ceharpe*, not forgetting a bonnet worn "on the small of the back!"

We have ventured to place a Bloomer, by way of contrast, on the same page with the *fashionables*. It is possible that some of our fair readers may be perverse enough to think that Nature is wiser than the French mantuamaker, and that the dictates of unperverted taste and the requirements of health and comfort should be heeded rather than the bulletins of Fashion. Such eccentric characters will prefer the American costume; but we fear that with all who make any pretensions to *bon ton*, it will be treated with nearly as much contempt as the Venus of Medici and the Greek Slave. But we forbear. We will keep the reader no longer from the Report of the "Summer Fashions," which we condense from one of our city dailies:

SUMMER FASHIONS.

The prominent feature in the new fashions is the total absence of simplicity, or even the affectation of it, in the dresses, hats, or mantillas. A redundancy of ornaments, a prodigality of trimmings, and a superabundance of embellishments, everywhere prevail; dresses are fluttering with ribbons and flouncings, dazzling with gold embroidery, or radiant with flowers. Hats are bending beneath their flowery burdens—daisies and damask roses, "the humble flower that loves the lea," and the rare exotic. Splendor and profusion are everywhere visible, and republican simplicity is fast approximating to aristocratic luxury.

BONNETS

Bonnets this season are invariably made with eap-crowns; the fronts are small and just sufficiently flared to admit a profusion of inside trimmings, which generally consist of flowers, in wreaths, or clusters, or hanging sprays. The principal novelty is a fall of lace around the edge of the hat, which has a charming effect. The shapes are the very prettiest we have ever seen, elegant and graceful; and the artistic taste displayed in the arrangement of the flowers, the combination of colors, and the harmonious blending of every hue and shade, is worthy of all praise. The flowers are generally small; no gaudy peonies nor staring sun-flowers, but clusters of delicate sweet-pea, the colors melting into each other like the hues of the rainbow, myrtle-blossoms, "ivory pure," violets, moss-roses, "hypericum all bloom," "althea with the purple eye," "hosts of golden daffodils," and jasmin with "the bright profusion of its scattered stars." Around the outside rim flowers are wreathed, mingling with the inside trimmings, and imparting a look of luxurious beauty to the hat. The materials used are various—ribbon, silk, lace, straw, hair—and the combination of these different materials produces sufficient variety to please the most opposite tastes. We have some very beautiful hats made of fancy straw, and ornamented with the same profusion of floral trimmings. There is a slight depression, a graceful fall in the crown, and the cape is almost concealed beneath a mass of spreading field flowers. "hedge-row beauties numberless," that extend across the back of the bonnet, and fall in thicker clusters over the ear.

Straw and Leghorn are also worn, trimmed with wreaths of scarlet hips and blushing berries glancing through dark green leaves or marabout feathers, tipped with straw; the latter style of trimming is striking and *distingue*.

DRESSES.

Great variety prevails in the cut of the waists and sleeves, individual taste and caprice breaking through the monotony imposed by fashion, and asserting their supremacy. But, generally speaking, the open corsage prevails, without uniformity of style, however, some being open to the waist, in the shape of a heart; some cut square across about half-way down the corsage, and others cut very low on the bosom, in the shape of a bow tightly strung. Basques are still fashionable, rounded, pointed, or cut square in Spanish fashion, the skirts very long, almost forming a train, and, when not made with flounces or over-skirts of unequal length, trimmed with velvet or bows of ribbon. The sleeves are of every form, puffed, pagoda and flowing sleeves, box-plaited; some slashed at the bottom, *à la François premier*; some looped up on the inside, with a knot of ribbon, cord and tassel, and some are slit open from the shoulder, on either or both sides of the sleeve, in the Oriental or Turkish style.

Ball-dresses are made with double skirts or flounces, and are of light material; tarlatan, richly embroidered with flowers, or grenadines striped with silver or gold, or stella dresses glittering with a shower of gold or silver stars.

MANTILLAS.

There is one important change in summer mantillas. They are scarf-shaped across the shoulders, but, instead of falling in folds, encumbering the arm, they meet across the bosom in the shape of a berthe, and are there confined by a bow of ribbon. This keeps the mantilla firm, and prevents any ungraceful shifting, and likewise does away with that un-ladylike hitch by which refractory mantillas were once brought to their proper places. The *plateau volant*, formed of two deep flounces of rich Chantilly lace, is of this style, and on a slight, youthful figure, looks eminently graceful. The Eugenie is a very pretty summer style, which displays the figure to great advantage, for it descends only to the waist. The Rachel, another pretty scarf-mantilla, derives its name from the world-renowned French *tragedienne*. It is made of silk, and trimmed with several raches of ribbon, and closes in front near the waist, in the form of a heart.

HEAD-DRESSES.

Some of these are magnificent, being formed of velvet and gold-lace, and trimmed with scarlet poppies, interlaced with golden sprays; others of pointed blond and marabout feathers, tipped with gold. Some are pointed in the front, *à la Marie Stuart*, and have clusters of moss-roses and japonicas glowing through the transparent cloud of lace that envelops them with all the art of studied carelessness. For elderly ladies, a graver style prevails; flowers are eschewed, and lace and ribbon are the only trimmings used. Wreaths of flowers, with pendent sprays and glancing berries, and a bewildering variety of colors, belong exclusively to youth, and are never seen to better advantage than when gleaming through masses of clustering curls, or resting on glossy folds of simply braided hair.

The superabundance of face trimmings would seem to preclude the possibility of curls for the next half year; but fashion laughs at obstacles, and so we are to have the trimmings and the curls together. The old-fashioned friz puffs that were worn about twenty years ago, are coming into fashion again, and promise to be popular, for they retain the curl much longer than other styles, and are by many considered becoming; still they are quaint and formal, and inferior in grace to the willowy ringlets, and in beauty to the simple dignity of the classic style. However, what is fashionable will always be considered becoming, and so we doubt not many flowing locks will be shorn of half their length; short hair being an indispensable requisite for these "revivals." Three or four of those friz puffs are worn on each side of the face, none coming below the ear; and when worn under a hat, a braid called the Grecian braid invariably accompanies them. The hack hair is arranged in the French twist or casque style, and the ends are folded round, some smooth, some cable-twist, and some Grecian braid. For evening-parties flowers will be added, natural or artificial, according to taste, the natural flowers being the more *recherche*, but at the same time more transient.

COME KISS ME.—This is the name that should be given to the fashionable bonnet, which, lightly resting on the back of the head, affords no protection to a pretty face, but, on the contrary, increases the attractions which, under any circumstances, invite the *stamp* of kindness and affection! How different from the odious "poke bonnet" used five-and-twenty years ago, which formed a projecting line of circumvallation around bowitching features—a *cheveu-de-frise*—which the most ardent and presumptuous admirer of beauty would hardly attempt to pass, when even

To undertake the pleasing process
Required an elephant's proboscis.

Boston Journal.

But why should the ladies wear any bonnet at all? The present fashion affords no more protection than a hair-comb. Why not adopt the Spanish veil, or the German cap, or the Italian bare head, and let the beauties come out in all their naked loveliness? These mere apologies for bonnets, worn, as *Punch* says, on the "small of the back," affording no protection from the weather, are the most costly items of a lady's dress, ranging from \$10 to \$20 in the Bowery, and from \$25 to \$50 in Broadway; and of course they must be changed with every season, if not with every month in the year. What with "spring hats," "summer hats," "fall hats," "winter hats," "riding hats," "opera hats," "travelling hats," "fair-weather hats," and "foul-weather hats," a fashionable New York lady is obliged to spend more on the outside of her head than the inside may be worth.

LINES BY SAM. HILL,

ON THE UNRIVALLED COLORED "FASHIONS" IN THE LADIES' MAGAZINES.

AND there ye stand, two simple things,
Distorted in proportions;
Meant doubtless for two female forms,
But ah, what sad abortions!

Some unfledged artist has, no doubt,
For two young *belles* designed you;
But more like *bells* in steeples hung
I must confess we find you.

Your features, sure, were copied from
Those rubber dolls in cases;
Mere puppets as you are in form,
To you belong their faces.

Your necks and shoulders have, 'tis true,
A semblance to the human;
But then, such execrable waists
Do not belong to woman.

Sure ye've no room for hearts to beat:
And if you've respiration,
Your lungs like smothered bellows heave,
In struggling desperation.

Those puffs and gewgaws on your skirts
Were better on a saddle;
Such flourishing of petticoats
Denotes a brain that's addle.

We've seen some "trifles light as air,"
Some human wind-bags read of;
But ne'er a humbug yet have known
That these are not ahead of.

He must dispense with these vile *cuts*,
Who now would dictate fashion;
And if none else will take it up,
Sam. Hill must lay the lash on.

McGraville, N. Y.

Miscellany.

A WATER-CURE OBJECTION.—The WATER-CURE JOURNAL lays down hygienic principles and rules which, if fully carried out, would, no doubt, keep our physical systems in such a condition as to bid defiance to many forms of disease. Yet the abstract doctrine that Water alone is the only agent essential to cure all the ills that flesh is heir to, is an idea too crude and absurd to become generally believed—so it seems to me.

Though water is admitted to be Nature's universal solvent, and to contain all the elementary principles of all things in existence, and to be exactly adapted to our physical wants as a beverage and as a preventive agent of many forms of disease, yet, after all, reason does not teach nor inductive philosophy prove, that these principles or properties are sufficiently concentrated in that element to meet the demands of nature in all forms of curable disease.

It is no doubt true that were the rigid hygienic and dietetic rules laid down by Water-Cureists generally, strictly adhered to, water alone, for medicine, would effect cures in many chronic diseases, when there was no organic lesion; provided the patient live long enough to go through with the usual routine of packing, douching, bathing, sitting, &c.; while, at the same time, reason teaches, and experience proves, that the same cures can be effected in one fourth the time with the same elementary principles, in the more

concentrated form as we find them in vegetables, which act as much in harmony with physiological law as water alone.

I do not speak from the fortuitous suggestions of the moment, but from experience in the use of innocent vegetable medicines, with water and water alone, for the last ten years.

So far as my experience has enabled me to form an opinion, (and my opinion corresponds with all with whom I have conversed upon this subject,) I have never seen any very decided impression made in any local disease until an eruption appeared, which did not appear any different in looks and character from an eruption produced by a piece of salt pork or a liniment composed of essential vegetable oils.

The relief that followed in the one was precisely the same as that experienced in the other case, differing only in the length of time required to bring out the eruption, which was as one to four, as before stated. If there be any difference here, will you be kind enough to inform me in what it consists, in your next?

My object in making these remarks is to gain information by frankly stating the result of my observation and experience, and not to find fault particularly with the Water-Cure treatment, for I reckon it among reforms in medicine.

CHAS. COFFRAN.

Rockland, Me., March 18, 1854.

REMARKS BY DR. TRALL.—Friend Coffran: your whole argument is based on a fundamental mistake. You assume that the Water-Cure system is confined to a single remedy—water. Were your premise correct, your reasoning would be conclusive; but, as with all persons who argue our system, you first misrepresent it, and then proceed to demolish the windmill of your own imagination. "Water alone" is not our agent. But water is one of several agents, each equally important as elements of our system, and as therapeutic agents in the cure of disease.

If you will inform yourself of the first principles of our system, (and you will see them clearly stated in all our standard works, and in the first number of the HYDROPATHIC QUARTERLY REVIEW,) we will be most happy to reply to any objections you may then suggest.

Your remarks as to using "the same elementary principles in a more concentrated form," are foreign to any issue between us, for the reason that *there is no such thing in existence*. You cannot concentrate dietetic and hygienic rules, nor articles, no more than you can packing and douching into pills and powders.

The direct question you propound can be answered in short metre; and you cannot fail to see the absurdity of the question, as soon as you appreciate the fact that we have a *set of remedies* instead of a single remedy in our system.

KILLING "SECUNDEM ARTEM."—Messrs. EDITORS: Which is the greatest wonder, that any person has *died*, or that any person has lived the past year in the little village of Versailles in this county? It contains about two hundred inhabitants, out of which number five were practising physicians; three Allopaths and two Botanics!

In June last, a child about two months old was taken sick there with fever. The big Allopathic

doctor was called in by the affectionate father; and as he thought there seemed to be a "determination to the head," he applied a blister to the dorsal section of the spinal column—it drew. Then another to the cervical portion, or back of the neck—that drew also. But the enemy being subdued, the ally now turned his arms against those he had come to assist: the fever left, but the corroding of the first blister could not be stopped; it continued to "eat in" till it reached the spinal cord, causing the most excruciating torture to the little sufferer for several days, till death came to its relief. And all this suffering and death, according to the doctor's own admission, and that of a brother Allopath who was called to the child's assistance, were caused by the application of a blister. Thus were the fond parents bereaved of a child they almost idolized, by that cruel monster, Allopathy. But the doctor said "blisters would act in that way sometimes, in spite of every thing," and the parents are taught to look upon it as a dispensation of Providence! "How long, O ye simple ones, will ye love simplicity? How long will ye refuse to listen to the truth as it is in" Hydropathy?

Mount Pleasant, Ill.]

E. P. B.

NEW YORK HYDROPATHIC SCHOOL.—The third term of this institution will commence Nov. 1, 1854, and continue six months. The success of the first and second terms has amply demonstrated the necessity for a school of this kind, and fully justified the expectation of its friends, that, if properly conducted, it would be well sustained.

Experience, however, has shown that a four months' term is too brief to enable the teachers to do justice to all the subjects embraced in the educational programme. And as the winter season is most convenient for students to come together from all parts of our country, it has been determined, as a permanent arrangement, to have one six months' course of lectures and demonstrations from Nov. 1st to May 1st of each year, whilst during the remainder of the year, private lessons with occasional lectures will be given to such pupils as remain through or prefer the summer term.

Every facility will be provided for a thorough course of medical instruction, adapted not only to those who intend to make the practice of the Healing Art a profession, but also to those who desire to become Health Reformers or Physiological Teachers. Particular attention will be given to practical anatomy.

