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AND

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CALENDAR FOR OCTOBER, 1862.

| Moon's Phases. | BOSTON. Lat. 42° 21' N | NEW YORK. Lat. 40° 42' N | WASH'TON. Lat. 38° 53' N |
|--------------------|---------------------------|-----------------------------|-----------------------------|
| Full Moon..... | 7 4 3 ev. | 8 51 ev. | 8 39 ev. |
| Third Quarter..... | 15 6 58 ev. | 6 46 ev. | 6 34 ev. |
| New Moon..... | 23 2 52 mo. | 2 41 mo. | 2 29 mo. |
| First Quarter..... | 29 7 0 ev. | 6 48 ev. | 6 36 ev. |

| Day of M. | Day of W. | BOSTON. | | | NEW YORK. | | | WASHINGTON. | | |
|-----------|-----------|------------|-----------|------------|------------|-----------|------------|-------------|-----------|------------|
| | | Sun rises. | Sun sets. | Moon sets. | Sun rises. | Sun sets. | Moon sets. | Sun rises. | Sun sets. | Moon sets. |
| | | H. M. | H. M. | H. M. | H. M. | H. M. | H. M. | H. M. | H. M. | H. M. |
| 1 | W | 5 56 | 5 43 | morn. | 5 56 | 5 43 | morn. | 5 56 | 5 44 | morn. |
| 2 | Th | 5 57 | 5 42 | 0 16 | 5 57 | 5 42 | 0 19 | 5 57 | 5 42 | 0 23 |
| 3 | Fr | 5 55 | 5 40 | 1 26 | 5 55 | 5 41 | 1 29 | 5 55 | 5 41 | 1 31 |
| 4 | Sa | 5 59 | 5 39 | 2 35 | 5 59 | 5 39 | 2 38 | 5 59 | 5 39 | 2 39 |
| 5 | S | 6 15 | 5 38 | 3 42 | 6 05 | 5 37 | 3 43 | 6 05 | 5 38 | 3 43 |
| 6 | M | 6 25 | 5 36 | 4 49 | 6 15 | 5 36 | 4 49 | 6 15 | 5 37 | 4 48 |
| 7 | Tu | 6 35 | 5 34 | rises. | 6 25 | 5 34 | rises. | 6 25 | 5 35 | rises. |
| 8 | W | 6 45 | 5 33 | 5 35 | 6 35 | 5 33 | 5 38 | 6 35 | 5 34 | 5 41 |
| 9 | Th | 6 55 | 5 31 | 6 8 | 6 45 | 5 31 | 6 12 | 6 45 | 5 33 | 6 16 |
| 10 | Fr | 6 65 | 5 29 | 6 43 | 6 55 | 5 29 | 6 43 | 6 55 | 5 31 | 6 53 |
| 11 | Sa | 6 85 | 5 28 | 7 26 | 6 65 | 5 28 | 7 31 | 6 65 | 5 30 | 7 37 |
| 12 | S | 6 95 | 5 26 | 8 13 | 6 75 | 5 26 | 8 13 | 6 75 | 5 29 | 8 24 |
| 13 | M | 6 105 | 5 24 | 9 5 | 6 85 | 5 25 | 9 10 | 6 85 | 5 27 | 9 16 |
| 14 | Tu | 6 115 | 5 22 | 10 0 | 6 95 | 5 23 | 10 5 | 6 95 | 5 25 | 10 10 |
| 15 | W | 6 125 | 5 20 | 10 59 | 6 105 | 5 22 | 11 3 | 6 105 | 5 24 | 11 7 |
| 16 | Th | 6 135 | 5 19 | 11 59 | 6 115 | 5 20 | morn. | 6 115 | 5 22 | morn. |
| 17 | Fr | 6 145 | 5 17 | morn. | 6 125 | 5 19 | 0 2 | 6 125 | 5 20 | 0 5 |
| 18 | Sa | 6 155 | 5 16 | 1 2 | 6 135 | 5 17 | 1 4 | 6 135 | 5 19 | 1 6 |
| 19 | S | 6 175 | 5 14 | 2 6 | 6 145 | 5 16 | 2 8 | 6 145 | 5 17 | 2 9 |
| 20 | M | 6 185 | 5 13 | 3 12 | 6 155 | 5 15 | 3 12 | 6 155 | 5 16 | 3 12 |
| 21 | Tu | 6 195 | 5 11 | 4 21 | 6 165 | 5 13 | 4 20 | 6 165 | 5 15 | 4 19 |
| 22 | W | 6 215 | 5 10 | sets. | 6 175 | 5 12 | sets. | 6 175 | 5 14 | sets. |
| 23 | Th | 6 225 | 5 8 | 5 8 | 6 185 | 5 10 | 5 11 | 6 185 | 5 12 | 5 16 |
| 24 | Fr | 6 235 | 5 7 | 5 51 | 6 215 | 5 8 | 5 55 | 6 195 | 5 12 | 6 0 |
| 25 | Sa | 6 245 | 5 5 | 6 45 | 6 225 | 5 7 | 6 50 | 6 205 | 5 10 | 6 55 |
| 26 | S | 6 255 | 4 7 | 7 43 | 6 255 | 5 5 | 7 53 | 6 215 | 5 9 | 7 58 |
| 27 | M | 6 275 | 5 2 | 8 57 | 6 245 | 5 4 | 9 1 | 6 225 | 5 7 | 9 6 |
| 28 | Tu | 6 285 | 5 1 | 10 7 | 6 255 | 5 3 | 10 11 | 6 235 | 5 10 | 10 15 |
| 29 | W | 6 295 | 5 0 | 11 13 | 6 265 | 5 2 | 11 21 | 6 245 | 5 4 | 11 24 |
| 30 | Th | 6 315 | 4 58 | morn. | 6 275 | 5 0 | morn. | 6 255 | 5 3 | morn. |
| 31 | Fr | 6 325 | 4 57 | 0 28 | 6 285 | 4 59 | 0 30 | 6 265 | 5 2 | 0 32 |

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."

HUMAN FOOD—No. 2.

BY W. T. VAIL, M.D.

HUMAN food, as we stated in our former article, is simply the material of which our bodies are made, presented to the assimilating organs in such organic shape as that these shall be able to appropriate it and make it a part of the living structure. It thus subverts the important purpose of keeping the vital machinery in action, and of imparting that kind of energy and activity to the body which is indispensable to the prolongation and continuation of human life.

TESTS.

We hold, therefore, that the above statements furnish the true and unequivocal tests which decide the character of any particular substance, whether vegetable, animal, or mineral, in regard to its alimentive or non-alimentive qualities.

1. That all human food is organic in form.
2. Any article of true human food duly received into the digestive organs contributes to the prolongation of human life.

Our first proposition, therefore, cuts off all such substances as common salt, iron, alcohol, etc. (which have not unfrequently been claimed as alimentary substances), because they are mere chemical elements or combinations; but we are quite willing any one shall test them by our second rule; will they, can they be made, in any inorganic form, to contribute to the prolongation of human life? When it can be shown that a human being can subsist longer on common salt, or iron, or alcohol, singly, or altogether, as a dietary resort, then let these articles be classed as human food; until then, we should as soon think of placing any common dirt in the dietary catalogue as these, the many clamorers for the indispensableness of common salt, and of the very great desirableness, at least, of iron, alcohol, and the like, to the contrary notwithstanding.

STIMULANTS NOT FOOD.

Laying aside the consideration for the present,

whether or not stimulants of any kind are ever proper or desirable, nothing can be more obvious than that simple stimulants, of whatever character or nature, can never be classed as human food. Their most strenuous advocates have never claimed that the use of any of them, or any combination of them, would contribute to the prolongation of human life; nor have they, to our knowledge, ever instituted any particular experiments to test so important a point. Until such experiments have been instituted, and it has been conclusively shown that animal life may be prolonged by their use, they can never be classed as alimentary substances, whatever may be claimed in regard to their chemical or medicinal effects. Hence we claim that tea, coffee, pepper, ginger, allspice, cloves, etc., are no more food than rum, gin, brandy, whisky, and the like, and these no more food than tobacco, opium, quinine, strychnine, or arsenic. No one of the above articles contains any organic alimentary principle which can build up any of the tissues of the human body.

ANIMALS AS FOOD.

Tried by either formula we have stated, animal flesh claims to be human food; it is organic in form, and contributes to the prolongation of human life. Whether animal flesh is the best human food, or indispensable to a perfect human diet, is quite another question, which will be considered in its turn; but that animals must ever hold a place in the catalogue of human foods, scientifically considered, is a point that can never admit of discussion. All we have to say in relation to this matter is, that different substances hold different ranks in the alimentary scale; that of vegetable substances even, which all acknowledge as food, some rank as the very best forms of human aliment, while others sink comparatively low in the scale, and under some circumstances are positively injurious as articles of diet. That some kinds of animal food, under certain circumstances, are better than some kinds of vegetable food, we shall conclusively show at the proper point.

VEGETABLES AND FRUITS.

That the Creator, in the beginning, especially adapted the human organization to a certain kind of diet, there can not exist a doubt. That man, of all the animal races, possesses the largest

capacity for adapting himself to great changes and varieties in regard to food does not affect the question. Other animals can exist in unnatural conditions (though in diseased and stunted ones) as well as man. So man, as well as they, has his natural conditions of life and healthful development, and no artificial or unnatural arrangements can be successfully substituted in their stead.

That man's organization was originally adapted to a vegetable and fruit diet, the biblical record stands as a sufficient historical proof. "And God said, Behold I have given you every herb bearing seed, which is upon the face of the earth; and every tree in the which is the fruit of a tree yielding seed, to you it shall be for meat." Had animal flesh as food been a necessity to man's nature as originally constituted; had it even been indispensable to a full development of his health and strength, as is now claimed, it must occur to every one as passing strange that He who created man, and knew the nature He had given him, should not have included *this* article of diet in the catalogue of things which should be given him for meat. The only reason that can be assigned for such an omission is, that God, having so created him that "the fruits of the field formed the diet best adapted to his constitution," He made the statement accordingly.

Nor can it be fairly inferred that any changes in man's nature have taken place since his creation which have adapted him to a different diet than that originally intended for his use. The permission to eat animal food given him in the ninth chapter of Genesis is, according to the best commentators, *only* a permission. God has permitted man to do a great many things not best for him. Witness the polygamy of the earlier ages; the avenging of blood by the relatives of the slain man, and many other practices and customs only reconcilable with a state of ignorance and barbarism. We can not, therefore, agree that any mere permissions given us in the Scriptures are in harmony with the constitution of our being, necessary to, or even consistent with our best development or highest happiness. Nothing is plainer than that some of these permissions not only do not contribute to our highest welfare and happiness, but tend, on the contrary, to degrade and demoralize us; and hence not a few of them have been expressly abrogated by later enactments, and man placed in regard to them strictly upon his original basis.

That man must seek to place himself back upon the original basis of his primitive physical organization, and render a strict obedience to its laws, before he can expect to realize the highest development of his physical nature, the greatest immunity from disease and suffering, the most extended longevity of which his nature is capable, and the highest degree of earthly happiness, is, to our mind, just as plain as that he must render obedience still to the laws of his moral nature. The original *virtue*, in either case, is *virtue* still, and its appropriate reward still obtaining.

In accordance with this historical proof, we have that of comparative anatomy, consisting of the structure and organization of the human frame. Man much more strongly resembles in the structure and organization of his digestive apparatus the grain and fruit eating animals than

he does the carnivorous, while at the same time it can not be denied that he has a capacity for digesting animal as well as vegetable food, which has been conferred upon him, doubtless, for a wise purpose by his Creator. To this point we shall recur again in the future.

We claim, however, that if any further proof be needed than the historical one already alluded to, in regard to the best adapted and most natural diet of the human race, it can never be arrived at *conclusively*, except by practical experiment. Man must be willing to make a fair, extensive, and extended trial (it may be through several generations), and note the physiological results. So far as experiments have yet been instituted, it can not be questioned that the results are decidedly in favor of a vegetarian diet, as the one most perfectly adapted to man. With its use it is evident he enjoys a greater immunity from disease, with a freer and fuller use of his moral and intellectual faculties. Whether he can thus secure a greater longevity has not yet been sufficiently proved by any modern experiments. There has not yet been sufficient time to prove this important point, as it would require, at least, several generations of vegetarian men and women to give the experiment a fair trial.

It is not unfair to notice, however, in this connection, that we have some pretty fair examples of vegetarian longevity in the primitive ages. The average age of the generations of men, from Adam to Noah, was upward of nine hundred years. Will any one argue that these men were meat eaters, and hence the secret of their great longevity? We might observe, also, as a somewhat remarkable coincidence, that after the flood, when permission was given to eat "every moving thing that liveth," that the longevity of man began at once to diminish. Might there have been any physiological connection between these events?

[TO BE CONTINUED.]

WATER-CURE IN THE WEST.

I CAME to this, the worst of all countries for drugging, in November, 1860, with fixed determination to build a water-cure; and not knowing just where to pitch my tent, I, by the recommendation of interested parties, alighted at this truly naturally beautiful place, Crystal Lake. Not being prepared to go about my work of building immediately, I commenced perambulating among the different parts of this and adjoining counties; and, being strongly invited, I would frequently give an evening's entertainment on medical and dress reform. My arguments, in many cases, were so perfectly confounding to old fogysm that I was solicited to treat not a few cases hydropathically. Success was inevitable; the effect was a perfect blow to drugging among the right kind of society; and before I was aware of it, my practice had reached to over four hundred patients. Then commenced the opposition, and they carried it on with a will. It was plain to every beholder that water had triumphed over all other parties, their effort to the contrary notwithstanding. One thing, and only one, would give the opposition satisfaction, and that was to ruin my reputation; everything that in any way would have a

tendency to injure me as a physician was strewn to the four winds. The foulest slanders imaginable were circulated by church members. I kept perfectly still for a time, until I could make a point by showing the object of the whole thing, and in the showing give a home-thrust to the old theories. It had the desired effect among the people; and now all the harm the whole thing has done is to build a wall between the true science of medicine and the false.

