

The Hygienic Teacher

AND

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DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

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General Articles.

HERE Contributors present their own Opinions, and are alone responsible for them. We do not indorse all we print, but desire our readers to "PROVE ALL THINGS," and "HOLD FAST THE GOOD."

RAMBLING REMINISCENCES—No. 12.

BY R. T. TRALL, M.D.

A WEEK IN CHICAGO.

CHICAGO is pre-eminently a city of railroads and hotels. The central point for an immense amount of travel and traffic, its extensive public houses are well patronized, and its numerous railroads seem to have enough to do. The city has had the reputation of being a malarious locality, and very subject to agues and bilious disorders. But since the lands in the vicinity have been brought under cultivation, the swamps and marshes dried up or filled up, and the streets raised, the health of the place compares not unfavorably with many Eastern cities which have always had the reputation of being remarkably salubrious. But for the Chicago River, we could discover no reason why the people, by a reasonable observance of hygienic conditions, may not calculate on strength of body and length of days. The river is the reservoir for a vast amount of the filth of the city, and its emanations are filling the air with pestilential effluvia. Efforts, however, are being made to empty its putrescent waters into Lake Michigan, which will no doubt be successful.

Chicago has been benefited, as a trading mart, rather than injured, by the "War for the Union;" in this respect contrasting, probably, with every other city in the United States. We found no difficulty in living almost hygienically at our hotel—the Briggs House. Corn-bread and Graham, hominy and cracked wheat, with baked or boiled potatoes, asparagus, spinach, apple-sauce, and strawberries were always within call. Good apples, excellent strawberries, raspberries, and cherries were abundant and cheap at the fruit-stores. Several gentlemen near the city cultivate "patches" of strawberries, of ten, fifteen, and twenty acres; and the day we left, strawberries from Dr. Kimball's model farm in Iowa City began to arrive.

THE HEALTH CONVENTION.

This was well attended by the representatives of our system from a distance, though very few of the people of Chicago took any interest in the matter. The graduates of our school who were present were: Dr. Nevins, of Peoria, Ill.; Dr. Blackall, of Kenosha, Wis.; Dr. Woodbury, of Ohio; Dr. E. H. Phillips, of Algonquin, Ill.; Dr. Phebe A. Shotwell, of Ottawa, Ill.; Dr. U. W. Sargent, of Sparta, Wis.; Dr. Juliet H. Stillman, of De Witt, Iowa; Dr. Rhoda Hyde Williams and Dr. Ellen Beard Harman, of Aurora, Ill.; and Dr. R. T. Trall, of New York. Dr. Gully, of the Lake View Water-Cure, was also present. None of the medical gentlemen of Chicago honored us with their presence, with the exception of one mongrel Botanico-Physio-Medical Eclectic, and he "skedaddled" as soon as he discovered that our platform was wholly antidrugopathic and exclusively hygienic.

The Convention was formally organized by calling Dr. Sargent to the chair, and appointing Dr. Stillman secretary.

A business committee, consisting of Drs. Nevins, Harman, and Woodbury, was appointed to prepare and report at the next session a constitution and resolutions embodying the spirit and objects of the Convention. These elicited a spirited discussion, and were finally adopted in the following words, by a unanimous vote:

PREAMBLE.

Whereas we, the members of the National Convention assembled in Metropolitan Hall, Chicago, this 10th day of June, A.D. 1862, fully believe that the popular system of medical practice, and, indeed, all systems or plans of drug medication, are founded in error, in opposition to nature, untrue in philosophy, absurd in science, contrary to common sense, disastrous in results, a curse to the human race, and one of the greatest obstacles to all of the reforms among men;

And whereas, we are as fully assured by reason, experience, and all of the data of science applicable to the subject, that the system of Hygienic Medication, or, in other words, the employment of materials, agencies, and influences which have normal relations to the living organism, constitutes the True Healing Art;

And whereas, the True Healing Art only requires to be investigated to be understood, and only requires to be thoroughly understood to be fully believed and adopted by the whole human race;

And whereas, the time seems to have arrived when it becomes the imperative duty of all who have realized these great and important truths, and have experienced the advantages of their practical recognition, or who can appreciate the manifold blessings which their diffusion abroad is calculated to confer on the family of mankind,

Now, therefore, we do unite ourselves into an organization for the more effectual promulgation of these principles, and adopt the following constitution:

ARTICLE I.—NAME.

This organization shall be entitled and known as the World's Health Association.

ARTICLE II.—OBJECT.

The object of this Association shall be to promote the health, and thereby improve the condition of human society in this and in other countries, by diffusing among the people a knowledge of the laws of life and the conditions of health, by means of auxiliary associations, public meetings, lectures, and the circulation of books, tracts, and periodicals.

ARTICLE III.—OFFICERS.

The officers of this Association shall be a President, Vice-Presidents, Secretary, Treasurer, and Executive Committee, whose duties shall be such as usually appertain to the officers of voluntary associations.

ARTICLE IV.—EXECUTIVE COMMITTEE.

The Executive Committee shall consist of five members and the President and Secretary, three of whom shall constitute a quorum for the transaction of business.

ARTICLE V.—ELECTION OF OFFICERS.

The officers shall be elected annually, by a majority vote.

ARTICLE VI.—MEMBERSHIP.

Any person of good moral character, on subscribing to this Constitution, and receiving a majority vote of the members present at any regular or legal meeting, may become a member of this Association.

ARTICLE VII.—FUNDS.

All funds for the purposes of this Association shall be raised by the voluntary subscriptions and donations of its members and others who desire to further its objects, or by admission fees to its meetings.

ARTICLE VIII.—QUORUM.

Five members shall constitute a quorum for the transaction of business.

ARTICLE IX.—AUXILIARIES.

Auxiliary associations may be formed in any place in this or in any other country; and the names or titles selected by them shall be numbered in the order of the date of their organization.

The following resolutions were reported, discussed, and unanimously adopted:

1. FUNDAMENTAL PREMISES.

Resolved, That we hold all systems of drug medication as erroneous in principle, and that the

True Healing Art ignores and repudiates the employment of all poisons of whatsoever kind, except for surgical purposes.

2. THE NEW YORK HYGEO-THERAPEUTIC COLLEGE.

Resolved, That the doctrines taught in the New York Hygeo-Therapeutic College, though in advance of the age, afford the only sound basis on which a reformation in the habits of living, and a revolution in medical practice, can be predicated, and that we will use our influence, associately and individually, to send students there to be educated, and in assisting its practitioners to become established in business.

3. THE HYGIENIC TEACHER.

Resolved, That we congratulate the publishers of the late WATER-CURE JOURNAL, and the friends of our cause everywhere, in the adoption of the new and better name of "HYGIENIC TEACHER"—a title clearly expressive of the system it advocates, and of its own beneficent mission; and we earnestly invoke all friends of health reform to give it the widest possible circulation.

4. VEGETARIANISM.

Resolved, That the theory that fruits and farinacea are the proper food of man, is sanctioned by nature, science, the Bible, reason, and experience, and we earnestly commend its principles to the consideration of health reformers and the world.

5. DRESS REFORM.

Resolved, That Dress, especially that of woman, is so arranged as to be incompatible with health and comfort and full development, bodily and mental; and that, therefore, we will labor to do away with fashion as its standard, making common sense and utility its basis instead.

6. TEMPERANCE.

Resolved, That so long as chemists, physiologists, and physicians teach, and the people believe, the false and absurd doctrine that alcohol is "respiratory food" and a "supporter of vitality," so long will the temperance cause be crushed and paralyzed, and that the first step toward the success of the temperance reform is to reform the false doctrines of the medical profession.

7. TOBACCO.

Resolved, That the most alarming evil of the times is the rapidly increasing use of tobacco among all classes of people, and especially among the young men and boys of our country; and that, unless this evil can be checked, this nation will ere long sink to barbarism.

8. AN OFFICIAL ORGAN.

Resolved, That the Executive Committee be authorized and requested to publish a periodical quarterly, at twenty-five cents a year, to be called *The Herald of Health and College Journal*, devoted exclusively to the purposes of this Association, and to be scattered as a tract broadcast over the land.

Dr. Trall offered to publish the journal on his own responsibility, the first number to be issued in August, and continued quarterly thereafter, which proposition was unanimously agreed to.

The Convention then elected the following officers:

PRESIDENT,

R. T. Trall, M.D., of New York.

VICE-PRESIDENTS.

M. Nevins, M.D., Peoria, Ill.
C. R. Blackall, M.D., Kenosha, Wis.
Juliet H. Stillman, M.D., De Witt, Iowa.
John B. Gully, M.D., Lake View, Ill.
John Cameron, M.D., Wilmington, Del.
Barr Spangler, Esq., Marietta, Penn.
James Brent, M.D., Oshawa, C. W.
Phebe A. Shotwell, M.D., Ottawa, Ill.
James C. Jackson, M.D., Dansville, N. Y.
O. T. Lines, M.D., Brooklyn, N. Y.
Huldah Allen, M.D., Augusta, Me.
A. G. Weed, M.D., Sacramento, Cal.
M. A. D. Jones, M.D., Baltimore, Md.
Sarah Kenyon, M.D., Peoria, Ill.
F. A. Relhan, M.D., St. Thomas, W. I.
Rev. A. Munro, M.D., Aberdeen, Scotland.
H. A. Condict, M.D., Washington, D. C.
Joel P. Hewins, Sharon, Mass.
W. T. Riggs, Rock Island, Ill.
Emeline M. Fales, M.D., Marysville, Cal.
U. W. Sargent, M.D., Sparta, Wis.
Rhoda Hyde Williams, M.D., Aurora, Ill.
Rev. Wm. Hobbs, M.D., St. Johns, N. B.

SECRETARY.

Ellen Beard Harman, Aurora, Ill.

TREASURER.

Dr. Trall was appointed ex-officio.

EXECUTIVE COMMITTEE.

O. T. Lines, M.D. Huldah Allen, M.D.
U. T. Woodbury, M.D.

We lectured in Metropolitan Hall on Tuesday, Wednesday, and Thursday evenings, and on Thursday afternoon to the ladies. On Friday evening Ellen Beard Harman lectured on Dress, displaying the paintings she procured last winter in New York, illustrating the changeable and fantastic styles of dress which have adorned the fashionable world in all ages. They made a very interesting exhibition.

OTTAWA, ILLINOIS.

Ottawa is a pleasant prairie city of eight or ten thousand inhabitants, situated on the west bank of the Illinois River, eighty miles west of Chicago. We lectured in the Court House on Tuesday evening to a small but very intelligent audience. An exciting election and other meetings in the city, no doubt, seriously diminished the number of our hearers. Ottawa has one important advantage over a thousand other places in the West, for a large Hygienic establishment. There is an abundance of soft, pure, cool water. One of the largest starch factories in the country is located in this place, and this business requires water of the greatest purity. The water for the factory is brought across the river from springs three or four miles distant, and is being introduced into the houses of the city. The bluff on the opposite shore would afford an excellent site for a cure.

DOGMATICAL.

As we were walking along the plank sidewalk, a few rods from our hotel—the Geiger House—it being dark and rainy, we passed a gentleman carrying a lantern, and followed by a little black dog. We had got some twenty or thirty feet past the man, when we "felt a bite"—not as the boy

felt a bite when the poor little fish got inextricably entangled on his hook, but as the fish may be supposed to have felt when "hooked." The villainous little black dog had fastened his unhallowed teeth into the fleshy part or "calf" of our left leg. Whether the dog was mad or pleased we had no means of knowing; but it is certain that we were attacked with a paroxysm of madness in the twinkling of a moment. Shaking, or rather kicking, the intruder off, we inquired of the owner if the animal was rabid. He declared that the dog was a peaceably-disposed and well-behaved animal as ever worried a porker or killed a rat—had never been known to bite any one, nor even snap at anybody. But this assurance of the previously unexceptionable character of the dog only aggravated our apprehensions; for why should a canine quadruped of good moral character bite a human biped of equally gentle nature and amiable disposition, without cause or provocation, unless he was in a state of incipient rabies? We tried to convince the owner that the dog ought to die, for the security of his own family. The owner would not believe that his dog had bitten us unless we showed him the bleeding wound.

On relating the occurrence the next morning, we did not find the least consolation in being informed that mad dogs had been very prevalent in the vicinity for a year past, and that a man died there a few days before of hydrophobia. We are unable to say whether or not the dog was mad, or whether, if mad, the wound was infected; and we mention these particulars in view of the possible contingency of hydrophobia at some future time. And should we go to "kingdom come" in this most horrible of all ways to die, our friends will please blame the dog and not us.

OSKALOOSA, IOWA.

We reached this place on Thursday at 6 P. M., and lectured on that and the two succeeding evenings in Union Hall. On Friday afternoon we gave a special lecture to ladies. Oskaloosa is a pleasant little city of about three thousand inhabitants, but, like most Western cities, is suffering from the effects of land speculation—the blight and curse of the whole West. The country around, for agricultural purposes—and this is what this country seems to have been made for—is rich and beautiful; nor could we discover anything in its locality or surroundings to justify much sickness; nevertheless three drug shops and eight or ten drug doctors seemed to be doing a good business, speaking after the manner of dollars.

DOGMATISM

The doctors of Oskaloosa made a "reconnaissance of our position in force," to use a military phrase. Nearly all of them attended our lectures. Only one of them, however, undertook to gainsay anything we advanced. This one was Dr. Rhinehart, a man of position and influence in the place, and said to be the best-read physician in the county. But we never met in debate a more tricky, quibbling, and equivocating M. D. He did not meet a single one of the issues we presented; indeed, he acknowledged that they were all true; but all of the efforts of his cunning, and sophistry, and technical gibberish was directed to destroying the impression we had made on the

minds of the people, by muddling the subjects and confusing them. We made some statements which the doctor flatly contradicted; and when, on the next evening, we read from his own books the corroboration of our statements, he had not the decency to own up, but resorted to low billingsgate and personal slang. When such men are the most popular physicians of a place, the poor, deluded, humbugged, and drugged-to-death people are sadly to be pitied; and the more so when they stupidly bow down and blindly worship the Juggernaut which crushes them.

DR. HENRY M'CALL.

Dr. McCall graduated from the Hygieo-Therapeutic College three years ago, since which time he has practiced the healing art hygienically in Oskaloosa. Like all prophets of a new gospel, in his own country he is not sufficiently appreciated, yet his success is excellent. We made the usual inquiry in relation to his success in treating typhoid fevers, pneumonia, measles, scarlatina, dysentery, and various other acute diseases, and received the usual answer. He had treated many cases and lost none. Indeed, he has not thus far lost any patient when he has been called in at the outset, and no drugs of any kind had been given.

OTHER PLACES.

We lectured once in Peoria, Pekin, Washington, Decatur, and Bloomington, and gave a course of lectures in Indianapolis, Ind. In each of these places we found and noted material for future reminiscences, and shall present it to the readers of the HYGIENIC TEACHER in the future issues.

CONSUMPTION—CAN IT BE CURED BY INHALATION?

BY E. P. MILLER, M.D.

It is not my purpose in this article to enter into any lengthened discussion of the nature, cause, and cure of this much dreaded disease, but simply to notice a few points connected with its pathology, and to refer briefly to one or two objections to the popular method of treating it by medicated inhalations.

A distinguished medical gentleman of the regular profession in this city has recently been writing a series of articles (or rather advertisements) for the principal daily papers upon the nature, cause, and treatment of the diseases of the throat and lungs, and closes with a very lucid explanation of his method of applying inhalations. Lest some of the believers in the Hygienic treatment should be deceived by his philosophy, I will notice one or two points which I think are serious objections to that kind of treatment. It is still a matter of doubt in the minds of many persons, and even some physicians, whether organic disease of the lungs, especially where it has existed so long as to cause softening, ulceration, and cavities, can by any method of treatment have the diseased tendency arrested, and the parts healed.

Accepting the Hygienic theories as to the nature of this as well as other diseases, that it is an effort of Nature to remove impurities from the system and repair the damages, I can see no good reason why difficulties of the lungs may not be cured just as effectually as other diseases are. In

fact, I think we have indisputable evidence that such things often occur.

Numerous cases are on record, which have occurred both in the private and hospital practice of physicians, where persons at an early age exhibited all the symptoms and physical signs of tubercular disease even in the advanced stages, who subsequently so far recovered as to be entirely relieved of all symptoms, and afterward lived twenty to thirty, and even forty years, and then died of other difficulties; after their death their lungs were examined, and large cavities were found completely healed, and in some all traces of tubercle removed; in others, tuberculous matter has been found inclosed in cysts or sacks, rendering it comparatively harmless.

These facts prove, beyond a possibility of doubt, the curability of this disease, even in its advanced stages; yet we believe with Andral, one of the early writers on this subject, that it is "Nature, not medicine, that accomplishes such results."

He says: "No fact yet demonstrates that consumption has been ever cured by art or medicine, for it is not art which operates in the cicatrization of cavities; it can, at most, only favor this, by not opposing the operations of nature. For ages remedies have been sought, either to combat the tendency of tubercle, or to destroy them when formed; and thus innumerable specifics have been employed and abandoned in turn, and chosen from every class of medicaments." But if it be true that Nature cures this disease, it follows that by carefully observing her operations, and learning her methods of cure, imitating it as closely as possible, avoiding what she points out as injurious, and furnishing what she evidently requires, we may at length arrive at rational indications of treatment.

Impurities in the blood, caused by bad digestion, bad habits of eating, drinking, breathing, sleeping, and exercising, are undoubtedly the great predisposing causes of this disease. The blood is filled with poisonous material, which should be eliminated through the bowels, kidneys, skin, or lungs. The skin is one of the principal eliminating organs. Some writers claim that nearly four fifths of the waste and excrementitious matter of the body is thrown out through the pores of the skin. Any sudden change of temperature by exposure to cold may close up the pores of the skin, shutting up the mouths of these millions of sewers, and thus closing one of the principal avenues of escape for the effete and waste matter. Nature meeting with these obstacles, and finding her enemies accumulating upon her, McClellan-like, "changes the base of her operations," and makes a depurating organ of the mucous surfaces of the lungs. The first manifestation of this will be congestion, next inflammation, then follows the exudation of effete matter through the membranes.

The commencement of the deposit of tubercles takes place in the form of a fluid exudation from the capillaries, through the lung membrane, into the air vesicles and smaller bronchial tubes, which soon fill. This fluid exudates, if not removed by absorption or expectoration, and after a time coagulates, thus becoming a solid foreign body; the tissues being deprived of their natural

circulation, contract more or less, thus closing completely these tubes and air cells to the ingress of air.

Small portions of the lungs being thus closed, the supply of oxygen which is so necessary to change the blood from dark venous to bright arterial is shut out; on the other hand, the carbon which is thrown out of the system in the act of expiration meets with the same obstruction in its escape, and is thus retained in the circulation, producing obstruction, irritation, and general derangement. This, of course, still further increases the tendency to tubercular formation; the blood becomes more filled with impurities, and the effort to relieve this by exudation becomes greater.

This hardened tubercular matter usually remains, completely closing the air vesicles and smaller bronchial tubes, shutting out the air until, by a process of suppuration, they are softened, broken down, and removed by expectoration; in which case there is usually some portions of the air vesicles or lung substance destroyed and removed with it, thus leaving cavities in the lungs.

In some cases where the congestion is severe, instead of the fluid or watery exudation we have the blood pass through into the air vesicles. This is usually expectorated when we have the hemorrhagic form of consumption. This is very liable to occur when quite large cavities have formed in the lungs, the blood-vessels being very much exposed, the tissues weak and flabby, the blood forced into the cavities and thrown out with the expectoration.

Sometimes this effort to remove these impurities in the blood extends to the mucous membrane of the throat, mouth, stomach, and intestines. There is usually congestion, thickening, and sometimes ulceration of these parts. Tubercular deposits are frequently found in the intestines of consumptive patients, and in most all of those cases where chronic diarrhea attends this disease, there has been not only tubercular deposits, but these deposits have become ulcerated, and this causes the diarrhea.