EXPENSES.—Tuition fees for the winter term, \$75; do. with board in the institution, \$150. Tuition for the summer term, \$50; do. with board, \$100. Tuition with board one year, \$250. For further particulars, address

R. T. TRALL, M.D., Principal,
15 Light street, New York.

SIZE OF AMERICAN TERRITORIES.—Utah would make twenty States of the size of New Hampshire; Nebraska, fifteen; Indian, twenty; North-West, sixty-five; total—one hundred and twenty-six States. Should these Territories have an equal population to the square mile with New Hampshire they would contain a population of about thirty-eight million souls. What a destiny

awaits our country! and what a *tremendous* circulation we shall yet have for the WATER-CURE JOURNAL! This is a great country, and we always thought so; but it will take some time to make all these new States; and longer to fill them up, unless the people adopt the Water-Cure!

Notes and Comments.

BLOOD-SUCKERS.—Dr. Hooker, in the course of his "Himalayan Journals," just published, gives the following sketch of a *pleasant* excursion on the Nepaulese Himalaya: "Leeches swarmed in incredible profusion in the streams and damp grass, and among the bushes; they got into my hair, hung on my eyelids, and crawled up my legs and down my back. I repeatedly took upwards of a hundred from my legs, where the small ones used to collect in clusters on the instep; the sores which they produced were not healed for five months afterwards, and I retain the scars the present day."

And these are the "remedies" applied to "poor sick humans" by *regular scientific doctors*! When will wonders cease? When shall the Water-Cure prevail?

THOSE GRAPES.—We are under obligations to George S. Griswold, Esq., of this village, for the receipt of a cluster of Isabella grapes in a perfect state of preservation. They appear as fresh and plump as when first plucked and what may seem somewhat remarkable, they retain the rich and delicious flavor peculiar to this grape when first ripened.—*White Hall (N. Y.) Democrat of April 14th.*

Will the editor obtain, and give the public a *recipe* for the preservation of grapes, as above? We should be glad to disseminate facts so useful.

LECTURES ON PHYSIOLOGY, BEFORE THE "INSTITUTE," in Cold-Water Michigan.—*The Sentinel* says:

The Monday evening lecture was given by Dr. L. McCURTEON. His subject was Physiology, or rather limited, after a few general remarks, to the circulation of the blood and respiration. The truths he advanced were made more plain by the use of a Manikin, Skeleton, and Charts. For the especial benefit of the members of the Institute, the Doctor dwelt particularly upon the necessity of proper ventilation in school-rooms, sleeping-rooms, &c. Pure air is necessary to secure the health of the scholars, and healthy scholars alone can make rapid progress in their studies. The Doctor is a rapid speaker, occupied about two hours, and impressed upon the minds of his hearers more truths than we can even glance at. In this connection, we beg leave to say that it is the intention of the Doctor to visit our village soon, for the purpose of delivering a course of lectures, upon which course we hope the mass of this community will attend.

HYDROPATHIC HOTELS.—The temperance cause, after it had proceeded to a certain extent, demanded temperance hotels. Has not the boarding and travelling community become sufficiently *hydropathized* to demand hydro-pathic hotels? I think so. I often hear individuals complain that they cannot get such entertainment as they *believe in*, when they visit our largest cities. It ought not to be so.

The city of New York is just the place to try the experiment of establishing an "inn" to be conducted on principles in harmony with our notions of diet, bathing, &c. It is not to be doubted, I say, but that such an experiment, in the right hands, would prove every way successful. What say the publishers of the JOURNAL?

L. H.
P. S. Would *Hygiene House* be a good name for the new hotel?

We say *amen*, and so will say thousands of our readers. We *do* need Hydropathic hotels, especially in our large cities. Who will be the pioneer in the new hotel movement?

WATER-CURE IN THE SOUTH.—We take the liberty to publish the following extract from an excellent and cheering letter written by a Southern lady, (of Pikeville, Tenn.,) whose zealous and earnest advocacy of Hydropathy we admire, and whose practical demonstration of its superiority over all other systems of medicine will do much to bring about the different state of affairs which she hopes to see in her section. What other paper can boast as many warm friends all over the land, North and South, East and West, as the WATER-CURE JOURNAL?

Our family (numbering some forty souls, mostly slaves) are all warm advocates for the water-system. There are four medical practitioners in our village, but none of them practise in our family. I have Dr. Trall's Encyclopedia, and several other good works on the system, and feel myself perfectly competent to treat any simple case that comes up in our family. Every person speaks of my fresh, blooming boys and girls. I tell them it is entirely owing to water, pure air, and abstinence from tea and coffee. I have been trying to live properly for eight years, and believe I cured myself of neuralgia and rheumatism of four years' continuance, by the use of the tepid and cold shower-bath. Several of the best physicians in the county gave me medicine,

but I received no benefit. I did not sleep well one night for four years. I commenced bathing. My friends thought I would ruin my constitution, but I am now entirely well. There is much prejudice existing here against the Water-Cure, but as we advance in years, I hope to see a different state of affairs in our valley. Wishing you great success in your efforts to improve mankind, I remain, a warm advocate of the WATER-CURE JOURNAL,
M. A. C.

A WATER-CURE PHYSICIAN WANTED.—Mr. Merchant Kelley, a zealous and efficient co-worker in the great cause of Health Reform, thus appeals to us in behalf of himself and his neighbors and fellow-citizens of Fayette county, Indiana:

I have sent you hundreds of subscribers to your papers, thus preparing a good field for a Hydropathic doctor. I believe it is the wish of three-fourths of the people within eight miles of here, to have a good Hydropathic doctor locate here. Sad indeed has been the mortality under drug-doctors about here: so much so, as to cause many to refuse to have one in case of sickness. If you cannot send us a Hydropathic doctor to *locate* here, do send one to lecture on the subject. If you know of one who wants a location, do send him to the *West*, where most needed. Fairview, Comersville, or Bentonville, in Fayette county, Indiana, are places where one might do much good.

We commend Mr. Kelley's appeal to our Hydropathic physicians and lecturers. As of old, the harvest is great but the laborers are few. The West and South call loudly for help against the combined hosts of diseases, drugs and doctors. Mr. Kelley may be addressed at Bentonville, Fayette County, Indiana.

THE GREEK SLAVE SOLD.—We notice with pleasure, that the original and world-renowned statue of the *Greek Slave*, late on exhibition at the Crystal Palace, and owned by Hiram Powers, the great American sculptor, has been sold to C. L. Derby, Esq., of Sandusky, O., for the sum of *five thousand dollars*, and is intended, we believe, to grace the Gallery of the new Cosmopolitan Art and Literary Association of that city.

LINES.

BY O. W. MAY, M. D.

TO THE YOUNG LADY WHO ASKED OF ME A PRESCRIPTION WITHOUT SAYING WHAT AILED HER.

By a lovely young friend a prescription is asked:
But how to accomplish so pleasant a task,
And thus be entitled to call for my fees,
Not knowing at all what kind of disease
I am to prescribe for, will surely involve
More than a mere guess for an M.D. to solve.

Perhaps 'tis rheumatic, brought on by the changes
Of weather; and surely it not very strange is.
Perhaps 'tis bronchitis, produced by these causes—
Oh, horror, the thought!—my fancy here pines.
Perhaps 'tis dyspepsia, from too much good eating.
Nervous, perhaps, with hysterical weeping.
Perhaps 'tis neuralgia, inducing such pain
As to cause sleepless nights again and again.
Perhaps she has toiled beyond her frail strength,
And the losing of flesh has alarmed her at length.

But perhaps the true ailing I never shall find,
Unless I refer it to trouble of mind.
Perhaps, then, the patient is sorrowful-hearted:
Have the smiles that had won her "in frowning departed?"
Or has the loved object been smitten with death?
Has the great foe of life deprived him of breath?
Have the friends of her youth grown cold and estranged?
Do those she thought loved her now seem to be changed?
Is the mind ill at ease? Have friendships been slighted?
Have prospects been blasted, or fond hopes been blighted?

But perhaps none of these is the cause of the ailing,
And o'er the wide sea of conjecture I'm sailing.
But what of all that? I am sure the affliction
Will soon yield to this, my judicious prescription:—
Then, what'er the disease, however it shapes,
Eat freely of peaches, cream, sugar and grapes,
And apples and pears and plums, such as suit,
And all other kinds of healthy ripe fruit;
Let the diet be simple and plain and nutritious;
Avoid tea and coffee, however delicious;
No more Homoeopathic directions obey;
But let full Hydropathic treatment have sway;
Take of open air, exercise, quantum sufficit;
"Laugh and grow fat;" you say Shakspeare advised it;
Be kind to your friends, be joyous, be cheerful;
Let smiles light the eye—it should seldom be tearful;
Select worthy friends, unite to a loved one—
If these do not cure you, your case is a hard one.

South Orange Water-Cure.

A NEW VOLUME!

A NEW VOLUME of the WATER-CURE JOURNAL commences with the next number.

VOLUME SEVENTEEN terminates with this present number, and volume EIGHTEEN begins with the next, on the first of JULY.

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.

A CIRCULAR PROSPECTUS is herewith sent to facilitate the recording of subscribers' names.

CLUBS for any number of copies may be formed in every neighborhood, and sent into the Publishers at once. See PROSPECTUS for terms.

OUR NEW PREMIUMS.—For the time given, and good words spoken, we shall be happy to present our friends with the following list of Premiums:

FOR ONE HUNDRED DOLLARS, two hundred copies of the JOURNAL will be sent one year, to one or as many different post-offices as there are subscribers, and a premium of Ten Dollars in Books published at this Office.

FOR FIFTY DOLLARS, one hundred copies of the JOURNAL, the worth of Five Dollars in Books.

FOR TWENTY-FIVE DOLLARS, fifty copies of the JOURNAL, Two Dollars in Books.

FOR TEN DOLLARS, twenty copies of the JOURNAL, One Dollar in Books.

For a single copy of the JOURNAL, One Dollar a year.

OUR OBJECTS are more fully stated elsewhere, but may here be briefly given, namely: the dissemination of the Principles of Hydropathy, and the Laws which govern Life and Health.

OUR FACILITIES for publishing are ample—acquired by an experience of many years—and the cooperation of all the leading writers on Physiology, Anatomy, and practical Hydropathy throughout our own country and Europe.

OUR GREAT REFORM, the Hydropathic, or Health Reform, is progressing rapidly wherever known and appreciated. It has already overthrown and annihilated monstrous abuses practised upon the people by drug-doctors, and by ignorant vendors of patent quack nostrums.

OUR FRIENDS are solicited to aid in the circulation and promulgation of these useful, truthful, health-preserving and life-prolonging principles. Every family may derive great benefit from such knowledge, and every individual may aid in extending the same blessings.

To those who may wish to form CLUBS for the JOURNAL, we will cheerfully send SPECIMEN COPIES gratis. CLUBS may be composed of persons residing in all parts of the country. We will send to one or a hundred post-offices—it is all the same to the PUBLISHERS.

ON THE SAME TERMS.—It will be the same to the Publishers if TWENTY COPIES of EITHER or BOTH the PHRENOLOGICAL JOURNAL or WATER-CURE JOURNAL are taken in one club.

Money on all specie-paying banks will be received in payment for the JOURNAL.

Clubs may now be formed in every neighborhood throughout our country, and be forwarded at once to the Publishers.

ALL LETTERS and other communications should be POSTPAID, and directed to—FOWLERS AND WELLS, 308 Broadway, New York.



THE PEAR.

BEURRE CLAIRGEAU PEAR.

THIS is a new French variety, originated by M. Clairgeau, of Nantes, and sent out from the French nurseries in 1848 or '49, we believe. It is a very large fruit, and so far as it has been tested, both in Massachusetts and New York, gives promise of being a valuable acquisition. Col. Wilder sent us the following description among his notices of new pears that promise well:

"Size—Extra large. Form—oblong, ovate pyriform, outline a little irregular. Stem—short and stout, set obliquely and without much depression. Calyx—open, segments short, moderately sunk. Color—brownish green, closely clotted, and almost entirely covered with russet, sometimes intermixed with dull red on the sunny side. Flesh—melting and juicy, with an agreeable sub-acid flavor, resembling the *Baronne de Mello*, but with more aroma. Class—good; will probably prove very good.

"The *Beurre Clairgeau* has fruited in several gardens in

the vicinity of Boston and New York, and promises to be a great acquisition. The tree is a strong, thrifty grower, either on the pear or quince root, and comes early into bearing, many trees which were grafted in the spring of 1851 being now full of fruit-buds."

Mr. Cabot, President of the Massachusetts Horticultural Society, speaks of it as follows, in *Hovey's Magazine* of March last:

"So far as an opinion, formed by testing one or two specimens, and those from imported trees of the first year of bearing, is justifiable, this pear promises to be, on account of its size, beauty, and quality, a highly valuable acquisition. It is a new pear, raised from seed by M. Clairgeau, at Nantes, of a yellow, russet color, with darker russet specks, and a little red in the sun; very large, with a short, very thick stem; calyx small and open; flesh yellowish white, tender, half melting, of a very pleasant sub-acid flavor, ripening last of October and November; tree a strong grower, wood stout, and appears to come early into bearing." The specimen from which our drawing is taken, was grown by the editor of the *Horticulturist*.—*Horticulturist*.

The Month.

NEW YORK, JUNE, 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.

JUNE TOPICS.

BY R. T. TRALL, M. D.

DIETARY OF WATER-CURES.—An intelligent correspondent, who has visited several watering-places and many of the principal Hydropathic Establishments, in pursuit of health, writing from Louisiana, makes some very just and some rather harsh criticisms on the dietetic part of the hygiene at certain Water-Cures. He also takes especial exception to the whole tenor of an article which appeared in a late number of this Journal, on the subject of the dietetic habits of the people of the Southern States. The writer says:

"I notice in one of the WATER-CURE JOURNALS, that some person gave a description of the fare to which he was treated in Georgia, and one of your editors commented on it, saying, it was as true as preaching, for he had been there; and he added besides, that such diet was universal throughout Georgia and South Carolina, and that even the rich planters, except in rare and individual instances, lived in the same manner."

The above statement our correspondent pronounces entirely and slanderously false, and adds:

"I have travelled through the whole North in search of health, and being a dyspeptic, I have been made to learn something about *good* cooking and *bad* cooking. And during my travels I found the living not to be compared to that at the South, except in first-class hotels, and there it is not equal to it," &c.

We have nothing to say in favor of Northern living or cooking, either in private families, boarding-houses, or hotels. Physiologically it is, as a general rule, abominable—about as bad as bad can be. It cannot be much worse at the South, and, possibly, every thing considered, it may not be as bad. People, however, differ vastly as to what constitutes good cooking or good living, or even good dietetic materials.