Since I came the State I have treated over 560 cases scientifically with perfect success; cases I could not visit often enough to oversee the treatment, died—five in all, mostly consumption. I have rode 80 miles by 30 in extent, and visited and treated every patient at their homes, with the exception of nine that have come to me; more would have come could I have accommodated them. I live in a small log hut, 16 by 18 feet, eight miles in the *bush*. I have proved the utility of water in the treatment of all forms of disease of whatever kind or character, have gained my point in domestic practice, and am now preparing to accommodate all who come to me, and there are hundreds of them. The druggers growl yet, but it is only a sore-head growl. I am, and I have been, entirely alone throughout my little campaign, so far as any assistance from the profession is concerned. I have had friends who have shown themselves all I could expect from any people, but are unable to work with me shoulder to shoulder.

There is no regular established water-cure in this State, and I am confident, by a little help from my neighbors in the cause of reform, I can sweep with one strike the prejudice that now exists in favor of drugging into nonentity, as much depends on the first step. I think I have taken just the desired steps. Fact and not fable will do it if it can be done. In a lecture upon the science of mind, I used the following, as illustrative of the true means to be used in order to accomplish the object of life, which I conceive to be happiness.

"It is an established fact, about which there can be no dispute, that the world will always deceive itself by abandoning experience to follow imaginary systems. It is in vain the mind of man springs forward beyond the practical to grasp after the ideal and imaginary; imperious necessity always compels his return; and if he consulted his experience, it would prove to him that, as a general truism, if not in every case, the great source of man's unhappiness is his ignorance of those necessary laws by which all the beings of his species are governed; and of which we must have a practical knowledge in order to possess those conditions in which he is best capacitated to enjoy life, and its real and substantial benefits.

"Man often ranges, or seeks to range, out of his sphere, notwithstanding the reiterated checks his ambitious folly experiences. He still attempts the impossible, and strives to carry his researches beyond the visible and practical. He often quits the contemplation of the real and practical to meditate on the useless and chimerical; he neglects experience to feed on conjecture, to indulge in hypothesis," etc.

H. F. B., M.D.

CRYSTAL LAKE WATER-CURE.

HYGIENIC vs. DRUG MEDICATION IN DYSENTERY.

BY M. NEVINS, M.D.

EDITOR TEACHER—As the statement of cases is called for in the TEACHER, and you have not been troubled with anything from this establishment, I will give you a short article.

I was called on the night of the 14th inst. to H. M., ten years of age. She was suffering of dysentery, and was treated with the ordinary soothing appliances of our system, with no unusual occurrence or symptoms until Saturday the 26th, at night. In the morning of this day, the general feverishness, as well as the local inflammation, had subsided, and, of course, left the patient much prostrated. She was in a gentle perspiration, inclined to sleep soundly, quietly, and constantly, except when the evacuations occurred. She had commenced to take nourishment; pulse 120 per minute; at night, 110; skin moist, and the whole body cool. She slept so quietly that some of the friends began to fear it was not a natural sleep. As the skin was still moist and the room thoroughly ventilated, the face and hands, and parts not covered, became quite cool. This gave some of the friends fears again, and they called it a "cold sweat." I had labored from the first to prepare the minds of the friends for this change of symptoms, which I told them must necessarily follow the subsidence of the fever and local inflammation, and assured them that I had seen very many such cases treated by our system, and never knew or heard of a case dying, except when the friends got alarmed and resorted to drugging; that several cases had been taken out of my hands under similar circumstances, every one of which had died; that I had taken many such cases out of the drug doctors' hands when they seemed to be just about dying, and never had lost a case of the kind, and that I considered the greatest danger in these cases to be the friends getting alarmed and resorting to drugging, etc. After explaining to the good people that the patient wanted but little done for her during the night, that her great need was rest—absolute quiet, except when necessary to wait upon her, and that I felt confident she would be better in the morning, I left for the night, expecting to find all safe and right in the morning. But not so; the uncle and aunt, who had given her the most unrelenting attention from the first, had become exhausted, and gave the case in charge of new nurses, who assured the father that the girl was going to die unless they had something done, and that there was no time to lose. So they did have something done. They sent for one of the young hopefuls of whom Prof. A. H. Stevens says, "Young practitioners are a most hopeful class of community. They are sure of success. They start out in life with twenty remedies for every disease, and after an experience of thirty years or less, they find twenty diseases for every remedy." The doctor came, and was willing to undertake to save the patient. Now she must be fired up with punch and other stimulants—irritated, to keep her from dying while asleep. Stimulants were administered by the mouth, and for fear this would not be sufficient, the more potent plan was

adopted of introducing the stuff directly into the circulation through the medium of the skin. The doctor stayed a couple of hours or more, and rubbed and bathed her in brandy-and-water; returned in the morning; found the patient doing well; felt very much encouraged. Before night, on Sunday, *she was dead!*

Now I would like to give an amusing extract or two of allopathic experience, by Edgar Shepard, Esq., Enfield, in the treatment of these cases of dysentery. "Braithwaite's Retrospect," part 26, page 84. The author is writing to show the superiority of sulphuric acid in the treatment of the above cases.

"CASE 1.—I. T., seized on the morning of August 1st with violent pain in the bowels, with vomiting and purging, a most decided case of what is vulgarly called 'upwards and downwards' I was sent for about nine o'clock in the evening. He complained of intense pain, which had been greatly increased by his having swallowed, about half an hour previously, a cup of hot tea, although the stomach only retained it for about five minutes. Pulse feeble, 120; tongue red and moist; feet cold; intense thirst and desire for cold water, which his friends would not let him have; had had about fifteen watery, rice-colored evacuations since morning; nothing would remain on the stomach. I immediately gave him a dose of the following mixture, which I had taken with me, upon his wife's description of the case: R. Saccharialbi dr. iv. acid sulph. dil. dr. ij.; tr. cardamon. cd., dr. iv. M. A fourth part to be taken every four hours. The patient had no sooner swallowed the mixture than it returned. I then ordered some cold fresh water from the pump to be procured, when I allowed him to drink as much as he desired. He immediately swallowed three tumblerfuls, and expressed the most intense satisfaction. The burning heat, he said, was quenched. The pain immediately ceased. The sickness did not return. In about ten minutes' time I gave him another dose of the mixture, with a pill of calomel and opium, one grain each, and left him with directions to continue the mixture every four hours, and drink as much cold water as he wished. The following day I found my patient quite well. There had been no recurrence of either the vomiting or purging.

"CASE 3.—J. Q., two years of age. Summoned to this child early in the morning of August 6th. Incessant pain in the bowels, and purging for the last eight hours; skin cold and clammy; pulse extremely feeble and rapid; intense anxiety of countenance. In fact, the child seemed moribund, and the parents quite thought the case hopeless. They had given a little brandy, which had been immediately rejected by the stomach. I sent for a tumbler of cold water, which the child caught sight of and requested to have. The little thing drank off the whole, and sunk back on the pillow quite exhausted. Ordered the following mixture: R. acid sulph. dil. dr. ij.; tr. cardamon. co. dr. ij.; sacchar. alb., dr. ij.; aq. menth. pip., ad., oz. ij. M. A teaspoonful every hour. I called at two o'clock P.M., when the child was sitting up in its mother's arms eating a piece of bread-and-butter. The purging had quite ceased. Mrs. Q. said the effect of the first dose was quite magical,

the child altered for the better in about ten minutes. On the following day, my little patient was running about the room when I called. Being a delicate, scrofulous subject, I prescribed eight drops of muriated tincture of iron three times a day."

In closing remarks upon cases noted, Doctor Shepard says:

"In about ten cases out of fifty noted, I first tried the chalk and opium treatment before resorting to the acid; in only one was perfect relief afforded. The vomiting has been so severe in the prevailing epidemic, that it would seem as if the stomach was unable to bear so nauseous a mixture as that of chalk and opium. And in most of these cases I have found the best, indeed the only efficacious, plan to be, to relieve the intense gastric irritation by cold water before resorting to the medical treatment. In some cases, if the stomach will bear it, the chalk seems to stop the diarrhea, but to increase the nausea, and to produce most uncomfortable sensations in the bowels on the day after its exhibition. This I have invariably observed in the olden plan of treatment."

Is it not a pity that these learned gentlemen can not see the truth when they blunder into it? And would it not be a glorious thing for the world at large if they would, in all cases, employ a regular hygienic physician to relieve their patients properly, before resorting to their medical treatment? or else, go to the Hygienic Medical College, 15 Laight Street, New York, and learn how to do it themselves?

ILLINOIS WATER-CURE, PEORIA.

COUNTRY PRACTICE OF WATER-CURE.

BY J. E. F. WALKER, M.D.

BEFORE engaging in any enterprise Americans like to ask themselves if it will pay. They do not look altogether to their pecuniary interests, but sometimes wish to know if a thing is of *practical* benefit to mankind. Can a reform which we advocate elevate and make better the masses, or will its influence be confined to a few who are able to possess themselves of its advantages? To be of the greatest use, a thing should be simple, and of universal application. The public mind is apt to reject that which is cumbersome and useless. At present I can think of but one notable exception to this rule, which is the allopathic system (if it can be said to have one) of practice. This holds its power over the people, in a great degree, because the common eye is unable to penetrate the air of mysterious darkness which envelops it. As regards the water-cure or Hygienic practice, many people have the idea that it must, from the necessity of the case, be confined to cures and like institutions, since it is not adapted to a scattered rural population. They have also got the notion that the hydropathic physician can succeed better with his system of treating the ill's flesh is heir to in chronic than he can in acute cases. And perhaps there is somewhat of truth for a foundation of these false public notions.

It is true that with their present state of Hygienic knowledge, and as they now live in almost

total disregard of the laws of life and health, it is impossible to succeed so well in the treatment of sick people at their own places of residence as it is at a water-cure. But the fault is not in the system. It is with the ignorance of the people with which it has to deal, and the want of proper appliances and opportunities, which are seldom to be found outside of a water-cure. If the time ever arrives, which I hope it will at no distant day, when people live as God and pristine Nature intended they should live, then what little sickness still lurks among the race of fallen men will be easily controlled by the hydropathic doctor *outside* of his particular cure. If people ever build their houses with a view to breathing fresh, pure air; if they come to regard a bathing-room of as much consequence and just as essential as a kitchen; if they spread their tables with the proper kinds of food, and ever know enough to stop eating when they have taken a sufficient quantity for the nourishment of the system; if they go to bed and get up at proper hours; in short, if they live as human beings ought to live, then patients can be treated in their own homes with a fair degree of success. The allopathic and many other doctors depend upon the contents of their bottles and pill-boxes for the eradication of disease. These can be taken everywhere—under all circumstances. In my old-school practice I have stopped by the roadside to bleed a man; have administered many a dose of medicine in my office, and given prescriptions on horseback. In my hydropathic practice I am often put to my "wits' ends" to know where and how I may find a pack, a sitz bath, or a fomentation.

Every house should be a little water-cure by itself, then the physician can "call round" and see his patients. It is expensive, not to speak of the trouble, for sick folks to close up their business, pack their trunks, and go a distance of many miles to some health institution. For this reason many are not able to avail themselves of the advantages offered at cures, who would be glad to receive hydropathic treatment. And since they can not get the doctor of their choice, they send for the "old family physician," and cry out:

"Oh! your water-cure is good in chronic cases, for wealthy people who can afford it, but it will never do the world much good, since it is above the reach of the masses. Give us something practical, something available, and we shall be very glad to patronize you, for Heaven knows we dislike sickness."

There is such a radical difference in the mode of operation, of treating patients, between the old and new methods—the one is so easily done, while the other requires so much actual manual labor, oftentimes till the sweat starts, that patients and nurses get easily discouraged, and want to give up this "splashing in water" and go to taking pills. The race of human animals is one of shirks, and hard work is a great discourager. If a man is drowning, he must exert himself to keep his head above water, or he will soon go the way of all the earth. Under such circumstances one should be willing to work, giving sponge-baths and packs with his own hands. I remember how, many years ago, when in the practice of my profession in the northern part o

Vermont. I made myself nearly sick with "scrubbing" and taking care of a burly Frenchman. He was a brickmaker, and had been at work at his trade in a miasmatic district in New York, living very grossly on animal food, and never paying the least regard to any of the laws of life. He was taken with a fever, and dosed with "blue pill" and other drugs according to the most approved fashion, until he was able to be sent home, a distance of some hundreds of miles, when he had a relapse, and fell under my care. He lived out of the village, some distance from neighbors. There was no male help near, and the women of the household were ignorant and feeble. Under the circumstances, I pulled off my coat, called for water, and gave the fellow such a bath as he never had experienced before. I opened all the pores of his skin, left him in a beautiful glow, and perspiring slightly. But the fever was persistent in its hold, and it required a number of packs and baths, with a very low diet for some time, before it would yield. I had the satisfaction of saving the man, although there was much hard work in it.

In an extensive practice in four different States, I have found the treatment of acute cases just as easy to manage as chronic. Outside of water-cures I have been obliged to labor under the disadvantages which all hydropathic physicians have to labor under at the present time, but nevertheless have been able to "keep things moving," giving such treatment as the case demanded with the best of results. The bugbear notion that when people are *very* sick, as in the eye of the public most people are in an acute attack, they *must* have some *powerful* medicine to reach the case, and that water will never answer the purpose, is all false. The Hygienic treatment I have found just as efficacious in acute cases as could be desired, and in other articles upon this subject I propose to speak of some such cases which have been under my care, with the treatment which I applied. As the matter now stands, hydropathic doctors probably treat more chronic cases than any other kind, for the reason that that class of patients frequent water-cures, and not because the system is any better for one class than it is for another.

CLEVELAND (OHIO) WATER-CURE.

WHISKY AND DRUGS IN THE ARMY.