What is Inhalation, and how does this affect the disease? Says the advertisement above referred to: "Inhalation is the act of inspiring or drawing in medicines by breathing them in the form of vapors." Says a writer in the *Medical and Surgical Journal*, "Medicated vapor inhalations have not unfrequently produced death or worked with poisonous effects upon the system."

Supposing that we could find some remedy which would be a panacea for this disease, it would be entirely ineffectual if administered by inhalation, from this fact—the lungs are in an unnatural condition; the air vesicles and bronchial tubes in the diseased portion, where the remedy should be applied, are closed up by the mucous and tuberculous substance, which has accumulated there, so that no air or vapor or anything else would come in contact with it.

On the contrary, the healthy portion of the lung having double duty to perform, the medicated vapor designed for the tuberculated portion, meeting with the obstruction, is drawn directly into the portion unobstructed, thus producing

irritation and weakening it by depriving it of its usual quantity of pure air, so essential to the life, vitality, and purity of the blood.

It is a question, even, if these medicated vapors do not often produce irreparable injury instead of benefit. The most deadly poisons are often inhaled in this way, and as they pass directly into the healthy portion of the lungs, and not the diseased, the question is whether they do not inflame the healthy portion, enter the circulation, and by poisoning the blood do great mischief.

Some of the most deadly poisons are used as inhalants. A celebrated physician of Boston, who has practiced this plan of treatment for some time, says he uses the following poisons as inhalants: Sodium, potassium, tincture of ipecac, tincture of balsam, tolu, corium, alcohol, sulphuric ether, pleurisy root, squills, cohosh, Queen's root, American hellebore, belladonna leaves, aconite, poke root, wild indigo, catechu, Peruvian bark, golden seal, naphtha, benzoin, acid chloroform, henbane, nitric acid, bitter almonds, and an innumerable number of other poisons. These are given separately, or mixed in various ways, so as to produce an alterative, expectorant, astringent, antiseptic, anti-hemorrhagic, or some other effect. They are given from three to six times a day, the inhalation continuing from ten to fifteen minutes.

Every one of these substances is poisonous when taken into the human system; in any form they are destructive in their effects. They are anti-vital, inimical to life, and only tend to produce death. When inhaled in the form of vapor they come in contact with the most delicate organ of the body, and come in direct contact with the blood, producing their destroying effects upon the very "seat of life."

See what disastrous effects follow the inhalation of the subtle vapor of small-pox, scarlatina, typhoid fever, measles, etc. Is there not some danger in inhaling the vapors of these equally destructive poisons?

It seems to me the indications of treatment are to purify the blood, not to poison it. The "blood is the life." Pure blood will give health, vitality, and life to any diseased organ. We should endeavor to change the purifying process from the mucous surfaces to the natural outlets for the waste and effete and poisonous matter of the system; get the pores of the skin open, change the circulation as much as possible from the center to the surface; get the bowels and kidneys acting freely; then by breathing good air, eating good food, and by a systematic course of exercise, you can do more to change the quality of the blood and the direction of the remedial effort, than by all the poisonous inhalations ever thought of by man. Baths enough should be given to keep the pores of the skin open and the capillary circulation vigorous. The sponge bath is one of the best. It should be given in water as cold as can be borne without chilliness, and accompanied, as well as followed, by plenty of hard rubbing with coarse towel, dry hand, or flesh brush. This is the best bath for those taking home-treatment; in establishments, of course, other baths, adapted to different cases, can be given with great benefit.

The Movement-Cure acts charmingly in this disease. It enlarges the capacity of the chest, giving more room for the expansion of the lungs; it makes the respiration easier, relieves the congestion, develops and strengthens the muscles of all parts of the body, promotes the absorption of the effete and waste material, improves not only the appetite, but digestion and assimilation; it not only increases but equalizes the circulation.

"Without exercise," says Dr. Warren, of Boston, "the consumptive will die." This is true; for without it the impure blood of such persons moves slowly along the arteries and veins, leaving their poisonous effects upon the tissues. It is the stagnant pool that breeds the miasm. It is in the capillaries that nutrition and assimilation take place, the arterial is changed to venous blood, oxygen used, and carbon eliminated.

In the lungs the carbon is thrown off and oxygen taken in. Every exercise of the muscles helps promote these changes; every contraction of the muscles forces the blood along the veins to the heart, and thence to the lungs, where, meeting the vitalizing stimulus of the air, it gives a new impulse to the heart, which causes a more energetic contraction, and the fresh blood is thus urged along the arteries to the capillaries, where the nutritive properties are used by the tissues. Besides, every movement given "forces some old, worn-out, and dead matter from its place, allowing only such to remain as are needed in the economy of life."

To those who have this disease I would say, don't give yourself up to die as long as you have life and hope left in you. Don't rely upon medicines, upon poisonous medicated inhalations. The best inhalation you can take is the pure air of heaven, medicated with the perfume of the woods and meadows and flowers. Live out of doors all you can; exercise in some way; put your muscles in motion. Motion is life, inactivity is death to you. If you are able to walk, go out into the fields and groves, and pick the flowers from hillsides, and valley, and river banks. Inhale the fresh air with these natural perfumes, if you like. Riding on horseback or in a carriage is good for those not able to walk, and the Movement-Cure is good for all.

HYGIENIC INSTITUTE, 15 LAIGHT STREET, NEW YORK.

REPORT OF CASES.

BY J. H. STILLMAN, M.D.

A LADY was brought to me who had been sick for four years, and drugged all the while. First she had ague and fever; took large and repeated doses of quinine, calomel, etc. Soon she had dyspepsia, and it went on; drugs and diseases increasing until she was brought to me, a most pitiable object. She had dyspepsia in its most distressing form, enlarged and inflamed liver, congestion of the spleen, scrofula, excessive menstruation, severe constipation, tenderness of the spine, skin pallid, extremities cold, bad cough, and was much emaciated, looking more like a living skeleton than anything else.

We commenced treating her with a sponge-bath at 10 o'clock in the morning, a sitz-bath at 80 degrees in the afternoon, with a hot foot-bath at the same time, followed by a cold dash and much hand rubbing, with the wet girdle and compress to the chest during the night. Her diet was very

strict and abstemious. As soon as she had sufficient capillary circulation we gave her packs, which soon brought out a scrofulous humor over the entire body. I also gave her the douche along the spine and frequent rubbing sheets. She had calomel sore mouth twice while with me, and she said she could taste the deadly chemical as when she first took it. Suffice to say, she stayed with me only three months and then took treatment at home, and for five months she gained a pound per week. It has now been two years, and she is well and gaining strength all the time.

The editor of our county paper had been sick for some time with severe dyspepsia, which affected his heart, causing severe palpitation, and several times he had been thought to be dying. He came to me as his last resort, having tried everything else, and said he should feel satisfied if he could be cured in a year. He had always been a high liver, and used alcohol and tobacco to great excess. I put him on a very strict diet in regard to quality, and he was faithful in the observance of all my directions. He wore the wet girdle most of the time; took sitz, hot, and cold foot baths, with a great deal of hand rubbing and kneading the abdominal muscles. The second week, pail douches and dripping sheets, and in two weeks, packs every other day, followed by the pail douche. In six weeks he was able to resume his labors.

A young lady had been lame for eight years so as to be unable to walk without the aid of crutches or canes. The muscles of one limb were much shrunken and contracted, so that she could but just touch her toes to the floor, and very weak, sore, and painful when the least exercised. I gave her warm douches upon the contracted muscles until she could straighten her limb, after which cold douches upon the limb, and sitz baths at 70 degrees, with the "Movement-Cure" often applied. I also applied electricity, causing a current to pass from the spine to the foot. In four months she could walk quite a distance without the aid of crutch or cane, and her limb had attained its usual size and shape, and she has been gaining strength ever since.

A lady had been given up by a drug doctor as incurable, who told her husband he did not know what the disease was, so they came for me. I found her with severe inflammation of the stomach and bowels, accompanied with neuralgia in the bowels; she had been very sick for a week, could keep nothing on her stomach, and they had failed to procure an operation of the bowels, although they had given her injections of castor-oil. I applied cool compresses to the stomach and bowels, changing them for hot when the neuralgic pains became severe, which were quite frequent at first. I gave her tepid enemas until catharsis was produced, cool sponge-bath when general fever prevailed, and ordered her to be kept perfectly quiet; with bottles of warm water to her feet, and her lower limbs much rubbed, as they were very cold. In three days her vomiting had ceased, the inflammation much abated, and the neuralgic pains subsided, and in a week she was out of danger. In two weeks she was around the house.

I was called to see a boy nine years old, with

diphtheria. He had a very severe fever of the typhoid type, great heat in the head, was quite delirious, the dark purple spots that covered his throat extending nearly to the end of his tongue. I gave him hot foot-baths, tepid sponge-baths, and compresses wet in ice water to his throat and head, and changed as soon as the least warm, with bits of ice in his mouth as fast as they melted. I attended him only three days, and in a week he was in school again.

I was sent for in great haste to visit a lady who was brought home from church violently ill. I found her in a chill, the blood settled under her nails like one death-struck. Her hands were cold and purple above her wrists, with no pulse to be felt for half an hour. Her lips were blue and her feet icy cold. She complained of a severe pain in the uterus, which nearly drew her double. I put her feet and hands in hot water, with two attendants briskly rubbing her arms and limbs. After the blood began to circulate somewhat, I gave her a tepid sitz and hot foot bath, still continuing the rubbing. In little more than an hour she dropped into a quiet slumber, and the next day was as well as usual, only rather weaker.

EXPERIENCE WITH SMALL-POX.

BY MISS ELLEN H. GOODELL, M.D.

AFTER leaving our *alma mater* "all equipped with a title M.D.," I went to my home intending to rest awhile on "my laurels," when, behold, something was resting on me in the form of a beautiful eruption, resembling the measles, and I laughingly said I thought it might be a "second edition of them."

I kept about the house and entertained visitors. Very soon the eruption assumed a new aspect, and to the no little dismay of our family I announced my disease to be *small-pox*. "A pretty finale to my graduation," thought I. Forthwith an allopathic physician was summoned. "Yes," said he, "real, genuine small-pox, in the distinct form; but you don't need any medicine—you are doing well."

Everybody was frightened half to death, and if they had a cold or headache, why, the vile thing, small-pox, had them surely. But, *mirabile dictu*, they caught nothing except a severe fright!

They reported me as deaf, dumb, blind, and almost, if not quite, ready for burial, when I was neither, except speechless for a few days. At the appointed time the doctor made his second appearance, and reported, "Still doing finely; but you will soon experience a period of prostration, and maybe sink into a typhoid state, and you must eat something to keep your strength up." I said nothing, as the power for utterance had departed, but reason and common sense still held their sway, and I determined *not* to eat until my appetite came, and risk the consequences of such "alarming prostration," and "typhoid." On that very critical day the doctor made his final appearance, and, astonishing! the patient was convalescent; and what surprised him most was, that all this had been effected, *not with* something to eat, but *without* it. His voluntary confession was,

"I never knew a case of this disease get along so well, and think it best *not* to give much medicine in eruptive diseases."

The secret of it was this. I had been living physiologically, with the exception of a few months, for several years, and my system was free from foul humors, consequently my sufferings were comparatively very light and of short duration—had not much pain except in my limbs, when recovering, and scarcely enough of those disagreeable itchings of the skin attending this disease, to know what they were.

Although I was attended by an allopathic M.D., I was compelled to be my own physician; but in justice to him, I must say that he approved of my course, and after he saw the good result, was more thoroughly convinced of the beauty of Hygienic management in fevers. My treatment consisted of full and half packs a few days before and during the appearance of the eruption; subsequently tepid sponge-baths as often as comfort required; nothing to eat for two weeks; drink, cold water and lemonade; to prevent my face from pitting, it was coated over with mutton tallow, and kept moist with sweet cream or tepid water (now, after one year, it is but slightly scarred). I kept as cool as possible, having my room thoroughly ventilated night and day, rain or shine, so much so, that the neighbors held scolding consultations about it, but all to no purpose, for I knew that fresh air and sunlight would do much toward dissipating eruptive diseases. It is a most egregious blunder people make when they confine a person sick with a contagious disease away off in some dark hole or corner in the house where pure air can not enter and sunlight never comes. Don't do it unless you want them to die or suffer untold agonies. If you are afraid of contamination, better put them out of doors; there they can have the full benefit of dame Nature's restoratives. You won't do that, you say; well, then, give them the largest room on the sunny side of the house; don't be stingy, now—open the windows, draw aside the curtains, and invite the cool breeze and glowing sunshine of heaven to enter. Pardon this digression. I fancied myself lecturing to some one who did not understand the efficacy of these important agencies. And I believe there are some *mongrel practitioners* who do not yet comprehend it, and this little hint will do them no harm.

For three weeks previous to my illness I had been afflicted with a peculiar cold, attended with a severe cough and expectoration—had taken some treatment, and fasted about half the time, so that I was in quite a dilapidated condition when the small-pox took possession of me. Considering this drawback, and that I was confined to my room but *two weeks*, and that the first week I was out I took almost the entire care of a sick brother during the day, and the next week performed the hardest sort of household labor without injury, is it speaking *well* or *ill* of our system of practice?

Answer the query, ye who have been afflicted with this dreaded disease, and been drugged and dosed, and then, after a long period of intense suffering, recovered from it, mere wrecks of humanity. No, you have not recovered, and never

will; the evil effects of drug-medication are so indelibly fixed in your system, that nothing but dissolution will eradicate them.

Pardon me when I say that it is through *ignorance* that you consent to be drugged all your life. But light and knowledge are being rapidly disseminated; the "sun of righteousness" is casting his beams over the wide-spread earth, and when he scatters light at your own fireside, and offers you life and health, wo be unto you if you spurn him contemptuously from you, and neglect to learn and obey those Divine laws which are written upon every nerve and fiber of your being.

Examine this important subject, and decide which is the better way—to live in daily obedience to the laws of life, and enjoy this life to your utmost capacity, and enter the "spirit life" with a consciousness that you have labored to make your body, and, through this, your soul pure and holy, by obedience to the voice of God. Or will you still adhere to your body-and-soul destroying habits, your pills and potions, your mince-pies, pork, and spices, tea and coffee, rum and tobacco, and a host of others which I will not startle you with at present?

Oh, when will the people cease to be the dupes of medical science? when will they "cease to do evil, and learn to do well?" When will they cease destroying the body, and learn to make it a pure temple for the indwelling spirit?

Answer these queries, ye sons of Esculapius who roam over the earth with your heads full of learned nonsense, and your saddle-bags filled with nauseous poisons.

We can not tell how soon your dominion will cease to be, but we *do know* that when the people stand with "one eye half open" to any great truths, it does not take a very long time to comprehend the whole truth.

Then will come desolation and death to a practice that makes so many widows and orphans—that renders so many households childless!

We respect and honor you as *men*, but your deadly system of medical science, *never!*

GRANITE STATE HEALTH INSTITUTE, HILL, N. H., 1862.

FUNGUS HEMATODES—MELANOSIS

BY PROF. A. CURTIS, M.D., OF CINCINNATI, OHIO.

A YEAR ago last August, or thereabouts, Miss L. E. S., of Oldham County, Ky., called Prof. Goldsmith, of Louisville, to treat her eye. The Prof. removed the whole globe from the orbit. During the winter a very bad-looking tumor was found in the vault, and she called on the Doctor again in February. He declined operating again, saying that it was a melanosis, a disease which gave no promise of a cure, after the best operation. The tumor grew till the pressure in the socket and the pain thus excited were intolerable.

In July I was called to give her temporary relief, which I soon did by hygienic medication. She continued comfortable for several weeks, when her sufferings returned, and I was called again. I found her suffering extremely from the pressure and pain of the tumor, and saw no prospect of relief from any other source than a dangerous and generally fruitless operation, as the

history of the use of this means, in other hands, was in no sense encouraging. Still, she and her friends desired it, and were willing to risk the consequences, promising not to blame me if unsuccessful. On the morning of the 10th of August I gave her an emetic, and some other medicines for temporary relief; and in the afternoon I gave her chloroform, till she became insensible, when I removed the tumor completely, carefully clearing the cavity to the periosteum. I dressed it with lint saturated with olive-oil. In a few weeks, by the aid of a good hygienic treatment (everybody knows what that is!), and of lobelia and its coadjutors, viz., mints, ginger, pepper, and bitter and astringent roots and barks, she entirely recovered, and the last time I saw her was enjoying comfortable health.

I deem this case worthy of notice, as there are few, if any, records of a cure of this formidable disease. Two thirds or more of the tumor were black, interspersed with other colors, the whole resembling variegated or mosaic marble.

A practical observation and experience for more than thirty years has convinced me fully that mine is the best plan of the three. I do not claim that "the success of" any "one operation" justifies either my medication or my surgery. But I do contend that a series of successes, for thirty years, without a single failure, does justify both. I never lost a patient in my life, either under a surgical operation or in consequence of it; nor even of the disease, for the cure of which I operated. You agree with me that a general success should justify my treatment, for you say, "The success of our surgery quite astonishes the surgeons of the New York Hospital." Please give them my reports, and see if they are not quite as much astonished.

As to the indefiniteness of my term, "coadjutors," I had put it beside your "hygienic treatment," by the distinctness of which I presumed that the most stupid would clearly perceive its meaning. If "objectionable in your estimation," it may not be so in that of many of your readers, who are familiar with my writings.

If "there is nothing in the world that will cause a copious and prolonged secretion of depraved bile, as [well] emetics and nauseating drugs," then I used the best means in the world to "purify" Mrs. Tynell's system and promote her recovery—Dr. Trall being my judge. And the fact that, after five days' perseverance, I actually "found an end to it" [the depraved bile], and the patient rapidly recovered from that time, is proof that Dr. Trall's decision, that the system should be prepared, and my way of doing it, are both correct. That the lobelia was continued in sufficiently large doses, was proved by the fact that it was continued till all the biliary matter was removed, the nausea and retching ceased, the appetite, and sleep, and rest were restored, and the patient began to recover rapidly. Hence, Dr. Trall will infer that, "the medication was wholly hygienic, and the patient was" not "poisoned at all."

ROMPING.—Never punish a girl for being a romp, but thank Heaven who has given her health to be one. It is better than a distorted spine or hectic cheek. Little girls ought to be great romps—far better than paying doctors' bills for them. A gymnasium should be attached to every school, and every scholar ought to profit by such advantage.

AN IMPORTANT ADMISSION.

BY SOLOMON FREASE, M.D.

THE following quotation is taken from the "American Eclectic Practice of Medicine," by Prof. J. G. Jones.

"And, moreover, the difficulty referred to is not lessened by the fact that the operations of medicines are not susceptible of that precise demonstration peculiar to the sciences of chemistry and mathematics, and, therefore, though a medicine may fulfill an indication so far as its sensible action is concerned, it may still be doubtful whether it has accomplished a single point in the curative process of the case; in fact, we know that it has not unfrequently happened that medicine has essentially aggravated disease, without any suspicion, at the time, that it had any relation to the change which followed its operation. And, indeed, physicians may have proceeded even for years in treating disease according to a particular routine of practice, supposing, meantime, that they were abundantly successful, or at least as much so as the character of the disease treated would admit, while, in fact, the course pursued was in many instances positively destructive of human life, as subsequent improvements and discoveries have clearly shown. For illustration need I cite the diametrically opposite treatment that has, at different periods in the history of medicine, been employed in various diseases, particularly in small-pox and typhus fever? or need I refer to the rivers of blood that have been drawn, and the tons of calomel that have been swallowed, in the treatment of bilious fever? measures which modern experience has incontestably shown are not only not curative of the real disease, but have, without a shadow of doubt, often produced fatal results."