We have nothing to approve or condemn, because it is Northern or Southern. We know that all parts of our common country

are full of disease, and that much of it is attributable to unhealthful habits in eating and drinking.

Nor have we any thing to say by way of apology for bad diet, or a bad article of diet, even though it be found at a Water-Cure Establishment. If it be bad anywhere, it is particularly worse there; no matter where the Cure is, nor who keeps it, nor how "loud-soundingly" it is advertised.

Our correspondent thinks this Journal ought not to advertise any Water-Cures, or pretended Hydropathic Establishments, where improper articles of food are placed before invalids. This Journal has not the power, if it has the right, to exercise censorship in this matter. It can, however, accomplish even a greater and a better work. It endeavors constantly to instruct its readers in the true philosophy of life and health, in the true hygiene and therapeutics of eating and drinking, as well as in relation to all other prophylactic and remedial influences, to the end that all may be enabled to protect themselves from malpractice or imposition, instead of holding their health and lives at the mercy of doctors, or cooks, or boarding-house keepers, any of whom may be careless, ignorant, or dishonest.

We doubt if the dietary at the best Water-Cure Establishment in the world is not far, very far from perfection. In this matter there is ample room for improvement everywhere.

We cannot insure anybody against injury or imposition from ignorance or dishonesty, except in so far as they will study and understand the whole subject for themselves. The Hydropathic Cook Book contains an ample variety of recipes for cooking healthfully, with rules for selecting healthful materials; but, as with every other book, its contents are worth nothing only so far as they are applied; and their application requires care, attention, and more or less experience to render practice perfect.

Most of the dishes therein recommended are too *flat and unseasoned* for the majority of our artificially-cultivated appetences; but all that is required of those who cannot come at once to such simplicity is, to season moderately after their accustomed fashion, recollecting always the rule in relation to seasonings and condiments of every name and nature—"the less, the better."

APPROACH OF THE CHOLERA.—Since the subsidence of the cholera in many of the

European cities, but little has been said in Medical Journals on the subject. Still the public mind is not yet free from apprehension as to its reëpearance amongst us very soon. A contemporary says:

"In London serious apprehensions are entertained of the return of the cholera. The Board of Health of that city warn the Board of Guardians, Local Boards of Health, parochial boards, and other local authorities, against the indulgence of a "false security" in the present appearance of epidemic cholera. Similar decline of the pestilence, it is stated, has been remarked at corresponding periods of its progress on former visitations. Cholera retires for a time, like a wild beast, to gain strength for a more fatal attack. It appeared to abandon the field of its ravages in 1831, but it came back in 1832 with increased intenseness. In the autumn of 1848 the disease appeared in the metropolis, but retired before the advance of spring. Scarcely had it declined when it returned. During the summer it carried off 2,000 persons weekly in succession, producing a total mortality of 17,000. The progress of the disease last autumn was checked; but within the last month the pestilence has again resumed some of its activity. The total deaths in England and Scotland have amounted to twice the amount of the corresponding period of 1849. These analogies justify the apprehension of the General Board that the disease is in a period of *incubation*, and that it has yet to appear in its full force."

THE CHILDREN'S AID SOCIETY. — As "Heralds of Reform," we cannot well refrain from noticing commendatorially an eminently Christian work which has recently been started in this city. Much of the vice and crime, as well as most of the diseases of society, is the result of poverty, ignorance, and unfavorable exterior circumstances. It has been ascertained, from police statistics, that there are *ten thousand vagrant children* in this city, one third of whom are engaged in thieving for a livelihood: and of these juvenile thieves two-thirds are girls between the ages of eight and sixteen!

These astounding facts ought long ago to have attracted the attention and awakened the sympathies of the philanthropic; but we rejoice that a work of mercy and of duty and of justice is being extended towards them even at this day.

The Children's Aid Society, constituted by an association of some of our most wealthy and influential citizens, for the purpose of providing homes and employment, asylums, industrial schools, &c., for these boys and girls, who, otherwise, must inevitably be ruined in their prime of life, and become the pests of society, has published its first annual Report, from which we make the following extract:

"Crime among boys and girls has become organized, as it never was previously. The police state that picking pockets is now a profession among a certain class of boys. They have their haunts, their 'flash' language, their 'decoys,' and 'coverers,' as they are called, or persons who will entice others where they can be plundered, and protect the thieves if they are caught.

"There is a class of young lads now in the city, known as 'feelers,' who are employed by older rogues to ascertain where their depredations can be most easily committed.

"Cotton-picking on the wharves, iron-stealing in the dry-docks, 'smashing' of baggage—in other words, pilfering under pretence of carrying it—and 'book-bluffing,' which is a species of mock book-selling, are all means of livelihood for the dishonest poor boys of New York.

"Of the young girls in the city, driven to dishonest means of living, it is most sad to speak. Privation, crime, and old debasement in the pure and sunny years of childhood."

The principle upon which this organization is based is susceptible of universal application. And we trust the benevolently disposed, of all sects and creeds, will ere long learn to appreciate the great fundamental principle, that all reform, social, moral or spiritual, must begin in supplying healthful and comfortable individual conditions.

ETHICS OF PHARMACY.—We are sorry to see men whose business interests are so inseparably blended and interchangeably interwoven with each other, as are those of physicians, druggists and *undertakers*, wrangle among themselves. But according to the following paragraph which is going the rounds of the newspapers, there are painful indications of brother warring against brother:

"The physicians of St. Louis have combined for the purpose of keeping druggists

to the pestle and mortar. They declare that the apothecary has no just right to put up a prescription the second time, unless authorized in writing by the physician prescribing. Nor has said apothecary any right to make use of said prescription in any way, unless by the consent of the physician. And they pledge themselves to withhold their influence from any druggist who may thus act, and to use other means to make such conduct public. And further, that they will withhold their support from all apothecaries who persist in the reprehensible practice of prescribing for diseases."

ELIXIR OF GUANO.—If skin diseases do not speedily disappear from the surfaces of this risen and perverse generation, it will not be for lack of remedies. Within the last two or three years our Allopathic friends have discovered some half a dozen infallible specifics; hence we are under the necessity of marvelling constantly that skin diseases are just as prevalent as ever. Collodion, Cod-liver oil, bacon grease, whale oil, and common fish oil, have been put forward and puffed onward, as sure cures for rashes, humors, and even eruptive fevers, as scarlatina, erysipelas, &c. But, as always has been the case, and always will be, in relation to past and future drug-remedies, no sooner is the specific discovered to be infallible than it is laid aside, and something else discovered.

The latest invention or discovery in the line of cosmetic curatives, is announced in the following extract from a city paper:

"**GUANO IN CUTANEOUS DISEASES.**—Remarkable results have followed the use of guano in pemphigus, psoriasis, chronic eczema, and in arresting the excessive supuration and degeneration of tissues in scrofulous ulcerations. Solutions of the same substance have radically cured extensive ulcerations of the cornea, also leucomas and thick albogos, and the eye has regained its natural transparency. It has also cured tinea. Internal remedies are not to be neglected while the guano is employed externally: give iodine in favus; arsenical preparations in certain severe herpetic affections; iron and iodine in scrofula; mercury and iodide of potassium in syphilis, etc., and purgatives in all cases. From one to four ounces of guano to a pint of water is the proportion for the solution; it must vary according to the inflammatory

condition of the affected parts. Boil the solution and filter. Mix one drachm of guano with one ounce of lard, for a very good ointment."

WHISKEY IN SNAKE BITES.—We have received several communications from persons residing in different parts of the country, within a few weeks, on this subject. We have also read, in the Allopathic journals, two cases of poisoning from the bite of the Rattlesnake, in which wonderful cures are said to have resulted from the employment of monstrous draughts of whiskey.

We believe all the facts represented in the cases reported, but we have not a particle of faith in the whiskey. We believe individuals have been bitten, and have been poisoned by the venomous reptile, and have drunk whiskey, per advice of the medical men, in amazing quantities; and that the victims of the double-poisoning are now "alive and kicking." But we do not believe the poisoning from alcohol had any efficacy in neutralizing or ameliorating that from the *other* serpent.

We do not like to seem obstinate in the face of opposing evidence. But there are two ways of accounting for the cure—Dr. Forbes says three—in every case where drug-medicines are administered. In the one case the patient may be supposed to get well by the efforts of Nature alone, assisted by the drug-remedy; and in the other case he may be supposed to get well *in spite* of both disease and remedy.

It is perfectly true, as has been proved in a thousand instances, that the majority of persons bitten by the rattlesnake will survive, with no medication, or with any which does not absolutely kill of itself. A good constitution in a healthy condition would be almost sure proof against a fatal result. And we must notice, too, that when the whole system is occupied by one poison or one disease; when all the vital energies are struggling to expel it from the system or to counteract its influence, the organic instincts will be comparatively insensible to any other morbid impression.

It is for this reason that persons laboring under the violent inflammation or fever which succeeds the bite of a venomous serpent, having all the vital energies pre-occupied, will bear with comparative impunity and insensibility, almost any quantity of alcoholic liquor than can be swilled. One, two, three, four, five, six, and even

seven quarts of whiskey have been *endured* and lived through in twenty-four hours.

Similar facts are noticed in cases of hydrophobia, tetanus from wounds, delirium tremens, &c. The correctness of our explanation is corroborated by the fact that several other poisons have been just as efficacious as alcohol, among which may be named arsenic and vinegar: that is to say, when the system is preoccupied with one poison, these as well as alcohol can be taken in large doses without causing death, for the simple reason that they do not then occasion much vital resistance.

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.

DISLOCATED HIP.—P. F. R., Virginia. "About three years ago one of my hip joints became dislocated. I knew not the cause: it was not painful, but I could not walk far. I applied the rubbing wet-sheet without much improvement. I have more use of the leg now, but it does not grow, and I am three inches lower on it than the other. Now my object in writing is to know if the leg can be made to grow: if it can, under what treatment? and can the joint be replaced?" The joint cannot be replaced. Attend to the general health; and, if practicable, apply a moderate douche to the affected extremity one or twice daily.

DIETETICS.—A. S. A., Morris, N. Y. "I notice in your Hydropathic Cook Book, on page 22, that rice has 82 per cent. of the heat-forming principle. If this be true, can a person live on rice in Greenland? Do you mean by blood-forming principle, albumen?" A person can find heat-forming principles and blood-forming principles in *all kinds* of grains, fruits, and esculent roots; in the grains, however, most abundantly. Rice is not good as an exclusive article of diet, neither in Greenland nor Guinea, but a well-selected vegetarian diet is suitable for both places. We do not mean "albumen" nor any single element, as a blood-forming principle; but all the proximate elements of food, albumen, caseine, fibrine, &c., are equally blood-forming principles.

SMALL-POX.—D. F. D., Leroyville, Pa. "The small-pox prevails in this neighborhood,—how shall we treat it hydropathically?" The management of the disease is very easy and simple. Apply cool or cold water, either in the form of ablutions or packing frequently, so long as the heat of the fever keeps above the natural standard. Afterwards sponge the surface daily with tepid water. Give injections at the outset, provided the bowels are constipated—not without. Vaccination is advisable in cases where people will not or cannot live healthfully. Otherwise we would let small-pox have its "natural" way.

OBSTRUCTED MENSTRUATION.—S. L. M., Summers. The treatment must always have especial relation to the cause of the disease and condition of the patient. Generally the wet-girdle, hip and foot-bath, with the dripping-sheet or "pack" occasionally, are appropriate. The standard works on Water-Cure will give you all the particulars.

DYSPEPSIA.—E. S. B., Indiana. "A female is severely troubled with weakness, nervousness, and indigestion: can hardly walk: has been through a course of drugging, calomel, &c." Pack her in the warm or tepid wet-sheet; apply the wet-girdle, and enjoin a strict and plain vegetable diet. There is no danger from cold water externally after

the use of calomel, unless it occasion pain and swelling, in which case it should be employed tepid.

ERYSIPELAS.—J. B. L., La Grange, Ind. "What treatment should be pursued in the case of a man who has been troubled with the erysipelas in his head seven years? His face is red, irritable, and sometimes breaks out in boils." The wet-sheet pack once or twice a week, the dripping-sheet daily, and a plain, coarse, abstemious vegetable diet.

JAUNDICE.—G. C. Jaundice in infancy requires a daily bath, and strict attention to the diet. Feed it and its mother on unfermented and unbolted bread, with plenty of fruit. Butter and eggs are bad.

NEURALGIA.—S. N. P., Mass. Apply wet cloths to the part affected, of the temperature that feels most agreeable, and attend to the general health. The "injured sciatic nerve" may be benefited by the local tepid, or warm and cold douche, with such general treatment as the state of the system indicates.

POSITION DURING SLEEP.—P. W. P., Geneva. "In what position while sleeping should a person lie; and what would be effect of drawing the knees up under the chin?" When a young person inclines to sleep in the position you name, you may be sure there is something the matter that ought to be remedied very soon. The proper position is nearly straight, gently reclining to one side.

PURIFYING WATER.—A. E., S. Framingham, Miss. "The Scientific American contains the following: *To purify Water.*—Nine ounces of pure fresh lime, dissolved in forty gallons of water, will purify five hundred and sixty gallons of hard water; the precipitate is chalk. It takes sixteen hours for the water to settle, and all the impurity to settle to the bottom of the vessel which contains the water.—Query. Is this not a valuable fact for Hydropathists to know at the West?" No, the writer mistakes transparency for purity. Lime will combine with free carbonic acid, if that be among the impurities, and be precipitated in the form of chalk, which is carbonate of lime. It may also occasion the precipitation of some kind of earthy salts, rendering the water so far less impure. The only way to purify hard water is by distillation. Soft water may be purified by filtration.

MISMICTURITION.—W. P. S. "I have been troubled for two years with a disorder of the urinary organs, sometimes having an uncontrollable desire to urinate very often, yet the urine passes with difficulty; at other times there is no desire for twenty-four or thirty-six hours." Such cases may depend in general on stone in males, malposition of uterus, &c., in females. The cause must be ascertained positively before the treatment can be indicated.

CANCER.—J. C. B., Miss. The case you describe has probably passed beyond the reach of medical aid. A majority of cases can be cured, if taken in their early stages.