REV. MR. ROBBIE, chaplain to the 21st Virginia Regiment, thus writes to the *Buffalo Christian Advocate*, with which he formerly was editorially connected:

A lady writes me from the North, and I might say that she is one who has sacrificed enough to make her interested, on the administration of the too free use of whisky and quinine to the ailing soldiers and officers. She is afraid that if we don't all become drunkards, we shall become so burdened with medicine that it will tire us to carry it home should we live. She seems to imagine that I have power to stop the use of both, when, in fact, we have surgeons who investigate diseases and prescribe remedies therefor. We take no exception to her remark that there is too much medicine given; but the doctors—a chaplain might as well attempt to control the tides as to influence the Allopaths! They are the freest and most obstinately independent class in the army.

WAY-MARKS OF HYDROPATHY.

NO. III.

BY A NEW CONTRIBUTOR.

It was on a wintry day in December, which means something in this latitude, that the writer called at the residence of Samuel Murdock, an eminent lawyer and ex-judge of northern Iowa. The diphtheria had visited there before me, consigning to the grave the darling of the flock, and laid its destructive hand upon another dear child, then suffering a relapse, after having been drugged and pronounced cured by an M.D. said to have been eminently successful with this disease. I know nothing of other cases, but this one was far from well.

The mother had lost faith in medicine, and yet was afraid to trust herself with water. She had laid up the paper containing my article on diphtheria so carefully, that it was not to be found for reference at this trying period. I was welcomed with such joy as could arise from a heart filled with grief for the dead and gloomy forebodings for the living. Water was immediately put in requisition, and with happy success. The next morning another case occurred, the eldest of the group, a lass of 15 years, was brought home from school with the mark of the destroyer upon her.

The mother looked as if it would be a relief if the earth would open and swallow her up. I encouraged her all I could, and gave directions for my second patient, and had the satisfaction of seeing her sweetly sleeping the next morning, long before daybreak, in a gentle sweat, the disease having yielded more readily, though more malignant than the one the doctor had cured. The mother's joy was unbounded. The father took leave of me with expressions of regret that he had no money to pay me then, he had plenty in barn, but I was on horseback, 20 miles from home. The children were dismissed well, with permission to return to school the following Monday, instead of lingering at home for weeks, and perhaps going to the grave.

The family doctor called in the interim and was promptly told by the mother of all that was done. The cure was blazed abroad—another mark made, and your humble servant has received a bushel of apples for the service rendered. Should this seem remarkable, it should be remembered that the doctors charge and collect their regular fee, while I am a minister of the Gospel going about to do good. If the doctors can afford to sell poisons that kill, ignorantly, I am sure I can afford to use water that costs nothing but the using and cure, so long as my heavenly Father keeps his promise, that all those things shall be added to those who "seek first the kingdom of God and his righteousness."

A short time after this transaction, I was called from my bed, one cold night, to visit and, if possible, relieve the distress of an infant, whose parents had unwillingly suffered a protracted cold to run into inflammation of the lungs. It had been dosed homeopathically in vain, and the parents sought relief, with no expectation of its recovery. I succeeded in removing the croupy symptoms and palliating the distress, but, perceiving an uneasiness on the part of the mother, I

frankly told them that they were at liberty to call other aid—that if the child were mine I should expect to raise it, but I thought it doubtful if they would. An M.D. was sent for, who, though not expecting the child to live, dosed it as long as it could take anything. It died. J. S.

RAILROAD MUSINGS. ON THE OTHER TRACK.

BY D. D. DESPAIR.

I AM thinking of the idea often advanced in our age, that woman is living an artificial, unnatural life, infinitely below man in character; strictly speaking, having no character, no positive qualities, this unnatural life being "imposed" on her by man (which I will not deny).

Now, if we descend into the "sphere of animal organisms below that of man," we find that the male of other animals does not so "impose" on the female. She is not, by him, "doomed to live in a house," and educated in such a manner that she loses every sense which she originally possessed. Therefore, reasoning from the analogy, we must conclude that man is living an unnatural, artificial life in thus violating the Divine plan. Must not this false life affect his character? How can we know that he has true character? Think you he can hear, see, taste, and feel correctly? How can he see things as a woman sees them? Truly his ideas must be perverted. Thus, we hear him saying that the American costume is more convenient, and is more in accordance with good taste and good health than the common apparel now worn. As he can not persuade woman to adopt it, he takes the ground that "the public mind must enlarge her sphere of activity and increase her round of labor, so as to involve her in habitual duties in the open air." Thus, the question is settled; the American costume must be worn.

Now is not this just the way woman has all along been educated, and compelled to fall into habits and customs, whether beneficial or otherwise, thus setting aside nature and instinct? True, many fine arguments are used which show much talent, and a mind capable and desirous of accomplishing great good. But has it not been proved that man, in thus educating woman, shows his false life? We may find errors in judgment even in him. And as "woman's intellect does not use the organs of vision as a man's does," what must we expect but confusion when great questions are at issue? How can both have a single eye to the beneficial and the beautiful? For what, then, can we hope? Verily, I despair of great progress in female character.

The idea of exercise in the open air is, indeed, a pleasant one. How delightful and refreshing it would be to the mother of nine small children to go where sunlight is dancing and mild zephyrs are blowing, and dig, and hoe—only that, nothing more. But her character is such that she can not perceive it her duty thus to do. The baby and the batter-cakes must be attended to; the fruit and the biscuit prepared; Tom's sore finger and Jane's aching tooth must be noticed. She must fly from this to that, and so control her motions that breakfast may be ready when husband and

the hired men come. Then the washing and baking, patching and darning, that come in course—"for she must by no means neglect her household duties"—appear, to her dim vision, about as much as she has ability to accomplish, without active labor out of doors. Really it does seem sufficient for one who is without a character and unable to see what is going on around her.

Occasionally we find a woman—one among a thousand—who can attend to both house and field. I have one in my mind who performed her household duties and also accomplished much open air labor. She would take a load of wood to the city, throw it off, stand in the wagon and drive the horses in a very manlike manner. She could swear, "see what was going on," and appeared to have a character equal to some men. Another woman would do a day's work thrashing wheat, then go home and thrash her husband at night, thus showing "positive qualities."

But, as I said, these are exceptions. Most of us are compelled to continue in woman's sphere, just as the public mind has set the bounds. When we think of our state, and feel that education, public feeling, and other circumstances beyond our control place us where we are, and bind us down, it seems unkind to tell us to assert our rights and live a true life. As well might Tantalus have been told to quench his thirst in the water surrounding him. Rather say to us, "We know your condition, that the difference in character between man and woman is immense. Man is infinitely above you, and your sphere in life is narrow, but we will make all pleasant around you. Intellectual repasts shall feast you, such as your capacities will digest. Loving hearts shall cheer you; kind words shall soothe you; the bright joyous birds shall sing in the waving boughs above you; the clear crystal water shall refresh you; beautiful flowers, like angel-plumes scattered from heaven, shall adorn your pathway, and raise your drooping spirits so far above earth's toils and sorrows, that you may behold the silver lining to the clouds."

So shall sunbeams gleam through the dark clouds of our sky; we will lightly tread the thorns in our path; our hearts will be free from evil passions, and, when cares and toils are over, we shall be better prepared for a joyous abode in the "high blissful courts of heaven."

ITEMS FROM ILLINOIS.

THE doctors have almost all abandoned this place, or the profession. There are a few irregulars left, who wander about among the hills and hollows in search of poisonous roots and plants, but these even are on their last legs. The truth is, we are getting to be rather an anti-medicine people; that is, we think nature, or the instinctive demands of nature, a much safer guide.

It may be our habits are better, owing to more favorable circumstances. Fruit is becoming quite plenty, but still there is room for improvement in this direction.

But the majority of our citizens are not yet quite ready to abandon the habit of taking a little physic to "clean the stomach." What an idea—pour tobacco spittle into a filthy jug to cleanse it!

Here I'm stuck again. How happens it that man has left the pure instinctive life of nature and forced himself to love that which destroys him? Brutes don't do so; nothing but restraint keeps them from violating the natural instinct.

These are fine times out here were it not for this horrid war, but I 'spect it's all right; but I'm a poor short-sighted mortal, and can't see exactly how

I still see a beautiful, happy, and harmonious world ahead, though it may be a "right smart step" to it. But to me this is a truly beautiful world now; and so far as nature is concerned, seems to be getting more so; and this season is particularly favorable. The weather never was finer or the crops more abundant.

All over this vast valley are actual forests of corn, and if growing promiscuous without rows, one would as easily get lost in them as in a forest of timber without "blazes" or roads.

I am not wise enough to condemn one for his opinions, or even practices; but would really like more neighbors who would see the world and matters pertaining thereto from my stand-point. I claim brotherhood with all. "No pent-up continent" confines my sympathies, but I still would dwell

"With those who love me,
With those who know me."

The most fragrant and beautiful flowers and fruits are nourished by the most loathsome filth, or, in other words, "It's an ill wind that blows no good." If this war don't emancipate the negro—I trust, yes, I trust—it will weaken the fetters of woman. "Oh, but," says a sister, hooped and sacked, with a handful of skirts in one hand and a parasol in the other, and the whole God-given nature inverted—"I do not see or feel any fetters." Well—

Yours very truly,
HAMILTON, ILL.

HOMER BROWN.

POISONING SOLDIERS.

WE occasionally hear of the barbarity of the enemy in putting poison in wells and food to be used by our soldiers, and we presume a hundred or two persons may have been killed in this way, but poison is administered *ad libitum* by our own officers, and soldiers poisoned by thousands, but as it is done according to rule, the indulgent public are satisfied. We append an extract from a letter written from Mill Creek General Hospital, at Fortress Monroe, Va.:

"I wish your friends could see the way in which the 'drugopaths' in the employ of the government are dispensing pills, powders, and potions to the hundreds of sick soldiers now here under their charge. And not unfrequently, but very often is death dispensed to them through the grossest ignorance and incompetency, when, by the exercise of a little care, and the judicious application of common sense, many might be saved to fight again in defense of their country."

For instance: A surgeon comes around with his paper and pencil, looking grim and gloomy, enters your tent, looks at the first one: "Well, what is the matter with you?" Answer: Diarrhea, or rheumatism, as the case may be. "What have you been eating?" Ans. "Army rations, such as we get." "You mustn't eat that." Writes a prescription, and passes to the next, and so on to the close. The prescriptions are given to a ward master whom you never can find, and after waiting five, ten, or twenty hours, you get your medicine. This may be the only time you see your surgeon for two or three days. In the mean time some of your comrades lay down and die.

Hoping that the progress of the health reform may be permanent and rapid,

I remain yours truly,
OHIO.

RHEUMATISM AND GOUT.

ALLOPATHIC VS. HYGIENIC TREATMENT.

WATSON'S "Theory and Practice" and Bennett's "Clinical Lectures" are now the standard text-books in our medical colleges, and are consulted and followed by the medical profession more than all other authors put together.

Says Watson on the treatment of rheumatism: "Most persons who have been for any considerable time in practice, have their own favorite method of conducting this disorder to its determination. While many employ *free blood-letting* and other antiphlogistic remedies, some, on the contrary, even in the present day, put their trust in bark. Some give large doses of calomel in the outset of the disease, such as half a scruple or scruple, with or without a grain of opium; and they repeat the dose daily, or oftener, with purgatives, perhaps, intervening, till the urgent symptoms give way; and in this manner I have seen the disease apparently cut short. But I have also known many instances in which the disease was *painful*, and *protracted*, and *obstinate*, although this practice was adopted early and fairly prosecuted. Some physicians give smaller and more frequent doses of calomel and opium; and some think *opium alone* to be as useful as this combination. Others depend mainly upon colchicum; others upon large and repeated doses of conium; and some attempt the cure through sweating the patient by means of guaiacum and similar stimulant medicines, and a profusion of bed-clothes."

He says, further: "Now you may be sure when men's opinions concerning the treatment of a disease which is of common occurrence and easy of recognition are thus *unsettled* and *diverse*, you may be sure, first, that no *specific* for that disease has yet been discovered; and secondly, that the disease is not very obedient, or not steadily obedient to any remedial plan. Certain it is that we are occasionally baffled, and the patient continues to suffer, notwithstanding the diligent enforcement of *all* the approved remedies and plans of treatment one after another." Again he says: "When I first *began* to practice, I pleased myself, now and then, with the belief that I had ascertained the best cure for rheumatism; so rapidly and decidedly did the disorder recede and cease upon the administration of such or such a remedy. But on the *next trial* of it, perhaps, my expectations have been *miserably disappointed*." Again, Watson says, "The preparations of colchicum have sometimes, whether bleeding has been premised or not, an almost magic effect in subduing the disease." Bennett says: "What is useful at one time proves *useless*, or *positively injurious*, at another. Occasionally I have tried the effects of special remedies in this disease, and watched a series of cases all of which were treated in the same manner. Thus I have tried aconite, and believe that alone it is of little service; colchicum also I have given frequently, and am of opinion that in pure rheumatism it is of *no* advantage; and until we obtain more *exact* knowledge regarding the pathology of rheumatism, it is in vain to hope for rational treatment."

From such testimony as the above, who doubts the truth of Professor Evans, when he says: "The practice of medicine has neither *philosophy* nor

common sense to commend it to confidence;" or of Dr. Rush, when he says: "What *mischief* have we done under the belief of *false facts* and *false theories*! We have assisted in *multiplying diseases*. We have done more: we have *increased their fatality*."

From the testimony of different authors we gather the following in relation to the special effects of some of the remedies employed in this disease:

"Bleeding *exhausts* the whole system, *diminishes* the *vitality* of the patient, lessens the powers to throw out the poison that produces the disease, *induces irritability* of the heart, causing the metastasis, or change of location from the muscles and joints to the heart."

Colchicum is apt to occasion *deadly nausea* and *vomiting*, griping, diarrhea, *ulceration* of the mucous surfaces of the smaller intestines; congestion and engorgement of the liver and spleen.

Opium produces *headache*, *parched tongue*, *dry hot skin*, *checks all the excretions* of the body, and, as Sydenham says, "*sets the disease*."