The facts embodied in the above observations accounts for the continuance of the drug system of practice, and it is because of them that it is so difficult to teach the people of its essential falsity, and that the apparent success of drugging is, after all, a miserable failure. We all know physicians enough who have plenty of business, and whose apparent success can not be doubted. But if we could cast aside the veil that shrouds from observation the permanent effects of the drugs they had administered, whose sensible effects seemed really good, we would be struck with astonishment that we had so long entertained confidence in a system that was doing so much injury. In making the above remarks, Dr. Jones intended them to bear more particularly on mercury, against which he was arguing. So far as pertained to this drug and a few others, he could see clearly enough, but upon the subject of drugging in general, he was as much in the dark as his brethren of the old school, as his book will clearly show. He had freed his mind from medical trammels sufficiently to see some things clearly, but had not advanced far enough to see that the whole drug system was founded in error, and that the sensible effects of all poisonous medicines should be regarded with distrust as well as the effects produced by mercurial preparations. Reader, let me impress this fact upon your mind, that though a medicine (drug) may fulfill an indication so far as its sensible action is

concerned, it may not accomplish a single point in the curative process of the disease, and that physicians may have proceeded even for years in treating disease according to a particular routine of practice, supposing meantime that they were abundantly successful, while in fact they were all the while destroying human life.

GRANVILLE WATER-CURE, GRANVILLE, O.

WAY-MARKS OF HYDROPATHY.

NO. I.

BY A NEW CONTRIBUTOR.

It is expected of new writers for the columns of papers, that they favor the readers with an introduction; but when subjects of vital interest to the human race press upon the mind, and words of cheering import crowd their utterance, it ill becomes their keeper to hold them back in a time of general mourning, that a personal introduction may gratify personal feelings.

At Strawberry Point, Clayton Co., Iowa, at the annual gathering of the denomination to which I belong, among the people were several ministers and doctors, each class plying their respective callings, as occasion required, and as such gatherings are more for the expression of opinions than the healing of maladies temporal and spiritual, it so happened that doctor and priest met in discussion. The substance of a conversation is given, that isolated reformers may see to what straits the retailers of drugs are driven, and be encouraged.

The doctor and minister were at the house of a mutual friend, whose wife was a patient, and who had been recommended by another minister to take some one of the many villainous stimulants that are vended as medicines, and especially the pills to move the bowels after the liquid had been taken. Minister No. 1 was expressing his conviction very freely to the host as to the propriety of a learned minister being so profoundly ignorant of the laws of health and the nature of medicine, and recommending to his wife for lung and throat complaints such horrible practice, being simply the taking of a liquid to bind the system, and pills to open it. As the *healing* (biting) process was enlarged upon, the host passed both subject and minister over to his family doctor, who was an uneasy listener, asking his *opinion*, when the following talk and much besides occurred:

Doctor. I think the minister is too radical. I know water is a very good thing, but my friend there carries it to extremes. I have—

Minister. I know what you think. You think water will do very well, with a little of your medicine.

D. Yes; I can cure cases with medicine sooner and leave the system better, than can be done with water.

M. I can cure any curable disease better and sooner without any medicine, than can be done with it.

D. You do not know anything about medicine—I have tried water and know.

M. But I do know about medicine, I have taken it allopathically, eclectically, and homeo-

pathically. I know the nature of minerals and poisons to be irritating and injurious as you give them, ever and always.

D. But we have the same articles as constituents of our food, and they are wholesome both as food and medicine.

M. That is the toper's argument for whisky, and just as good as yours. Because there is a little iron found in some things that are used as food, it by no means follows that iron should be turned into the stomach as a medicine, or lime enough taken to manufacture egg-shells, because a few particles are found in wheat; nor should the constituents of anything be esteemed safe to take because the whole thing is good. Water is a very wholesome beverage, but just try to drink its constituents separately and see how you will make out—the same of air. The fact is, doctor, your poisons have no business in the human system as medicines; they are evil, and only evil, and that continually.

D. Do you say that the triturated medicines of homeopathy are injurious?

M. Assuredly, if they are not triturated away, when they are of no account whatever; you can not put the least particle of poison into the human system without injury.

D. I never give a poison without, at the same time, giving something else to counteract its effects.

M. Yes; and thus you make the stomach a crucible to test your medicines in; you take some of all the poisons of all the systems and mix them up inside of your patients, for them to test. This is eclecticism.

D. But I have had patients from your best Water-Cure physicians, and cured them. I have had patients who had been to Dr. Trall in vain.

M. Ay! Do you not know of a class of patients who run from one physician to another, and give the last physician credit for curing them, if they happen to get well. I can refer to one of my neighbors who undertook to use water, but who never would follow any directions, as to the use of water or anything else, that agreed not with his way of thinking. There are many such, who will tell their doctors how they tried water, and it would not do. The doctors, believing them, take great credit to themselves.

How much longer this conversation would have continued, had not other business intervened, it is impossible to say. I give it as showing something of the progress that is being made, and the sacrifices that isolated individuals are making to proclaim the salvation of the world, through "the truth that is everywhere spoken against." The minister who thus confronted the doctor in the house of his friend, before his patient, exposed himself to all the obloquy that can attach to an unpopular system, and risked the displeasure of friends who were attached to medicine. He is, in fact, the standing monument for ridicule and sarcasm wherever he moves.

AN elderly lady, who was handling a pair of artificial plates in a dental office, and admiring the fluency with which the dentist described them, asked him—

"Can a body eat with these things?"

"My dear ma'am, mastication can be performed with a facility scarcely excelled by Nature herself," responded the dentist.

"Yes, I know; but can a body eat with 'em?" replied the woman.

PUNISHMENT.

No intelligent man will deny that the human race is governed by Divine law, nor that different and special laws govern special faculties and conditions of mind and body. He will admit that violators of any special law should be *punished* by God for their transgressions, the object of the punishment being to induce repentance and reform. This being the case, what follows as a matter of course? Simply this:

Disease is the punishment for violations of physiological law, and its prime object is to induce mankind to repent and work out for themselves a life of health and happiness.

This doctrine is so simple and logical that it may be termed an axiom—a self-evident proposition. But the very fact that it is plain, concise, unvarnished truth, stands in the way of its practical adoption by the masses. Theoretically it is received by many. There is nothing in the whole wide realm of thought that sounds so strange in the ears of the people as simple truth! There is nothing that so startles, agitates, and arouses strenuous anger and violent opposition! And yet the truth invariably comes uppermost in the end. In illustration—

A man, in consequence of a depraved appetite, partakes freely of cheese at supper. In the night he has a violent attack of gastralgia. Being one of those unfortunates who keep "family medicines" in the house, he arises, takes a dose of *arsenicum*, and gets relief from his pain. He then retires to rest and sleep, showering blessings upon the head of the man who invented *arsenicum*! The next day he expatiates upon what he terms a "wonderful cure," and ever after recommends *arsenicum*. Now let us examine this case in the light of the above-mentioned theory or doctrine. Is it not a case of practical infidelity? I think the proof to that effect is patent and conclusive. The man violated physiological law in eating the cheese, and then, like a coward, he undertakes to dodge the penalty by swallowing a dose! Just as though a righteous and appropriate penalty for the transgression of law could be dodged or evaded in any manner! It is an impeachment upon the wisdom, righteousness, and mercy of the Creator to suppose such a thing. It is in direct contradiction with the teachings of the Good Book. It is a wise provision that penalties can not be evaded. The man who takes medicine creates—in due course of time—a disease far worse than the one he fancied he cures. People are all the time inducing difficult diseases, under the vain delusion that they are curing simple ones. The man prepared the way for neuralgia in the future, by taking *arsenicum* for a pain in the stomach. Verily his practical infidelity shall be rewarded with tribulation and grief.

I feel thankful that there is one way for a man, or woman, to be truly cured of any disease. That one way should be made so plain, that "he who runs may read." *Repentance, conversion, and works of faith* are the only means by which diseased humanity can be really and permanently cured. It is the straight and narrow path, but it leads to the kingdom! Druggery is the broad road to destruction! Choose ye! DR. DAY.

HYGIENIC PHYSICIANS.

We append an incomplete list of Hygienic Practitioners in this country. We are aware that many names have been omitted, and we have not the means at hand to make a perfect list. As we desire to make this as complete as possible, we will be obliged for any corrections or additions that others may be able to make or furnish.

ADAMS, GEO. F.	M. S. 1st L. I. Volunteers.
AUSTIN, HARRIET N.	Dansville, N. Y.
ALLEN, HULDAH	Augusta, Me.
ADMAN, H.	Constantinople, Turkey.
BEDOTHEA, N.	Saratoga, N. Y.
BLACKALL, C. R.	Kenosha, Wis.
BANCROFT, W. W.	Granville, Ohio.
BAELZ, C.	Water-Cure, Beaver Co., Pa.
BETTS, GEO. P.	Lahaska, Pa.
BRENT, JAMES.	Oshawa, C. W.
BURNS, J. A.	Sacramento, Cal.
CHRISTMAN, T. H.	Columbian Springs, N. Y.
CHILDS, B. W.	Winchester, Tenn.
CHOATE, MRS. E. S.	Auburn, N. Y.
COLEMAN, F. F.	Columbus, Wis.
COOKINGHAM, MISS CARRIE H.	Staatsburg, N. Y.
CROOKER, SIMEON F.	Tipton, Mo.
CAMPBELL, MRS. L. S.	Tipton, Ia.
CAPEEN, MRS.	Sharon, Mass.
CAMERON, JOHN	Wilmington, Del.
DE LA VERGNE, MRS. E.	258 Pacific Street, Brooklyn.
DE CAMP, WM. H.	Iowa City, Ia.
DEAPER, MISS P. P.	Wernersburg, Pa.
FRASE, SOLOMON	Granville, Ohio.
FAIRCHILD, MISS M. AUGUSTA	Dayton, Ohio.
FALES, NEWELL W.	Marysville, Cal.
FALES, MRS. E. M.	"
FOSTER, MRS. AMANDA S.	Woodstock, Vt.
FREEMAN, JOSEPH	Lancaster, Ohio.
GORTON, D. A.	Peekskill, N. Y.
GLEASON, S. O.	Elmira, N. Y.
GLEASON, MRS. R. B.	"
GULLY, J. B.	Chicago, Ill.
GULLY, MRS. J. B.	"
GOODELL, ELLEN H.	Hill, N. H.
HIGGINS, MISS ELLEN.	15 Laight Street, New York.
HOLLAND, R.	New Grafenburg, N. Y.
HOLLAND, MRS. R.	"
HALSTEAD, H.	Northampton, Mass.
HAMBLETON, W. N.	Pittsburg, Pa.
HERO, J. H.	Westboro', Mass.
HUBB, F. WILSON.	Dansville, N. Y.
HUMPHREY, A. G.	Wheatland, Ill.
HUMPHREY, MRS. S. R.	"
HARMAN, MRS. E. B.	Aurora, Ill.
HAMILTON, A. T.	"
JACKSON, J. C.	Dansville, N. Y.
JONES, F. R.	15 Laight Street, New York.
JONES, S. D.	Wabash, Ind.
KENYON, MISS SARAH.	Peoria, Ill.
KIMBALL, GEO. E.	Iowa City, Ia.
LANDIS, S. M.	Philadelphia, Pa.
LINES, O. T.	Williamburg, N. Y.
LINES, MRS.	"
LAIDLAW, A. H.	70 West 88th Street, New York.
MILLER, E. P.	15 Laight Street, New York.
MILES, D. D.	Wabash, Ind.
McCUNE, W. S.	Delhi, N. Y.
McCUNE, MRS. O. F.	"
MAXSON, MRS. O. A. W.	Petersburg, N. Y.
MCANDREWS, MRS. HELEN.	Ypsilanti, Mich.
McCALL, HENRY.	Oskaloosa, Ia.
McLAURIN, JOHN	Ottawa, C. W.
MAXSON, D. H.	Petersburg, N. Y.
NORTH, J. H.	Binghamton, N. Y.
NEVINS, M.	Peoria, Ill.
PHILLIPS, W. S.	M. S. United States Volunteers.
PHILLIPS, E. H.	Algonquin, Ill.
PARK, THOMAS M.	Lovelton, Ia.
RELHAY, F. A.	Dominica, W. I.
ROGERS, S.	Worcester, Mass.
SHEPARD, CHAS. H.	63 Columbia Street, Brooklyn.
STRONG, S. S.	Saratoga, N. Y.

SMITH, A.	Wernersville, Berks Co., Pa.
SMITH, C.	"
SCHNEIDER, C. C.	933 Broadway, New York.
SEELYE, H. T.	"
SMITH, BARLOW J.	San Francisco, Cal.
STILLMAN, J. H.	De Witt, Ia.
SARGEANT, N. W.	Sparta, Ill.
SARGEANT, MRS. E. E.	"
SMITH, WM., JR.	Union Valley, N. Y.
SMITH, MRS. REBECCA.	"
SHOTWELL, MISS PHEBE A.	Ottawa, Ill.
SEELYE, T. T.	Cleveland, Ohio.
TEALL, R. T.	15 Laight Street, New York.
TAYLOR, GEO. H.	67 West 38th Street, New York.
THAYER, O. V.	Binghamton, N. Y.
THOMAS, WM. C.	Glen Haven, N. Y.
TRAEER, UPTON E.	Iowa City, Ia.
TORGASON, GREGORY.	Anderson, Texas.
VAIL, W. T.	Hill, N. H.
WIER, W. W.	15 Laight Street, New York.
WHALEY, HENRY C.	Palmyra, Mo.
WILLIAMS, MRS. JANE A.	New York.
WOODWARD, J. FLETCH.	McMinnville, Tenn.
WARD, MISS O. C. A.	Utica, N. Y.
WEED, A. G.	Grass Valley, Cal.
WEED, MRS. A. M. W.	"
YORK, GEO. W.	Dansville, N. Y.

Literary Notices.

A TREATISE ON SOME OF THE INSECTS INJURIOUS TO VEGETATION. By T. W. Harris, M.D. A new edition, enlarged and improved with additions from the author's manuscripts and original notes, illustrated by engravings from nature under the supervision of Prof. Agassiz. Edited by Charles L. Flint, Secretary of the Massachusetts Board of Agriculture. Boston: Crosby & Nichols.

This work, prepared originally under the supervision of the Legislature of Massachusetts, at an expense of ten thousand dollars, has been thoroughly revised and much improved in every respect. It contains 640 large pages, and is illustrated by 278 wood engravings, and eight steel plates representing nearly one hundred objects. The merit of the work as regards its scientific accuracy is above our powers of criticism, but the sources from which it emanates are its sufficient guarantee. The style of engravings, both on wood and steel, and the typographical execution of the work, are equal to anything this country has ever produced.

We regard this treatise as valuable not only to the entomologist, but to every one; and if it will but induce a study of nature as shown in this department of insect life, it will in this alone more than repay all labor and expense incurred in its preparation.

To the entomologist it must be invaluable, more so than any previous work of the kind, inasmuch as the engravings are finer and more nearly correct than any ever before published. There are three different editions of the work, one in which the steel plates are beautifully colored from life by hand, at \$3 50—the same, with plates uncolored, at \$2 50—and a superior edition on larger, tinted paper, and colored plates, for \$6 00.

PARSON BROWNLOW'S BOOK is now ready for delivery by the publisher, G. W. Childs, Philadelphia. It contains nearly 500 pages, with twelve superior woodcuts, a fac-simile of the characteristic letter of the author to J. P. Benjamin, Confederate Secretary of War, and a fine steel portrait of Mr. Brownlow.

Its style is, throughout, bold, vehement, and pointed. Its denunciations of hypocrites and traitors, North and South, are unequalled in fearlessness and pungency. The political information it contains will insure the attention of every reader. The origin of the rebellion is traced back to its source in causes which sprang into existence in a former generation, and the stimulating motives, ulterior designs, and the bearings of the last Presidential election upon the present result, are all depicted with an acuteness and truthfulness perfectly surprising.

Mr. Brownlow's position as a Border State man enabled him to see this whole subject on both sides; and his views and admonitions are thus calculated to impress with the greater freshness, force, and solemnity all political parties and all geographical sections of the country.

The narrative has the attractive charm of a personal ex-

perience. The author vouches for the accuracy of its statements. The public may therefore accept it as not only a reliable but a peculiar chapter in the general history of the times; and we are confident that no more significant, startling, or instructive memorial of the rebellion, in its minute personal and social bearings, is now accessible.

One volume, 12mo, fully illustrated, handsomely bound in muslin, upwards of 450 pages, \$1 25. George W. Childs, publisher.

THE ILLUSTRATED STRAWBERRY CULTURIST. By A. S. Fuller, Brooklyn, N. Y. 48 pages. Price 10 cts.

Many large books have been written that do not contain so much information on the subject treated of as does this little book. Mr. Fuller is both a practical and scientific horticulturist, a man who is unwilling to take the testimony of any one on a question when, by study or experiment, he can decide it for himself. Everybody who has, or ever expects to have, a square yard of ground, can get more than ten cents' worth of information and pleasure from the "Strawberry Cultivist."

Publishers' Column.

WANTED.—Numbers of the PHRENOLOGICAL JOURNAL for December, 1861, and the PHRENOLOGICAL and WATER-CURE JOURNALS for January, 1862. If any of our friends have any of these numbers to spare, and will send them to us, we will return their value in anything else desired.

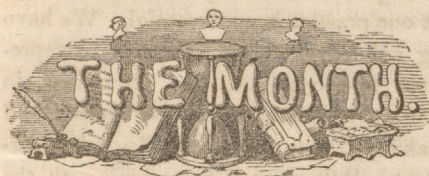
LITTLE NELLIE, the Editor and Publisher of the *Penfield Extra*, and only twelve years old at that, has sent us her *carte de visite*, most beautifully photographed by Prof. Powelson, Rochester, N. Y. We prize it highly. Wouldn't you like one? Nellie didn't tell us to say so, but we presume if you would send her 25 cents, or more, as you can afford, she would send you one, as, with a little motherless girl like her, every little helps.

DR. J. P. PHILLIPS, Assistant Surgeon in the Thirty-seventh Regiment, N. Y. V., was taken prisoner by the rebels, on Sunday, June 29. He was stationed at a hospital eight miles from Richmond, with sixty-five sick and wounded under his charge. Although an opportunity was presented for his escape, he voluntarily declined to accept it, as there were no facilities for removing the wounded, and he would not desert them. Dr. Phillips is well known to many readers of the *TEACHER*. He was graduated at the New York Hygieo-Therapeutic College about five years since, after which he pursued his studies, and received a diploma to kill or cure according to the allopathic plan, if he chose. But he didn't choose, and accordingly opened a hydropathic establishment in New Haven, where he remained until he joined the army. We hope he may be able to instill true medical notions into the minds of the rebels, for, much as we dislike them, we don't want to see them drugged to death.

We learn that Dr. A. Smith, of Wernersburg, Pa., is just completing a new Cure. The principal building is of stone, 36 by 70 feet in extent, and four stories high. It is Dr. Smith's intention to make an establishment that will compare favorably with any in the country.

A MEDICAL JOURNAL CHEAP, AND DOCTORING THROWN IN.—The *Indiana Medical Quarterly*, a magazine for the people, price 50 cents a year, is before us. In a professional business note the editor says, "Medical advice will be given to all the subscribers of the *Medical Quarterly* free of charge." That seems to be pretty cheap, but it is probably all it is worth. It reminds us of the remarks made when a preacher of the colored persuasion named his salary to a friend. "Mighty poor pay," said the friend. "Mighty poor preaching, too," said the parson.

We send specimens gratuitously with pleasure; but our friends must not be disappointed if they do not receive the particular number desired. We do not make any numbers to serve us as specimens, but intend that any month's issue shall be a fair index of the year, and consequently use for distribution those of which we have a surplus after supplying subscribers.



NEW YORK, AUGUST, 1862.

WATER.

"To the days of the aged it addeth length,
To the might of the strong it addeth strength.
It freshens the heart, it brightens the sight,
'Tis like quaffing a goblet of morning light."