WORMS IN CHILDREN.—J. M. C. Feed your children properly, and the worms will soon cease to trouble them. We are preparing lectures for your vicinity, and for all parts of this drug-cursed community. You will see or hear from these ere long.

ELECTRO-MAGNETISM.—M. H., Mantin. "Is Electro-Magnetism one of nature's curative agencies?" &c. Yes, so far as electricity, as the agent or instrument of motion, can be applied to the exercise of torpid muscles.

HUMAN MAGNETISM.—"Fishbough alleges that this influence may be applied to the cure of morbid appetites, as tobacco-chewing, &c. The benefit is said to arise from withdrawing the nervous energy from the organ which craves the abuse. Is this so?" It may be useful in very impressible persons; but a sure cure in all constitutions may be found in letting the "filthy weed" alone.

COAL-WATER.—M. H. H., Stone Mills. A correspondent gives us an account of an asthmatic patient, whose physician, having been strongly importuned to try the water-treatment, as every thing else had failed, put his feet in warm water, and allowed him to drink a few sips of water, after

having extinguished a "live coal" in it; and inquires if such is the *real Hydropathy*, &c. We know nothing about such "trumpery." Get some of our hand-books, and there you will know, without asking anybody, what the Water-Cure system is.

NERVOUS DEBILITY.—G. H. S., Rutland. You will find the information you desire in the *Encyclopædia*, under the head of Liver Complaint, Jaundice, &c. See also all the subjects treated of under the general head of Indigestion.

SWELLING OF THE LEG.—L. M. G., Peru, Me. We cannot tell what is the cause of the swelling you describe, without we have a full history of your case—all your previous ailments, and the methods of doctoring you have been subjected to. There may be disease in the hip-joint or vicinity, or some uterine difficulty, and the treatment, except so far as concerns the general health, must have reference to these circumstances.

SPASMS IN THE STOMACH.—A. P., Gunplains. "My wife is troubled, once in about five weeks, with rush of blood to the head, causing spasms, unless she prevents them by drinking cold water and applying it to the head." The trouble comes from morbid bile and chronic inflammation of the duodenum. Give her full treatment—occasional packs, hip and foot-baths, with a plain, coarse, opening diet. If you will give us your full post-office address—county and State—the book will be forwarded as desired.

THE VEGETARIAN PRINCIPLE.—M. H. "What do those who carry out the vegetarian principle to its fullest extent, propose to do for boots and shoes?" There will not be the least difficulty on that score. They may be made of cotton and linen materials, gutta percha, India rubber, and of many other things, which mechanical skill and chemical science can form and fashion. But what has all this to do with vegetarianism? We are not obliged to *eat* the carcass of an animal, if we do make shoe-leather of its hide, are we?

LANGUAGES AND MATHEMATICS.—"Do you teach in your school those sciences which do not appertain to Physiology?" In many of them we do; for example, French, Latin, Mathematics, &c. About a certain doctor of whom you inquire, the less said, the better. "*Requiescat in pace.*"

Talk and Topics.

THE CRYSTAL PALACE.—Most of our readers have doubtless already been made aware, through the daily and weekly newspaper press, of the re-inauguration of the Crystal Palace Exhibition, and its establishment, under new and better auspices, as a *permanent institution*. We consider this an event of no trifling importance—one full of promise for our city, our country, and the world. LABOR and ART have here been crowned anew, and the Great Exhibition is now an INSTITUTION OF THE PEOPLE.

The Exhibition of the past year, notwithstanding the great and almost fatal mistakes made in the management of the enterprise, has been of incalculable advantage to our country. Its attractions, its influence and its usefulness will now, we firmly believe, be greatly increased; and it should have the sympathy and active coöperation of the *people*. Let the Crystal Palace be our GREAT TEMPLE OF INDUSTRY AND ART, and as such, continually thronged with worshippers.

The Exhibition will doubtless soon be fuller and more complete in all its departments than it was last year, and will go on continually increasing in attractiveness.

Arrangements have been completed with some, and are in progress with other Steamboat and Railroad Companies connecting this city with various portions of the Union, agreeably to which, visitors will be conveyed to the Crystal Palace from the remotest spot, at greatly reduced rates of travel.

After considerable discussion among the Directors, it has been decided to put the price of admission at the uniform rate of *twenty-five cents*. We hope and believe that this will be clearly shown to be the true policy. The spirit of our institutions demands that such an exhibition as this should be strictly a *popular* one—made accessible, as far as possible, to our whole population. "Come one, come all" to the PEOPLE'S PALACE OF INDUSTRY AND ART.

A WATER-CURE ESTABLISHMENT WANTED.—V. Fell, M.D., writes to us from St. Anthony's Falls, Minnesota, that a Water-Cure Establishment is much needed in that flourishing place. Our cause is making astonishing progress in the far West. We trust the day is not distant in which our friend's wishes will be fulfilled, and a good Water-Cure be established at St. Anthony's Falls.

BEAUTY.—Willis has the following suggestive paragraph in one of his late articles in the *Home Journal*:

It is our own long-cherished belief that ninety-nine women in a hundred are better-looking than they think they are, from the mere fact that *their main charm is like invisible ink, warmed into existence by the approach of those who are to see it.* Instead of wasting time on the smoothing of wrinkles, or improving of complexion, the *thinking-up of a sweet smile* is easier and more effective.

Think of that, fair reader.

MRS. HARRIET BEECHER STOWE, and MISS CATHERINE BEECHER, have been spending some time at Dr. MUNDE'S Establishment at Northampton.

ART AND LITERATURE.—A NEW ENTERPRISE.—An association for the encouragement and diffusion of Art and Literature, on a novel plan has lately been organized in Sandusky City, Ohio, with a branch office in New York. The young institution already possesses a treasure of which it may well be proud, in the world-renowned statue of the Greek Slave, by Hiram Powers. [See advertisement.]

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.

MEMOIR OF BUTLER WILMARTH, M.D.; One of the Victims of the late terrible Railroad Catastrophe at Norwalk Bridge, Ct.: with extracts from his Correspondence and Manuscripts. By WM. H. FISH. Boston: Crosby, Nichols & Co. New York: FOWLERS AND WELLS. 1854. [Price, prepaid, by mail, 75 cts.]

An excellent and well-written memoir of a very estimable man. It is a 16mo of 265 pages, and contains a capital likeness of Dr. Wilmarth. The author says in his preface: "Aside from the interest which this volume will have for the Doctor's *personal* and *religious* friends—for whom it is specially prepared—it will be found, I think, to be of much value, particularly to the friends of Hygiene and Medical Reform, on account of the Letters and Lectures on these general subjects which are herein published. To these, therefore, I would call particular attention; confident that, coming from such a man—a man with so much medical knowledge, experience, and skill, and such rare *conscientiousness*—they are of great value and well worth seriously pondering." It should have a large circulation among the friends of Water-Cure and social and general reform. FOWLERS AND WELLS will be happy to supply all orders.

CORINNE; or, Italy. By MADAME DE STAEL. Translated by ISABEL HILL; with metrical versions of the Odes, by L. E. LANDON. Philadelphia: Henry Carey Baird. 1854. [Price, prepaid, by mail, \$1 25.]

We are glad to greet this handsome edition of a great and elegant classic. The difficult task of the translator has been done faithfully, (though not slavishly,) and with most excellent taste and judgment. The enterprising publisher has made of it, as he should, an elegant and attractive volume. Whoever would possess Corinne in an English dress will do well to procure this edition.

FAMILIAR SCIENCE; or, the Scientific Exploration of Common Things. Edited by R. E. PETERSON, member of the Academy of Natural Sciences, Philadelphia. Philadelphia: Robert E. Peterson & Co. 1854. [Price, prepaid by mail, \$1.]

This is one of those works in praise of which too much

can hardly be said: a book for the school and the family, the young and the old, for *everybody*. "No science is more generally interesting than that which explains the common phenomena of life. We see that salt and snow are both white, a rose red, leaves green, and the violet a deep purple; but how few persons ever ask the reason! and when a child looks up into our faces with *its* 'why,' how often are we silenced, and can only chide the little philosopher for asking 'such silly questions.'" This book explains all these things in language so plain that the child can understand it, while it is equally interesting to persons of riper years. It is a little library of science in itself, and should be on the book-shelf of every family. It costs only a single dollar.

BLUNT'S SCRIPTURE HISTORIES, ETC. Vol. I. History of our Lord and Saviour Jesus Christ. Vol. II. St. Paul and St. Peter. Vol. III. Abraham, Jacob and Elisha. Vol. IV. Posthumous Sermons. By REV. HENRY BLUNT, A.M., Chaplain to his Grace the Duke of Bedford, etc. Philadelphia: H. Hooper. 1854. [Price, prepaid by mail, \$1 per volume.]

This is a new and handsome American edition of these popular religious works. The author sustained while living a high character in the English Church, as a writer and as a Christian, and being dead he yet speaketh through these volumes to the Christian believer.

OUR PARISH; or, Annals of a Pastor and People. Boston: L. P. Crown & Co. 1854. [Price, prepaid by mail, \$1 25.]

An unpretending but thoughtful and earnest book, full of nature and true to life as it is seen in the rustic quietudes of our country. The author says in his modest preface: "I offer you, dear reader, only humble chronicles. They are of the quiet and still life of a country parish. I have set them down without any attempt at fine writing, trusting to nothing more than their truthfulness and simplicity to interest you." The reader will find this truthfulness and simplicity, so stamped on every page, an irresistible charm.

HISTORY OF CALIFORNIA, from its Discovery to the Present Time. By E. S. CAPRON, Counsellor at Law. Boston: John P. Jewett & Co. 1854. [Price, prepaid by mail, \$1 25.]

Just such a work as we judge this to be, from the somewhat hasty but not careless examination we have given it, has long been wanted. The history of California, unlike most local histories, is a subject of universal interest. The work before us comprises, in addition to the strictly historical part, a full description of the climate, soil, rivers, mountains, towns, beasts, birds, fishes, state of society, agriculture, commerce, mines, mining, etc., with a journal of a trip from New York *via* Nicaragua to San Francisco, and back *via* Panama; and a new map of the country. Its mechanical execution does credit to the enterprising publishers.

SACRED POEMS AND HYMNS, for Public and Private Devotion. By JAMES MONTGOMERY. New York: D. Appleton & Co. 1854. [Price, prepaid by mail, \$1.]

As we write this notice, the death of the author of the above-named work is announced in the papers. He breathed his last on Sunday afternoon, April 30, at his residence, The Mount, Sheffield, England, at the ripe age of eighty-two years. He enjoyed a well-earned reputation as a poet. The volume before us was first published last year in England, though many of the poems and hymns were already widely known and admired, being found in all our collections. They are among the finest things of the kind in the English language.

FIVE YEARS BEFORE THE MAST; or, Life in the Forecastle, aboard a Whaler and a Man-of-War. By JACOB A. HAZEN. Philadelphia: Willis P. Hazard. 1854. [Price, prepaid by mail, \$1 25.]

We are always glad to greet a book which comes to us from a source like that to which the volume before us owes its origin. It is from the pen of one who writes what he has seen, heard, felt and known—his actual experience of life. It is a lively and interesting narrative of Mr. Hazen's sailor-life, interspersed with anecdotes and illustrations. We have books, and good ones too, from the pens of naval officers, but they do not and cannot give a *complete* delineation of life on board a man-of-war. "The present volume," to quote the author's own words, "purports to show up a few touches

of the picture on the humble side of the mast; to delineate the thoughts and feelings of one whose person stood in the back-ground; of one whose duty it was never to *speak out*, but always to do, *feel*, fight and suffer."

AFRICA AND THE AMERICAN FLAG. By Commander ANDREW H. FOOTE, U. S. Navy. New York: D. Appleton & Co. 1854. [Price, prepaid by mail, \$1 50.]

A work which will attract attention and reward it. The author commanded the brig Perry on the coast of Africa in 1850 and 1851. Taking advantage of his position and of the various sources of information within his reach, Lieut. Foote procured and preserved the materials for the present interesting and useful volume. It contains, in addition to the narrative of the author's naval operations on the African coast, aiding in the suppression of the slave-trade, a large amount of information in regard to Africa, and especially the little Republic of Liberia.

UNITED STATES MAGAZINE.—A. JONES & Co., publishers of that well-known and widely-circulated paper, *The United States Journal*, have just issued the first number of a new illustrated quarto magazine with the above name. It is handsome, useful and cheap, (only \$1 a year,) and will doubtless secure a large circulation. Address A. Jones, 1, 3, 5 and 7 Spruce street, New York.

THE SACRED CIRCLE is the name of a new and handsome monthly; the first number of which has just been laid before us by its publishers, Messrs. Partridge and Brittain of this city. It is devoted to Spiritualism, and edited by Judge EDMONDS, Dr. DEXTER, and O. G. WARREN, whose names are a guaranty that it will be conducted with ability, candor and earnestness.

THE STUDENT, N. A. Calkins, Editor and Publisher, 348 Broadway, New York, commenced a new volume with its May number, in a new and much improved form. It will continue to sustain its well-earned reputation as an interesting and instructive magazine for the school and the family. One dollar a year, in advance.

THE POCKET-WATER-CURE GUIDE.—This tract of thirty-two pages treats on the following subjects: The Water-Cure; How Disease is cast out; Directions to the Sick; Food; Bathing; Process used; Water-Crises; Diseases curable; Importance of Ventilation; Feet Warm, and Head Cool; The Health Reform; Think for Yourself; Vegetable Food; Nature and Medicines; Water, etc., etc.

Postage by mail, one cent. Every man, woman and child should have a copy. It will be sent *prepaid*, at the following rates: Three copies, 12 cents; Twelve copies, 37 cents; Forty copies, \$1.00. Address, postpaid—FOWLERS AND WELLS, 308 Broadway, N. Y.

MUSIC.—We have received from William Hall and Son, the well-known music publishers, 239 Broadway, New York, the following pieces:

"There is Darkness on the Mountain;" Helicon Polka; Home of my Youth; The Cottage Rose; You're all the World to Me; La Rose.—[See advertisement.]

BOOKS RECEIVED.

We acknowledge the reception of the following works, for which we tender to their respective publishers our thanks. We have not room to notice them in this number, but will endeavor to do so in our next:

FROM D. APPLETON AND Co., New York.—Sunshine of Greystone, by E. J. May; The Foresters, by Alex. Dumas; The Chemistry of Common Life; Boys at Home, by C. Adams; A Week's Delight, or Games and Stories.