A single dose of opium has checked at once and forever the excretion of the kidneys, and caused death by uremic poison, a result which follows the retention of the urine in the blood.

Calomel, and other preparation of mercury, produce *tenderness of gums*, the *whole mouth becoming* powerfully affected. The *jaws become inordinately swollen*, the *teeth loose*, occasioning *inflammation*, *ulceration*, and *sloughing of the mucous surface of the mouth and throat*, *salivation*, and sometimes *ulceration* and *gangrene* of the salivary glands and *tonsils*; great depression of strength, a sense of anxiety, sighing, trembling, irregular action of the heart; small, quick pulse, occasionally intermitting, a pale and contracted countenance, fetid breath, vomiting, diarrhea, with eruptions of the skin, and chronic ulcers. I believe mercury is one great predisposing cause of rheumatism. It so weakens the action of the excretory organs, that the rheumatic poison is not carried out of the system.

More than half of the patients we have treated in the *Hygienic Institute* since I have been connected with it, had never had any symptoms of rheumatism until after taking some of the preparations of mercury for the cure of syphilitic or some other disease.

The alkalies, such as soda, potash, etc., produce an acrid, caustic taste, soften and corrode the mucous membranes of the mouth, throat, and stomach; sometimes erosions, detachment of parts, and ulcerations follow their use; they also irritate and change very much the character of the excretions of the skin, liver, and kidneys.

With a liability to have the above, with many other evil effects, follow the use of these remedies, who feels safe in using them for the cure of *any* disease?

No doubt many are ready to ask, "How do you propose to treat these difficulties? What is the Hygienic treatment for rheumatism and gout?" Do you propose to leave your patients to suffer the pain, endure the torture, and run the risk of life-long deformities, and perhaps premature death from these painful afflictions, without rendering them any assistance whatever? Not by any means!

The Hygienic treatment compared with the foregoing is best illustrated by the following:

A mad dog steals unobserved into my neighbor's house; the cries and disturbances of the family arouse the attention of the father, who, seeing the life of himself and family endangered, seizes the most available weapons at his command to drive out or destroy the offender. In the excitement and fatigue of the contest the family calls for help. Dr. A. runs to the rescue; not knowing exactly where or what the trouble is, he blindly fires his pistol in hopes to kill the dog, but instead of this, the shot wounds the arm of the father, which cripples and weakens very much his power of endurance. On finding the pistol had failed, he then brings in another dog more fierce and savage than the first; puts him into the arena, expecting that he will pounce upon and destroy or drive out the one already there; but instead of this he flies at the family. The father discovering an enemy more dangerous than the one partially crippled and conquered, leaves the first dog to his fate and encounters the second; another fierce contest ensues; if the weapons do not break and the strength of the father holds out, both dogs are eventually crippled, destroyed, or driven out; but the father is so overcome by the injury, fatigue, and fright, that his happiness is destroyed and his life shortened many years. If he becomes exhausted before the dogs are driven out, the whole family are bitten and destroyed. This is what we would do if called to assist in such a case. In the first place we would open all the doors, and windows, and scuttles in the house, so that the dog would meet with no obstruction in passing out; then if we could not, personally, attack the dog and expel him, we would give the father and every member of the family capable of assisting, a poker, a bat, or a broomstick, or the most effectual weapons they could use, and while we would protect those most endangered, we would tell each one when and where and how to strike; in this way the animal would be easily expelled or destroyed, and no one sustain any material injury.

Rheumatism and gout are caused by a poison of some kind in the blood which irritates, inflames, obstructs, and tends to destroy the tissues it comes in contact with. There is an effort on the part of the vital power to protect the system from these injuries, and to expel these poisons from the body. The duty of the physician is to aid nature in these efforts. Rheumatism and gout being the kindred diseases, the general plan of treatment would be the same. The first thing to be attended to is to get the outlets, the sewers of the body, all open, so that there will be no obstruction to the exit of these poisons.

In the inflammatory stage of these difficulties there is always a considerable fever and heat of the whole system. The disorganization and destruction and reconstruction of tissues, which is going on in the affected parts, engenders a good deal of heat; the blood passing through these parts becomes heated, and going from thence to the rest of the body, the temperature of the whole body is thereby elevated. The best way to subdue this heat is to apply water, either tepid, cool, or cold, according to the degree of heat and the strength of the patient to endure it.

If the patient is capable of being moved, the full or half tepid bath or the rubbing wet-sheet may be used to advantage; these may be preceded by the wet-sheet pack from half an hour to an hour, and if the heat of surface and general fever is great, they may be repeated three or four times a day. The patient should be made warm in bed after each of these baths, to secure a thorough re-action; cold wet compresses or bandages, covered by dry ones, may be applied to the painful part between the intervals of giving baths.

Before giving any bath, a good thorough head-bath should be given. Place the head of the patient over a tub, take a small pitcher in one hand, and turn two or three buckets of water, at about 75° of temperature, upon the head, rubbing the head all the time with the other hand; then wipe the head thoroughly dry with towels and rub briskly with the hands after it is dry.

This head-bath should be given before every pack or full bath; in most cases it may be given with great benefit three or four times a day; I think I have seen very marked benefit from the use of this head-bath; and I have so much faith in it, that I believe almost any case of fever, whether rheumatic or not, may be successfully subdued by this alone, with the addition of the ponge-baths. I will not except any case that is curable.

In our worst cases these baths are our main reliance. In rheumatism and gout, where the parts are so swollen and painful that the patient can not be moved without great suffering, let the patient lie easily and quietly on the bed; take a bucket of tepid or cold water, and a soft towel or sponge, with two or three dry towels, wash gently the whole body over every half hour or hour, as the heat of skin and general fever would indicate, washing and drying one part of the body at a time, keeping the rest covered with the bed-clothes. The water may be pressed out of the towel or sponge so as not to drip upon the bed.

This treatment may be considered practicable and safe in any place where clean water can be found, and in every case where any form of treatment would be available. Always use soft water if you can get it, but if you can not get soft, use hard. Some physicians pretend that you can not treat disease successfully without soft water. While I agree in saying that soft water is much better than hard, yet, I think, it is a mistake that you can not be successful without soft water. You can work wonders sometimes with hard water.

Hot fomentations to the seat of pain may sometimes be necessary, and will often afford great relief from pain; these may be continued for thirty or forty minutes; the part sponged off in tepid or cold water and covered with the cold wet bandages after.

The wet bandages and compresses should not remain too long without changing—they should be changed before they become hot and dry.

The hot air and vapor baths are very useful in treating these difficulties, particularly in the chronic stages. Free and easy perspiration, promoted by a change of the external temperature of the body, and not by the use of drugs, may be useful in eliminating poisons from the system.

The principle of getting poisons out of the sys-

tem through the skin, kidneys, and bowels, of Allopathic physicians, may be correct, for it is through these outlets that all effete matter is removed; but it is the injurious and dangerous substances used to excite these organs to action that we object to.

Great benefit and relief may be derived from hand-rubbing when skillfully applied. Most persons do their rubbing from the body toward the extremities, forcing the blood into the capillaries and inflamed vessels instead of out of them. I reverse this; elevate the limb or part affected as much above the heart as you can, and then make your passes toward that organ; in this way you force the impure dark venous blood out of the engorged capillaries and veins to the heart, from thence it goes to the lungs for purification; and the arteries will the more easily supply the parts with fresh and pure blood.

This method of rubbing may be employed in many other difficulties. Old chronic ulcers upon the extremities may be cured in a short time by simply bathing or fomenting the parts for a few moments in water as hot as can be borne, and then putting the patient in a horizontal position, elevating the limb, and then have an attendant rub with the hands toward the body for five, ten, or twenty minutes daily.

In rheumatism and gout, when there is much pain, the rubbing must be exceedingly light and gentle at first, increasing as the patient will bear.

In severe and painful cases the sponge-bath, the head-bath, the hand-rubbing, and wet compresses, with proper attention to ventilation and diet, are the principle things to be relied upon.

In many severe cases the motion excited and pain caused by getting the patient into a pack or bath does almost as much harm as the bath does good.

The bowels should be relieved in the commencement by full and copious injections of tepid water; these should be repeated as often as every other day; the water should be retained in the bowels for some time before it is allowed to escape.

The diet, for the first three or four days of an acute attack, should be nothing but water, after that small quantities of ripe, cooked, or raw fruit, with some farinaceous food, may be given. Meat, butter, and greasy food of all kinds should be excluded.

Patients should be allowed to drink freely of soft water.

Have an abundance of cool, fresh air in the room at all times, except while giving the baths.

Avoid chills while giving any bath; should such occur, a glass of warm drink or a hot foot-bottle will quickly relieve.

The following case of rheumatism was brought to our place for treatment, July 9th, 1862. He was a single man, thirty-five years of age. Both his parents and one brother died of consumption. Five years before had taken a good deal of mercury for difficulties which he then had. Had many times felt symptoms of rheumatism about him; three days before coming here a slight exposure had brought on an attack of sub-acute articular rheumatism, which completely prostrated him. When he came to us he was as helpless

as a child—he could neither walk nor stand; he was carried into the house, and when put to bed could neither turn himself in bed or draw up his feet or arms without assistance. He was suffering great pain in the ankles, knees, elbows, and wrists; pulse 120; skin hot and dry; countenance somewhat haggard; cheeks flushed; tongue covered with a thick, dark-brown coating. He had not been in the habit of bathing; neither did he know anything or have any particular faith in our method of treatment. For the first two days he had two full warm baths each day, with three or four sponge, and as many head baths intervening, with bandages to the painful parts. After that the pain became so excruciating that it was very difficult to move him, and I ordered none but head and sponge baths. He took three or four head-baths daily, and a sponge about every hour during the day, till his pulse came down to 85°, when the inflammation was so much reduced that he was able to go to the bath-room and take other varieties of baths.

After that he took the spray or half-bath in the morning, the vapor or wet-sheet pack in the forenoon, and a sitz-bath in the afternoon.

The painful joints were kept covered with the cold wet bandages, the wet girdle put upon the abdomen. Hand-rubbing was used several times a day, making gentle passes toward the body. His bowels were moved as often as every other day with injections of tepid water.

As to food, for the first three days he ate nothing, after that he ate moderately of raspberries, huckleberries, roast and stewed apples, with a little hominy, cracked wheat, or farina. He had no meat, soup, broth, butter or milk, but had all the cold soft water he wanted.

In two weeks from the day he came he walked over two miles, and went up and down three flights of stairs twice; in three weeks he went to business again, and, as he said, felt "as well as ever in his life."

E. P. MILLER, M. D.

No. 15 LAIGHT STREET, NEW YORK.

LETTERS FROM THE PEOPLE.

For my part I would not do without the *TEACHER* for five dollars a year; I suppose it has saved me \$150 since I have taken it, and perhaps some lives. I have a family of eight children. I have had diphtheria in my family this summer and have called no doctor. Four of my children have had it, two of them severely, the other two lightly. We treated them altogether with water, according to directions laid down in Dr. Trall's little book, "Diseases of the Throat and Lungs," and such information as we get in the *Journal*.

ASHLAND Co., OHIO.

J. B.

THE *TEACHER* is unquestionably the best and cheapest health journal in the Union, perhaps in the world; and I trust the day is not distant when this truth will be cordially acknowledged by a vastly enlarged appreciating public, and when your subscription list will be increased a hundred-fold.

J. C.

Mrs. SPECKLES says the best pill yet invented is an apple dumpling; for destroying a gnawing at the stomach, it is a pill which may always be relied on.

Publishers' Column.

DR. TRALL IN LONDON.—Readers of the JOURNAL will be pleased to know of the safe arrival in England of Dr. R. T. Trall, who visits the Old World professionally. We have received, by the same steamer, "copy" intended for the present number, which will appear in our next.

HOME FOR INEBRIATES AT CLEVELAND, OHIO.

BELIEVING that inebriety, whether resulting from intoxicating liquors, opium, tobacco, or other stimulants, is a disease, and requires to be treated as such, Dr. Seelye has established an institution in connection with his water cure establishment, where inebriates will be properly cared for, and so far as possible be restored to their normal condition.

Dr. Seelye intends the institution shall furnish a home for the sufferer, and will endeavor to combine the greatest kindness with the necessary firmness and skill. He has had many years of experience in the treatment of inebriates, and his former success as well as a personal acquaintance with his qualifications leads us to believe much good may be expected from his mode of treatment.

Dr. J. B. F. Walker is associated with Dr. Seelye, and will reside in the institution, giving that personal attention to particular cases which the arduous duties in his other practice render Dr. Seelye unable to bestow.

It is but a few years since the public attention was directed to the treatment of lunacy as a disease—patients being formerly confined in prison cells with the most degraded convicts. Experience has shown the benefit of judicious treatment of this class of patients. We confidently hope for even better results from the proper treatment of inebriates.

TWENTY-FIVE CENTS.

IN accordance with request of friends and correspondents living in places where the TEACHER has not been introduced, we have concluded to take six months' subscriptions at our lowest rates, and will consequently send

TWENTY COPIES SIX MONTHS FOR \$5, and we are sure it will be a good plan for all concerned. By this means a few thousand families can become acquainted with our teachings, and as the risk is "only a quarter," while they are sure to draw a prize, as there are no blanks in this lottery, we shall expect to be kept busy reading orders and entering names, etc.

We have a few sets of numbers commencing with the present volume, in July, on hand, which will be furnished to those who speak first.

This arrangement will enable many of the readers of the TEACHER who desire that their friends should be instructed in the best mode of preserving health when well, and restoring it when sick, to

GIVE IT AWAY.

Five dollars will put the HYGIENIC TEACHER into the hands of twenty of your friends for six months. The benefit it will be to them, the amount of suffering it will save, the number of lives it will preserve, is worthy your consideration. How can you do more good with the same money?

WHO WILL TRY IT?

SAVING EXPENSE.