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

SUMMER COMPLAINTS.—We have published to the world repeatedly, during the last fifteen years, that we have not lost a single patient of any acute disease, when we had the case from the commencement, and no drug medicine of any kind had been given. And we now make the annual repetition of the same statement. Nor have the graduates of our school failed to cure in every case, under the above circumstances, so far as we can learn. In a strictly technical sense, the term acute disease is limited to febrile and inflammatory complaints; but our statement of uniform success holds good if we include the prevalent diseases of the warm season—dysentery, diarrhea, cholera infantum, and even the cholera itself.

When the reader reflects that deaths of the diseases we have named, under the ordinary treatment, constitute one half the mortality of all seasons of the year, and, during the months of July, August, and September, from three fourths to seven eighths of it, the fatality of drug-medication is sufficiently obvious.

But the physicians are joined to their idols, and the great masses of the people are bowing down in blind ignorance and stupid veneration before the juggernaut which crushes them. All over the land where we travel, the medical men oppose our efforts to enlighten the people, as though their bread-and-butter depended on their success in deluding the unthinking multitude (as, indeed, they do); while the majority of the people are so steeped in the falsities of three thousand years, that they seem incapable of entertaining any ideas on the subject, except that they must be poisoned because they are sick. Nowhere do we find any sound intelligence abroad; nowhere do the people evince the least interest

in this matter, or manifest any desire for information, except where the publications of FOWLER AND WELLS have had a circulation. And we have noticed in our travels one uniform result: The people, in all places where we have lectured, are interested in the health-reform, intelligent on medical subjects, and opposed to drug-medication precisely to the extent that hydropathic books and journals have been read among them. And it is certainly a logical inference from the premises that, if all the people could be supplied with the publications of the house of FOWLER AND WELLS, and induced to read them, the horrid and blighting curse of *poisonopathy* would speedily be exterminated from earth.

The fact that the physicians of our school cure all of their cases of bowel complaints, while the children die in droves under the auspices of the "regular family physicians," ought to be sufficient, it would seem, to induce both physicians and people to investigate the merits of our respective systems. But, unfortunately, the interest of one class, and the ignorance of the other, forms a barrier of mountain dimensions, between their minds and truth.

The predisposing cause of dysentery, diarrhea, cholera, etc., is, invariably, constipation. The exciting causes are numerous, as sudden cold, over-exertion, unripe fruits, decayed vegetables, surfeit, putrescent animal food, etc. The disease itself is an effort of the system to overcome obstructions and relieve itself of impurities. This effort should not be suppressed with opium, alcohol, and other stimulants and narcotics, nor aggravated and embarrassed with irritants and antiphlogistics, as calomel, antimony, pepper, and turpentine, nor thwarted with revulsives, as emetics, purgatives, and blisters; but, on the contrary, it should be regulated and directed with whatever means, appliances, materials, or influences the living system can use under the circumstances. Disease is not a *thing* to be subdued, but an *action* to be guided. It is a process of purification, and should not be "cured" by killing the patient.

In all cases of bowel complaints there is deficient action in the skin, and an excessive determination of remedial action to the bowels. The sole danger consists in this disproportionate or unbalanced action, and the safety of the patient is secured by restoring the balance of functional duty. The warm, tepid, or cool bath, according to the

temperature of the surface, with gentle friction to the skin, a quiet, horizontal posture, abundance of fresh air, an enema of tepid water to free the bowels, and afterward, enemata of a small quantity of cool water occasionally, are the outlines of the proper remedial plan. When there is much pain of a griping kind, warm fomentations may be applied; and when there is continuous pain, with heat and tenderness on pressure, as in ordinary dysenteries, cold, wet cloths should be applied constantly to the part. A universal rule is, to keep the extremities warm and the head cool. For cases attended with much heat over the whole surface, the wet-sheet pack is peculiarly appropriate. Hip baths, of a temperature suited to the patient—the sensations of the patient as to agreeableness being the guide—should be employed several times a day for a few minutes each time.

The diet should be of the simplest and blandest kind. For a day or two, and until the violence of the disease is materially abated, none at all should be taken. The common practice of stuffing the patients with mutton-broth, beef-tea, chicken soup, panada, wine whey, and other slops, though innocent as compared with the drugs usually administered, is considerably worse than useless. Baked apples, ripe berries, mealy potatoes, stewed tomatoes, and light unleavened bread are the proper articles, when the digestive powers are in condition to receive food at all.

As constipation is the predisposing cause of the summer fluxes, the dietetic habits should be so regulated as to obviate this difficulty. Children or adults who are fed on coarse bread, good fruits, and plain vegetables, seldom have any trouble with the bowels—never any dangerous malady.

SANITARIUMS FOR THE SOLDIERS.—We read of extensive preparations being made for the reception and treatment of our invalid soldiers. Large hospitals, capable of accommodating several thousands of patients are recommended to be constructed in salubrious localities, and supplied with all the appliances of the healing art, not neglecting, of course, the inevitable drug-shop. Now we respectfully but humbly suggest to the powers that be, that if they will give the physicians of our school the control of any one of these hospitals, we will demonstrate a system which would, if generally adopted, as we said in the programme of our lectures in Washington

City last winter, save the lives of thousands of our officers and soldiers, and save the United States Treasury millions of money.

Wherever we meet with invalid soldiers, the majority of them are hearty in their execrations of the drug system. A majority of them seem to be fully aware of the fact that the worst part of their invalidism is that which the medicines of the surgeons have induced. On the cars between Decatur and Bloomington, Ill., were a company of paroled prisoners and invalid soldiers returning to their homes. Not one of them that we conversed with expressed the least confidence in drug-medication, though none of them expressed any personal ill-will toward the surgeons who had dosed and drugged them. They declared that the practice in their camps was an indiscriminate routine, the pills and powders being made up beforehand, and dealt out to all alike, whether the disease was typhoid, pneumonia, measles, dysentery, diarrhea, or rheumatism. Quinine, opium, ipecac, and calomel were the essentials of the doses in all cases.

We will make government a similar offer to the one we made Professor Henry, of the Smithsonian, last winter. We offered that if the Professor would let us explain our system, and then, if we could not answer all the objections which he and all of the medical and scientific men of Washington could bring against it, we would never speak again on the subject. We now offer the Medical Bureau of the War Department that, if they will give us the medical direction of one of the hospitals, if our treatment is not vastly more successful than any plan of drug treatment—to be tested any way the Department may please to dictate—we will never again mention the subject of Hygienic *vs.* Drug-Medication, while eternal ages roll their ceaseless rounds. Is not this a good opportunity for those who wish to put us down?

A REGULAR "SKEDADDLE."—Soon after our course of lectures in Peoria, Ill., last winter, some of the physicians of that place talked about us, what we said and did, what we didn't say, and what we would not dare to do again, etc. To bring the matters between us to a practical demonstration, we published the following proclamation in the *Peoria Transcript* of June 28. A sufficient commentary on the whole subject is, perhaps, the bare statement of the fact, that not a soul of them attended our

last lecture. Like the rebel, Beauregard, they were as brave as a "Quaker gun," when the enemy was afar off, but when it came to fighting, they "skedaddled" unanimately.

A CARD FROM DR. TRALL.

TO THE EDITOR OF THE TRANSCRIPT—Six months ago I had the pleasure of speaking to the citizens of Peoria, in Rouse's Hall, for several evenings, and also on Sunday, on the great subject which underlies all human improvement, and all progress among mankind, "The True Healing Art." I gave public notice that I should then and there allege and prove that the drug-medical system was false in philosophy, absurd in science, in opposition to nature, contrary to common sense, disastrous in results, and the greatest curse of the civilized world; and that the hygienic medical system which I advocated, and which the physicians of my school practiced, was true in science and successful in practice. Surely your readers will agree with me that these are important propositions, and deeply concern the health and lives of the community. How well I sustained these radical and revolutionary positions, those who heard me must judge for themselves. Some of your physicians heard me. They were invited to do so; nay, they were challenged and defied to controvert any one of my propositions. This, however, they did not do. But soon after I left the place, as I have been informed, the opponents of my system waxed exceedingly valiant, and said many hard things of me and of my system, and intimated, among other things, that I would never show my face in Peoria again, etc. I am now here, and shall speak in Rouse's Hall on Saturday evening, and I respectfully renew my former invitation to the doctors to be present and discuss the points whereon we differ. I assure the people of Peoria generally, and the physicians particularly, that I am quite in earnest in this matter. If I teach the true medical system, the people ought to know it. If I am propagating throughout the land, and sending out lecturers and physicians to advocate a false and pernicious doctrine, the doctors ought to show it. Our systems are directly antagonistical. Both can not be true. Nor does the truth lie in a medium between the extremes. If their fundamental doctrines are true, mine are false; if mine be true, theirs are false. The issue between us is narrowed down to a single yes or no. They have had half a year to reflect upon and inwardly digest the doctrines I advanced. They have had ample time to prepare themselves for defending their own system or assailing mine. I now call upon them to do one or the other, or both, not slyly behind my back, but openly before the people, or forever after hold their peace, while the health-reformers are doing the noble work of exterminating the false and fatal system of drug-medication from the face of the earth.

R. T. TRALL, M.D.

IS IT PREJUDICE OR DISHONESTY?—In nearly all the places where we have lectured, the medical gentlemen of the drug trade, instead of meeting us in fair and manly discussion, as we always invite them to do, have said all manner of evil things behind our backs and in the streets. There is nothing in the way of lying and misrepresentation which they can make available in misleading the people, to which they do not resort. They accuse us of being an extremist, of libeling the profession, etc. But there is one charge they do not bring against us. They do not charge us with

teaching false doctrines; nor do they allege that our practice is unsuccessful. We have long believed, and have always so represented to the public, that physicians, in opposing us so bitterly and so meanly and sneakily, were more prejudiced than dishonest. But we are fast coming to the conclusion that they know better than they act; that their selfishness and rank dishonesty are the chief grounds of their spite and opposition. A majority of them seem to know that their own system is false and ruinous. They know it can not be defended. They know that to bring it before the people would be its ruin. They seem to understand perfectly that investigation would be the death of it; that when the people can be induced to examine it they will most assuredly reject it. Hence the only safety of their false and murderous system consists in keeping the people in ignorance, and hence it is that, instead of meeting the issues we present fairly before the public, they resort to slang and falsehood behind our back.

Has it come to this, that the people must be deceived, misled, humbugged, kept in ignorance, deluded, and murdered, so that forty thousand drug-doctors in the United States can have a business worth to them one hundred millions a year? So far as we come in contact with the representatives of the drug-medical system, they seem to be inspired by the same interest and the same motives as the rumseller or the tobaccoconist. There is a demand on the part of a miseducated and ignorant people for drugs; and they say, as the rumseller says, if we do not drug them, somebody else will. And so the professors of the divine art of healing are doing business on the same principle that the sordid nostrum-vender or the mercenary liquor-dealer panders to depraved appetites. In almost every place those who hear us lecture have asked the drug-physicians of the place if they do not, as a habit, give more medicine than they think useful to the patient; and in every instance the answer is in the affirmative. And what reason do the doctors assign for giving more medicine than their own judgments and consciences approve? Why, "the people demand it. The people think they must have a good deal of medicine, and if we do not prescribe it they will not employ us." Such is the invariable answer. Why do not the doctors enlighten the people? Why not

disabuse them of their whims and false notions? Why not endeavor to educate them aright? The reason is, *it would not pay*. We fear there is, after all, more dishonesty than prejudice in the profession. And we have come to the conclusion that the doctors, as a general rule, know a great deal better than they practice.

HARD WATER AND INTERMITTENT FEVER.

—We have long thought and long taught that one of the most efficient causes of agues is hard water. During our recent trip to the West, we became acquainted with many cases which confirmed this opinion in a very striking manner. For example, a very intelligent gentleman in Indianapolis informed us that he had suffered of occasional attacks of intermittent for months, but on discontinuing the use of hard water, and using only the soft water of a cistern, his intermittent soon disappeared, and has not troubled him since. We could relate many similar cases. Chronic diseases of the liver and kidneys are, as is well known to medical men, very often occasioned by this cause. And it must seem very strange to all reflecting minds that physicians do not recommend soft water for these maladies, instead of prescribing calomel, opium, quinine, arsenic, and blisters.

A COUNTRY WATER-CURE.—We have not yet relinquished the plan of establishing a country branch of our city establishment. Since we got frustrated in opening the Madison Water-Cure, we have heard of several places South and West where the inducements are very tempting, and we have several places and propositions under consideration. But as we can not do anything except plan and calculate until another season, we want to select the very best place we can find for a large and permanent institution. To this end we would like to receive proposals and get information from all parts of the country where the requisite facilities exist. The essentials are, abundance of pure, soft water, which can be carried through all parts of the building; a situation high and dry, and removed from all malarious influences; good society; schools and churches not far distant; plenty of shade-trees or groves; pleasant walks and drives; good gardens or markets in the neighborhood, and convenient of access from the adjacent villages and cities. We would prefer it within one day's ride of New York—or if within one night's ride by railroad, better still.

ANOTHER TRIP TO CANADA.—We shall visit Toronto, Canada West, during the week of the international exhibition, and lecture each evening in the Mechanics' Institute, from Monday, 22d, to Saturday, 27th September, inclusive. We hope then and there to make the acquaintance of many friends of our cause from all parts of Canada. Whether we shall be able to visit any other places before returning we are not now prepared to say. We may perhaps be able to give full particulars in the September TEACHER.

To Correspondents.

Answers in this department are given by Dr. TRALL.

CONSUMPTION AND BRONCHITIS.—O. C. M., Davisville, Ind. I was a very delicate child, subject to the worst form of phthisis from the time I was two years old until I was twelve years of age; then the phthisis left me, and I enjoyed extra good health until I was twenty-five; then I was attacked with typhoid fever, which reduced me very low, and left me with a very distressing cough, at first dry and hacking; expectoration soon commenced, which has continued three years, and is often accompanied with bleeding from the lungs. I am also troubled with bronchitis, which affects me very much; in damp weather I am very hoarse, and have aching pains in my throat and ears. I have had chills, night sweats, and hectic fever. At times I am confined to my bed for a week or two, then I slowly recover strength enough to be able to walk around and see to my household affairs. When my health was good my weight was 160 lbs., now it is 104. I am always better in cold, dry weather; warm, damp weather nearly suffocates me. I have taken all kinds of medicines used by Allopathic doctors, have been pustulated with antimony and blistered. But thus far every remedy has proved worthless, and I am looked upon as being in the last stage of tubercular consumption; but this does not scare me; I am cheerful and contented; I think I will do to try experiments on, if nothing else; I quit taking medicine about three months ago, and commenced bathing all over in cold water every morning, exercise in the open air as much as possible, sleep on straw, and eat healthy food, corn bread and milk, with plenty of fruit and vegetables; my appetite is very good and my health appears better than when I was taking medicine.

1. What would be your home-treatment for my disease? 2. Do you think I will be likely to recover? 3. Have you ever cured any person whose disease was like mine? 4. Have you ever seen inhaling apparatuses used with success when the patient was very low? 5. What is your treatment for prolapsus uteri, where a lady is able to walk about and is capable of treating herself at home? 6. What do you do for sore throat and running ears caused by measles? 7. How do you cure itch? Dr. Trall, I hope you will notice this imperfect scribble, and be so kind as to give an answer to it in your next Journal. I am the wife of an Allopathic physician, and I love the truth and seek for it.

Like most consumptives, you may get a glimpse of the truth after you have been fatally drugged, and when too late to save you. We are continually written to for advice for self-treatment by persons in the last stages of consumption, and who would soon die of the effects of the medicines they had taken, were there no consumption about it. We decline prescribing in such cases for two reasons. 1. The cases are incurable. 2. Should we give a single word of friendly counsel, the death would be charged upon our system by all of the drug doctors in the neighborhood, and probably all the friends of the patient. We only profess to cure curable diseases. We can not raise the dead.

DIPHTHERIA.—M. S., Jamestown, N. Y. Please give a constant reader a description of the disease called diphtherie or diphtheria, and the Hydropathic plan of treatment. Is it contagious? How does it differ from croup or the putrid sore throat? What is the best plan of prevention?

We have written a book to give the people information on all of the above points and many more. It will cost you but a dollar. Heaven helps those who try to help themselves.

PALPITATION.—B. N., Sandusky, O. Your trouble is owing almost, if not wholly, to constipation of the bowels. There is no organic disease of the heart. Coarse bread and fruit are the essentials of the cure. Do not use butter nor milk.

HEALTH ASSOCIATIONS.—C. P. D. and others.

We are glad to hear that you are moving in the good cause. Who shall we hear from next? Send us all particulars for publication. We hope to record the names of a hundred auxiliary societies before the beginning of 1863, and a roll of at least one thousand working members.

DIARRHEA.—N. O. P., Trenton, N. J. Good ripe fruit, without sugar, is among the best preventives of this disease in the warm season. When the disease exists, clear the bowels in the first instance with an injection of tepid water, and then keep quiet. If there is much griping pain, apply warm fomentations. If the abdomen is hot and tense, take tepid hip-baths and apply the wet-girdle.

WET SHEET.—R. S., Norwich, Conn. Is the wet-sheet pack the proper remedy for acuter heumatism? and if so, how frequently should it be employed?

That depends on what ails you, and what condition you are in. There are many kinds of acuter heumatism, and whether you should be packed at all or not, must be governed by the degree of external temperature. If you are quite feverish take the pack, if not, the tepid ablution is preferable. Apply wet bandages to the swollen joints.

"BLOOD-FOOD."—Miss A. S., Saratoga, N. Y. All the preparations of iron are poisons. There is no "blood-food" in the world, except ordinary aliments. The worst cases of nervousness and debility we have ever had to manage were occasioned by the prolonged employment of iron as a remedy for the blood.

ULCERS OF THE CORNEA.—N. A. P., Shirley, Mass. These affections may generally be cured without caustic, though we find some cases in which it is necessary. There is no danger in applying it if properly done, and the system duly prepared for it. It should never be applied when the eyes are in a state of acute inflammation. In this way thousands of eyes have been ruined. We have applied caustic to ulcers, tubercles, and granulations in many hundreds of cases, and never damaged the organs of sight in the least.

ASTHMATIC ATTACKS.—M. O. R., Toronto, C. W. Such paroxysms of short and suffocative breathing as you describe, are more frequently owing to an enlargement of the liver than to any other cause. No doubt the quinine which "cured" the intermittent has caused the asthma. Take the wet-sheet pack two or three times a week, the hip-bath twice a day, and wear the wet-girdle a part of each day. The diet must be strict and rather abstemious.

LARYNGITIS.—A. L., Salina, N. Y. Your symptoms, "dry husky cough; expectoration sometimes streaked with blood; constant hoarseness; continual sense of irritation and soreness in the upper part of the windpipe," etc., indicate, very clearly, laryngeal consumption. This is one of the most insidious and fatal forms of the disease, and no time should be lost in attending to it. If there is a frequent pulse and much emaciation, the case is already hopeless. You can not treat yourself to any advantage under the circumstances which you mention.

MEDICATING DISEASE.—M. S., Shirley, Mass.: If medicines are never necessary, why does the cat, when sick, seek catnip; the dog a certain kind of grass, and the toad plantain to cure the poison of a snake bite? Is man of less importance than reptiles?

Admitting the facts above assumed, there should be some plant or living thing to which man should resort as an infallible specific for all the ailments which his flesh is heir to. But our doctors have accumulated two thousand drugs, dye-stuffs, chemicals, minerals—"all the dregs and skum of earth and sea"—and still the people die faster than before. We have no better evidence of the truth of the cat, dog, and toad stories than "they say so," and that is poor authority.

HARD WATER.—C. P. P., Noblesville, Ind. You can never cure albuminaria, nor any other form of kidney disease, while you drink hard water. Many cases of intermittent fevers are prolonged for months by the use of hard water.

SALT AND PEPPER.—R. S., Auburn, N. Y. Do salt and pepper, almost universally used as seasonings, belong to the list of foods or poisons?

They are poisons, and nothing else. Medical books teach, and physicians often assert, that no one can live without salt. But Nature teaches the contrary.

THE MOVEMENT-CURE.