FROM JOHN P. JEWETT AND Co., Boston.—The Modern Horse Doctor, by George H. Dodd, M.D.; Voices of the Dead, by Rev. John Cumming, D.D.; Spots in our Feast of Charity, by Rev. William M. Thayer; Durham Village; Uncle Jerry's Letters to Young Mothers.

FROM WILLIS P. HAZARD, Philadelphia.—The Behavior Book for Ladies, by Miss Leslie; Woman's Influence and Woman's Mission; Text Book of Knitting.

FROM HENRY CAREY BAIRD, Philadelphia.—The Practical Surveyor's Guide.

FROM LONGLEY AND BROTHERS, Cincinnati.—The Parent's and Teacher's Guide.

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 a half 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 ONE CENT A LINE FOR EVERY THOUSAND COPIES, our edition being never less than 40,000 copies.

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

All advertisements in the AMERICAN PNEUMOLOGICAL 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, 5 Light 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 physiological 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 farinaceous 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 healthful 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 1/2 to 3 P. M., returning early in the morning. May 11

FORESTVILLE WATER-CURE, at Forestville, Chautauque Co., N. Y., eight miles from Dunkirk, on the New York and Erie Railroad. The house is new, commodious, and the rooms pleasant and airy. Every facility will be afforded the patient to make the stay pleasant, and favor the restoration of lost health. TERMS, from \$5 to \$3 per week, payable weekly. Consult CHARLES PARKER, M.D., Proprietor. June 17.

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.

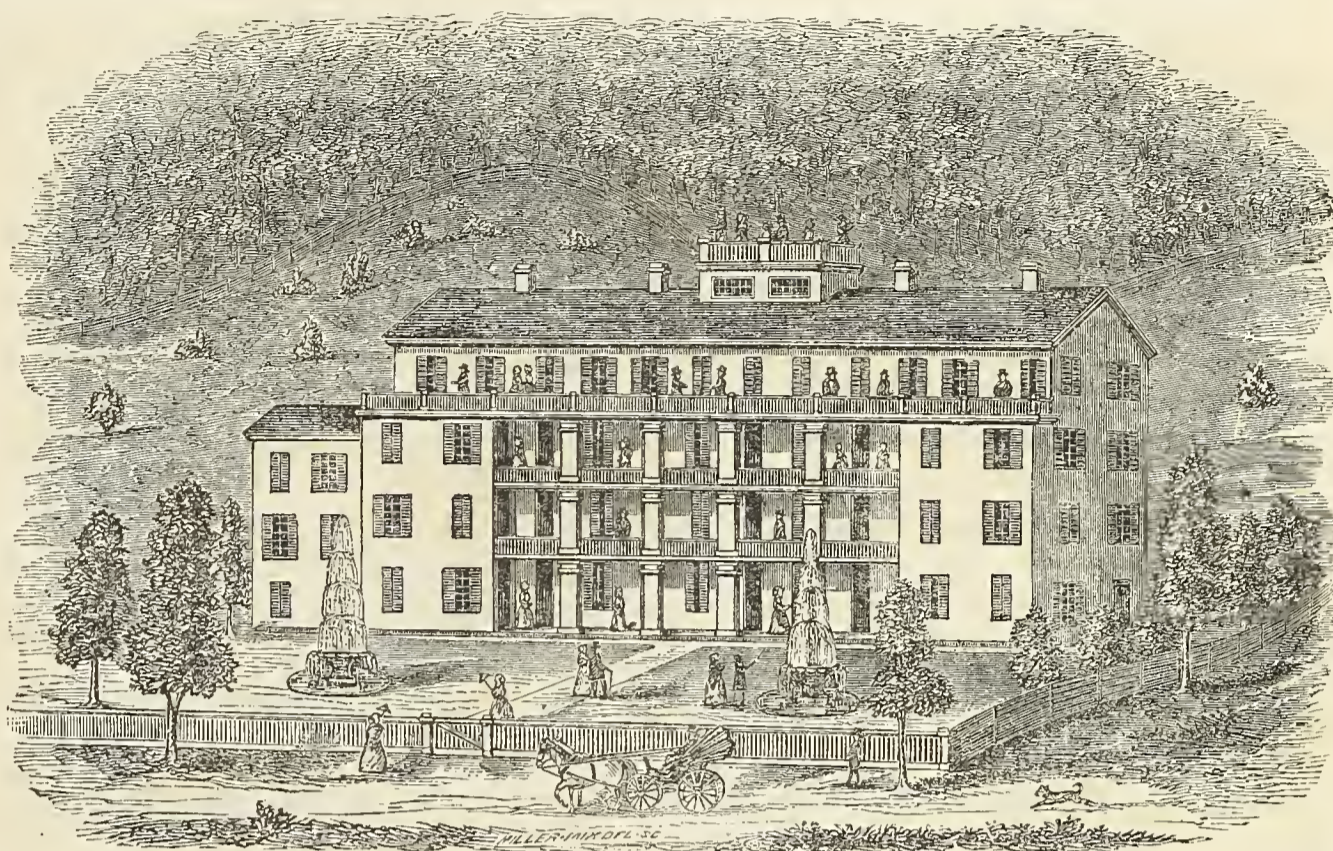
Dr. H. is confident in saying that in many long-standing diseases, Motorpathy is the only available remedy. More than seven thousand persons have been successfully treated at his former Institution; and with the improved facilities of Round Hill, Dr. H. looks forward to increased success. Physicians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

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. June 31.

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, 95 Maiden Lane, New York. June 21.*



THE DANSVILLE MODEL WATER-CURE, at Dansville, Livingston Co., N. Y., will be open for the reception of patients on the 1st of June.

This establishment was built expressly for a Water-Cure, and combines all the conveniences of the best "Cures" in the country, with many improvements not to be found in any other. The plan of the building is admirably adapted for the purposes of a Water-Cure. The main building is 100 feet long and 40 wide; four stories high, with two Bath-Rooms on each story; large porches in front, of at least 340 feet in length. The Halls, Dining-Room, Parlors and Sleeping-Apartments, are all large and well ventilated. The rooms are all neatly furnished, and provided with water; and an entirely original method has been invented to give none of the Baths in the Patients' rooms. The "Cure" is divided into Male and Female Departments, with bath-rooms at each end of the building. The Bath Rooms are large and pleasant, warmed, and always provided with warm water and means for giving every variety of baths.

The situation of the "Cure" was chosen after most of the State had been travelled over for that purpose; and it is thought, by the Proprietors, to be unsurpassed in pleasantness of situation and beautiful and romantic scenery. It is 100 feet above the village of Dansville; while it overlooks and commands one of the finest prospects to the south-west and north, that the human eye can rest upon. The place is remarkable for its pure air and healthful climate.

Access may be had to Dansville by various stages; by the Buffalo, Cheering and New York R. R. depot at Wayland; by the Buffalo and New York City R. R. depot at Burns. Stages are waiting the arrival of the Express Trains on these roads to convey persons to the "Cure." During the summer season a Packet Boat runs between Dansville and Rochester.

The WATER gushes from the mountain 200 feet above the top of the "Cure," and is abundant, and of the purest and softest quality. The Establishment is divided into Male and Female Departments, which are under the medical direction of Dr. W. M. STEPHENS and Mrs. J. P. STEPHENS, both physicians of skill and experience, and who have for a long time been Water-Cure practitioners. The treatment will be purely Hydropathic, combining all the mechanical, hygienic, and surgical assistance now known to the profession, which is compatible with that treatment. All drugs are discarded, as being antagonistic to the vital recuperative force. ELECTROPATHY is used in some diseases as an occasional adjuvant. All the advantages belonging to MOTORPATHY will be dispensed fully in our bath-rooms. CALISTHENIC and GYMNASIIC exercises form a part of the plan of treatment, to which a large H.P. is appropriated. Various modes of INHALATION and EXHAHALATION, some of which are new to the profession, are used for the detection and determination of the real disease. Patients may rely upon having the closest attention paid to their needs; and none but educated, cheerful and sympathizing Assistants will ever be employed in our bath-rooms, and as Nurses for the sick.

Among the diseases successfully treated, we mention those of the nervous system—As, Paralysis, Chorea, recent Epilepsy, and many Affections of the Brain; Diseases of the Throat, and Enlarged Glands of the Neck; Incipient Consumption and Asthma; all Diseases of the Liver and Spleen, and many of the Heart; Dyspepsia, Chronic Diarrhoea, Constipation, Piles, Sexual Diseases, Spermatorrhoea or Nocturnal Emissions, Special Complaints, Rheumatism, Neuralgia, Scrofula, Ulcers, Tumors, Lombago, Fistula, Cancer, &c., &c. In many of these diseases the treatment is new and successful. Female Diseases will be specially examined and treated by Mrs. S., who has become qualified for her work by much previous study, attendance upon lectures, and considerable practice. Occasional Lectures will be delivered by Dr. and Mrs. S., upon Anatomy, Physiology, and the Philosophy of Disease and its Treatment, to which Patients will have free access.

N. BINGHAM, Esq., who has for two years past been engaged in maturing the plans for the building, will still remain connected with it; having charge of the out-door business.

TERMS:—From \$5 to \$10 a Week for residence, including Room, Board, Treatment, Nursing, &c. Patients furnish 4 crash towels, 2 cotton sheets, 2 woollen blankets, 2 heavy cotton comfortables, and linen for bandages. June 11

Address DR. W. M. STEPHENS, Dansville, Livingston Co., N. Y.

WYOMING WATER-CURE INSTITUTE,

at Wyoming, N. Y.—We have redeemed our promise made to our patients last autumn through the WATER-CURE JOURNAL. We have given them since that time more than fifty lectures of forty minutes to an hour in length. These have embraced Descriptive Anatomy; Physiology, Human and Comparative; the Laws of Health, and the History, Pathology, Causes, Symptoms, and Hydropathic Treatment of a very considerable number of the diseases of our climate. We have also given a few private lectures to ladies upon subjects of the first importance, relating to the special diseases and hygiene of the sex.

To illustrate these lectures, we purchased last fall of Messrs. FOWLER and WELLS and Messrs. HYATT, and obtained from private sources, a considerable number of maps, models, and specimens in human and comparative anatomy. The interest excited by these lectures has determined us to continue them permanently in our Institution, and we shall commence a new series the first week in May ensuing.

Our Establishment is pleasantly situated upon the western range of hills bordering the valley of Wyoming in the State of New York. It is surrounded by more than two hundred shade, ornamental, and fruit trees; it embraces a large extent of improved grounds, gravel walks and gardens, and a hall for useful and amusing exercises, one hundred feet in length.

To those desiring information concerning the diseases we have treated and our success, we will send gratis, on application post-paid, our Report of nearly 400 cases, with statistical tables and details of treatment.

Our terms are \$5.50 to \$1 per week, payable weekly. Patients bring for use in treatment two linen sheets, one woollen sheet, two comfortables, and four towels. We keep warm fires in cold weather, and warm hearts at all seasons. We are fully and heartily committed to our work, and we aspire to greater and still greater success in the art of curing diseases.

Patients reach us by the Buffalo and New York City Railroad. Those coming from the east stop at WARSAW; those from the west at LINDEN. At either place they will find both public and private conveyances. The public conveyances leave at 11 o'clock A. M. The Institution is an hour's ride from either station.

P. H. HAYES, M. D. Apl 14 o 17

WYOMING, N. Y., April, 1854.

PHILADELPHIA WASHINGTON SQUARE WATER-CURE ESTABLISHMENT. No. 81 South Sixth Street.—Dr. H. F. MEIER and T. D. REA, Proprietors, Surgeons, Obstetricians, and general practice attended to by Mch 14 h.

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. B. GORTON, 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. Apl 4

DR. WESSELHOEFF'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; and 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. LORWENTHAL, Resident Physician. Mrs. F. WESSELHOEFF, Proprietress. May 31

MERCER WATER-CURE, MERCER, PA.

Dr. J. and Mrs. M. V. R. CULLIN, 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 \$10 a week. May 17

TARRYTOWN WATER-CURE. THIS ESTABLISHMENT, which was consumed by fire last year, has been rebuilt, and is now ready to receive patients.

Address F. D. PIERSON, Tarrytown, N. Y.

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.

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.

ONEIDA WATER-CURE, located near Rome, N. Y., in one of the most pleasant and healthy districts to be found in New York.

Extensive additions have been made to the establishment, so that we can cheerfully compare it with any similar establishment in the State. During the past seven years, multitudes of patients have taken treatment here, with what success, we refer the reader to our neighbors and patrons.

H. R. BENHAM of Ohio is now associated with J. C., and they are determined that the sick shall have all the advantages and attention requisite for their comfort and improvement.

TERMS: From \$4 to \$8 per week. Our address, Lowell, N. Y. S. CURTIS, M.D. H. R. BENHAM, M.D. Mch. 11.

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

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.

One object of our association is to afford patients the opportunity of pursuing their treatment at either Establishment, or a part in each, when the comfort or convenience of the patient requires it, under proper regulation.

The situation, building, and arrangements at Orange Mountain have always been regarded as without equal in the country, and we intend our managements to be in every way worthy of the place.

The Establishment in Twelfth street, New York, shall sustain the reputation it already has, and be under the care of Dr. Wellington.

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

The Establishment at Orange Mountain will open April 15th.

O. H. WELLINGTON, M. D.

O. W. MAY, M. D.

June 1st

NOTICES OF NEW GRÆFENBERG.