It is affirmed by thousands that the HYGIENIC TEACHER has been the means of saving doctors' bills, drugs, time, health, and of prolonging life. It is not claimed that water alone will either raise the dead or restore all who are sick to health, but it is claimed that a judicious application of all the Hygienic agencies embraced in our system will do more toward restoring health and prolonging human life than can be done by any other means known to man.

LEND YOUR TEACHERS.—Where a person expresses his entire confidence in the drug-treatment, and his disbelief in "your cold-water notions," you will almost always find he is governed entirely by early education and has not examined the system which you approve. A dispute with such a one will do no good. Excite his combativeness and he will not be convinced. The better way is to ask him pleasantly if he has ever examined the principles taught by the Hygienic School, and he will say No. Then if politely requested to read at his leisure a copy of the TEACHER, he can not well refuse. And whoever will carefully examine the principles on which our system is founded, must see their concurrence with truth and nature.

Notes and Queries.

DR. D.—We find nothing in your article on spermatorrhea which would be of sufficient interest to our readers to compensate for the space it would occupy. You appended no address to the article, or we would have written you. Articles tending to give instruction or practical information are what we want. Let them be brief and concise, such as the reader will be benefited by, and feel thankful for their having been written. Such ones we are always glad to receive and publish.

A. F.—Dr. Trall's "Sexual Physiology Complete" is not yet published, and it is impossible to say when it will be. When it is, you will see it advertised in the TEACHER.

W. B. A.—"I have several pamphlets and papers which I wish to preserve, but for which it would be hardly worth paying the high prices charged in the West for binding. I find I can bind them in a passable manner, except trimming the edges. How shall I do that part of the work?—or how can a cheap tool be got up?—or how cheap could one be bought that would answer the purpose for such home work?"

You can trim the edges of your books nicely by laying on firmly a piece of wood with a straight edge, and cutting with it as a guide. Use a sharp, thin knife—a common shoe knife is the best. Draw the knife quick and lightly, pressing quite hard on the guide. Don't try to cut more than three or four leaves at each time you draw the knife, and you will find, after a little, you will have them all cut smoothly.

M. E. A.—The vegetables you mention as a diet will not affect your child unfavorably. If you use with them all kinds of seasoning, pepper, salt, etc., the seasoning will do harm. We should not advise pot-herbs.

DIPHTHERIA.—We are continually asked to write letters with full directions for managing this disease, by persons who fear it may prevail in their neighborhoods. To all such, we have to say that, while they have been sleeping quietly in their beds, we have sat up and wrote a book, on purpose to give them the information they desire. It costs but one dollar; and we would earn twice that sum in the time they ask us to devote to them gratuitously. Send for the book, if you are able to; if not, we will send it to you without pay.

Business Notices.

POSTAGE ON THE JOURNALS.—On the PHRENOLOGICAL JOURNAL or HYGIENIC TEACHER, any distance in the United States, California, Oregon, and Washington Territory included, the postage is six cents a year, if paid in advance for the year, at the office where received, not in New York, or one cent a number, which is twelve cents a year, if paid on receipt of each number. To Canada and other British North American provinces, the postage is the same—six cents a year, payable in New York instead of at the office where received. Subscribers in the Provinces will therefore send six cents in addition to their subscription, to pay postage to the lines.

BE CAREFUL.—If those ordering the TEACHER would write all names of persons, post-offices, etc., correctly and plainly, we should receive less scolding about other people's errors. We are not infallible, but most of the errors about which agents complain are not attributable to any one in the TEACHER office. People who forget to date their letters at any place, or to sign their names, or to give the name or address for copies ordered, will please take things calmly and not charge us with their sins of omission, etc.

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.

THE JOURNAL is published strictly upon the CASH SYSTEM; copies are never mailed to individual subscribers until paid for, and always discontinued when the subscription expires. Hence we force the JOURNAL upon none, and keep no credit books, experience having demonstrated that the cash system is altogether the best for both subscriber and publisher.

WHAT IS SAID OF US.

THE WATER-CURE JOURNAL.—This well-known and ably conducted publication has recently changed its title to the more comprehensive one of "THE HYGIENIC TEACHER AND WATER-CURE JOURNAL." Published monthly by Fowler and Wells, New York, at \$1 per annum.—*Ithaca (N. Y.) Sentinel*.

THE WATER-CURE JOURNAL of this city has recently changed its name. It is now called THE HYGIENIC TEACHER AND WATER-CURE JOURNAL; devoted to Physiology, Hydropathy, and the Laws of Life. THE WATER-CURE JOURNAL we have regarded as among our best and most useful papers, and certainly under its present title it will be none the less so.—*Christian Messenger, New York*.

THE HYGIENIC TEACHER AND WATER-CURE JOURNAL for August has been received. We believe our soldiers could be supplied with no better reading matter than this monthly. It would teach them how to avoid the diseases incident to camp-life by instructing them in the Laws of Life. It contains the cheapest medical advice they can possibly procure—only one dollar a year. Published by Fowler and Wells, New York.—*Iowa County Review*.

THE HYGIENIC TEACHER.—This is an old publication with a new name—a name more comprehensive than its former one—*The Water-Cure Journal*, which is still retained. The TEACHER should find a place in every family, no matter what system of medicine may be preferred. It contains suggestions in reference to the general subject of health which are invaluable.—*Christian Luminary*.

If we had a voice that could reach every family circle in all the land, we would say, take THE HYGIENIC TEACHER. It is truly a messenger of health among the people, and calculated to do much good. Terms, \$1 per annum. Address Fowler and Wells, No. 308 Broadway, New York.—*Whitely Co. (Ind.) Republican*.



NEW YORK, OCTOBER, 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.

DRINKING—OUR MEDICINE CHEST IN DANGER.—A correspondent opens up for discussion a very interesting subject which will interest all, especially some of our friends in England, who "live to drink."

People differ widely in opinion on most subjects, and perhaps in none more than on the question of drinks. We do not propose to enter upon the discussion of the various drinks in common use, preferring to take the position we believe to be true, that water is the only natural drink, and this position, were it universally acknowledged to be correct, would not save us from discussion, for a question still arises, when, and in what quantity should we drink water? Some have held that man is not by nature a drinking animal. Dr. Alcott, whose writings are widely known, held that, with a proper diet, water drinking was entirely unnecessary, and proved by direct experiment that a person could remain healthy and abstain entirely therefrom. A majority of physiologists, however, hold the contrary opinion, and although we are not certain they are correct, we will for the present admit it. But in the admission, we hold the right to question whether, if water drinking be necessary, the common practice thereof be not injurious.

To the question, Why should a person ever drink, the almost universal answer is, To quench thirst—being a tacit acknowledgment that we should never drink except when thirsty.

The next question is, What is thirst? Webster defines it "a painful sensation of the throat or fauces for want of drink." We usually agree with Webster, but in this case we think his definition not entirely correct. Many a time have we allayed this "painful sensation" by masticating a dry crust, or even chewing a stick; and we presume hundreds of our readers have done the same. We propose to amend Webster by inserting *moisture* in place of *drink*, as it seems that the saliva answers a good purpose in allaying thirst. There must, then, be some other good reason for drinking; and we believe there is. Our bodies contain ninety per cent. water. Except we select a diet composed chiefly of fruits or succulent roots, we shall need water as drink to make good this proportion. But it does not necessarily follow that it should be taken with our food. Contrariwise, it is clearly shown that when taken into the stomach it suspends digestion until it is absorbed. As the organization and habits of people are so different, it is impossible to give any rule relative to drink that would be applicable to all. We feel sure, however, that there are but few, if any, who do not drink more than is necessary, and particularly with their meals.

The injurious results of drinking at meals are manifold. We, as a nation, have long been accused of bolting our food. We also wash it down. Teeth were made for mastication—we deprive them of their offices to their injury, by washing down portions so large we could not swallow them otherwise.

It is the business of the salivary glands to furnish the food in process of mastication with the additional moisture necessary. This moisture, called saliva, should be intimately mingled with the particles of alimentary matter, completing the process of insalivation which is necessary to its proper digestion. The presence of water interferes with the action of the salivary glands, and consequently impairs digestion.

It is thought that in very warm weather, or when exercising severely in heated rooms, perspiration being freely induced, much water is necessary. The throat seems parched, and the whole system cries for water. But who does not know that a good bathing of the face and hands, or better, if convenient, the whole body, is not productive of better results than to drink immoderately, or even as is considered moderately, of water. The mouth may often be rinsed with advantage and a little matter swallowed, but better take none than too much.

We do not condemn the use of water as a drink; but we do believe ten times as much is drunk as is needed, and that at meals, drinking should be the exception and not the rule. Those who excite fever by improper diet need something to allay it, and for this water is the best remedy. But here it becomes a remedy, not a drink.

The question, then, to be settled, is simply this—not *what* to drink, but *when* to drink, and how much to drink? We will not discuss this subject at length now, but are glad these ideas are thrown out, that readers may consider the subject for themselves, which we believe many will do with profit.

RIPE FRUIT.—Every year we have the question repeated, Is ripe fruit injurious? If we say No, we are immediately overwhelmed with letters from parties saying their wives, fathers, brothers, sisters, husbands, children, cousins, nephews, or nieces, some time or another, were taken sick from nothing in the world but eating fruit, and denying all belief in the truth of our position. If, on the other hand, we say Yes, just as many letters come asking why we advocate it. Now, the case is just this: ripe fruit, eaten in proper quantities, at proper times, never injured any one. But if, after eating a full meal of pork and potatoes, with a slice or two of plum-pudding with plenty of sauce for dessert, you indulge in an apple, a couple of pears, three or four peaches, and a bunch of grapes, you may have a "misery" in your stomach. Of course it's the fruit that did it, as that came last. Or if, a couple of hours after breakfast, when the stomach having digested as well as possible what was forced upon its attention at that time, you send down a "small measure" of ripe fruit, what wonder if it groans at the extra duty it has to perform! and as a gentle reminder for you not to do it again, gets up a griping. Or if, just before bedtime, having eaten just twice as much as necessary during the

day, you indulge in a nice assortment of good things from the orchard, which you are sure will not keep, is it at all strange if you get a touch of cholera morbus before morning?

Ripe fruit should be eaten with and as a part of your regular meals; and be careful you are not tempted, by the exquisite flavor of the article, to eat too much.

Ripe fruit is a preservative of health. If our orchards were patronized more and our meat markets less, we should not hear so much of the diseases classed as summer complaints.

And in cases of sickness, there is no time when any food is allowable that ripe fruit may not properly form a portion of it.

Melons in their varieties are properly classed as fruits in this connection.

TIGHT BOOTS.—For years there has been a great deal of fault found with the prevailing Paris fashions, because they necessitated the compression of ladies' waists beyond the natural limits; and we have been among the fault-finders, because we believe that undue compression of any part of the human form is productive of evil results. We begin in the beginning with this matter, in the first place objecting *in toto* to the old-fashioned style of babies' belly-bands, and keep on with our objections whenever and wherever undue compression or restraint upon body or limbs is used.

Tight waists are our greatest abomination, and tight boots come next. They are not quite so life-destroying as corsets, but they are just as foolish; and he whose thoughts are kept down by corns, bunions, and carbuncles never can expect to succeed. The dandy who will endure the misery of a tight boot for the sake of showing a small foot—and there are plenty of them—deserves no pity.

Bootmakers want reforming. There is not more than one in a hundred who knows how to make a good fitting article, and they will not learn, because people are not so particular as they should be. We would be willing to wager, if it was in our way, that there is not a dozen pair of feet in New York that have not been forced out of their natural shape by the shoemakers. True, we are not so bad as the Chinese, but we are bad enough.

The human foot is a very complex affair; its bones, and tendons, and nerves, and muscles are wonderfully arranged, and

were at first all put in the position where they could work together for the best advantage, and it is our duty to keep them as nearly so as possible; and to do this, every full-grown man and woman should have a pair of lasts of their own, made exactly like their feet, and should wear no boots or shoes not made carefully on these lasts.

THE MEDICAL JUGGERNAUT.

ARE not papers indispensable luxuries? a daily necessity? After an absence of some weeks from the city, I find here quite a pile collected; glad to greet my old familiar friends, I have selected for a first perusal the pet one of all, the *HYGIENIC TEACHER*, and, as usual, turned first to the editorial. But I had read scarce two thirds of the first column when my thoughts were arrested by the assertion—"The great masses of the people are bowing down in blind ignorance and stupid veneration before the juggernaut that crushes them." And is it so? Can it be possible that the people have the same blind veneration for drug-medication that the idol worshiper has for this great Indian superstition, that there is so much blind, mad infatuation? And are we giving innocent children and darling babes to this great juggernaut of our worship?

I finished reading the article, which, indeed, contains more wisdom and useful information than a dozen folios of our usual medical science, and was thinking how much mankind would be indebted to our great pioneer in medical reform, who cuts through solid masses of error, and shows to the world truth in all its simplicity and beauty, but still my thoughts would recur to that one expression; and while I was trying to explain it satisfactorily to my own mind, one of my little music pupils entered the parlor where I was sitting, and, after a brief salutation, said, "Oh, have you seen Mrs. Myers yet? she looks so beautiful!" "No; why?"—the idea of her death flashing with fearful truthfulness upon my mind; and she so young, bright, and beautiful, with two lovely children! So many could have been taken and left her, who was the light of her household, and so well calculated by wealth and position to scatter blessings and happiness among the poor and needy. So healthy, too; cut down in all the vigor of life. Surely, thought I, *she* was a victim to the great juggernaut!

Not many weeks ago, her father, in all the fullness of life, was sacrificed to the same cruel god; so, too, her brother, just as he was reaching manhood's prime. Both died of the medicines they had taken, *not from the diseases*. And now, should those two little children, left motherless so young, be taken with any slight ailing, the healing efficacy of some strong poison would be resorted to; there is still the same undoubting faith in medicine—"blind veneration for the great juggernaut that crushes them."

The little girl, whose presence I had almost forgotten, was standing by my side, and continued saying—"She died in such terrible spasms. Dr. — was with her all the time; did everything. She was first taken with only a slight cold."