THE other day a stout, well-formed man, with dark hair and strong arms, led the writer into his movement-room at 15 Laight Street. It looked like a gymnasium at first, but a closer glance assured me that the apparatus was designed for invalids rather than for men and women in sound health. In a few moments I saw him operate—indeed, the writer, though well and hearty, was the subject of the operation; I had contracted a literary stoop by much writing, so he took the initiatory step toward squaring my shoulders. He did the work so well that the exercise was more like relaxation than effort; but I must reserve for a future paper the *modus operandi*, for by that time I shall have had more experience. I have been reading some excellent books on the subject, and looking a little into the philosophy of the movement-cure, and shall venture to give my opinion respecting it at the risk of being considered impracticable and visionary, and I commence with the remark that, in my judgment, the movement-cure can perform wonders and add 25 per cent. to life. In order to secure the right movements, to make sure of the exercise that is needed, the teacher or the doctor must understand the nature and the relations of the physical organization. Quackery is to be deplored and avoided in the movement as well as in any mode of cure.

He must be familiar with the laws of respiration, digestion, circulation, and secretion. Food and oxygen are the elements of life—one entering the blood through the laboratory of the stomach, the other by means of respiration through the lungs. In a man of ordinary size, twenty-five pounds of blood have to be kept in constant circulation, and twenty-one pounds of solvent juices have to be poured into the digestive canal for the solution of the food. The delicate and wonderful machinery of man must not be trifled with. You would not expect a stone-breaker to pound your gold repeater into harmonious operations, neither need you expect that the exquisite organization of the human frame can be repaired by unskillful and uninformed quackery.

The system of cure I am here to suggest to your candid consideration is the intelligent use of principals and agents, suggested by science and experience to restore lost health; and we know that movements have great power to direct and enforce nutrition—they assist nature in her efforts to absorb strength from the right materials when properly employed, and aid her also in the removal of waste matter.

I shall not attempt to give a complete catalogue of all the motions that are made by nature or by art. There is the chemical change in the tissues of the body—there is the reproducing of the wasting parts, or, in other words, growth—there is muscular action, by which all the bones, nerves, glands, vessels, and tissues are moved—there is the motion of circulation, by means of which the crimson current flows in perpetual motion through every vein, and fiber, and artery. There is the motion by means of which the contents in the canals flow to their outlets. The beating of the heart, the rising and falling of the chest, are motions that have been themes of song and elo-

quence in all ages and in all lands under the sun. There are the motions of respiration, inspiration, expiration, the oscillation of the neck, the quivering vibration and shuddering of emotion, yawning, coughing, laughing, sneezing, crying, etc. These motions are all influenced by mechanical force. The nicely adjusted loom of nerves and tissues through which the shuttle of motion passes, weaves a fabric of beauty and strength, or an uncemely pattern of loose threads that are easily sundered.

Muscular motion is undoubtedly the propelling power of all other motions. It is to the involuntary motions of the chest, and the abdomen, and the blood—what the steam is to the engine. The body is a fountain of strength, and in perfect health the supply will be equal to the waste; but if a violation of the laws of nature puts an obstacle in the way—why, more force than can be spared is expended in the effort to clear the track; if a number of obstacles are in the way, the unequal distribution of her forces will be such that some parts of the system will be neglected—fatigue, feebleness, and sickness will be the result.

Under such circumstances a little help will be of incalculable value. It is unwise to overtax the body at such times; severe exertion is to be avoided. Here the help of the doctor who understands his calling is indispensable. He may think best to exercise a single organ or single set of muscles, to move a leg or an arm, or manipulate a hand or foot, or move the entire body. When I speak of movements I do not refer to gymnastics or exercise. Gymnastics are motions, it is true, but motions to be performed by those who are not sick; they develop and strengthen the muscle when the patient has power to endure such action. Exercise has a broad signification—walking, riding, swimming will come properly under that head. The movements to which I allude are “mechanical agencies directed upon the whole system or a part of it, for the purpose of inducing determinate effects upon its vital actions, and generally having reference to its pathological state.

They are active and passive, simple and compound, and their variety is innumerable. All classes of men and women can be vastly benefited by the movement-cure. Deformities can be remedied, dyspepsia driven off, and health and length of days secured. Immediately after my first trial, I felt better. I could think, and talk, and write better than before. My appetite was improved and my muscular strength invigorated. Nothing but the movement exercise has made Doctor Windship a miracle of muscular power. Nature endowed him with a slender constitution, and he is physically under size, but regular and often-repeated movements have developed his strength so that he has the form of an ordinary man combined with the force of a giant. What the movement has done for him it can do for others. There is gospel truth in the remark made by Horace Mann, that “not only a wicked heart, but a foul stomach” and a feeble body are “abominations to the Lord.” Such being the fact, let no time be lost by those who can be benefited by the movement-cure. There are persons whose blood is as sluggish as the Jordan and

whose hearts are stagnant as the Dead Sea—let them go and be quickened into life. There are persons whose deformities are an eyesore—they stoop, and crouch, and creep about with their heads bowed as they were looking for an early grave; let them be straightened and strengthened so that they can look up to the sky which appears like an inverted blossom of blue and gold. “God has made man upright, but man has sought out many inventions to make himself crooked.”

Ladies are keen observers, and they never fail to mark the crooked, stooping, slouching, droning specimens of humanity who libel the race by their looks, their language, and their gait. Those who desire to appear well in the eyes of the fair sex should maintain their manhood by their “upright” walk and conversation.” G. W. B.

ITEMS FROM ILLINOIS.

SOME thirty years ago I remember seeing a flaming sign on the top of a high block of buildings in Cincinnati reading thus:

INFERNAL REGIONS OPENED!

Now I propose to those who are ready for it, to reverse this picture or scene, and open the

HEAVENLY REGIONS

—but not in the contracted square walls of a building made with hands and illuminated with gas.

Really it does seem as if the materials for the construction of a more harmonious world were “abundant and cheap,” but where are the BUILDERS? True, *repairers and tinkers* abound. * *

Go preach the Gospel of PREVENTION, and not merely with the voice, but in that far more effective way of living it out in practice.

Is the “good time coming” always *to be coming*? The present is a very beautiful world to me, but oh, how much more so it might be if we would only abandon the use, and domesticating of brutes! and until we do cease to use them, we shall be both morally and physically degenerated. No great moral and physical achievements can be made by the human race while we are so enslaved by brutes.

We are all more or less affected by our associations or surroundings. Now, no one can have anything to do with hogs or cattle without either becoming somewhat like them, or at least rough, coarse, and cruel.

“But what should we do for fat? Fat gives us strength and warmth.” Here you are mistaken, my friend. Suppose you should feed your horse on fat, would he be healthier or stronger, think you? * * * I know it is not his natural food, neither do I think it is yours. Still I am inclined to the opinion that man instinctively demands a more oily food than the horse. All animals have an instinctive food of which they naturally partake, and on which they flourish best; but that food may be almost entirely superseded by something else, and they still retain considerable vigor.

Now would it not be well for us to ascertain as near as possible what the instinctive food of the human family is, and as fast as possible revert back to that.

It seems to me that most of the natural food of man grows upon trees. Fruits and nuts are almost universally liked, especially by the young; and it is to the young we must go to get our first lessons for a higher and purer life.

If man has an instinctive food as well as other animals, and instinct is to be his guide in the selection of food, why should it not direct him in the construction of his dwelling, etc., as it does other animals? * * *

I do not say that man should be guided entirely by his instinct, but I do say, science, reason, and experiment have most signally failed to make man universally happy here, or satisfy his aspirations for the "hereafter."

"Coming events cast their shadows before."

Gazing down the dim vista of coming time, I see man emerging from his inharmonious and unhappy condition. He feels the monsters gnawing at his vitals, but can not yet just see their shapes distinct enough to clutch and strangle them.

SUPERFLUITIES, SUPERFLUITIES!

More than half of the labor of the world is not only not necessary, but really injurious. We are struggling and toiling for that which when obtained adds only care and anxiety. * * *

How much cruelty and ill-nature are shown by those who have the care and management of brutes! Confine a boy or girl to the constant care of even a cow, and see if early wrinkles will not show themselves about and between the eyes. Listen to the tones of their voices! they are not always soft and musical as a child's should be. Childhood, ay, and old age too, for that matter, should ever be surrounded with those things that will make them cheerful, healthful and happy. * * *

DRY FRUIT.

We need more dry fruit. After all, it is one of the best ways to preserve many, if not most kinds of fruit. And oh, ye dwellers among the mountains and plains of our broad country, I beseech you spare the spontaneous fruits. Let the berries grow in your pastures and fence corners, around stone heaps and by the roadsides, and let your children gather and dry what they do not need to eat while fresh. Especially the blue and whortleberry. And if you have more than you need, send them "out West," where they do not grow. Only think, these berries cost fifty cents per bottle in Keokuk now, and there is not over a pint in a bottle. Probably if they were dried they would not weigh half a pound.

Always dry the best of fruit if it can be had. Sugar and spices can not take its place, nor compensate for the lack or loss of the natural flavor of good fruit.

We are constantly reminded of the great want of more fruits, whenever we approach a table of food, and whenever fruit does offer, if it were as great a stickler for the laws of etiquette as some people, it would apologize for its diminutive and shabby appearance—especially the former. * *

Now for the paradise where nature is kindly nourished, and not thwarted and crucified—where can it be found?

HAMILTON.

H. B.

Miscellaneous.

LINES TO JEFFERSON DAVIS.

BY JOHN F. POOLE.

Oh, wonderful man!
Dare I hope my pen can
Do justice to such a grate feller as you!
Oh, wot kin I say,
Or wot kin I do,
In a poetick manner to put you through?
Ah, where shall I look,
In what history or book,
To find out your ekwal, by hook or by crook?
There was Sezer an' Grackus,
Punchus Pilot an' Backus,
Judas, Mark Antony, Brutus, and Burr,
One an' all in their time made a stir;
There was Allover Cromwell, that knocked off the
krown
From the head of a king. But to come later down,
There's Looi Napowlion, a grate man, indee,
But they're nothin' to you, for they didn't secede.
Ah, where kin I find out a match for you? Where?
If I don't hit it soon, I'll give up in dispare.
I have it, grate Davis, no fear of a libel
In a kounterpait for you—his name's in the Bible.
The first of seeders, I read it at skool,
He was tired of serving, he wanted to rule;
But history tells us what to him befell:
He was kicked out of heaven and driven to — well,
You kin see in the book,
If you happen to look,
The way that was taken his goose for to cook.
Now, between you and I,
I've been told—it's no lie—
By a man wot's deep letter'd, a grate rary avis,
That Lucifer is Latin for Jefferson Davis.
—N. Y. Saturday Evening Courier.

THE TURKISH BATH.

[CONCLUDED FROM JUNE NUMBER.]

WHERE the bath is the practice of the people there are no diseases of the skin; all cases of inflammation, local and general, are subdued. Gout, rheumatism, sciatica, or stone can not exist when it is consecutively and sedulously employed as a curative means. I am inclined to say the same in reference to the plague. I am certain of it with reference to the cholera.* As to consumption, that scourge of England, that pallid specter, which sits by every tenth domestic hearth among the higher orders—it is not only unknown where the bath is practiced, but it is curable by its means.

The bath, then, is not hot water, nor even is it vapor, but a chamber filled with hot air, where steam may be generated at pleasure, and where water hot or cold can be used *ad libitum*. It further requires to have shampooing added. It is at the same time a place of recreation. Finally, a bath is not a bath if it be solitary—it must be social; this is not only requisite for its use, but also for its economy.

Now as to expense, a bath might be had for one quarter of the price of a glass of gin: for we have water in more abundance, and at a cheaper rate, than at Rome.

To substantiate this estimate I prepared some

* In Cork, the men employed in cleaning out the brewers' vats, and who have thus been in a Turkish bath, were, during the prevalence of the cholera, free from that disorder. The other workmen in those establishments, at that time, petitioned to be put to that work.—*Note to Reprint*, 1856.

calculations, but having visited the baths and wash-houses recently established, I find the case illustrated to my hand by practice, and affording an entire confirmation of all, and more than all, that I have said. It is not long since there was not a hot bath to be got in London under two shillings; what would then have been said if any one had had the hardihood to advance, that hot baths might be got for twopence? and that bathing establishments, charging from one penny for cold baths up to sixpence, should become profitable concerns? Such, nevertheless, is the fact. There is here no new idea, no new process, no new demands; it has simply been suggested to build larger establishments, and to throw them open at a smaller sum; so that we have hitherto been deprived of these advantages through the partial blindness of those who have, in as far as they do see, deplored the blindness of others, not thinking that probably other films intercepted their own sight.

I will therefore take the result obtained in these baths and wash-houses as the basis of the calculation which I wish to establish. For a thousand baths the charge for water varies from twenty to twenty-eight shillings; the coals for fuel from fifteen to thirty shillings; the other charges from fifteen to twenty shillings. In all these cases, the lower sum is of course above what the charge will be when experience has pointed out improvements and economy. Taking the most economical of these establishments, we have baths at the rate of fifty shillings a thousand; that is, at a little more than a halfpenny apiece. The allowance of water for each bath is forty-five gallons; fuel enters for one third into the charge. Reducing these charges to what would be incurred in the Turkish bath, there would be a saving of eight ninths for the water, and probably five sixths for the fuel, and an entire saving for the charge of attendance for the poorer classes (the *σατωρις βαλνευσουντες*); thus we should have on the thousand baths, the charge for water and fuel reduced from thirty-five to five shillings; and the charge for attendance being withdrawn from the poorer classes, the expense would amount to one penny for sixteen baths, or four baths for a farthing.

Here I am going upon the data supplied by these bathing establishments, where the water is furnished to them at a very low price, namely, fifteen shillings for the one thousand barrels, of thirty gallons, and where the coals consumed are of an inferior quality, at nine shillings a ton; and these are the points in which England and its capital possess such great advantages. In these establishments they can furnish between one and two thousand baths a day, at an outlay of £15 or £16 a week; and as the experiment has so far so well succeeded, two hundred of them would supply London, at the rate of a bath each person weekly, for which the weekly expenditure would be £3,000, or £150,000 per annum, which would occasion a daily use of 126,000,000 of gallons of water. In the Turkish manner the expenditure of water would be 15,000,000; and taking the proportionate saving in fuel, there would be a saving of one half the outlay, or £75,000 a year; but, as the facility thus afforded, and the habits so engendered,

would lead in our climate, and in our circumstances, to a much more frequent use of the bath than once a week, and as it would constantly be had recourse to by the lower orders, without their going through the whole process, the establishments would have to be proportionately larger, and the expenditure greater. At all events, it is now no longer a theoretical matter: these baths are in use, and are extending; and the question is, whether we shall introduce a perfect instead of a defective method—an economical instead of an expensive one? But if this new charge be incurred, we have, on the other side, to look forward to the possibility of retrenchment in consequence of the altered habits of the people. The one that first presents itself is the diminution of maladies, doctors' and apothecaries' fees and drugs, loss of time from sickness, and attendance; and here, to say nothing of the different value of life, the saving for London alone will have to be reckoned by millions. Next are temperance and sobriety. At first sight the connection will not appear so immediate; it will, however, be unquestionable to those familiar with countries where the bath is in use. I know of no country, in ancient or modern times, where habits of drunkenness have co-existed with the bath. Misery and cold drive men to the gin-shop: if they had the bath—not the washing-tub, but the social *hamâm*—to repair to, this, the great cause of drunkenness, would be removed; and if this habit of cleanliness were general, restraints would be imposed on such habits by the feelings of self-respect engendered.

Gibbon has indulged in speculations on the consequences for Europe that would have followed had Charles Martel been defeated on the plains of Tours. One of these effects would have been, that to-day in London there would be no gin-palaces, and a thousand baths.

In London and its suburbs there are nearly two millions of inhabitants; of these, one million and a half, at least, can not afford those baths which we use.* Deducting a fifth for infants under forty days old, and persons confined to bed, there would remain twelve hundred thousand; so that two hundred thousand bodies, which now carry their filth from the cradle to the grave, would be daily washed. Judging by the scale of prices at Constantinople† or Rome, the cost of the bath might begin from one penny or twopence, and range upward to five shillings; striking the average at sixpence, we should have £5,000 daily, or £1,500,000 per annum. An ordinary bath will accommodate two hundred persons daily. At Constantinople, for a population of five hundred thousand (Turks), three hundred are requisite. In Cordova there were nine hundred; in Alexandria, when taken by the Arabs, there were four hundred. One thousand baths would be required

* The trough full of hot water called a "bath," used to cost in London at least one shilling and sixpence, so that persons with less than £200 a-year could not afford to use them. In Paris, with fuel and water so much dearer, baths can be had as low as one third. The recent washing-houses are something, but only as a commencement, and an earnest. Such contrivances will not change a people's taste.

† Everything is dearer in England than in Turkey, except those things which are wanting for the bath: fuel is at a third of the cost, water is infinitely more abundant, and we have the same advantages over every other capital of Europe. When the charge for the bath was at Rome a quadrant, the price of wheat differed little from what it is at present in England.

for London, and each would have for its support £1,500 a year. The cost of erection would be provided as for hospitals, churches, etc., by foundation, donations, bequests, subscriptions, or municipal charges.

The poor of England have never had an opportunity of knowing the comfort which is derived on a cold day from the warmth imparted by such an atmosphere. How many of the wretched inhabitants of London go to their chilly homes in the winter months benumbed with cold, and with no means of recovering their animal warmth but by resorting to spirits and a public-house fire. The same sixpence which will only procure them a quatern of the stimulant, which imparts but a momentary heat, would, if so expended, obtain for them at once warmth and refreshment.

Do not run away with the idea that it is Islamism that prevents the use of spirituous liquors; it is the bath. It satisfies the cravings which lead to those indulgences, it fills the period of necessary relaxation, and it produces, with cleanliness, habits of self-respect, which are incompatible with intoxication: it keeps the families united, which prevents the squandering of money for such excesses. In Greece and Rome, in their worst times, there was neither "blue ruin" nor "double stout."

The quantity of malt consumed in former days is referred to as a test of relative well-being. This I do not deny; but there can be no question that pure water is the most wholesome drink,* as it is unquestionable, that if London were Mussulman, the operative, as the rest of the population, would bathe regularly, have a better-dressed dinner for his money, and prefer water to wine or brandy, gin or beer. The bath, therefore, would secure at once cleanliness and temperance.

Where Christianity first appeared, cleanliness, like charity or hospitality, was a condition of life. Christ and the Apostles went through the legal ablutions. When the relaxation took place at the first council at Jerusalem, in favor of the Gentiles, these points could never have been raised or called in question, for in this respect the habits of the nations were in conformity with the Jewish law. Reference is made to it in the fathers,† not as a practice only, but as a duty.‡

* Two patients in adjoining beds, one seventy-five, the other fifty, father and son, were suffering from diseased liver, and other effects of intemperance. The attention of the party (the governors, inspecting the Bedford Infirmary) being drawn to these cases, I observed that the elder would recover, and the younger would not. On being asked the grounds for my opinion, I said, "The one is the son of a beer-drinking, the other of a buttermilk-drinking father." The event confirmed my anticipation. During the youth of the elder, he had never tasted beer or tea-milk and buttermilk were then the people's drink.

† No one entered a church without washing the face and hands.—TERTULL. *de Orat.* cap. ii. Clemens Alexandrinus, prescribing rules to Christians for bathing, gives four reasons: cleanliness, health, warmth, pleasure.—*Pedag.* l. iii. c. 9.