NOT the least important of the enterprises which have been undertaken in and about our city within a few years, is the Water-Cure Establishment known as New Græfenberg. It is located on Frankfort Hill, some four and a half miles south-east of Utica. The situation is one of much beauty, and embraces all the requisites for the Hydropathic treatment; abundance of the purest water, picturesque scenery, fine air, pleasant walks, drives, &c. — *Utica Daily Gazette.*

REPORT OF 1851.—This report must prove quite interesting to the Hydropathist, or the liberal-minded practitioner of any school. It must be chiefly so, however, to the CHRONIC INVALID, or to any one contemplating a course of water-treatment. Many of the cases here recorded are of a remarkable character, and cures have been performed at this Establishment which will bear a comparison with those of any similar resort in the country. Its location is fine, water excellent, and medical supervision of a satisfactory character.—*Eclectic Jour. of Med.*

WE acknowledge the receipt of a report of cases treated at this Establishment, which presents a highly creditable success in its sanative regulations. When we take into consideration that nearly all the patients are chronic cases—many of them laboring under a complication of diseases, and who have become nearly discouraged by the failure of common treatment—this report is truly encouraging. Those who are desirous of availing themselves of water-cure treatment will find this Establishment among the best.—*American Journal of Medicine.*

NEW GRÆFENBERG.—This institution enjoys a high reputation. We are a believer in Hydropathy to a certain extent. It is a fact that a judicious use of water, as a remedial agent, will cure many diseases not to be reached by any other treatment.—*Camden Courier.*

NEW GRÆFENBERG REPORT.—Some of the cures here detailed are really wonderful, and we should be suspicious of their genuineness, were not the high character of the gentleman presiding at the Institution a sufficient guaranty of their authenticity. We have never enjoyed the luxury of wet-sheets, sitz-baths, &c., but have known so many who have, and who came out renovated and improved, that we must believe that the water-treatment has no rival.

This Establishment, we are told by those competent to judge, is one of the best-conducted in the country. Dr. Holland, by long experience in this mode of treatment, as well as personal experience of its efficacy, is eminently qualified to stand at its head.—*Oneida Morning Herald.*

WHILE some Water-Cures have been unable to succeed, we learn that this Establishment is being well patronized, and that Doctor Holland has had even better success the past year than heretofore. He has effected many remarkable cures. His patients speak in high terms of his skill and experience, his frank and candid manner, and his exertions to secure their comfort and improvement.—*Utica Evening Telegraph.*

THIS Institution, so favorably known, we learn from the best authority,

has been even more successful the past season than heretofore. We esteem that man the best doctor who makes the most cures, whatever may be his system of practice. Dr. Holland, in this respect, stands high. He is frank, honest, kind, attentive and skilful. He does not humbug his patients, but has effected as many remarkable cures as any institution we know of.—*Union Journal of Medicine.*

As far as we have heard, all invalids who resort to New Græfenberg return well satisfied with their improvement, which is the best recommendation that can be bestowed on Dr. Holland or his system of practice.—*Tec-totaller.*

Full printed particulars may be had by addressing R. HOLLAND, New Græfenberg, Herkimer Co., New York, June 1st

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 spermatorrhœa 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 he do more good.

O. V. THAYER, M. D., } Resident Physicians.
Mrs. H. H. THAYER, }
Appl'f H. M. RANNEY, Proprietor.

DR. TAYLOR'S WATER-CURE, NEW YORK CITY.—This new Establishment, from its position, combines as far as possible the advantages of country and city. It is situated in 38th street, corner of Sixth Avenue, in the highest part of the city, and commands an extensive view of it, and of the North and East rivers, and the adjoining country. It is very easy of access, as all the "Crystal Palace" conveyances go directly past it. The house is very large, and is newly finished, and eminently adapted to Hydropathic purposes.

On account of its superior healthfulness, visitors from the country, for purposes of business or health, will find our location a desirable one.

Relying upon our past experience, we hope to make our place acceptable to patients and boarders.

GEO. H. TAYLOR, M. D.
E. FAY.

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 attendance. 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.

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

CANTON WATER-CURE—Canton, Ill.—Address JAMES BURSON, M.D., Mrs. N. BURSON, or Dr. G. Q. Hitchcock, Canton, Ill. Jan 1st

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 pleasanterest regions of New England, among woody hills and ever-green meadows. The fine mountain air is peculiarly pure and bracing, and the Establishment on a 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 but romantic river that winds its way through the shady grounds of the Establishment, bowling-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 stables and carriages at the Depot, to take travellers to the Institute.

Dr. MUNDE being the first disciple of Priesnitz, 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 history, 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 Gentle-men 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 1st.

THE SUGAR CREEK FALLS WATER-CURE is situated 12 miles south of Mussillon, 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. FREASZ, M.D., Deardorff's Mills, Tuscarawas Co., O. Appl'f

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. Appl'f

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. Appl'f

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.

1854.—LAKE VIEW WATER-CURE AND HOMEOPATHIC 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. Seward, Francis Granger, Lewis Tappan, Horace Mann. June 1st

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

CHICAGO WATER-CURE RETREAT, No. 6 Rush street, cor. Indiana, 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. Feb. 1st. J. WEBSTER, M. D.

DOCTOR HARRIET N. AUSTIN,
OF
GLEN HAVEN.

THE LADIES in our CURE have just handed us the subjoined testimonial of esteem for her whose name heads this article. Miss AUSTIN is, at present, absent from the Glen, and so will know nothing of its presentation till its appearance. It is a noble mark of confidence, as truly deserved as it is freely and generously given. Were it proper for us, we could say, truthfully, in her praise much, in addition to what these ladies have said; and we have no hesitation in saying that she has no equal of her AGE, as a Hydropathic Female Practitioner, in the United States. We are sure that, if she lives and has her health for the next five years, Water-Cure, in its Therapeutic Department, will owe more to her than to any living woman. This is our prediction. Let those who read it now read it five years hence and see if we have overrated the powers of this woman. We know that she has such strength of judgment, such extraordinary powers of discrimination, such intuition, such skill, such faith in Water-Cure, as is given only to such as God designs for great deeds. And we are not alone. We could summon up hundreds of her sex, from Maine to Mississippi, who would cheerfully add their signatures to a like testimonial as this appended below. The readers of the JOURNAL will see, by reference to an article in the MAY No., headed "THE TWO SYSTEMS," which is from the pen of Miss AUSTIN, the position—and the reasons for it—which she holds in reference to drug-medication. Suffice for us to say, that in this, as in all other departments of effort as a Practitioner, she takes the TRUE Water-Cure IDEA, and abides by it; and to her faith and skill do we gladly ascribe some of the remarkable cases of recovery at Glen Haven, which have astonished all who have witnessed them. Hereafter, letters asking for advice, or Home Treatment, or admission into the Cure, from Females, may be addressed to her, or ourselves, on the terms of our Card in the JOURNAL, headed "Glen Haven."

We have at this date 74 patients, and such are our extraordinary natural advantages, that we are determined to make the fame of our Establishment commensurate with the Union.

During 1853, we had patients from Twenty-six States and Canada. This year, we hope to have every STATE in the UNION represented.

We will gladly send circulars to all applicants who may wish. Our Post-Office address is SCOTT, CORLAND CO., N. Y.

For the Proprietors,
J. JACKSON, M. D., } PHYSICIANS.
Mrs. L. E. JACKSON, }

"Drs. J. C. & L. E. JACKSON:
GLEN HAVEN, N. Y., May 6th, 1854.
"We wish to express our estimate of the qualifications as a Physician, and the qualities as a Woman, of Dr. HARRIET N. AUSTIN, your Assistant and confidential Medical Adviser in the treatment of female diseases.
"Desirous to do it, yet hesitant how to do it, so as not to offend her—whose sensitiveness in reference to publicity is proverbial—it has occurred to us that an expression of our opinion of her to you, with permission, on our part, to publish, might be as unexceptionable to her and yourselves, and as beneficial to the cause of Hydropathy, as any form we could give to such expression.
"To give her a silver service might be gratifying to her, and would give us notoriety; but it would not accomplish our object exactly. We wish sick women, all over the land, to know her; to know what ourselves, as well as hundreds of others, know—that as a WATER-CURE PHYSICIAN, though young, she has already attained to the very first rank; that she is cool, self-possessed, very discriminating, discerning our ailments with instinctive sagacity; that she has talent of high order, and is wonderfully skillful; that when sick, we, as well as many others, have had occasion to admire with what thorough intuition she has discerned our difficulties, and with what consummate tact she has made the right applications, so as to produce almost immediate relief.
"We wish SICK WOMEN TO KNOW that, of the many of our sex who have taken to the HEALING ART, as a profession, we can refer them to ONE YOUNG PRACTITIONER who has the courage, the earnestness, and the faith to us, what so many of them profess, a TRUE WATER-CURE PHYSICIAN: giving no drugs, dabbling in no medicines, dealing out no poisons, but holding the truth with sublime conviction, and working it out by wonderful results.
"We are sure, by what our eyes have seen, and by what ourselves have felt, that nothing is wanting for Miss AUSTIN to have good health, and for you to make known her qualifications, in connection with your own—already known—to cause hundreds of our own sex to flock to the Glen to be healed.
"It gives us great pleasure to see that, at last, Miss AUSTIN has consented to break over her diffidence, and appear in the WATER-CURE JOURNAL as a contributor. She will win laurels there, as at home. We speak the entire sentiment of both sexes in the Institution, numbering now more than seventy patients, when we say that (God spare you and her) DOCTOR AUSTIN will be acknowledged by the public to be, what we are now so ready to admit she is—an extraordinarily skillful physician; a profound and practical writer; and a woman whose modest and gentle bearing, whose simple, yet pleasant manners will endear her to a very large circle of friends; and, with our best

wishes for her and yourselves in the future, we subscribe ourselves,

Most truly,
Your Friends:

- Miss Elizabeth N. Roberts, Utica, N. Y.
- " Abble M. Holt, Woodstock, Vt.
- " H. W. Leffingell, Aurora, N. Y.
- " E. K. Aldrich, Chelapachet, K. I.
- " R. D. Swift, New Bedford, Mass.
- " M. E. Wood, Moravia, N. Y.
- " Annette Randall, Feinproutus, N. Y.
- " Nancy Hinkley, Ontario,
- " Elizabeth S. Hitch, Jamaica Plains, Mass.
- " Mary E. Wilbur, Little Compton, R. I.
- " H. M. Stewart, Butler, N. Y.
- " P. M. Mouroe, Scott,
- " Margaret McLean, Caledonia, N. Y.
- " Elizabeth S. Cutter, Jaffrey, N. H.
- " M. J. Mann, W. Dover, Vt.
- " S. H. Craue, Boston, Mass.
- " M. Evellue Marsh, Adams, Mass.
- Mrs. W. D. Kellogg, Laona, N. Y.
- " Clara S. Hurst, Meadville, Penn.
- " Mary Clay, Paris, Ky.
- " H. H. Hitch, Jamaica Plains, Mass.
- " Henry Jones, Brockville, U. C.
- " David Joy, Northampton, Mass.
- " E. Marks, Camillus, N. Y.
- " W. N. Dunham, Orangeville, N. Y.
- Miss A. P. Adams, Farmington, "

WORCESTER HYDROPATHIC INSTITUTION, No. 1 GLEN STREET.—This Institution is well arranged for treatment at all seasons. It will remain under the medical direction of Dr. GEORGE HOYT until the return of Dr. ROGERS from Paris, in April, 1854. TERMS, usually from \$7 to \$9 per week. For treatment without board, \$3 to \$4 per week. Nov 11

AUBURN WATER-CURE, Auburn, Macon Co., Ala.—Dr. Wm. G. REED, Miss L. A. ELY, Physicians. Apl 11

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.

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 Phtreological Books, at New York prices. Jan 11

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

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

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. Lyoa have been secured for the ensuing year. Address S. O. GLEASON, M. D., Elmira, N. Y. May 31

NEW GRAEFENBERG WATER-CURE.—For full, printed particulars, address R. HOLLAND, M. D. New Graefenberg, N. Y. Aug 11

GEORGIA WATER-CURE—At Rock Spring, near Marietta, Georgia, is open, summer and winter. C. Cox, M. D., Proprietor. Sept 11

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

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.

THE JAMESTOWN WATER-CURE will be open for the reception of patients summer and winter. PHYSICIANS, E. Potter, M.D., and Mrs. L. M. Potter. Oct. 11

THE BROWNVILLE WATER CURE opens on the 1st of May, considerably improved again. Dr. BAZZ pledges himself to do his best for those that may put themselves under his charge. Terms—\$6 00 per week, payable weekly. May 11

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. REH.

WATER-CURE ESTABLISHMENT For Sale or To Let.

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EMPLOYMENT.—Two or three young men, desiring board and treatment at a Water-Cure, and anxious to pay for the same, in part or entirely, by services in the Cure and upon the grounds belonging, can apply by letter (stating case, ability, &c.) to

P. H. HAYES, M. D., Wyoming, N. Y. May 21.

The Book Trade.

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This is no catchpenny affair; no attempt to put down by ridicule and the cry of Humbug, Collusion, &c., what it is unable to do by sound argument, thus strengthening instead of weakening the faith of the believers in that particular delusion which is the rage at the time; but a searching, thorough, calm, and philosophical examination and refutation of the Spirit Manifestations as represented by table-turnings, rapping mediums, &c., &c., written in such plain language that a child might understand it, and yet so logical in its arguments, so sound in its deductions, as to defy the ablest critics to deny its conclusions or to refute its reasonings. The author, Dr. Dods, well known to the community by his celebrated work on the Philosophy of Electrical Psychology, has for twenty years made the wonderful powers and capabilities of the human mind his study, and is probably better qualified than any other living man to solve a mystery which has puzzled the brains of the learned both in this country and in Europe. The so-called Spirit Manifestations had their rise in 1848, in the family of John D. Fox, in this State, and claimed through an intelligence derived from knocks or rappings to have opened a channel of communication between the living and the dead. It can easily be seen what a hold such an idea would have on the human mind. Curiosity, affection, the fond hope that those we love were near us and holding communication with us; all these combined have caused the delusion to spread with unexampled rapidity from village to village, from city to city, from State to State, until it numbers among its followers not tens, but hundreds of thousands. Our author in his Introduction thus speaks of the vital importance of the subject to the whole Christian and civilized world:

The great mass of the Christian community have as yet remained indifferent to these things, contenting themselves with the belief that as the whole is the work of trick, deception or collusion, it must and will come to naught. And it is moreover believed that it is confined to the low and ignorant classes of society, and is therefore unworthy of serious consideration, as it can do little or no harm. But let us not deceive ourselves with such fallacious hopes—such groundless expectations. True, there are many of its believers and advocates among the ignorant and lower classes of society; but this is no objection to its truth, because it was the same with regard to the disciples and followers of our Saviour in the day of his personal ministry on earth.