When was it in the nature of a cold to produce convulsions? But the Doctor's name was a sufficient explanation to my mind. I wonder if he could not make the boast of David, "Saul has slain his thousands, and David his ten thousands." I turned to the little girl before me, and recollected how she had suffered from his outrageous practice—and, perhaps, *his* is about as good as most others, at least his reputation is better; while his palatial mansion and large possessions show what vast sums he is drawing from the people; which is only another proof to my mind that "the masses are still bowing down in blind veneration to the juggernaut." As I held the little girl's hand in my own, I looked at the veins coursing their way under a bloodless skin, while her short rich curls reminded me of her last severe spell of sickness, when she lay for months helpless, losing all her beautiful hair. I recollected the very day, as we were singing at the piano, she complained of headache, of being a little sick, and somewhat feverish, which a little fasting, bathing, and rest would have rectified; but she went home, the doctor was called in, dose after dose of strong medicine administered, and long weary months passed before Tillie's face was again seen in the school-room. And then how changed! The little cap on her head, sunken eye, and pale cheek told how much she had been a victim to the great juggernaut! I thought, too, of her sorrowing mother, who still grieved for her beautiful little Willie—taken a little sick, the same skillful physician called in—but not many weeks passed ere a little coffin and a long mourning procession passed from that same door!—the little healthy boy, who only needed to be "let alone," given to a god more cruel than Moloch! And yet they did not suspect the cause—still "bowing down in blind veneration." A third child was taken, another active playful boy, and doctored so well that he is now said to have the consumption, and going into decline! Yet daily he takes the antidote, believing it is keeping him alive and well. As a lady said the other day, "Only medicine has kept me out of the grave the last four years."

The same doctor attended all these cases, and a few doors further, he doctored a sick mother till she came out with life but no constitution. Yet it was called a wonderful cure. Their faith was greatly increased in the physician's skill and in the wonderful efficacy of medicines.

At another house he was called to attend a little girl of six years, the younger of two, and only jewels of a doting mother. It was a mild form of the scarlet fever. I had missed the pleasant face and playful smile of the little girl, yet hoped that her constitution could withstand both disease and drugs; but, alas! the mother was to be bereaved; and so well I remember how she tried to tell me her sorrow—that she enjoyed nothing, could not take an interest in anything since the loss of her own beautiful Ellen. She told me, too, how the doctor gave her so much medicine, but nothing could relieve the sick child! But did all this diminish or waver her faith in medicine? By no means. Yet I felt how truly the child had been *killed*.

At the same time my only little girl, then four-

teen months old, had the same terrible disease, but in a ten-fold worse form—large swellings under each cheek, extremities cold, purple, and an unbalanced circulation. Many times she seemed to be dying. I could send for no physician; the best were losing patients all around me from the same disease, even in its mildest forms. I had only my strong faith and little knowledge to rely upon. The little girl got well, and has no signs of the disease—no lifetime weakness or difficulty as so often follows as a sequel to this dreadful disease, or of its treatment.

But my children always recover so soon that no one ever believes they are really sick. My mother, who has some brothers and nephews Allopathic physicians, and whose faith has been long wedded to that practice, has often wondered at the marvelous changes that have been produced by so simple appliances, even against her worst prophetic fears. Though a woman of great judgment and penetration, she can't lay aside her old prejudices—still worships at the same shrine. While I was visiting her last summer, she had a painful gathering in her tooth, swelling one side of her face. In a day or so she was recovering from it, but wanted to be still better, so proposed taking a dose of calomel. I begged and entreated, but my brother thought calomel must be taken to purify the system! He always keeps a quantity on hand—thinks it a good thing to have in the house—a kind of life-panacea; in this case it was clear that inflammation was caused by impure blood, and what could purify the blood and the whole system like *calomel*? And of course, as I was the youngest of ten children, it was not supposable that I should know as much as my eldest brother, who was learned in all medical lore! And just perhaps when my arguments might have had some effect, my little meddling, baby boy, who always does just exactly the wrong thing, found his way to the white powders and commenced eating them! My brother was delighted, rewarded him with sundry kisses and commendations, declaring he knew what was good for him better than his mother did!

My mother took the calomel, and not till Christmas was she able to be out of bed! And now this day I find a letter bringing the painful intelligence of her sickness, and still *relying* upon *medicine* to cure! So it is, many persons of the strongest sense and judgment, and even with better knowledge, will not listen to anything against medicine. An infatuation—an idolatry! As Dr. Trall further remarks: "The majority of the people are so stupid 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."

Some years ago, from over-exertion in attending to a large school, I was taken with a hot burning in my brain, intense pain, and lay for weeks very sick; and because I would take no medicine, all thought I was keeping myself sick, that it was only sinful obstinacy. Over and over again I was told by nurses, attendants, and visitors, "Now if you had taken such and such medicines you would have been well long ago; and if you will take so and so you will be out of your bed."

in a day or so." And they believed it while I was just as firmly convinced to the contrary. My disease had some dangerous tendencies, and I now believe their prescribed medicines would have killed me.

I had an assistant teacher who was taken with only a slight cold one day; she went home to her mother, and by much doctoring was kept in a sick chamber six months, and then came out with a shattered constitution. She afterward married and went a missionary to China; but scarce had she commenced the noble work for which she was so well prepared, and for which she had left home and all its attractions—for her father's house was the center of a literary society, and she was the oldest and favorite daughter—when she was attacked by a slight sickness, and died! not, I believe, from the sickness or the climate, but from the medicines she had taken in that long spell of sickness. So passed away the gifted and accomplished Annie Medweth Lewis, a sacrifice to medical science, bringing mourning to a father's home, to friends, and a loss to China. If I were to trace the history of the same family further, I could tell of other victims to the worship of the same juggernaut. Soon after another young lady, in the very bloom of health, and scarce counting seventeen summers, assisted in the school. While visiting home she one day had some slight ailing; a physician was called in, who, though she was not much sick, yet continued his visits and his medicines. In less than three weeks a letter came announcing her death. It would have seemed that the parents ought to have learned some lessons after having buried five children—two lying in the Atlantic Ocean. But no, they still worshiped, and did not suspect that the treatment was not all right. How many more victims are to be given to this slaughtering god!—to this great juggernaut! When will the darkness be dispelled?

I shall never forget an interesting pupil I once had, a young girl of fifteen, whose bright eyes always sparkled with intelligence, manifesting an interest in all her studies. I saw her again when she was a chosen bride, and never did life open more beautifully before any one and with brighter promises of happiness. Afterwards, a little girl was given unto them, and their cup of happiness seemed to be full. I saw her again; she was enfeebled, emaciated—trembling nerves—a mere wreck—and almost blind. She had been under treatment of one of our most eminent surgeons for disease of the eyes; part of his treatment was to keep her constantly salivated. She had now come to Baltimore to be under his more immediate direction, "because his treatment had been so successful!" How great the infatuation! She thought he was curing her, and he was killing her! She was giving herself to the juggernaut when she ought to have known better. Even the sad scene of her husband's death-bed should have been to her a lesson, for so plainly was he given a victim to medicine.

I had a father once—a nobler man never lived—upon him every god had set his seal to give the world assurance of a man. From too much labor, thought, and excitement he was taken sick. His large brain beat, and the doctor thought he must be bled; quart after quart was

taken, but that was not sufficient—the other arm was tried! I was a little child at his bed-side, and thought it wrong, and recollect so well my father opening his large, magnificent eyes, saying, "Doctor, are you not bleeding me too much?" And yet the doctor bled on! In two days more I had no father. He fell a victim to this demon-like practice. But his testimony was against it. I have always cherished one expression that fell from his lips as I sat one day upon his knee. He was a thinker, had seen something of medicines, and remarked on this occasion, while conversing with his family: "The more I see of medicines the less faith I have in them." Those were his words, and years afterward I appreciated their meaning.

The records of mortality in Baltimore for the last week tell us that eighty-four children have died! During the two preceding weeks there were one hundred and sixty-five. What a history would be the record of their sickness and treatment—how many have been given to this "juggernaut that crushes!" One sorrowing mother told me of her little girl that was taken with the sore throat, or, as the doctor called it, diphtheria; and that he gave her tincture of iron, rubbed her joints with mercurial ointment, and then gave her quantities of calomel till she died! But an idea of its not being exactly right did not once occur to the mother's mind. Soon after, her little boy was taken in a similar manner, and she hastened to place him under the same treatment! Oh, the blind veneration! But he recovered; yet it was three months before he could walk, and then at eight years of age was helpless as an infant in its first efforts at walking.

Another mother whose child had worms—the doctor commenced its treatment with some worm medicine, which proved ineffectual; he then placed calomel on its tongue and washed it down with water, which was repeated every few days. Six weeks before its death there appeared on one cheek a little dark spot which gradually ate the whole cheek away, and from it would come out pieces of flesh, and as the child lay in bed it picked out its teeth from this hole, and asked its mother to take care of them!

It is sad to think that children thus must be made to suffer. But do parents and people regret the system that thus treats and kills them? No; nothing is truer than that "the masses of the people are bowing down in blind ignorance and stupid veneration before this juggernaut." And there can be no greater work of benevolence than trying to enlighten them and to dispel the great delusion.

The records of drug-medication will everywhere tell a sad history. M. A. D. J.

BALTIMORE 90 McCULLOH ST.

THE ART OF LAUGHING.—The man that laughs is a doctor without a diploma; his face does more good in a sick room than a bushel of powders or a gallon of bitter draughts. People are always glad to see him—their hands instinctively go half way out to meet his grasp, while they turn involuntarily from the clammy touch of the dyspeptic who speaks on the groaning key. He laughs you out of your faults, while you never dream of being offended with him; and you know not what a pleasant world you are living in, until he points out the sunny streaks on its pathway.

MORTALITY AMONG CHILDREN.

MESSRS. EDITORS—*Gentlemen*: I observe by your paper of this day that the mortality of this city for a certain time amounted to 1,767, of which one thousand and one were children under five years of age. This I think it right to call your attention to and to bring plainly before the public. If fathers are careless, and mothers self-indulgent, regardless of the consequences of eating unripe fruits, etc., and if doctors be incompetent to treat the diseases of children, some remedy should be sought for by the public or the authorities in this city. I have no hesitation in stating my belief, that three fourths of those deaths were preventable with proper care on the part of parents and with skillful treatment by the physician.

If the faculty in this city be incompetent to grapple with those diseases, the sooner some medical men are procured from Paris or London the better; they should be taught that those poor innocents have some protectors, and that they are not to be permitted to slaughter them in this deplorable manner. I leave the subject with you and the public to devise and institute some remedy so that deaths should not occur where, with due care and skill, they could have been prevented. In the mean time, I would suggest that the name of every child under five years of age should be published, with the name of the doctor who had charge of the case. Parents will then see who is most successful, and know to whom to confide the care of their children.

It has been said that in Constantinople, some time ago, two or three bakers were hanged whenever the price of bread was too high, and that this process was continued daily until a sufficient decline had taken place in the price of that necessary article. I rather think that this would be a wholesome proceeding if adopted here toward the doctors. There is no doubt that a great saving of human life would be the result. At all events, I would be very happy if frequent inquests were held on children under five years of age, until the causes of death were well ascertained, and whether any guilty neglect had taken place, and which ought to be severely punished if so. I am, sir, your obedient servant,

Aug. 4, 1862.

HUMANTAS.

—Philadelphia Public Ledger.

FATAL EXPERIMENT.—A few years ago, a young lady in easy circumstances enjoyed good health; she was very plump, had a good appetite and a complexion blooming with roses and lilies. She began to look upon her plumpness with suspicion; for her mother was very fat, and she was afraid of becoming like her. Accordingly, she consulted a woman, who advised her to drink a small glass of vinegar daily; the young lady followed her advice, and her plumpness diminished. She was delighted with the success of the remedy, and continued it for more than a month. She began to have a cough; but it was dry at its commencement, and was considered as a slight cold which would go off. Meantime, from day to day, it became moist; a slow fever came on, and a difficulty of breathing; her body became lean, and wasted away; night-sweats, swelling of the feet and of the legs succeeded, and a diarrhea terminated her life. On examination, all the lobes of the lungs were found filled with tubercles, and somewhat resembling a bunch of grapes.

Miscellaneous.

OUR BEAUTIFUL LAND.

WRITTEN FOR THE "MONITORS," 127TH REGT. N. Y. S. V.

BY LAURA ELMER.

Oh, beautiful land that we love!
We come in thy perilous hour,
To the drum-tap we joyously move—
We'll wrench from the traitor his power.
Our souls are strong—well may they be,
We fight for God and Liberty!

Our beautiful land, with its streams,
Its mountains, its green waving corn,
Its thrift, so outstripping fond dreams—
We'll save—'twas for this we were born.
Our souls are strong, etc.

Our beautiful land we'll not yield,
Though cannon-shot furrow the sod;
To defend it we march to the field,
And we'll fight in the strength of our God.
Our souls are strong, etc.

"Pro Deo et Libertate!"*
Let patriots join in the cry;
Our country, we swear, shall be free—
We'll strike that oppression may die.
Our souls are strong, etc.

Jehovah! of battles the Lord,
Watch over the flag that we bear!
Be our scepter, our shield, and our sword,
And bring down our foes in despair!
Our souls are strong—well may they be,
We fight for God and Liberty!

NEBRASKA, AS A FARMING COUNTRY.

[We give below a letter written in reply to inquiries relative to the advantages offered by Nebraska to persons desiring a Western home. We have been well acquainted with the writer, Mr. Francis Smith, for more than a dozen years, and our readers may be sure his statements are to be relied on.—ED. H. T.]

OMAHA, N. T., July 5, 1862.

DEAR SIR—Your letter of the 29th ult. is received.

RESPECTING THE CLIMATE.