‡ The Mussulmans say, "The physician is before the Imam, for if your bowels are disordered you can not pray." Like the Romans, they have superseded the physician by the bath. The Brahmins hold disease to be sinful. "What worship is there not in mere washing! perhaps one of the most moral things a man, in common cases, has in his power to do. This consciousness of perfect outer purity—that to thine skin there now adheres no foreign speck of impurity—how it radiates on thee, with cunning symbolic influence, to thy very soul! Thou hast an increase of tendency toward all good things whatsoever. The oldest Eastern sages with joy and holy gratitude had felt it to be so, and that it was the Maker's gift and will. It remains a religious duty in the East. Nor could Herr Professor Strauss, when I put the question, deny that for us, at present, it is still such here in the West. To that dingy operative emerging from his soot mill, what is the first duty I will prescribe, and offer help

In the primitive Church of England the bath was a religious observance: the penitent was in some cases forbidden its use; but then cold bathing was enjoined. Knighthood was originally a religious institution, and the conferring of it is a church ceremony. The aspirant knight *prepared himself by the bath*. The second distinction which it is in the power of the sovereign of England to bestow, is entitled "The Order of the Bath." Now, the sovereign who confers, and the knights who receive the title, never saw a real bath in their lives.*

When tessellated pavements of *caldaria*, or fragments of *laconicum* and *hypocaust*, come to light in our streets or fields, the modern Goth gazes with the same stupid wonder, without the same respect† with which the barbarians of this land (Morocco) look upon their fathers' works; you can tell them the date of their ruins; they could explain to you the use of yours. The Romans could recall the time when their fathers only washed their hands and their feet;‡ the Turks, the time when their fathers washed neither. We have to recall the time when our fathers knew what it was thoroughly to be washed, and to be wholly clean; and, reversing the experience of these people, and combining in our progress their points of departure, we have arrived at washing hands and feet only, or washing neither.

Britain received the bath from the Romans, Ireland from the Phœnicians,§ Hungary from the Turks, Spain from the Saracens||—everywhere it

toward? That he clean the skin of him. Can he, pray, by any ascertained method? One knows not to a certainty; but, with a sufficiency of soap and water, he can wash. Even the dull English feel something of this: they have a saying, "Cleanliness is near of kin to godliness;" yet never in any country saw I men worse washed, and, in a climate drenched with the softest cloud water, such a scarcity of baths."—SAUERTREIG.

* Being present with a Mussulman at one of the most splendid ceremonies of the Catholic Church, I was anxious to note the impression he received. As he was silent, I put questions to him; called his attention to the incense, the chants, the dresses, the white lace over the colored vestments—but all in vain. I afterward asked him what had been passing in his mind? He replied, it was very magnificent, adding, "I could only think of their feet."

† The Duke of Wellington, notwithstanding the remonstrances of the clergyman of the parish, had the pavement of a bath, discovered at Silchester, filled in because his tenant was annoyed by people crossing a field to look at it. "D O M. The walls, which, stranger, you behold, are the remains of the baths which the city of Pisa anciently used. Of these, consuming time has destroyed the rest, and left only the *sudatorium*, which, overturned neither by an innumerable series of ages, nor by the injuries of barbarians, attunes the eye studious of antiquity. Approach and contemplate, and you will see the beautiful form of the edifice, you will observe the plan of the lights, and how the heat is sent through tubes. You will have to complain of no concealment, nor will you affirm that anything of this kind can be found more perfect elsewhere. And you will return thanks to the great Duke Cosmo III., who, lest this illustrious monument should altogether perish, made it his peculiar care and custody."—*Inscription on the Roman Bath at Pisa.*

‡ Nam prisco more tradiderunt brachia et crura quotidie abluere quæ scilicet sordes opere collegerant.—SENECA *Ep.* 87.

§ By the merest accident I made this discovery. A lady mentioned to me "a practice of sweating" which she had heard of in her childhood among the peasantry. I subjoin an extract of a letter written in reply to inquiries: "With respect to the sweating-houses, as they are called, I remember, about forty years ago, seeing one in the island of Rathlin, and shall try to give you a description of it: It was built of basalt stones, very much in the shape of a bee-hive, with a row of stones inside, for the person to sit on when undergoing the operation. There was a hole at the top and one near the ground where the person crept in, and seated him or herself; the stones having been heated in the same way as an oven for baking bread is; the hole on the top being covered with a sod, while being heated; but, I suppose, removed to admit the person to breathe. Before entering, the patient was stripped quite naked, and on coming out dressed again in the open air. The process was reckoned a sovereign cure for rheumatism and all sorts of pains and aches. They are fearful-looking things, as well as I remember."

|| In the fifteenth century, baths were still in common use in Spain, for a law of Castile forbids the Moors and the Jews to bathe with the Christians.

has disappeared. In Greece it was as common as in Turkey. Greece became "civilized," and the bath took wing.* Everywhere throughout Europe the point of departure is cleanliness, the result of progress is filth. How is it that a habit so cleanly, associated with edifices so magnificent, leading to intercourse of the classes of society so useful to the state, and conferring on the poorer orders so large a measure of comforts and enjoyments, should have disappeared wherever light, learning, taste, liberality have spread? When abstractions have got possession of the brain of a people, you can no more reckon upon its tastes than upon its acts.

"What ruler in modern times can make a comparison otherwise than degrading to himself between the government over which he presides and those of ancient Greece or Rome? Can he reflect, without taking shame to himself, that the heads of the republics of Athens and Sparta, the tribunes, ædiles, consuls, censors, and emperors of Rome, thought they had not rendered the condition of the poor tolerable unless they had afforded them the gratuitous enjoyment of baths, theaters, and games, to make them forget for some hours of the day the hardships and privations which poverty brings with it? The boasted happiness of the English common people (if, indeed, any one can be hardy enough to vaunt it nowadays) is infinitely lower than was that of the plebeians of Greece or Rome."†

The evils of our system do not spring from the violence of passion, but from fallacies. We, of course, can not grapple with our own fallacies; therefore all that philanthropy and science can do is to try to heal, piecemeal, the sores which legislation engenders wholesale. The bath is an idea which the simplest mind may grasp; it is a work which industry, not genius, is required to accomplish. We found hospitals for the sick, we open houses of refuge for the destitute; we have recently been engaged in finding nightly shelter for the homeless; wash houses have been established. How many are anxious to find some sort of holiday, or innocent recreation, for the classes whose commons we have inclosed, and whose festivities we have put down—how many seek to raise the lower orders in the moral and social scale? A war is waged against drunkenness, immorality, and filthiness in every shape. Here is the effectual weapon! here is an easy and certain cure! It is no speculation or theory; if it were so, it would easily find apostles and believers.

The good-will and means that run to waste through our not knowing how to be clean are enormous. A small town in the New Forest, with Roman daring, planned a bath as a work of public utility, but built it with English coin, of which it took £8,000. There are steam-apparatus, reservoirs for sea-water,‡ etc. It was a model

* A Greek sailor once sat down to eat with me with dirty hands: observing my look of astonishment, he said, flourishing them; "No one will accuse me of being *Tourkolat os* (worshiper of the Turks)." What kind of people must be whose enemies make their patriotism consist in filth!

† Dr. Meryon, unpublished work on the Eastern Bath.
‡ That horrid sea-water, in which a savage will not bathe unless he has fresh water to rinse himself, is one of the infatuations that utterly bewilder one. Bathers of course in the sea get air and exercise, but do not imagine that there is virtue in impure water, or sense in exposure of delicate forms to cold and chill. The same may be said of mineral waters.

bathing establishment. It is now selling as bricks and old iron! Close by there are large boilers for evaporating salt, over which, at the cost of a few planks, a Russian vapor-bath might have been had. The use of the vapor was not unknown. There were persons who repaired thither for cutaneous and other disorders, and were cured.

Consider the heat and steam throughout the manufactories of England, which the instinct of a Russian boor, or Laplander, or Red Indian would apply for the benefit of the miserable population engaged in those works, and now allowed to run to sheer waste. The filthiest population exists, with the most extensive means of cleanliness. A nation that boasts of its steam, that is puffed up with its steam, that goes by steam, does not know how to use steam to wash its body, even when it may be had gratis.

The people that has not devised the bath can not deserve the character of refinement, and (having the opportunity) that does not adopt it, that of sense. Servility, however, we do possess, and any person of distinction has it in his power to introduce it. That which all despise, when only a thing of use, will be by all rushed after when it becomes a matter of fashion. The sight of a bath of a new fashion, and enjoyed by another people, has impelled me to make this endeavor to regain it for my own. Is Europe ever to remain on the map the black spot of filth? Can she owe the bath only to the Roman sword or Moorish spear? Must she now await the Cossack lance? After ridicule for warning, the day may come that I shall suffer reproach for deprecating the event, and it will be said to me, "These barbarians, who, Providence-like, have come to compose our troubles—Roman-like, to teach us to be clean!"

THE HEALTH OF OUR GIRLS.

[CONTINUED FROM LAST NUMBER.]

THE educational excesses of our schools, also, though shared by both sexes, tell much more formidably upon girls, in proportion as they are keener students, more submissive pupils, and are given to studying their lessons at recess-time, instead of shouting and racing in the open air. They are also easily coerced into devoting Wednesday and Saturday afternoons to the added atrocity of music-lessons, and in general, but for the recent blessed innovation of skating, would undoubtedly submit to having every atom of air and exercise eliminated from their lives. It is rare to find an American mother who habitually ranks physical vigor first, in rearing her daughters, and intellectual culture only second; indeed, they are commonly satisfied with a merely negative condition of health. The girl is considered to be well, if she is not too ill to go to school; and she therefore lives from hand to mouth, as respects her constitution, and lays up nothing for emergencies. From this negative condition proceeds her inability to endure accidents which to an active boy would be trivial. Who ever hears of a boy's incurring a lame knee for a year by slipping on the ice, or spinal disease for a lifetime by a fall from a sled? And if a girl has not enough of surplus vitality to over-

come such trifles as these, how is she fitted to meet the coming fatigues of wife and mother?

These are important, if superficial, suggestions; but there are other considerations which go deeper. I take the special provocatives of disease among American women to be in great part social. The one marked step achieved thus far by our civilization appears to be the abolition of the peasant class, among the native-born, and the elevation of the mass of women to the social zone of music-lessons and silk gowns. This implies the disappearance of field-labor for women, and, unfortunately, of that rustic health also which in other countries is a standing exemplar for all classes. Wherever the majority of women work in the fields, the privileged minority are constantly reminded that they also hold their health by the tenure of some substituted activity. With us, all women have been relieved from outdoor labor, and are being sacrificed in the process, until they learn to supply its place. Except the graceful and vanishing pursuit of hop-picking, there is in New England no agricultural labor in which women can be said to be habitually engaged. Most persons never saw an American woman making hay, unless in the highly imaginative cantata of "The Hay-Makers;" and Dolly the Dairy-Maid is becoming to our children as purely ideal a being as Cinderella. We thus lose not only the immediate effect, but the indirect example, of these out-door toils.

This influence of the social transition bears upon all women: there is another which especially touches wives and mothers. In European countries, the aim at anything like gentility implies keeping one or more domestics to perform household labors; but in our Free States every family aims at gentility, while not one in five keeps a domestic. The aim is not a foolish one, though follies may accompany it—for the average ambition of our people includes a certain amount of refined cultivation; it is only that the process is exhausting. Every woman must have a best-parlor with hair-cloth furniture and a photograph-book; she must have a piano, or some cheaper substitute; her little girls must have embroidered skirts and much mathematical knowledge; her husband must have two or even three hot meals every day of his life; and yet her house must be in perfect order early in the afternoon, and she prepared to go out and pay calls, with a black silk dress and a card-case. In the evening she will go to a concert or a lecture, and then, at the end of all, she will very possibly sit up after midnight with her sewing-machine, doing extra shop-work to pay for little Ella's music-lessons. All this every "capable" New England woman will do, or die. She does it, and dies; and then we are astonished that her vital energy gives out sooner than that of an Irishwoman in a shanty, with no ambition on earth but to supply her young Patricks with adequate potatoes.

Now it is useless to attempt to set back the great social flood. The New England house-keeper will never be killed by idleness, at any rate; and if she is exposed to the opposite danger, we must fit her for it, that is all. There is reason to be hopeful; the human race as a whole is tending upward, even physically, and if we can not make our girls healthy quite yet, we

shall learn to do it by-and-by. Meanwhile we must hold hard to the conviction, that not merely decent health, but even a high physical training, is a thing thoroughly practicable for both sexes. If a young girl can tire out her partner in the dance, if a delicate wife can carry her baby twice as long as her athletic husband (for certainly there is nothing in the gymnasium more amazing than the mother's left arm), then it is evident that the female frame contains muscular power, or its equivalent, though it may take music or maternity to bring it out. But other inducements have proved sufficient, and the results do not admit of question. The Oriental *bayadères*, for instance, are trained from childhood as gymnasts: they carry heavy jars on their heads, to improve strength, gait, and figure; they fly kites, to acquire "statuesque attitudes and graceful surprises;" they must learn to lay the back of the hand flat against the wrist, to partially bend the arm in both directions at the elbow, and, inclining the whole person backward from the waist, to sweep the floor with the hair. So, among ourselves, the great athletic resources of the female frame are vindicated by every equestrian goddess of the circus, every pet of the ballet. Those airy nymphs have been educated for their vocation by an amount of physical fatigue which their dandy admirers may well prefer to contemplate through the safe remoteness of an opera-glass. Dr. Gardner, of New York, has lately contributed very important professional observations upon this class of his patients; he describes their physique as infinitely superior to that of ordinary women, wonderfully adapting them not only to the extraordinary, but to the common perils of their sex, "with that happy union of power and pliability most to be desired." "Their occupation demands in its daily study and subsequent practice an amount of long-continued muscular energy of the severest character, little recognized or understood by the community;" and his description of their habitual immunity in the ordeals of womanhood reminds one of the descriptions of savage tribes. But it is really a singular retribution for our prolonged offenses against the body, when our saints are thus compelled to take their models from the reputed sinners—prize-fighters being propounded as missionaries for the men, and opera-dancers for the women.

Are we literally to infer, then, that dancing must be the primary prescription? It would not be a bad one. It was an invaluable hint of Hippocrates, that the second-best remedy is better than the best, if the patient likes it best. Beyond all other merits of the remedy in question is this crowning advantage, that the patient likes it. Has any form of exercise ever yet been invented which a young girl would not leave for dancing? "Women, it is well known," says Jean Paul, "can not run, but only dance, and every one could more easily reach a given point by dancing than by walking." It is practiced in this country under immense disadvantages: first, because of late hours and heated rooms; and secondly, because some of the current dances seem equally questionable to the mamma and the physiologist. But it is doubtful whether any possible gymnastic arrangement for a high-school would be, on the whole, so provocative of wholesome exercise as a

special hall for dancing, thoroughly ventilated, and provided with piano and spring floor. The spontaneous festivals of every recess-time would then rival those German public-rooms, where it is said you may see a whole company waltzing like teetotums, with the windows wide open, at four o'clock in the afternoon.

Skating is dancing in another form; both aim at flying, and skating comes nearest to success. The triumph of this art has been so astonishing, in the universality of its introduction among our girls within the short space of four winters, that it is hardly necessary to speak of it, except to deduce the hope that other out-door enjoyments, equally within the reach of girls, may be as easily popularized.

For any form of locomotion less winged than skating and dancing the feet of American girls have hitherto seemed somehow unfitted by Nature. There is every abstract reason why they should love walking, on this side of the Atlantic: there is plenty of room for it, the continent is large; the exercise, moreover, brightens the eye and purifies the complexion—so the physiologists declare; so that an English chemist classifies red cheeks as being merely oxygen in another form, and advises young ladies who wish for a pair to seek them where the roses get them, out of doors—upon which an impertinent damsel writes to ask "Punch" if they might not as well carry the imitation of the roses a little farther, and remain in their beds all the time? But it is a lamentable fact, that walking, for the mere love of it, is a rare habit among our young women, and rarer, probably, in the country than in the city; it is uncommon to hear of one who walks habitually as much as two miles a day. There are, of course, many exceptional instances: I know maidens who love steep paths and mountain rains, like Wordsworth's Louisa, and I have even heard of eight young ladies who walked from Andover to Boston, twenty-three miles, in six hours, and of two in Ohio who did forty-five miles in two days. Moreover, with our impulsive temperaments, a special object will always operate as a strong allurements. A confectioner's shop, for instance. A camp somewhere in the suburbs, with dress-parades, and available lieutenants. A new article of dress: a real ermine cape may be counted as good for three miles a day, for the season. A dearest friend within pedestrian distance—so that it would seem well to plant a circle of delightful families just in the outskirts of every town, merely to serve as magnets. Indeed, so desperate has the emergency become, that one might take even ladies' hoops to be a secret device of Nature to secure more exercise for the occupants by compelling them thus to make the circuit of each other, as the two fat noblemen at the French court vindicated themselves from the charge of indolence by declaring that each promenaded twice round his friend every morning.

In view of this distaste for pedestrian exercise, it seems strange that the present revival of athletic exercises has not yet reached to horsemanship, the traditional type of all noble training, *chevalerie*, chivalry. Certainly it is not for the want of horse-flesh, for never perhaps was so much of that costly commodity owned in this community; yet in New England you shall find

private individuals who keep a half-dozen horses each, and livery-stables possessing fifty, and never a proper saddle-horse among them. In some countries, riding does half the work of physical training, for both sexes; Sir Walter Scott, when at Abbotsford, never omitted his daily ride, and took his little daughter with him, from the time she could sit on horseback; but what New England man, in purchasing a steed, selects with a view to a side-saddle? This seems a sad result of the wheel-maker's trade, and one grudges St. Willegis the wheel on his coat-of-arms, if it has thus served to tame down freeborn men and women to the slouching and indolent practice of driving—a practice in which the human figure appears at such disadvantage, that one can hardly wonder at Horace Walpole's coachman, who had laid up a small fortune by driving the maids-of-honor, and left it all to his son upon condition that he never should take a maid-of-honor for his wife.

[TO BE CONTINUED.]

THE NOBLEST AMBITION.

BY FOLKESTONE WILLIAMS.

MANY a man holds firm persuasion,
Cherished deep in heart and brain,
That for him some great occasion
Shall produce colossal gain.

Day by day he idly dallies
Where the mountains kiss the skies,
Strolling through Life's greenest valleys,
Without striving to arise.

Till, while lounging, overtaken
By the Messenger of Fate,
By ambitious hopes forsaken,
Mourns he o'er his luckless state.

Then of all ascent despairing,
With less spirit than a slave,
He contented is with sharing
With the low the humblest grave.

Ah! you unimpulsive natures,
Poor, indeed, must be your chance;
Nature stints your moral statures,
Fortune, your inheritance.

By long looking at the planets,
Heav'n no more is made your home
Than can flocks of gulls or gannets
Gaze on swans, and swans become.

Always onward, upward, ventures
He whose foot has never swerved,
Till God cancels the indentures
Of the apprenticeship he served.

Why should we still pick up pebbles,
Sauntering idly on the shore,
When the shortest voyage trebles
What small gain we owned before?

Though contentment is a blessing,
Hearts should with their hopes expand,
And all mean desires suppressing,
Throb but for the great and grand.

Gloriously do kings bedizen
Heroes for successful wars,
Till the soldier's scant horizon
Seems a galaxy of stars.

But a much more stern campaigning
He, for conscience-sake, endures,
Who the victory has been gaining
That the grandest prize secures.

Climb, who would man's claim inherit—
Soar above the human clod:
He who highest brings his merit,
Nearest brings his soul to God.

LIST OF PERSONS WHO HAVE REACHED THE AGE OF 120 YEARS AND UPWARD,
With the Places where they Died, and Date of their Death.—Copied from "Insurance Guide and Hand-Book."