But that the believers in the spirit-communications through rapping and writing mediums are wholly of this class is far, very far from being true. Indeed, the case is entirely different from such a supposition as this. It embraces among its advocates many of the best intellects in our country, and those, too, who have drunk deep at the fountains of science. It embraces not only some of the finest talents of the land, but those also whose moral and religious reputation is unsuspected and spotless beyond reproach. It embraces among its advocates judges upon the bench, and some of the ablest lawyers at the bar. It embraces among its advocates some of the best intellects in our State Legislatures and in the halls of the United States Congress. It embraces among its advocates some of the most skillful and eminent medical men. It embraces among its advocates, not only thousands of professing Christians of all sects on earth, but many ministers of the gospel, and of every denomination under heaven. It is embraced by men who stand in the council-chamber, at the bar, and the altar. Such are its advocates; and what, I ask, is the character of its mediums?

Its mediums, through whom these communications are made, purporting to be from the spirit-world, are by no means entirely among the ignorant and obscure, but pervade all ranks of society. There are rapping and writing mediums among the Judges of our Courts—among those who hold high stations in the community—among church members, male and female, and even among ministers of the gospel! Through these mediums, communications purporting to be from spirits in heaven or either alphabetically rapped or else written out, tables and stands are tipped, stones thrown, window-glass broken, and furniture dinged about! Still more: the spirit-hand of some departed child, it is believed, is laid upon its father or mother's forehead, and plays with their hair-locks by the softest and gentlest touch, and that even angels with their starry wings of azure, green and gold, fan the feverish brow! It is even believed that some invisible and immortal hand has written a communication in the Hebrew language, and left it in the room of an individual while he was wrapped in profound slumber!

These and other wonders, too tedious to enumerate, are stated to have been performed, and yet the public mind, and even the ministers of the gospel, are silent or carelessly slumbering on while the advocates of this new and startling theory are gathering tremendous and fearful power by continual accessions. Periodicals are already established, edited with no mean ability, and some purport to receive, not only their subject-matter, but the very words in which it is expressed, from immortal spirits in a future state of existence! Yes, periodicals are published, meetings and conventions are held, and even clergymen are already in the field who profess to preach as they are instructed by the spirit-rapping and spirit-writing mediums; and yet clergymen are securely slumbering on while these fearful elements are in motion throughout the land.

Mediums are constantly springing up in every part of the United States. The transatlantic world has caught the mania. They are springing up in various parts of Europe, and particularly in Germany. Each one hears them in their own tongue wherein they were born—for it appears that the spirits know no other language than that of the several mediums through whom they communicate. There are already several thousand mediums in the United States alone, and these, with thousands and tens of thousands of its believers and advocates, are already in the field, and their numbers are constantly increasing with the most astonishing and even alarming rapidity. Private exhibitions are incessantly given in social evening-parties and circles in every city, and in almost every village throughout the length and breadth of the land; and in many places public exhibitions are given. New York city alone numbers thirty thousand believers in spirit-manifestations.

And what, I ask, is the grand object to which these movement are tending, and in what will they result? They certainly portend a future revelation, because they are calculated, if true, to supersede the teachings of the Prophets and of Jesus Christ and his Apostles, by a new, and as some believe, by a higher and far more superior revelation than that contained in the Scriptures of Truth. And yet the lovers of the Bible and the ministers of Christ are slumbering on in security while the spirit-rappings and spirit-writings, as a new mode of communication from heaven to earth, are gaining new and continual accessions of adherents, and gathering force and power.

Dr. Dods, while he admits that in most cases the mediums are honest, yet contends that they are as much deceived themselves as their followers, and denies that spirits have any agency in the matter, but accounts for the phenomena on pure philosophical grounds and an analysis of the human brain itself, which he shows is divided into two parts—the voluntary, by which we reason, act, &c., and the involuntary, which causes the heart to beat, &c., and which answers to the highest order of instinct in animals; and by the separate action of these two brains, or rather by the independent action of the back brain, (or the involuntary,) when operated upon by Mesmerism, Somnambulism, Electrical Psychology and Catalepsy, all the wonderful things are performed that have been ascribed to an immediate Divine agency. It is a wonderful subject, and is handled in a beautiful manner, with great eloquence and power, by our author, to whom, no doubt, belongs the honor of having first satisfactorily explained a subject of immense importance to the whole world, and which has done and is still doing irreparable injury in the community. The book should be in the hands of every thinking person in the United States, be he or she a believer or an unbeliever in Spirit Manifestations.

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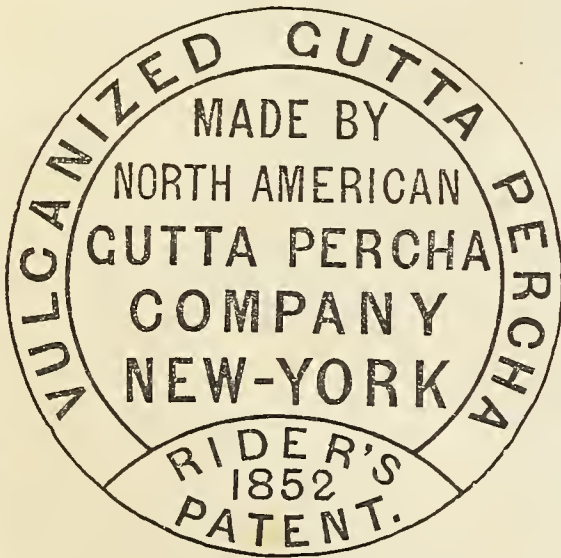
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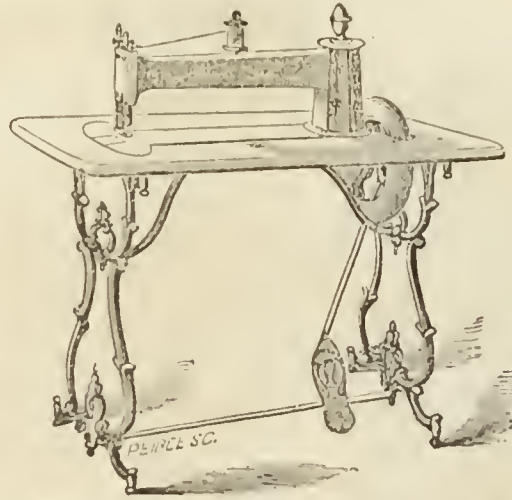
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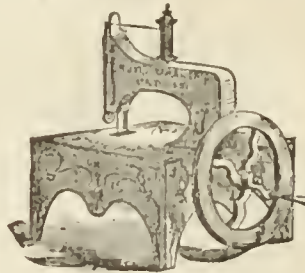
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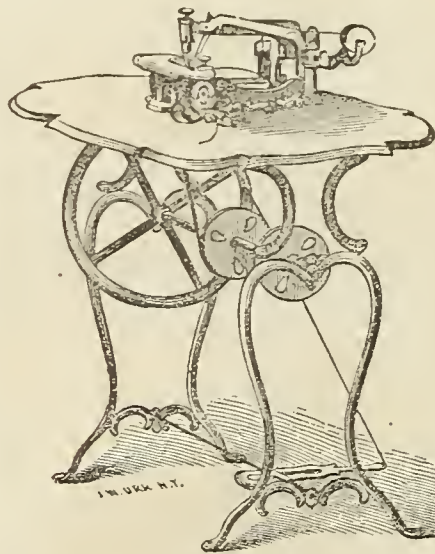
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These Machines are warranted (with proper use) not to get out of repair. They are built in a good, substantial manner, and will do all manner of work done by any other Machine, (except very fine linen,) in a manner warranted to give satisfaction.

The stitch is the same on both sides, and will not rip or come out any more than sewing done by hand. Call and see them in operation at the Office, 140 Chestnut street, Philadelphia.

June 1st D

W. A. DAWSON, AGENT.



WHEELER & WILSON MANUFACTURING COMPANY'S SEWING MACHINE, manufactured at Watertown, Conn. Office, 343 Broadway, New York. Agencies at 63 Court street, Boston; 172 Chestnut street Philadelphia; Iron Hall, Washington.

These Machines have been in successful operation in the hands of manufacturers and families, for the past two years, and in every case have given universal satisfaction. The Proprietors are now prepared to offer them to the public, with that increased confidence in their merits which the united testimony of their numerous customers has strengthened and confirmed.

These Machines are entirely different from any other, the principles on which they are made being exclusively our own. Among the advantages of this Machine over any others are the following:
1. The simplicity of its construction, and the ease with which it can be kept in the most perfect order.
2. The perfect manner in which the operator is enabled to stitch and sew the various kinds of work, from the finest linen to the coarsest cloths.

3. It particularly excels in the rapidity with which work can be executed; in that respect it has no equal.
4. The little power required to propel them, enabling even those of the most delicate constitution to use them without injury to their health.

We are now manufacturing a larger-sized Machine, more particularly adapted to the sewing of leather, canvas bags, and the heavier kinds of cloths. An examination of our Machines is respectfully solicited at our Office, 343 Broadway. June 1st D

D. L. P. WILEY, 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. Apl 1st

COPYRIGHT GOLD ORNAMENTED WINDOW-SHADES, of a Common or Superior quality, on Linen or Muslin; a great variety of new Patterns, not found elsewhere, furnished without Duplicates, when desired, at Retail or Order, at manufacturers' prices.

D. L. P. WILEY, 4 1/2 East Broadway, Up Stairs, over the Chatham-square Post-office. June 1st D

W. C. & J. NEFF, Dealers in Electro-Magnetic Machines, Telegraph Registers Receiving Magnets, and Keys, wholesale and retail; No. 3 1/2 South Seventh st., Philadelphia. June 1st D

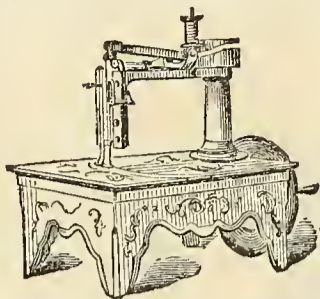
OUR PHILADELPHIA BRANCH CABINET.—We have opened a Branch Establishment at 231 Arch street, (below Seventh st.) Philadelphia, where all our Publications, Buses, Skulls, Cabinets for Lecturers, Anatomical Plates, &c., may be obtained, wholesale or retail, at New York prices.

Professional Examinations, with charts and full written descriptions of character, given day and evening. Subscriptions received for the JOURNALS.

PLEASANT AND PROFITABLE EMPLOYMENT.—Capable Young Men and Women, with \$15 to \$25, may obtain healthful, pleasant and profitable employment in every town and village, by engaging in the sale of useful and popular Books, and canvassing for several valuable Journals. For particulars, address (post-paid) FOWLERS AND WELLS, No. 308 Broadway, New York.

P.S.—All Agents who engage with us will be secured from the possibility of loss, while the profits derived will be very liberal.

PATENT SEWING MACHINES.



THE AMERICAN SEWING MACHINE COMPANY are now prepared to supply the public with a new and greatly improved Implement, known as THE DORCAS SEWING MACHINE, in the construction of which are combined advantages and facilities unknown in any other article of its kind, and to which they would call the special and particular attention of Boot and Shoe Manufacturers, Harness-Makers, Carriage-Trimmers, Tailors, Clothing Manufacturers, Cap-Makers, Upholsterers, and all who require sewing in their business.

Not a few of the so-called Sewing Machines that have been submitted to the approbation of manufacturers have failed—owing to defects in their construction, or from their constant liability to get out of repair, and from many other causes, consequent on their imperfect manufacture—to perform that work which they were specially intended to accomplish. To produce an implement that should be perfectly free from the objections that attached to almost every other, which should combine simplicity with durability and facility of working, was the object sought to be attained by the American Sewing Company; and this desirable end has been attained in the Apparatus now under consideration.

Its leading and peculiar advantages may be thus stated:—

It is the most simple and reliable of any now in use, and therefore calculated to prevent delays from getting out of order, and thus insuring promptitude in the execution of work.

It is adjusted with the greatest ease and facility, runs very still, and is as fast as any other machine.

By means of a greatly improved Shuttle Race, the CERTAINTY of every stitch is insured, and a face-stitch that will not unravel is left on both sides of the cloth.

In consequence of the action of a spring of novel and graduated action, a greater power is imparted to keep the work in place than by any hitherto used.

Larger work can be executed upon it than upon almost any other machine, thus enabling orders to be executed more speedily—and a wider and more convenient space is afforded for the manual operations necessary.

A saving is effected in the use of thread, equal to the price of the Machine itself in a year, as compared with the chain-stitch machine.

Every Machine is carefully manufactured in the very best and most workmanlike manner, under the Agent's own supervision, and is warranted to accomplish every thing which its inventors state that it can effect.

Not a trifling item is its comparative lightness, and consequent portability, and the great ease with which it can be set in motion by the most delicate female, whose fingers need not be soiled by oil, as is the case in some other machines.

That these qualifications have been appreciated by competent judges, is attested by the award of a Diploma to the Company by the Boston Mechanic's Charitable Association.

The American Sewing Machine Company, therefore, with the utmost confidence, would draw the attention of all those whose business requires sewing-work done, to the DORCAS SEWING MACHINE, which will be found indispensable to such.

All purchasers will have gratuitous instruction in the use of the Machine furnished them at the Company's Office, which will be continued until they shall be perfectly familiar with every part of its operations.

The Dorcas Sewing Machine can be securely packed for transportation, and forwarded to any part of the world, without its running any risk of damage.

The American Sewing Machine Company manufacture Cylinder and Flat Table Machines, under the Patent granted Elias Howe, of September 10, 1846. Persons run no risk in purchasing these Machines, as the Patent has been established in three suits at law, before Judge Sprague, in the United States District Court for Massachusetts.

The Company would call attention, also, to SWEET'S PATENT GUIDES, which will be found of the greatest service in all work requiring binding, as they insure uniformity and neatness. For Hats, Shoes, Clothing, Mattresses, and the like, they are peculiarly suitable. Price, \$50 to \$100.

AMERICAN SEWING MACHINE COMPANY:
Offices, 385 Broadway, New York; 173 Washington Street, Boston.