In answer to your first question as to the climate, I will state that in the months of June and July the thermometer is often up to 90°, and sometimes higher (though not often), in the middle of the day; but the nights are always cool and the evenings delightful. During the hottest days there is usually a breeze that renders it much less oppressive than the same degree of heat in the State of New York. It is very seldom that the mercury falls to 10° below zero in winter. I have once or twice known it as low as 20°, during the four years I have been in the Territory, but generally it ranges from 25 to 50° above the former figure, and the winters are always dry, clear, and pleasant, so much so that here at a difference of 30° below the temperature in New York city, the cold would not be felt as sensibly as in the moisture atmosphere of that locality. The winters are variable, some very much warmer than others. In the winter of 1858 and 1859 I kept a record of each day, and during the months of December and January there were fifty-five

* "For God and Liberty!"—the regimental motto.

successive days of continuous sunshine—not a storm of rain or snow. By the way, let me add here, that it seldom, if ever, rains in the winter, whether it be cold or warm. The fields were as bare of snow during this time as in September, and the weather appearing very much like a continuous Indian summer. Stock required but little feeding. In February there was about a foot of snow, which disappeared by the 1st of March, and by the 10th of that month farmers were busy in the field sowing wheat. The winter of 1859 and 1860 was about the same as that preceding it, but during the winters of 1860, 1861 and 1862, there was more snow and more colder days than in the previous winters. During these last two, there was, in January and February, two feet of snow on a level in the woods, but the weather was clear, dry, and pleasant. The old settlers and fur-traders say that this quantity of snow is very unusual. I resided in New York city fifteen years before coming here, and very much prefer this climate to that, either in respect to health or comfort. Coughs, colds, and pulmonary diseases generally are seldom known here, and many that have been for years thus afflicted in the East have been much benefited or cured by coming to this country. So much for the climate.

RESPECTING THE LANDS.

No land west of the 97½° of west longitude (about 75 miles west of Omaha) has been offered at public sale, and, consequently, can not be located with land-warrants or bought up by speculators, but is all open to settlers under the Homestead Law. A finer country, with more inducements to settlers, than the Platte Valley, between the Loup Fork and the Platte River, the Valley of the Loup Fork, the lands on Wood River and Prairie Creek, in the same region, can not be found on the face of the globe. The soil is deep and rich, well watered, with a fair supply of timber on the streams, and a good reliable home-market, at high prices, for everything that a farmer can produce. Nearly all the immense emigration overland to California, Salt Lake, Oregon, Washington, and Salmon River passes through this region, and the supplies they require for their long journey across the unproductive plains beyond, must be obtained in these rich valleys, for the best fertile lands do not extend beyond two hundred miles west of the Missouri River. In addition, nearly the whole of the population of the Pike's Peak region (now numbering about 40,000 inhabitants and rapidly increasing), who are supplied from the Missouri Valley, will seek the more convenient valleys of the Platte and its tributaries for their produce and necessities of life, and these customers always pay in gold.

By your maps you will notice the point of junction of the Loup Fork and Platte rivers. All the land for one hundred miles west of this point, up the Platte Valley, is of the character I have described. Columbus, at the confluence of the Loup and Platte, is a flourishing town, and is the western limit in which the government lands have been offered at public sale. The village has a saw-mill, grist-mill, telegraph office, a good hotel, several stores, school-houses, and is well settled in the vicinity. Settlers under the Home-

stead Law will have advantages in locating contiguous to this community, that pioneers usually have to wait some time to obtain. But the farther one goes west, up the Platte Valley, the higher the prices obtained for the products of the land; and this will be found true the nearer the settlers approaches Fort Kearney and the gold fields of Colorado Territory.

A daily four-horse coach, carrying the United States mails, already runs from Omaha up the Platte Valley through this section of country, connecting at Fort Kearney with the Pike's Peak and overland California mails.

Let enough settlers combine to take up a township anywhere in this region (for the land is all good), having the means to get comfortably fixed with houses, mills, stores, churches, and school-houses at the start, with the land given to them, and untaxed for five years, away from the reach of the terrible war which is now afflicting our country, with a good market at their door for the products of lands that yield abundantly everything that grows, in the same degree of latitude, and all this in a healthy and salubrious climate—if such a settlement can not prosper and become independent, there is no place on earth where it can.

I have thus spoken of the present. The future promises still more. It is absolutely certain that within a short time a railroad will be added to the other advantages of this country, carrying through its rich valleys the traffic of the world upon that great highway to the Pacific, which our Federal Government has just so liberally endowed.

The Pacific Railroad bill requires a branch road to be built from Sioux City, which will come into the Platte Valley at or near Columbus, and unite there with the main line, which will probably start from Omaha, opposite Council Bluffs, and run up the Platte Valley to connect with the Kansas roads about sixty miles west of Fort Kearney. The extent to which these roads will enhance the value of the settler's improvements along the several lines is a subject that I need not dwell upon.

There is also considerable very fine land yet unentered within a range of fifteen to fifty miles northwest of Omaha, on the Elkhorn River and on the Missouri River; but much of this has been spotted over with land-warrant locations, and does not present so many inducements to the settlers as the lands I have before referred to.

Your company should select their land as early this fall as possible, for then you will have the advantage of the first choice, and your examination of the country could be more thorough than if it was delayed later in the season. It would be the best plan, I think, if you have time, for one or two of your number to come out first to select the location and make all the necessary arrangements. By contracting with the railroad companies in advance, freight and passage can be obtained at much lower rates than otherwise. I am told that the Mormons get their passage through from England to Omaha for twenty-four dollars. This, of course, is steerage fare.

Everything in the line of store-goods can be had here at very fair prices, and every article usually kept in any Western city can be found here. It will not pay to bring agricultural im-

plements with you, for everything of the kind can be obtained here, from an ordinary garden hoe to the most improved mower; but mechanics might bring their tools. Bedding, clothing, and best articles of furniture, except bedsteads and chairs, might also be brought along, together with such articles as would not cost much freightage.

RESPECTING PRICES OF STOCK, ETC.

Cows, oxen, horses, and mules are always high in the spring, owing to the demand for fitting out trains, and for stock to take to Salt Lake and California. Nebraska can not, as yet, meet all this demand, and the deficiency is made up from Missouri and Iowa. Oxen are worth, in the spring, from \$50 to \$80 per yoke; horses, \$80 to \$100 each; mules, \$100 to \$150 each; cows, \$15 to \$25 (cows can be bought now at \$12 to \$20). In the fall these figures range much lower, from the arrival of Western trains, with miners and others, who are returning eastward, and who sell their teams here to take a public conveyance. Wagons of all kinds can be bought low at this season, while they are high in the spring. They are always kept for sale in large numbers. Corn is worth here 20 to 25 cents; wheat, 40 cents; oats, 30 cents; butter, 12½ cents; potatoes, 20 cents; meat, 5 to 7 cents. While these prices rule here in Omaha, corn is worth 50 cents at Columbus, and \$1 50 at Fort Kearney, for reasons before stated.

Our merchants purchase their goods in St. Louis, Chicago, Cincinnati, Pittsburg, and New York. For first-class freight from New York city they pay \$2 70 per 100 lbs.; second class, \$2 25; third class, \$1 75; fourth class, \$1 10.

In regard to the prairie and timber in this country, you can understand, in general terms, that all along the streams and branches there is always timber, and all the rest of the country is open prairie. There are some exceptions to this, but this is the rule. Yours very truly,

F. SMITH.

STOPPED WORRYING AND BEGAN TO LAUGH.—One of our exchanges furnishes the following:

"A clerical friend at a celebrated watering-place met a lady who seemed hovering on the brink of the grave. Her cheeks were hollow and wan, her manner listless, her step languid, and her brow wore the severe contraction so indicative both of mental and physical suffering, so that she was to all observers an object of sincerest pity.

Some years afterward he encountered this same lady, but so bright, and fresh, and youthful, so full of healthful buoyancy, and so joyous in expression that he questioned himself if he had not deceived himself with regard to her identity.

"Is it possible," said he, "that I see before me Mrs. B., who presented such a doleful appearance at the Springs several years ago?"

"The very same."

"And pray tell me, madam, the secret of your cure. What means did you use to attain such cheerfulness and rejuvenation?"

"A very simple remedy," returned she, with a smile; "I stopped worrying and commenced to laugh; that was all."

A TEMPEST AMONG THE LADIES.

Soon after the lectures of Dr. Trall in Oshawa, Canada, in April last, Dr. Tempest, of that place, who declined a discussion with Dr. Trall on the merits of their respective systems, came out, in the Oshawa *Vindicator*, with a scurrilous and indecent attack on the matter and manner of Dr. Trall's lectures, particularly the special lecture to ladies, which he did not hear. To this unmanly demonstration, a lady who did hear this and all the other lectures of Dr. Trall, replies in true womanly style.

TO THE EDITOR OF THE OSHAWA VINDICATOR.—Dear Sir: I can ill tell you how unwilling I am to step aside for a little, and address the readers of the *Vindicator*. Like many other mothers, I have been casting about me for light for long weary years—culling and gleanings items of information that had a bearing upon the better performance of my duties as a mother to my children. Is there a mother in Canada, who has sat and suckled her little ones, and as she meditated on the greatness of the charge committed to her by a merciful Father, has not inwardly prayed that she might be able to do her *whole duty* to them? Every cry of distress, coupled with our fearful ignorance of the laws of our being, sends a pang to a mother's heart. Is it not true that ninety-nine of every hundred of us mothers are so ignorant as to be unacquainted with the location of the vital organs—not to say the details of their anatomy and physiology? What means the blank despair settling down on a mother's face when her pet lamb is taken sick? Is not ignorance the root and cause of it all? All this is particularly true of mothers with the first-born. For years I have wondered how the first-born of most families managed to reach maturity, considering the very little parents know as to how to care for Heaven's first love-gift. Is it flattering to any of us to be told—and who can deny it—that the deaths of our first "ones" and many of the physical imperfections of those that yet remain with us, must be laid at our door? How the thoughts of the lost ones that might yet have gladdened the fireside, come crowding upon the heart! You of the other sex, with your toil and bustle, may make out to shake off these "carking cares" and thoughts, but we can not. The little playthings, and the very furniture of the house, have their associations with the lost lamb in a mother's heart. Oh! the unbidden tears and furrows that so naturally follow. But what of the blooming girls that were the pride of a father's as well as of a mother's heart? They made out—spite of a mother's ignorance, so great is the hold that we have on life—to get over the ills of first years, but fell into the grave in incipient womanhood. Why? Because, again, of our ignorance. I might give you innumerable cases in point. The world knows them.

Ignorance, then, felt and confessed on all hands, of physical truth—of the sublimely simple laws, in accordance with which our bodies are adjusted and toned, is the cause of many of the small graves in our churchyards and of the aching voids in the mothers' hearts in our land. A poor mother was just telling me the other day of the sad mistakes she committed in treating her little girl when laboring under a fever: the little thing's cry was for water, but some wise head told the poor woman not to gratify the child in her natural craving for the pure beverage—the child died. "My God," said the poor woman, "how my head throbs and my heart aches when I think that I was so cruel as to deny my darling Jane a cup of cold water. Great God, lay it not to my door at the great last day—I did not know better." And she buried her face in her hands and sobbed—I thought her heart would break. Is this the only case of the kind? Every family has its grave, and its story.

Though all this is true, still there is a felt desire

for knowledge. I am happy to say that I meet with mothers who show their anxiety to be "posted" up in these matters. On calling at Mrs. —'s lately, I found her suckling her boy and reading the *Water-Cure Journal*, and on a lounge beside her I saw the *Laws of Life*. "You are busy, Mrs. —?" "Yes, ma'am, I am so busy generally with family matters that I have no time for reading, unless I do so when I have my child at my breast." This was thoughtful, laudable, and worthy of imitation.

Mr. Editor, I have been led into these reflections by reading a letter in your paper from Dr. Tempest. I happened to be sitting near him when he made such a "display" at the close of Dr. Trall's lecture. But in his letter, feeling that he went a "LEETLE" too far in his confessions on the evening in question, he would fain lick them up again. When I, along with the others present, heard him confess that "medicine should not be taken but as the last resort," I thought the world—the drug-medical world—was coming to an end. But I, poor soul, was mistaken; for on second thoughts he has so far modified and glossed over his "confessions" that the admissions in his letter, instead of being substantially the same as his unfortunate confessions, are totally different. But such disingenuousness will serve no good purpose. If it is true that "medicine should not be taken but as the last resort," why not be manly enough to stick to it? But then it would not serve the purposes of making bread-and-butter. It is not true: for medicine should *never* be given—it is not needed. This, to many of your readers, may be going a little too far, though all confess the evils of drugging. When Luther had given up the dogmas of Roman Catholicism, one by one, yet he found it difficult to give up the "infallibility of the Pope." So it is with the efficacy of drugs. That drugs are working incalculable evils—that they are slaying their tens of thousands; that Rachel is weeping over her lost ones—is allowed on all hands; still, because mothers generally do not know of a "better way," they resort to drug giving. There is a sort of dreamy belief, though none can explain why, that there is some good in drugs. But there is a better way. The experience of thousands on this continent lies in the same direction. I, for one, have given the Hygienic treatment a fair trial in the rearing of my children. I can never forget how terrified I used to be when anything went wrong with my first child! My attention was about that time drawn to a family living in our neighborhood. The mother was of a scrofulous habit, and had suffered terribly from salt rheum, etc. She, however, determined to undo in her children the taint they inherited from herself. The means used were these: a plain diet, consisting of grains, fruits, and vegetables—the brown loaf exclusively used; attention was given to the washing of her children, and all medicine was kept away from her house—in other words, left on the druggists' shelves, where it is perfectly harmless. My observation of this family was extended over years, and I can truly say the pains and devotion of the mother to the best interests of her lambs has been amply repaid in their good health. I have never seen better specimens of robust health. I read, and thought, and prayed over the subject—I adopted her plan. It cost, it is true, something to break up my own habits of eating, cooking, etc. My children were the objects I was living for. And how amply I have been rewarded in seeing my little "folkies" growing up strong and vigorous! They have their little ailments sometimes, but then I do not get frightened, for I have learned long since how to treat them. There is a great deal of cruelty, to say the least, in giving a child drugs and using blisters, etc. True, it requires some reading, observation, and thought to master the Hygienic treatment generally; for it is purely based on a knowledge of the laws of the body—or nature's working. But then any mother, surely, will put herself to the trouble of acquiring the knowledge for the sake of her children.