Age.	Name.	Place where they Died.	Died in	Age.	Name.	Place where they Died.	Died in
207	Carn, Thomas.	St. Leonard's, Shoreditch.	1538	128	Cameron, Mary.	Braemar, Inverness.	1784
185	Tontin (or Zortian), Peter.	Temeswar, Hungary.	1724	128	Major, John.	Lantwer Major, Wales.	1763
180	A Mulatto man at.	Frederick Town, Virginia.	1798	128	Yates, Mary.	Shiffnell, Salop.	1776
180	McCraun, G.	Golour, Isle of Jura.		128	Hoff, Edelbert.	Fish Hill, near New York.	1765
175	Truxo, Louisa (a negress).	Tucuman, South America.	1750	128	Hill, Thomas.	Flinton, Staffordshire.	1601
172	Room, John.	Temeswar, Hungary.	1741	128	Jacob, Jean.	Mount Jura.	1790
169	Jenkins, Henry.	Ellerton-upon-Swale, Yorkshire.	1670	127	Johnson, William, Esq.	Aldenhams, Herts.	1768
168	Edwards, William.	Cochan, near Cardiff, S. Wales.	1848	127	James, M. ry.	Ku-James, Ireland.	1776
168	A woman living at.	Moscow.	1848	127	Jackson, Martha.	Ferns, Ireland.	1718
167	Warren, Jonas.	Ballydoyle, Ireland.	1787	127	Kirwan, Mr.	Skipton, Yorkshire.	1671
162	Brookman, Sarah.	Glastonbury.		127	Montgomery, Robert.	Grandson of Old Parr.	1768
159	Scott, Judith.	Islington.		127	Michaelstone, John.	St. Omer's, France.	1772
159	Surlington, Jonas.	Bergen, Norway.	1797	127	Mayden, Madame.	Lincoln, Ireland.	1774
152	Parr, Thomas.	Winnington, Shropshire.	1635	127	Mullary, David.	Michaelstown, Ireland.	1761
152	Bowles, James.	Killingworth, Warwick.	1656	127	Newell, John, Esq.	Rosemary Lane Workhouse, Ireland.	1741
151	Crawford, Mrs. Judith.	Spanishtown.		127	Scrimshaw, Jane.	Grenada.	1773
150	Carsish, Francis.	Yorkshire.		127	Forthton, James, Esq.	Meath, Ireland.	1764
150	Aponius, Marcus.	Rimini.		127	Carollan, Owen.	Kinross, N. B.	1758
150	Albuna Marc.	Bononia.		127	Grant, David.	Tadcaster, Yorkshire.	1769
145	Desmond, Countess of.	Ireland.	1612	127	Hughes, William.	Northampton.	1706
148	Brook, Mary.	Leek.		126	Bayles, John.	West Hanney, Berks.	1740
148	Mead, Wm., M.D.	Ware, Hertfordshire.	1652	126	Booker, Winder.	Edmund Co., Virginia.	1819
147	Devine, Bridget (Irish).	Manchester.	1845	126	Hannay, Martha.	Cully-backey, Ireland.	1808
146	Winslow, Colonel.	Tipperary.	1776	126	Phelan, Catherine.	Borris, Queen's Co., Ireland.	1789
146	Drakenberg, C. I.	Norway.		125	Creek, Thurlow.	Suffolk.	1806
146	Wignell, Anne.	Jamaica.		125	Preston, Martha.	Barnsley, Yorkshire.	1769
145	Evan, William.	Carmarthen.		125	Scott, Margaret.	Dalkeith, Scotland.	1779
144	Effingham (a Cornish man).	Ireland.	1757	125	Tee, John.	Hagley, Worcestershire.	1774
143	Eccleston, Countess of.	Charlestown, Carolina.	1782	125	Clooster, M. Beeston.	Westphalia.	1785
142	Patba, A.	Spanishtown, Jamaica.	1850	125	Dorner, Richard.	Hill of Allen, Ireland.	1850
142	A colored man at.	Cheshire.	1591	125	Grasmay, James.	Presburg, Hungary.	1740
141	Hough, Thomas Frodsham.	Trionia.	1764	125	Jones, Mrs.	Camberwell Workhouse, London.	1775
141	Sack, Simon.	Lisurska, Ireland.	1781	125	Kirton, George.	Oxop Hall, Yorkshire.	1764
140	Leland, William.	Staffordshire.		125	Narodsky, F. (a Pole).	Warsaw.	1814
140	Sands, James.	Shetland.		125	Ostroski, M. Federsky.	Poland.	1786
140	Lawrence, M.	Havernazeeck, Transylvania.	1782	124	Parr, Robert Kniver.	Near Bridgworth, Shropshire.	1757
140	Rady, Dumitru.	Palmouth, Jamaica.	1827	124	Fenn, Michael.	Edlesburgh, Bucks.	1675
140	Fury, Rebecca (a colored woman).	France.		124	Ferguson, David.	Boughton-under-the Beacon, Kent.	1818
140	Goldsmith, A.	Savannah-la-Mer, Jamaica.	1827	124	Brueuo, Andrew, Don.	Badajoz, Portugal.	1758
140	Fuge, John.	Ireland.		124	Brehner, Catherine.	Near Aberdeen.	1762
140	Gulstone, William.	Spilsfields, London.	1780	124	Gillett, M.	Augusta, Me., U. S.	1814
139	Evans, Mr.	Lumfries, N. B.		124	Nicforay, Alexie (a Russian peasant).	Teschin, Upper Silesia.	1811
139	Movett, M. (surgeon).	Itatfield.	1766	124	Schmidt, Andrew.	Montpellier, France.	1786
139	Dobson, Mr. (farmer).	Dent, Yorkshire.	1777	124	Vertot, Philip Louis de.	Shiffnell, Salop.	1774
139	A man at.	Albore, Boro'bridge, Yorkshire.	1791	124	Wakeley, William.	Glasgow.	1759
138	Harlop, Jonathan.	Orphist, Litchfield.	1772	124	Walney, John.	Annendale, Dumfries.	1760
138	Chunn, Mrs.	Lockwincock, Ayrshire.		124	Wishart, Thomas.	Galston, Ayrshire, N. B.	1787
138	Patten, Margaret.	Abbey Luddersars, Cumberland.	1766	123	Wilson, Andrew.	Chelsea Hospital.	1793
138	Forrester, Jane.	Island of Distrey, N. B.	1822	123	Crewman, Joshua.	Turin.	1774
138	Fabkowski (a Polish peasant).	Knockall, Roscommon, Ireland.	1734	123	Debra, Andrew Brezin.	Belfast, Ireland.	1807
138	Rousey, John.	Dublin.	1757	123	Johnson, Mrs.	Rochdale.	1786
138	Shapley, William.	Ariminum.		123	Walker, William.	Near Whitehaven.	1763
137	Collier (male).	Edinburgh.	1763	123	Spedding, Bridget.	Auchinleck, Ayrshire.	1792
137	Tertulla, L.	Scotland.	1793	123	Tait, Matthew.	Keith, Scotland.	1791
137	A Polish peasant.	Edinburgh.	1776	123	Came-on, Archibald.	Fethard, Ireland.	1772
137	Robertson, Mr.	Tuam, Ireland.	1768	123	Carman, Mrs.	Lombey, France.	1777
136	Mount, John.	Langholm, Dumfries.	1776	123	Bownsmasion, Docarges.	South of France.	1769
136	Mooney, Catharine.	Ballybadan, Kilkenny, Ireland.	1759	123	Delaney, George.	Glenwherry, Belfast.	1763
136	Moval, Mr. (surgeon).	Richmond Co., Va.	1818	123	Giles, Catherine.	Maghera, Derry, Ireland.	1826
136	Soete, James.	Cumberland.		123	Mulholland, Ann.	Moscow.	1853
136	A Negro.	Near Dublin.	1796	123	Sosnowsky, Peter.	Taylorstown, Wexford.	
136	Foster, Margaret.	Gruiz, in Voigland.	1672	123	Connor, Edward.	Durham.	1858
135	Thompson, Mrs.	Devonshire.	1769	123	Benton, Mary.	Braunston, Northamptonshire.	1799
135	A peasant at.	Jamaica.		123	Bren, William.	France.	1799
134	Brookley, John.	Maryland, United States.	1763	123	Bons Francis.	Landnawidneck, Cornwall.	1769
134	Lopez, Catherine.	Montgomery.		123	Cole Rev. Thomas.	Marcellis, France.	1683
134	Ange, Mrs.	Dromore, Ireland.		121	Camoux, Hannibal.	Birmingham.	1759
133	Lloyd, Richard.	Newnam, Gloucestershire.	1772	121	Farr, William (carrier).	St. Jago.	1770
133	Rorke, Martha.	Hamilton, Baun, Ireland.	1761	121	Wragg, Priscilla (a negro).	Northfleet, Kent.	
133	Keith, Mrs.	London.		121	Gray, Mrs. (deaf and dumb).	Liverpool.	1760
133	Marchant, Elizabeth.	Blechingley.		121	Hilton, Elizabeth.	Birr, Ireland.	1764
132	Leeson, Jane.	Newcastle.	1777	121	Hubert, Matthew.	Virginia, U. S.	1773
132	Cockey, Thomas.	Near Keswick, Cumberland.	1785	121	Lange, Charles Campbell.	Hoxton, London.	1783
132	Foster, Ann.	Luton, Northamptonshire.		121	Long, Henrietta.	Marystown, King's Co.	1845
132	Maxwell, John.	Dover.	1685	121	Moran.	Holloway Head, Northwest Gloster.	1824
132	Gilbert, Jeremy.	Near Aberdeen.	1759	121	Maddox, John.	Near Thurso, N. B.	1771
132	Holme, Gustavus.	Liverpool.		121	McRay, Margaret.	Acomack, Va., U. S.	1773
132	McCulloch (a soldier).	Hungary.	1764	121	Spicer, Eleanor.	Essex.	1765
131	Ellis, Wm. (shoemaker and seaman).	London.	1763	121	Shepherd, Sir Fleetwood.	Near Dublin.	1769
131	Sombyade, Sienn.	Itchin Ferry, Hants.	1806	121	Rider John (German).	Drangoolan, near Rathfray.	1810
131	Taylor, Elizabeth.	Auchterless.	1775	121	Milton, Elizabeth.	Liverpool.	1760
131	Tucker, John.	Scotland.	1770	121	Jacob, John.	Mount Jura.	
131	Godon, Peter.	Kinnichlabar, Scotland.	1759	120	Tray, William.	Waterford, Ireland.	1792
130	Taylor, John (a mariner).	Dungarvan, Ireland.		120	Saporescheky, Jeran (Russian soldier).	Castro, Spain.	1845
130	Cameron Donald.	Truro, Cornwall.	1749	120	Monno, Francis.	United States.	1767
130	Beale, William.	Donoughmore.	1813	120	Martha (wife of a Mohegan chief).	Moylas, Kerry, Ireland.	1866
130	Battsworth, Joseph.	Dunfries, N. B.	1774	120	Nolan, Sarah.	Dolgelly, N. Wales.	1758
130	Meighan, Mrs.	Kingston, Jamaica.		120	Pierce, Evan.	Kirkcubright, N. B.	1792
130	Morel, Mr. (surgeon).	Isle of Herries.	1780	120	Marshall, William.	W. Highlands of Scotland.	1810
130	Stewart, Lucretia.	Liverpool.		120	Mackay, James.	Cardigan, Wales.	1763
130	McBride, Robert.	Richmond Co., Va.	1818	120	MacKay, James.	Carrowberg, Ireland.	1765
130	Ellis, William.	Cornwall.		120	Joyce, Dominick.	Dublin.	1751
130	McKean, William.	Helmsley, Yorkshire.	1804	120	Macharny, Susan (a mendicant).	Enniskillen, Ireland.	1765
130	Portesca, William.	Kingston, Jamaica.		120	Moore, Mrs.	Allensmere, Hertford.	1822
130	Martin, Thomas.	Leam Mills, near Edinburgh.	1767	120	Gilbert, Thomas.	Ireland.	1771
130	Diamond, Ermine.	Nokes, Oxfordshire.	1766	120	Gilshenan, Mr. Donnell.	Savannah-la-Mer, Jamaica.	1792
130	Hill, John.	Veniel, Murcia, Spain.	1743	120	Gale, Flora.	Witney, Oxfordshire.	1768
130	King, John.	Westport, Ireland.	1763	120	Haynes, John.	Hague, Holland.	1774
130	Mestanza, Peter.	Castletown, Ireland.	1771	120	Haye, M. (French).	Kildare, Ireland.	1769
129	Gale, Joseph.	Galway, Ireland.	1762	120	Clump, John.	Wicklow, Ireland.	1764
129	Gough, John.	Liverpool.	1771	120	Dson, W.	Cannongate, Edinburgh.	1761
129	Noom, John.			120	Eddie, William.	Staffordshire.	
129	Fleming, Mr. (factor).			120	Sands, Mrs.		

SELFISHNESS AND SUGAR.

[“B. B.” sends us the following “inquiries” from the pen of “P. S.,” which we publish with a slight alteration of one or two sentences, and the erasure of a few irrelevant words. With this trimming we indorse the leading ideas of the writer, and shall be glad to hear further from him and others on the interesting subjects he proposes to discuss.—Eds. H. T.]

I AM believing that the sciences of Phrenology and Physiology are to Christianize the world—consequently, re-organize society. When the moral organs assume their prerogatives, and bring the intellectual organs to their aid, then men “will not seek their own, but the wealth of others.” Then they will not consent to hold an exclusive interest, because the element of selfishness does not exist among the moral and intellectual organs. Consequently controlling, they can not be controlled by it. The lustful propensities are the source of selfishness, and are, for useful purposes, to be controlled by the higher principles. Happiness is not obtained from selfish acts or motives—it is entirely reciprocal, a circulatory, going from us to others, and coming from them to us, in the channels of aid, goodwill, and kindness. Hence, the more we promote the happiness of others, the more happiness we are enabled to enjoy.

Christians are happy in proportion as others are happy around them. No man is a Christian but he who lets the man-power control the animal-power and keeps it usefully employed. Usefulness is, or should be, the ultimatum of the life in the flesh. Nothing short of having an eye single to the glory of God (the good of mankind in eating or drinking, or whatever we do) will secure happiness. The man who eats, drinks, or wears that which will not strengthen and invigorate the body, or add to its comfort, eats, drinks, or wears to indulge a lustful propensity—therefore consents to be a child of evil.

The Church in all its various branches absolutely requires no restrictions on the most reckless extravagances in eating, drinking, and wearing. I suppose that sugar is destroying more life, by half, than any other thing taken into the human system. There is an abundant supply of sugar in everything we eat to meet the demands of nature, and in very many things which are supposed to be indispensable to the higher comforts of man, there is a great superabundance of sugar, as in pumpkins, beets, carrots, parsneps, apples, pears, peaches, and the like fruits, potatoes excepted. These fruits are almost entirely deficient in the ingredients which are necessary to support a vigorous constitution. Sugar forms flesh but little better than clotted blood. It is very deficient in those properties that go to form bone, sinew, and nerve; therefore children should not be allowed to eat these trashy fruits. And the probability is, that the reason why people generally complain in the spring of the year that they are weak, generally debilitated, and that their blood is out of order, is because of their having eaten so largely of saccharine fruits through the preceding fall and winter. It is a known fact that animals fed on the soft fruits will take on flesh fast, if allowed to remain idle. It is also a known fact, that such flesh will vanish like the morning dew when put to the test of ac-

tive labor. What is the cause of the children of the present time, especially in this country, being so deficient in the quality of bone, and constitutionally deteriorated from the status of their ancestors? There is a legitimate cause for it somewhere, either known or unknown. It is true that the present modes and customs of dress are extremely pernicious and injurious to the constitution of the young; but it is evident that a more powerful agent, and having freer access to the halls of vitality, is working greater evils than the abominations of dress. If this agent is not to be found in the thousand forms of sweetening, sugar-coating, candying, and confectionizing, we must ask “for further light.” There are a few of us in this place who are trying to search out the true mode of living, and of conducting business.

We desire what assistance is available, therefore we ask your assistance through your publications, which we will pay you for. We ask it not merely for our benefit, but for the spread of truth generally. If you can consent to let us make such like inquiries through your journals, we will do our best to help bind the powers of darkness and introduce the light of the kingdom of peace into the circles of earth. We prefer not to have the papers sent until you can publish in them what you think of our question and position.

THE PARSEE, JEW, AND CHRISTIAN.

A Jew entered a Parsee temple, and beheld the sacred fire. “What!” said he to the priest, “do ye worship the fire?” “Not the fire,” answered the priest; “it is to us an emblem of the sun and of his genial heat.” “Do ye then worship the sun as your god?” asked the Jew. “Know ye not this luminary also is but the work of that Almighty Creator?”

“We know it,” replied the priest; “but the uncultivated man requires a sensible sign in order to form a conception of the Most High. And is not the sun, the incomprehensible source of light, an image of that invisible Being who blesses and preserves all things?”

The Israelite thereupon rejoined: “Do your people, then, distinguish the type from the original? They call the sun their God; and descending from this to a baser object, they kneel before an earthly flame! Ye amuse the outward, but blind the inward eye, while ye withdraw the heavenly light! Thou shalt not make unto thee any graven image or any likeness.”

“How, then, do ye designate the Supreme Being?” asked the Parsee.

“We call him Jehovah Adonai, that is, the Lord who is, who was, and who will be,” answered the Jew.

“Your appellation is grand and sublime,” said the Parsee; “but it is awful, too.”

A Christian then drew nigh and said, “We call him *Father*.”

The Pagan and the Jew looked at each other, and said, “Here is at once an image and reality. It is a word of the heart,” said they.

Therefore they raised their eyes to heaven, and said, with reverence and love, “Our *Father*!” And they took each other by the hand, and all three called one another “brother!”—*Krummacher*.

DIET IN THE ARMY.

A CORRESPONDENT of the New York Tribune, in one of his letters, makes the following observations, which seem to us eminently correct. The writer is a *Hygienic Reformer*, and as he seems not yet to have progressed to the point beyond which all who advance are styled fanatics, we hope he will be able to obtain a hearing. He writes:

“May it not perchance serve for good if I should say that a very wide observation has brought me conclusively to the knowledge of these three truths:

“1. That only necessity can justify the camping of a regiment within a wood. The best possible place for it is an old corn-field, whose repeatedly upturned soil, searched by the hot sun, has at least been sucked dry of the gases that make malaria. The worst place is a wood of hard timber, in which the ax, set agoing so soon as the knapsacks are unslung, makes openings through which the admitted light and heat evolve disease from the soil by day, and the natural expiration of carbonic acid from the leaves (the lungs of the trees) adds by night to the poison which is decimating the regiment while it sleeps. An army rule should positively forbid the placing of a camp anywhere save on old and open ground, if this be practicable.

“2. Our soldiers do not, will not, and can not cook healthfully and nicely for themselves. Every regiment should have a cook, to be a non-commissioned officer, with assistants enough to do the work punctually and well. These should cook for the men. The present system of rations should be abolished. The army list of food should be revised, so as to substitute anti-scorbutic aliment to a proper extent, in place of this eternal grease. More vegetables should be used—and especially more vinegar. Old army officers are familiar with scurvy ashore—scurvy among infantry troops who never saw a ship or heard of the Arctic voyage. *I have seen it to-day on the battle-field of the Seven Pines.* Onions, potatoes, carrots, and pickled cucumbers, cabbage, and cauliflower would repel this disease, and would permit the use of fresh meat, *with exemption from diarrhoea*, as often as three days in the week. Beef killed ‘on the hide,’ as the phrase is, and consumed, as it always is, within a few hours after being cut up, is unquestionably aliment. But if made to constitute 50 per cent. of the food of an army, it will bury it utterly out of sight, more certainly than bullets and bayonets can possibly do. Man’s alimentary canal will stand more abuse than the Erie Canal, but it will not forever stand the soldier’s fresh beef and the soldier’s coffee. The banks on both sides will be cut through by these poisons, in time, with dead certainty. The abolition of rations and the institution of the regimental kitchen would save the government millions on millions of money in its Commissary and Quartermaster’s Department, and would raise the health of the troops 50 per cent., and would wonderfully augment the efficiency of the army and content with the service.