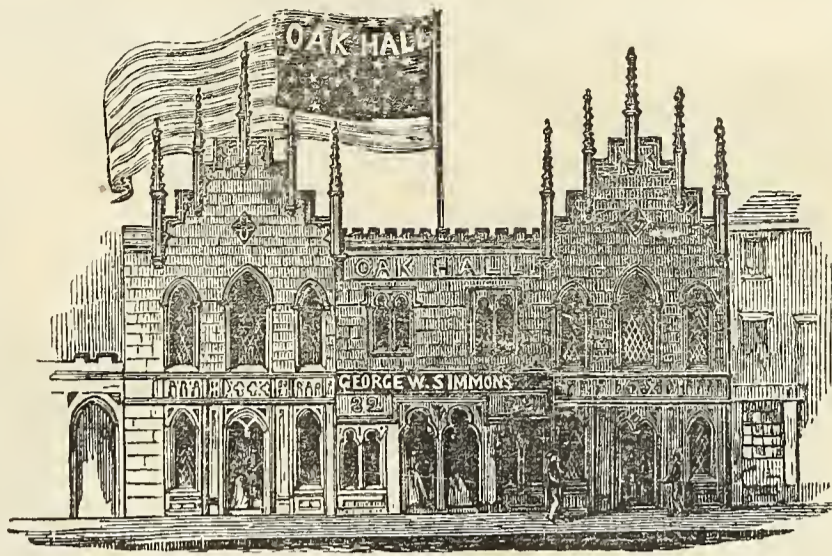
JOHN P. BOWKER, JR.,
Agent.
June & Aug. h. d.

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.

June e o m 3t d

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 re-packed, 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 3t
JOHN KEDZIE.



GEO. W. SIMMONS,
MANUFACTURER OF, AND WHOLESALE DEALER IN, EVERY VARIETY OF
CLOTHING,
GENTLEMEN'S FURNISHING GOODS,
HATS, CAPS, & C., & C.,
FOR CASH OR APPROVED PAPER.

THOUSANDS of strangers annually visit this world-renowned establishment; the extent and magnificence of which far exceed all their preconceived opinions. The Proprietor is happy to extend every courtesy to visitors, and render a promenade through the various Departments pleasant to all whose curiosity may induce them to call. They can obtain a complete outfit at any moment.

Dresses to order, in the Custom Department, furnished at the shortest notice, and perfect satisfaction warranted.

OAK HALL,
Nos. 28, 30, 32, 34, 36, & 38 NORTH STREET,
June 1t b B BOSTON, MASS.

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,

No. 591 BROADWAY, (Opposite the Metropolitan Hotel,) NEW YORK.

June 3t b D

LIGHTS, NEWTON & BRADBURY'S
PIANO FORTES.
JNO. A. SMITH & CO.'S MELODEONS.

SOLE AGENTS FOR THE ABOVE CELEBRATED INSTRUMENTS,

Wholesale and Retail.

GEO. F. BRISTOW, MORSE & CO.,
423 Broadway, New York.

June 1t. n.

BRADY'S CARD TO THE PUBLIC.—A new feature in daguerreotypes has recently been introduced by Brady, at his old Gallery, 205 Broadway, corner of Fulton street. The extent of his establishment enables him to produce for 50 cents, and \$1, pictures of a quality infinitely superior to the phantoms usually designated cheap pictures. This is a new feature in first-class establishments, and the fame of the artist is too well known to doubt its success. The public can now rely on obtaining as good a picture for that price as can possibly be put up, and a far better picture than can be obtained elsewhere at the same rates. Brady's New Gallery, 359 Broadway, over Thompson's Saloon, is fitted up with great taste and beauty, and possesses greater facilities for the production of first-class portraits than any similar establishment in this country. These Galleries form an elegant resort for persons of taste—containing as they do the largest collection of distinguished portraits in America. Prize Medals were awarded to Brady at the World's Fair in London, 1851, and at the Crystal Palace, New York, 1853. BRADY'S DAGUERREAN GALLERIES, Nos. 205 & 359 Broadway, over Thompson's Saloon.
June 1t. b. n.

MRS. C. M. WHITE'S BOARDING-SCHOOL for Girls, Danbury, Ct. Reference—C. H. ROACH, Esq., 826 Greenwich st., New York.
June 1t *

THE GUITAR.

WITH THE GREAT AND INCREASED ATTENTION now given to the study of Music, the present almost unparalleled demand for this beautiful and graceful instrument should not be a matter of surprise.

A few years ago, it was quite a novelty to hear a lady or gentleman play the Guitar; but the popularity of the instrument has so greatly increased, that there is now scarcely a family of any musical pretension, but at least one of its members numbers among his accomplishments that of playing the GUITAR.

One great cause of the present popularity of the instrument, is the introduction of an article that will stand the severe test of our climate.

The instruments of French, German, and Spanish make will in a very short time crack all to pieces in our climate, and they are a constant source of annoyance and expense to the owners; whereas, those made by WM. HALL & SON, of this city, are not only warranted to stand the climate, but they are better and fuller toned than any others. The scale is mathematically correct, and there is less liability of breaking the strings than on any other instruments.

The finger-board and frets are so constructed that the ends of the fingers cannot be injured in playing; and the learner will find this difficulty, so much complained of in other Guitars, very nearly, if not entirely obviated in those made by Wm. Hall & Son.

The frets are secured in a groove so that they cannot come out, and they are so shaped that the most perfect glide can be made without the least injury or inconvenience to the fingers.

We give a full description of these Guitars, and the Prices:

- No. 1. Mahogany Guitar, with patent head, in case, with extra set of strings, \$15
- No. 2. Rosewood, do do 20
- No. 3. Do do do extra beading, etc. 25
- No. 4. Do do do oval back, etc, etc., 30
- No. 5. Do do do centrifugal bars, etc., inlaid sound-hole, 40
- No. 6. Do do do elegantly inlaid, and finished in superior style, 50

Any person enclosing either of the above sums of money to our address, will receive a Guitar of corresponding value, with a case, and extra set of strings. They will be carefully packed and sent to any distance. They are always warranted.

Our Patent-heads are made expressly and only for our Guitars. They are better made, of less weight, and are less liable to get out of order than any other Guitar Patent-head.

OUR NEW PATENT PEG-HEAD for Guitars is one of the best improvements yet made. It is very simple, can scarcely get out of order: it does not add to the expense, and the Guitar can be tuned more rapidly, and with equal precision, as with the ordinary patent-head, and it requires no more power to turn the peg.

This head can be attached to any Guitar at an expense of Five Dollars.

THE NEW PATENT CAPO D'ASTRA is a great improvement on the old plan; there being no necessity for taking it off the Guitar; and it can be affixed to any part of the neck, and detached instantly, while the person is playing.

PRICE 50 CENTS EACH.

GUITAR STRINGS.

The great complaint among Guitar-players is the want of good strings. To meet this demand, as far as the covered strings are concerned, we manufacture a very superior article out of the best American floss, which has a much stronger fibre than any other. We have also a new plan for manufacturing them, which, together with the excellence of the staple, gives them greater strength than any other string.

For the three catgut strings, we have the very best Italian. On the receipt of 75 cents, in either postage-stamps or money, we will send to any part of the United States a set of our best guitar-strings, postage paid.

Our Guitars may also be had of all the principal Music Dealers in the United States, at the above prices, adding only the expenses of transportation.

WM. HALL & SON,
259 Broadway, (opposite the Park,)

June e.o.m. New York.

SAVERY'S TEMPERANCE HOTEL, and Telegraph Dining Saloon, No. 14 Beekman Street, N. Y. Kept on the European Plan. Meals at all hours of the day. Lodging Rooms, from \$2 to \$3 per week, or 50 cents per night.

BELA SAWYER, Superintendent.
JOHN S. SAVERY, Proprietor.

June 1t. D.

HUDSON RIVER RAILROAD.—Trains leave Chambers Street daily for Albany and Troy.

On and after Monday, May 8, 1854, the Trains will run as follows:

EXPRESS TRAIN—6 A. M., through in four hours, connecting with Northern and Western Trains.

MAIL TRAIN—9 A. M. Through Way Trains, 12 M. and 5 P. M.

EXPRESS TRAINS—4 P. M.

ACCOMMODATION TRAIN—6.30 P. M.

FOR TARRYTOWN—At 11 P. M.

FOR Poughkeepsie—Way Passenger Trains at 7 A. M. and 4.10 P. M. from Chambers Street; and Way, Freight and Passenger Train at 1 P. M. from Chambers Street.

FOR PEEKSKILL—At 10 A. M. and 5 1/2 P. M.

The Tarrytown, Peekskill and Poughkeepsie Trains stop at all the Way Stations.

Passengers taken at Chambers, Canal, Christopher, 13th and 31st Streets.

SUNDAY MAIL TRAINS—At 3.40 P. M. from Canal Street for Albany, stopping at all Way Stations.

EDMUND FRENCH, Superintendent.

Travel.



THE LATEST FASHIONS.



THE AMERICAN COSTUME.

Business.

TO PREVENT MISCARRIAGES, DELAYS, OR OMISSIONS, all letters and communications relating to this Journal should, in ALL CASES, be post-paid, and directed to the Publishers as follows:

FOWLERS AND WELLS,
No. 308 Broadway, New York.

RE-OPENINGS AND NEW ARRANGEMENTS.—Our readers are referred to the advertising columns for particulars respecting new establishments, and the re-opening of others.

THE SOUTH ORANGE WATER-CURE, under the charge of Drs. Wellington and May, is now in the full tide of successful operation, being beautifully situated, about an hour's ride from New York, and presents many attractions. It will, doubtless, be liberally patronized.

DR. WM. F. REH, of Newport, R. I., has refitted his "Cure," and added thereto a floating salt-water bath.

DR. TAYLOR'S NEW ESTABLISHMENT, in New York, deserves the attention of all who for various reasons may prefer treatment here rather than in the country. It is extensive and commodious, in an airy and slightly part of the town, within two minutes' walk of the Crystal Palace, and is easily accessible by cars and stages from all parts of the city.

THE DANSVILLE, N. Y., WATER-CURE is now under the superintendence of Dr. W. M. Stephens.

THE YELLOW SPRINGS WATER-CURE is now conducted by Dr. A. Cheney.

JOURNALS TO ENGLAND.—The postage of either of our Journals to any part of the British Empire, is 24 cents, which must be prepaid. Any of our readers who may wish to send them to their friends across the sea, will please enclose \$1 24, on the receipt of which we will forward them as desired.

The New Illustrated Hydropathic Review.

CONTENTS OF NUMBER THREE.

THE MOVEMENT-CURES, No. II. By R. T. TRALL, M.D. "Indian Club Exercise"—Exercise Necessary to Development—Various Positions and Actions Illustrated—"Author of Manly Exercises."

WHAT ARE SEMINAL EMISSIONS? By JAMES C. JACKSON, M.D. False Views—Causes—Functional Derangement—Sexual Indulgence—Drug-Medication—Masturbation—Conditions of Cure—Severe Mental Labor—Diet—Abundance of Exercise—Occupation or Recreation for the Mind—Care and Responsibility—Illustrative Cases.

REFORMERS AND REFORM. By H. KNAPP, M.D. Want of Concert of Action—Work for all Classes—Social Evils—A Correct Physical Education—Practice—Theory—Temptations to Evil—Justice—Truth.

MEDICAL JURISPRUDENCE. By J. E. SNODGRASS, M.D. A Sound Mind in a Healthy Body—Obedience to Law—Duty of the Physician in Legislative Affairs—In Courts of Law—Medical Witnesses.

THE NERVOUS SYSTEM. By G. H. TAYLOR, M.D. Office—Ludicrous Ideas of the Nerve-Sick—Anatomy—Ganglions—Nerve-Force—Division—Pathological Innervation—Conditions of Healthy Vital Acts—Abuse of the Nervous System—Medication—Treatment.

PULMONARY CONSUMPTION. By LEVI REUBEN, M.D. Prevalence—Ratio of Deaths in different Cities and Countries—What is a Tubercle?—Views—Causes—Is Consumption Curable?—Preventive Management—Treatment—Oxygenation—The Excretions—The Skin—The Cough.

RESPIRATION. By E. LEIGH, M.D. Four Grand Divisions of the Animal Kingdom, in reference to the Nutritive System—Animal Heat—Comparative Physiology—Decarbonization—Indirect Subsistence of Respiration to Nutrition—Its Direct and Positive Agency—Pure Air—Ventilation.

With Reports of Cases, Reviews, Criticisms, Miscellany, and a

LIST OF THIRTY-SIX ILLUSTRATIONS.

Terms—\$2 a year, in advance.

Please address **FOWLERS and WELLS,**
No. 308 Broadway, New-York.

P.S. One copy of the REVIEW, one copy of the PHRENOLOGICAL JOURNAL, and one copy of the WATER-CURE JOURNAL will be sent a year, for \$3 00.

MATRIMONIAL CORRESPONDENCE.

TO WHOM IT MAY CONCERN.—More than a year ago, a vegetarian bachelor who lives in the country, and who had failed to find within the limited circle of his acquaintance such a help-met as he desired and needed, wrote to the President of the New York Vegetarian Society, asking an introduction to some vegetarian lady of congenial tastes and feelings, with a view to a matrimonial alliance. His letter was read at a meeting of the society, and afterwards appeared in the JOURNAL. A number of responses were elicited, which were also published. Thus the Matrimonial Correspondence commenced. Others, similarly situated, desired some means of finding the long-sought "other half," and we were willing, prompted by a benevolent wish to promote the highest good of the *unmated*, to give them the freedom of our columns, under certain conditions, and subject, of course, to such limitations as we found it necessary to affix. We have already published thirty-three letters, and have reason to believe that the end sought through them has, in a number of instances, been satisfactorily attained. We have now, however, reached a point at which we are compelled, in self-defence, to adopt a new course in reference to this matter. Before us lie at least a *hundred and fifty* letters, which we are requested to publish under this head! In the type in which the greater part of our Journal is printed, (brevier,) these would fill, at the lowest estimate, *fifteen pages!* The reader will see at once, that however much we may wish to do so, we *cannot* print them *all*, in any form, *or on any conditions*, and we cannot publish a part of them and exclude the rest, where all have equal claims, without subjecting ourselves to the charge of partiality, and giving offence to those whose epistles are denied a place; we have therefore decided to discontinue the Matrimonial Department altogether, or rather to transfer it to our advertising columns, where matrimonial communications will be inserted under their appropriate head, on the same terms as other matter. We are sorry to be obliged to adopt this course, but it seems to us the only practicable one, and we are confident that our "unmated" friends will, in view of the facts we have stated, coincide with us in opinion, and cheerfully accept the conditions which necessity imposes.