“3. If Death has anywhere on this earth been extracted into an essence, he lurks, scythe, hour-glass, and all, in COFFEE-THREE-TIMES-A-DAY. A

rule, to be enforced, if necessary by the bayonet, should require soldiers to drink tea every evening. I know that the most obstinate producing cause of diarrhea in this army is the triple diurnal swilling of what is called coffee. The popular whine about the 'badness of the water' is everywhere sheer nonsense. Water with lime or magnesia in it, like that of the Missouri and Mississippi, does produce disturbance in novices. The water of these streams and swamps, not poisoned by medicinal shrubs, does not hurt man a particle more than it hurts the horse or the ox. I long since threw away my filter as an incumbrance, and, dismounting from 'Bayard,' often kneel and drink with him from standing water, with impunity as well as refreshment. This drink, Nature's preparation, I can stand as well as he. But the soldier-cooked coffee—greasy, burnt, bitter, and corrosive—gulped down hot three times a day, would establish diarrhea upon an army of Samsons. I do believe it to be more hurtful than whisky, even that rot-got villainy called 'Commissary.'

"But what is the use? War and military administration run in deep grooves, and he needs to be young and full of hope who would pry them out with a pen."

A CHAPTER FOR THE MEN.

VERY frequently do I wonder why there is so much said to the women about making home happy, and nothing said to the "lords of creation." Does any one suppose that they are so perfect that they do not need advice? Are they always kind and cheerful, and do they never speak cross? A woman may try to make her home pleasant and comfortable, and the children happy and contented, but it is all in vain if the husband comes in moody. A sudden chill is thrown over the merry group—the household is gloomy and silent, the cross man has cast his shadow. Why did he allow that frown to shade his brow as he entered? He did not need to speak cross at his wife and snap at his children—they surely did not deserve it. Such action only tends to alienate the affections of his family, and there is nothing worse than to lose the affections of one's home friends. I do wish for the sake of my sex, that those who have so much good advice to give, would let the men have a little. I know of no class that needs more than these "rulers" of the household. Don't they fret and scold if the least thing is out of order, never noticing the thousand-and-ten things prepared expressly for their comfort? Don't they raise a row among the children, scolding one, boxing another, whipping a third, making music that is anything but pleasant to hear? Don't they have the sulks a week on a stretch, when nobody, not even themselves, knows any cause for it? I tell you the men are anything but perfect. There are some noble exceptions, I admit, but they are few. I do not mean to condemn all for the faults of the majority. In more than half the families where there is discord and strife, men are the most to blame, and I hope we shall hear less scolding of the women for the errors of the "sterner sex."—*A. R., in the Rural New Yorker.*

FOMENTATIONS.

BY S. O. GLEASON, M.D.

It is a long time since I have written anything for a public journal. So much has been said through the press upon all points, that I find little or nothing, new or useful, left to be published from my pen. Nevertheless, I will venture to offer a few suggestions on fomentations. Among all the various modes of using water as a remedial agent, there is none more generally useful or more frequently demanded, in domestic practice, than hot fomentations.

Skillfully applied, they are at once a vigorous and safe remedy. Sixteen years of Hydropathic practice have made me greatly attached to their use, in almost all forms of chronic as well as in acute diseases.

In order to give intelligent hints in regard to their use, I will describe the method I have found the most convenient for their application. I make three sizes of cloths, to use as occasion demands. Take, for large size, one yard of flannel, and fold it so as to make it four thicknesses, and sew together. For second size use three quarters of a yard folded in the same manner. For small size take one half yard, fold and sew together as before mentioned. The most convenient method of using them is to take a pail of boiling water—dip in the cloth, holding on to one corner, until it is saturated; then pass it through one of the various kinds of patent wringers used in wash-rooms. Rubber rollers constitute the main features of these useful machines, the cloth passing between the rollers, as they are made to revolve by means of a crank. All Water-Cure establishments should have one of these machines in each bath-room for their convenience. When these are not at hand, the flannel to be used should be folded in a small compass and put into a double towel, the ends of the towel being slightly twisted so as to hold the fomenting cloth in place, and put the same into a wash-bowl and pour on boiling water until it is thoroughly wet through; then wring it dry as possible by twisting the ends of the towel, and thus compressing the cloth between the two hands.

The success that attends the use of this remedy depends much upon the vigor with which it is applied. The cloths should be put on as *hot as can be borne*, else they are not efficient. The first one put on can not be borne as hot as the succeeding ones. The skin gradually becomes accustomed to the heat, so they must be made *hotter* the longer they are kept on. Water, in which the cloths are to be wet, should be *kept hot* and not allowed to become *cooler* as the fomenting goes on. They should be changed once in about five minutes, and be kept well covered while on, so as to prevent the rapid escape of the heat. Five to six changes are generally all that is needed at once to produce marked results, especially in acute attacks.

The parts after the foment should be sponged off in water at seventy degrees, or bandages put on wet in water at the same temperature, as the case demands.

The preferable posture, when the chest, stomach, or abdomen is to be fomented, is to lie on the

back. When the side is to be treated, lie on the opposite one. So various are the diseases in which this remedy is of value, that I can only give a few specifications, hoping that when once used, the skill and ingenuity of many persons will enable them to apply it in very many instances not mentioned in this article. Perhaps the best method of giving practical hints will be to sketch cases in which this mode of water treatment has been my sheet-anchor.

Some years since I was called to see an old physician who had already three medical advisers—enough to insure definite results to one sick man—found him suffering from acute inflammation of the lungs. His respiration was laborious and very painful—his pulse one hundred and forty per minute. On my entering the room, he says, "I am very sick—can you save me?" I replied, "I will try." I at once proceeded to foment his entire chest most vigorously. He soon began to experience relief, and in the warmest manner expressed his gratitude for the greater freedom of his respirations. After fomenting about one half hour, put on wet compress to keep the skin from becoming too sensitive as well as to reduce the fever. In about one half hour fomented again, putting on the bandages as before. Kept up this process for twelve hours, alternating fomentations and compresses. Meantime the respiration became quite free, expectoration became profuse and easy, pulse were greatly reduced in frequency; in fact, the patient was *out of danger*. He soon entirely recovered.

During the past winter a young man of intelligence came to me, pale, with a pinched expression of face, pulse over one hundred per minute, saying that he had tried medicines but found no relief. I examined his chest and found one lung badly congested. I put him in a half-bath of one hundred and eight degrees, and put fomentations on his chest while in the bath. The hot half-bath would of course draw the blood freely to his extremities, while the foment would increase the circulation of the surface of the chest and relieve the suffering lung. After remaining in the bath some fifteen minutes, reduced the temperature of the bath by drawing in cold, to about seventy degrees. Then rubbed the entire body, wiped dry, used hand-rubbing for a few minutes after, and sent him to his room. This process was repeated twice per day, with a foment of the chest at night. In three weeks he left the "Cure," sound and well, having gained several pounds in weight. During all this time the patient walked several miles each day.

In inflammation of the eyes I have found fomentations of great value. Have just had a case of scrofulous inflammation of the eyes in a young child. On opening the lids the matter would gush out of them in large quantities. The lids were greatly swollen, and very red. Used fomentations three times per day, hot as was practicable for so young a child, and kept on linen compresses wet in tepid water most of the time. Under this treatment the inflammation, suppuration, and swelling rapidly subsided.

This mode of treatment is valuable in chronic as well as in acute inflammation. Chronic rheumatism of the joints is more surely overcome by

the vigorous use of this remedy than by any other means. They must be fomented from once to twice per day, and cold poured upon the parts after when practicable, if otherwise, wash off in cold after

Painful wounds, sprains of joints, all need fomentations. In dyspepsia and disturbances of the liver, as well as in constipation of the bowels, they constitute an important and efficient remedy. I can not, of course, specify in one article all the diseases in which this remedy is useful, but trust that these few hints may be of some value to many of the readers of the *HYGIENIC TEACHER*.

ELMIRA WATER-CURE, N. Y.

GOOD TASTE.

Good taste is the "luminous shadow" of all the virtues. It is social discretion, it is intellectual kindness, it is external modesty and propriety, it is apparent unselfishness. It wounds no feelings, it infringes on no decorums, it respects all scruples. A man thus gifted, even though he be not a wit, spreads a genial influence about him from the trust he inspires. The stiff man can unbend, the cold can thaw, the fastidious can repose on him. No one is committed to more than he chooses—no ungenerous use is made of an unusual or transient impulse. Good taste is practical, though not deep, knowledge of character; it is perception of the distinctive points of every occasion; and thus it reconciles and harmonizes where bad taste perpetuates differences and necessitates separations. And yet we by no means wish to make good taste a synonym either for virtue or intellect—it is rather that quality which sets off both at their best. It is an affair, in some degree, of social training—it is one aspect of knowledge of the world. Those who are little in general society—who confine themselves to family intercourse or to that of a set or clique, whatever the position, whatever the intellectual or moral pretensions of that clique—are almost sure to fail in it in new scenes. All persons of a single idea, engrossed by one object, are perpetually infringing on the rules of good taste. If they are religious, they are pragmatism and intolerant, regardless of sensibilities. If they are useful, they do their work with unnecessary fuss. If they are learned, or deep, or clever, they make these good gifts unpopular. If they are merry, we are kept on thorns—if they are grave, they are a check and restraint. They fail in every social crisis. In every difficulty they take the wrong way. They are forward when they ought to be retiring—their diffidence is constantly misplaced. There is no knowing where such people are—to what lengths an emergency or excited spirits will drive them. It is the cause of half the seeming injustice of society. The man of bad taste can not comprehend why things are not tolerated in him which are allowed in others. He is the last to see that the presence or absence of a correct taste makes the same practice or amusement agreeable or repugnant—that nothing can be judged fairly without taking the manner of doing it into consideration. He is therefore forever grumbling at the inconsistencies and partialities of mankind. The fact is, every hinge with some people grates and creaks, at each turn jarring on sensitive nerves; while good taste is the oil which keeps the machinery of society, with the least wear and tear, noiselessly and profitably at work.

THE VAPOR BATH.

BY MRS. O. C. A. WOOD, M.D.

THIS form of bath is, I think, destined to come into very general use. So far as my knowledge extends, it has been favorably received. I have used it about six months in my practice, both alone and in connection with electro-magnetism and other hygienic appliances, and always with good results. With it I have treated neuralgia, nervous rheumatism, St. Vitus' dance, diphtheria, colds, coughs, scrofula, dyspepsia, deafness, and a great variety of chronic diseases, many of which have been of an aggravated character; and all have yielded with an astonishing degree of rapidity. It is so mild, pleasant, and agreeable, that even those who could not be induced to take any other form of bath, have readily submitted to this.

Thus it is proving a valuable auxiliary to the hydropathic physician in two ways. First, by adding another to the list of hygienic agents. Second, by enlarging his sphere of practice. Not only is it successful, but it is satisfactory to the patient, the more so, especially when he sees with his own eyes the water in which the towels have been rinsed which were used in rubbing him. I have allowed patients to remain in this bath from five to thirty minutes, and have then sponged them off with water from sixty to seventy-five degrees, always varying the duration of the bath and its temperature, as well as that of the water sponged off with, according to the nature of the disease, the age and constitution of the patient.

UTICA, N. Y.

UNGRATEFUL CHILDREN.

The Eastern proverb, which declares that there are no ungrateful children, is nearer the truth than it appears. It is but another version of the Bible maxim: Train up a child in the way he should go, and when he is old he will not depart from it.

The parent who does really train up a child in the way he should go, is the parent who truly deserves the gratitude of his child, and he is the only parent who can hope to receive it in full measure. How many parents there are who, after indulging their children's every desire, are sincerely astonished to find them making no return of love and gratitude!

Gratitude! For what should they be grateful? For an impaired digestion? For a will uncurbed? For an appetite unregulated? For a heart cold? For a mind empty? For hands unskilled? For a childhood wasted? For the chance of forming a noble character lost? These are poor claims upon the gratitude of a child.

Bring up your child so that, at a mature age, he has a sound constitution, healthy desires, an honest heart, a well-informed mind, good manners, and a useful calling, and you may rely upon his making you such a rich return of grateful affection as shall a thousand times repay you for the toil and self-denial which such a training costs. No—there are no ungrateful children, when they have anything to be grateful for.

RICH AFFAIR—A MAN DRAWS ON A CITY FIRM FOR A WIFE.—A few days since, a respectable business firm on Water Street received a letter from a customer near Youngstown, inclosing an order for—a wife! The customer was a rich, middle-aged Dutchman, and a widower. He said he wanted a wife right off, and had no time to look up one for himself, but should be in town in a day or two to marry the woman which he depended on his city friends to have ready for him. Such an order rather took the merchants aback, but the man was too good a customer to disoblige. As they had no supply of the article on hand for sale, one of the firm went out to hunt it up, and at an intelligence office got track of a girl who could speak German and English, was tolerably good looking, and very much wanted to find a husband. A bargain was struck. The Dutchman came in yesterday, found an article ready for him, approved of it, and took his curious purchase home with him. We did not learn whether the firm charged a special fee, a percentage commission on the market value of the article.—*Cleveland Herald*.

PRECIPITATION ruins the best plans, patience facilitates the most difficult.

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No Advertisement inserted for less than One Dollar.

THE HYGIENIC INSTITUTE AS A SUMMER RESORT.

Many persons have a great antipathy against going to a Water-Cure in a large city in the summer, thinking the air is so oppressive, and the heat so intense, that they must suffer in consequence. This would be true of some large inland cities; but New York—situated upon an island, surrounded by broad rivers and bays, and so near the sea—is remarkable for its great equanimity of temperature. We do not have extremes either of heat or cold. Last summer persons came here, in the warmest weather, from Saratoga and from Sullivan County, who said they suffered much less from heat here than in either of those places. Our LOCATION is pleasant, being but one door from St. John's Park, to which our patients have access at all times, and so near the River and Bay that we get the benefit of fresh air both from the Water and Land.

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LATE in the month, too late for insertion, without displacing articles already in type, comes to us a full report of the sayings and doings at the Hydropathic Establishment at 15 Laight Street. It was not our good fortune to be present, which we regret the more since reading the account.

To the open court, at 2 o'clock, the guests, some eighty in number, repaired, where, under an awning constructed for the occasion, dinner awaited them. Four long tables, decorated with flowers, were tastefully spread with some thirty different varieties of fruits, farinacea, and vegetables.

All being seated, and the blessing asked by the Rev. Wm. H. Thompson, of Wisconsin, the various dishes were thoroughly discussed, after which Jos. W. Fabens, late U. S. Consul, was called to preside at the intellectual part of the banquet. On taking the chair, he made a few remarks very appropriate to the day and the occasion, after which Mr. A. S. Harris, of the N. Y. *Tribune*, read the toasts and sentiments which had been prepared for the occasion, which were varied in character, some patriotic and general in their tone; others, the merit of which would be understood only by those who were acquainted with the persons and circumstances which called them forth. Among many pleasing ones of this sort, there was none more appropriate and well-deserved than the following:

Dr. MILLER, sketched by Tennyson.

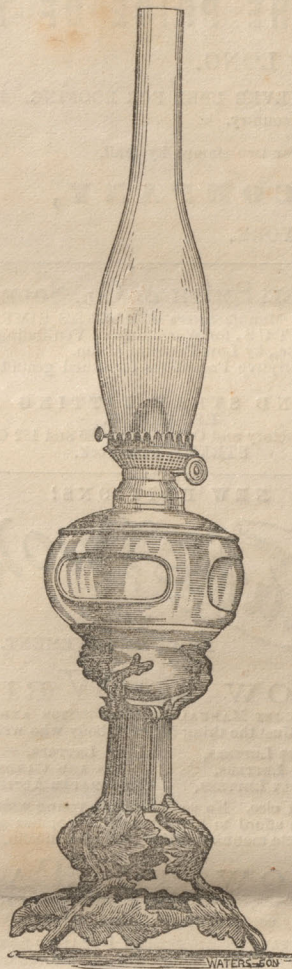
"I see the Happy Miller yet,
His bearded chin and goodly size;
And who has seen him can forget,
The pleasant twinkle of his eyes;
The gentle smile that round about
His full-orbed forehead now is curled,
Seems half within and half without,
And full of kindness to the world."

"Before Richmond," a poem, by G. W. Bungay, was read by Mrs. Jones, and the entertainment was rendered more attractive by the songs contributed by Mr. and Mrs. Thompson.

Speeches and remarks, in reply to toasts, were made by several of the guests, among whom were Messrs. Sizer, Taft, O'Leary, Ritter, Rev. Mr. Thompson, and others.

Before the interest of the occasion had abated, it was announced that arrangements previously made, for the entertainments of the evening, rendered it necessary to bring the exercises to a close. Whereupon Mr. Sizer moved an adjournment for one year, which, being seconded by Dr. Miller, was passed unanimously.

We wish every family in the West would send for the *HYGIENIC TEACHER*, published by Fowler and Wells, New York. It is only One Dollar a year, and it is richly worth ten times that amount, to say nothing of the advantage derived from its perusal in a scientific and hygienic point of view. A family that takes and carefully reads this journal will not much need to employ a physician. We regard it as one of the most useful and really valuable publications issued from the press in this country. We should not well know what to do without it.—*White Water Register*.



IMPROVED METHOD OF CONSTRUCTING LAMPS.

A VERY great inconvenience has been very generally experienced by those who use that class of lamps which consist of a glass globe or vessel for containing the oil, and a stand or base to support it. These have heretofore been fastened together by setting the peg or glass part into a cup or funnel at the top of the stand, the cup having been previously filled with stucco, or plaster of Paris, in a soft state, and the glass peg being pressed down into it. When made in this way they are liable to come apart by the loosening of the stucco or the breaking of the peg. In the construction shown in the above cut, however, the separating of the parts is rendered impossible, without breaking the globe or oil-vessel. It consists in making the said globe with a projection or bulb on the lower end, and then riveting the base around it. For this purpose the base is formed in three or more parts, and after being placed in the proper position, it is riveted together. In this way a much stronger construction is obtained than is possible in the common method. This improvement is the invention of Mr. Charles T. Close, of this city, to whom all communications in reference to the lamp may be addressed.

DRUGS AND DYSENTERY IN THE ARMY.

ONE of our friends writing from the army says: "We have a number of sick in our division; their diseases are principally diarrhea and intermittent fever, and the worst of it is, that all the drugs in God's kingdom won't cure them. I have had some experience in that line, having been hospital steward for the last six months; and I am fully convinced that if they would throw away their medicines and adopt the Water-Cure, the grand Army of the Potomac would be better able to cope with traitors, because of the health of the men."

There is truth in this. We have never seen a case of diarrhea that would not succumb to the syringe; and drugs produce intermittent fever instead of curing it. Water dressings for wounds, that we have so strenuously urged, are now very generally used in the army, and acknowledged an improvement. One of "our boys," who has probably directed more than one journal to you, reader, was wounded in the leg at the battle of James' Island. By the aid of a comrade he bound up his wound, seeing nothing of the surgeon till the next day. When he made his appearance, George had his basin of water beside him, from which to wet the bandages and keep down inflammation. The surgeon looked at him, then at the water, and with the remark, "You'll do, young man," passed on to some one who didn't know how to take care of himself.

A friend writing from near Cumberlandford, says: "If I only had a Water-Cure hospital here, I could save many lives, if I were permitted to do so," and adds: "if I were to select the place best adapted to promote disease and insure death, I would look no further than the army hospital as now managed."

Will not the friends of Hygienic reform everywhere protest against this legal, wholesale poisoning. It is the duty of every loyal man to do all he can to put down rebellion, even at the sacrifice of his own life on the field of battle; but it is not their duty to submit to be dosed and drugged by pill and powder. Some have rebelled and utterly refused to take medicine as a preventive, and so far as we have heard they have preserved their health.

The officers of our army, as a class, know little enough about their business; but the surgeons are, if possible, worse. There are a few honorable exceptions, but a majority are ignorant of the first principles of medicine or surgery, and owe their positions entirely to political influence or money.

HOW TO WRITE FOR A NEWSPAPER.—As a general rule, short pieces are the best liked. The public like a short article when it is a condensation.

This introduces a second idea. An article to be printed should absolutely have something in it. If professed argument, it should be conclusive; if pathetic, it should moisten the eyes; if an anecdote, it should have a sharp point; if philosophy, it should go to the primitive rock; if practical, it should go like an arrow to its work; if spiritual, it should awe the soul that reads it.