But to return to your correspondent. On reading his letter I was very forcibly reminded of the "no small stir" which arose about the introduction of Christianity into Ephesus, given in Acts 19th chapter. Demetrius the silversmith and his fellow-craftsmen felt that their "no small gains" would slip out of their hands should Christianity be established by Paul and his co-workers. Their bread was at stake—no small matter. Hence their rage at the new doctrines. So, I am afraid, it is the case now. The same hue and cry has been raised on the introduction of all the improvements in machinery which confessedly have enlarged trade and given employment to more hands in the long run. I must certainly say there is a truculence and cowardice displayed in your correspondent's remarks on Dr. Trall's lecture to the ladies, rarely to be met with. I was present; and now I must say to every true woman and mother who may read this, that there was not one word spoken, or anything in manner or sign exhibited by Dr. Trall, that could jar upon the feelings or offend the taste and delicacy of any lady. No, sir; instead of speaking of "nastiness," the lecture was a noble effort, by one of nature's nobles, to raise the mothers in and around Oshawa to a position that would better enable them to perform their duties as mothers and wives. But it is the old story over again. Dr. Trall, who is no "traveling physician," must expect, despite his moral courage and devotion to the best interests of his fellow-creatures, that his good will be evil spoken of. Squeamishness and prudery would take offense at the lecturer's instructions, but decency never would.

Mr. Editor, let me quote from the celebrated Jeremy Taylor's "Holy Living" a passage which will cover the whole ground. This great and good man had to contend with the same class in his day: "Reader, stay, and read not the advices of the following section, unless thou hast a chaste spirit, or desirest to be chaste, or at least art apt to consider whether you ought or no. For there are some spirits so atheistical, and some so wholly possessed with a spirit of uncleanness, that they turn the most prudent and chaste discourses into dirt and filthy apprehensions, in literal sense turning the grace of God into wantonness. They study cases of conscience in the matter of carnal sins, not to avoid but to learn ways how to offend God and pollute their own spirits; and search their houses with a sun-beam that they may be instructed in all the corners of nastiness. If any man will snatch the pure taper from my hand, and hold it to the devil, he will only burn his own fingers, but shall not rob me of the reward of my care and good intention."

So it is with that truly philanthropic man Dr. Trall. Though he did not depart by a hair's breadth from the expression and manner becoming a gentleman, yet the malicious will detract from any effort, however noble, to enlighten the mothers of our land. I would say, in conclusion, if Dr. Tempest would show his honesty in the whole matter, he has a fitting opportunity of addressing the ladies at any time he may think fit. We mothers need every item of instruction for the better performance of our duties. When we find Dr. Tempest coming out and addressing the ladies, in a *befitting way*, on their duties as daughters, wives, and mothers, we will then wish him God-speed. But I am afraid it would not suit his purpose. I, for one, hope the day is not distant when we will have female physicians who will be able to instruct us in these matters.

Mr. Editor, I am not fitted to enter the arena of controversy, yet I could not let this opportunity pass without saying that I wholly disapprove of the spirit displayed in Dr. Tempest's letter.

Yours, etc.,

A MOTHER.

Four hundred years have elapsed since the invention of printing, yet books are not in circulation all over the globe; while the use of tobacco became universal within fifty years of its discovery.

A NEW RELIGIOUS MOVEMENT.

"The English journals are discussing a movement which originated, we believe, in a letter to one of the daily newspapers of London, to abolish sermons, or, more strictly, to make it understood that the congregation assembles on Sunday for singing and prayer only, and that this part of the service completed there shall be a pause, during which those who do not wish to hear the sermon may retire. This proposition is meeting with much attention and applause, and that in the most respectable of the English weekly journals. They complain that the Episcopal liturgy is itself long enough, and that a sermon of an hour's duration superadded to this, is more than weak and exhausted human nature can bear."

Poor Londonarians! How very long and hard that awful hour after that Episcopal liturgy, which is itself long enough! "Weak, exhausted human nature can not bear it." Will some of the English journals, or American journals, or some other journals, tell us why this *hour* is so much more unenduring on the Sabbath (with cushioned pews) for adults who wish and need rest, than for their children who need exercise, to have to sit an hour on a hard bench in the school-room after having been compelled to sit five hours previous? Parents sit one hour and one day in a week—children must sit five or six hours, and five or six days in a week.

LAUGHING DOCTOR.

A DOSING AND DRUGGING FAMILY.*

For several months of the first year of my medical life, I was a boarder in a family, all of whom were sickly. Some of the number were even continually, or almost continually, under the influence of medicine, if not of physicians. Here my trials were various, and some of them severe.

But I must give you a particular description of this family; for I have many things to say concerning it, some of which may prove instructive.

Mr. L. had been brought up a farmer; but being possessed of a delicate constitution, had been subsequently converted into a country shopkeeper—a dealer, I mean, in dry-goods and groceries. As is usual in such cases, he was in the habit of keeping a small assortment of drugs and medicines. The circumstance of having medicine always at hand, and often in hand, had led him, as it has thousands of others, into temptation, till he had formed and confirmed the habit of frequent dosing and drugging his frail system. But, as usually happens in such cases, the more medicine he took, the more he seemed to require, and consequently the more he swallowed. One thing prepared the way for another.

With Mrs. L. matters were still worse. In the vain belief that without a course of medication *she could never have any constitution*, as she was wont to express it, her mother had begun to dose and drug her as early as at the age of twelve or fourteen years. And what had been thus early begun, had been continued till she was twenty-four, when she married Mr. L. But she was

* We copy this chapter from Dr. Alcott's last and very interesting book, "Forty Years in the Wilderness of Pills and Powders." Those who would like a further acquaintance with it can procure a copy, post-paid, for \$1 25.]

feebleness, if possible, at twenty-four than at fourteen, and believed herself under the necessity of taking medicine in order to be able to sit up a part of the day and perform a little light, but needful family labor, such as sewing, mending, etc.

When I first had a seat at their family table, it was by no means uncommon for Mr. and Mrs. L. to begin their meal, as soon as "grace" was over, with Stoughton's bitters, or some other supposed cordial or strengthener of the appetite. As I not only refused to join them, but occasionally spoke a kind word against the custom into which they had fallen, the bitters at length fell into disuse; and it was found that their meals could be digested as well without the stimulus, as with its aid.

But I was much less successful in preventing the torrent of medicine from producing its wonted effects upon this family at other times and seasons, for which Mr. L.'s business furnished such facilities. But you must not think of Mrs. L. as a mere tyro in this business of compounding medicine, nor in that of administering it, especially to herself. From the apothecary's shop of her husband, as well as from other sources, she selected one thing after another, not merely for the time, but for permanent purposes, till it was almost difficult to say which had the best assortment, she or her husband. And she not only had it on hand, but she took it, as freely, almost so, as her food and drink.

More than even this should be affirmed. Had she at any time flagged in this work of self-destruction, she would have been brought up again to the line by her mother. For though the latter resided at a considerable distance, she paid Mrs. L. an occasional visit, and sometimes remained in the family several weeks. Whenever she did so, little was heard of in the usual hours of conversation—especially at the table—but Sarah's stomach, Sarah's nerves, and what was good for Sarah. It was enough to make one *sick at the stomach* to witness the conversation even for a single day, and above all to be compelled to join in it.

She was there once in the early spring, and remained until the ground was fairly settled. No sooner could she get into the woods, and come to the naked surface of the earth, than the whole country around was laid under tribute to furnish roots "good for the blood." These were put into a beer to be prepared for Sarah. It was supposed by many—and by this wondrous wise old lady among the rest—that the efficacy of these medicinal beers in cleansing the blood must ever be in due proportion to the number of their respective ingredients. Thus, if twenty articles "good for the blood" could be procured and boiled in the wort, the result would be a compound which would be worth twenty times as much, or at least be many times as useful, in accomplishing its supposed specific purpose, as if only one kind of root had been obtained.

It was a long time before I could break in upon this tissue of error to any practical purpose. For so deeply imbedded in the human brain is the idea of purifying the blood by some such unnatural means, that one might almost as well think of building a railroad to the moon, as of overcoming

it. They never thought—perhaps never knew—that the blood of the human body of to-day will be little more the blood of the body to-morrow, than the river which flows by our door to-day will be the river of to-morrow; and that the one can no more be purified independently of any and all things else than the other.

But it is said to be a long road which never turns. Some good impressions had been made on this family, as we shall see hereafter. Not, indeed, until there had been much unnecessary suffering, and many an unwilling penalty paid for transgression, as well as much money uselessly expended for physicians and medicine. For though I was somewhat a favorite in the family, I was as yet young and inexperienced, and many a wiser head than mine was from time to time invoked, and much time and money lost in other ways, that might have been saved for better and nobler purposes.

Among the items of loss, as well as of penalty, was that of offspring. These were generally still-born. One, indeed, lived about two weeks and then perished. The parents seemed to be written childless. Or rather, they seemed to have written themselves so. They seemed destined, moreover, to follow their premature children, at no great distance, to an untimely grave. For nothing was more obvious—I mean to the medical observer—than at an age when everybody ought to be gaining in bodily no less than in mental and moral vigor, they were both of them growing feeble as well as irresolute.

As a boarder, I left the family some time afterward, though I did not lose sight of it wholly; nor did they entirely forget or disregard the numerous hints I had given them. They made some progress every year. At length, however, I lost sight of them entirely, and only kept up a faint recollection of them by means of an occasional word of intelligence from the place where they resided, showing that they were still alive.

One day, after the lapse of about eight years, as I was passing through a charming New England village, the stage-coach stopped to let the passengers dine, when, to my great surprise, on stepping out of the coach, whom should I see but my old friend Mr. L. He was equally surprised, and, perhaps, equally rejoiced to see me. The interview was utterly unexpected to us both.

"How do you do?" said he, grasping my hand. I returned the compliment by inquiring after his own health and that of Mrs. L. It turned out that he had failed in his business a few months before, and that, as a consequence, he had been compelled to remove to the place where he now was, and engage in an employment which brought his skin into contact with the air, and his muscles into prolonged and healthful activity. It appeared also that both he and his family had long since banished the use of medicine. "And now," said he, "thank God I know what it is, once more, to enjoy health; I can not only eat, but work."

It was Monday, the great washing day of Yankee house-keepers; and while we were talking together with so much earnestness, that, like Milton's first pair in innocence, "we forgot all time," a female approached, with her sleeves rolled up, greeted me with much cordiality, and

seized me by the hand. "Can this be Mrs. L." I asked. How changed! She was, it is true, like her husband, a little sunburnt; but then she was, as she assured me, and, as I had every reason for believing to be true, comparatively healthy.

While I was still in amazement, hardly knowing whether I was awake or dreaming, a little girl approached us. Though somewhat slender and delicate, she was only slightly diseased; rather, she was only predisposed to disease by inheritance; and mere predispositions no more destroy us, than a train of powder explodes without igniting. The girl was about four or five years old. "Who is this?" I inquired. "Not yours, most certainly," I added, turning to Mr. and Mrs. L. "We call her ours," they said; "and yours; for we, no doubt, owe her life and health, in no small degree, to your instructions." "This," said I, "is what I little expected to see; but you may thank God for it rather than me, since she lives by virtue of obedience to His laws, and not mine. Then you are not only pretty healthy yourselves," I added, "but you have a healthy child." "We have two," said they. "The other is in the cradle; we will go and bring her."

At this moment, the loud declaration, "The coach is ready, gentlemen," reminded us that our conversation was at an end for the present, and we were obliged to separate. Not, however, until we had enjoyed a most luxurious mental repast in "the feast of reason and the flow of soul," with no abatement but the consciousness, on my part, of a little loss to the landlord, who had provided for the passengers a smoking dinner.

This, reader, to speak somewhat paradoxically, was one of the proudest, and yet one of the humblest days of my life. To have been the heaven-appointed instrument of such a marked change for the better in a human family was more than could have been foreseen or even expected. It is more than has often fallen to my lot. True, I do not hesitate to regard it as an extreme case; and yet it is, in magnitude, just what I could show you in miniature, at various points in the same vicinity, and, indeed, all over the country.

Mr. and Mrs. L. still pursue the even tenor of their way, and have their reward in it. One of their two daughters—buds of early promise—though probably more or less scrofulous, hardly reached maturity ere she descended to the tomb. The rest enjoy a tolerable degree of health. Of course, I do not speak of their health as greater than that of the average of mankind, notwithstanding their thorough reformation. It is much, all things considered, that it should be equal to that average.

As for the mother of Mrs. L., who still occasionally visits the family, she looks on in silent amazement, hardly knowing whether to recommend any more beer, with all sorts of roots good for the blood in it, or whether to give up the pursuit. I believe, however, that she does not often presume to interfere with their habits. Perhaps she has learned—if not, she may possibly live long enough to acquire the lesson—to "let well alone," as her children and grandchildren already have. I certainly hope she has. It will conduce greatly to her health and happiness, as well as make her a better citizen and better Christian.

PROCEEDINGS OF THE BALTIMORE HEALTH ASSOCIATION.

(BRANCH OF THE "WORLD'S HEALTH ASSOCIATION.")

THIS Association had its third meeting at 90 McCulloh Street, Baltimore. Called to order by the President, Mrs. Swartz; and we were glad to welcome among our number, Mrs. Hoffman, M.D., of Michigan.

After much pleasant discussion in regard to the superiority of Hygienic Medication, and the best means of spreading their glorious principles, the question was discussed of establishing a library in connection with the Association. Also it was resolved to use means for increasing the membership of the Association, and thereby extending its usefulness. To aid in securing these objects, it was proposed that Mrs. Jones should be invited to give a course of lectures.

The society then considered the feasibility of establishing a hospital in Baltimore on the principles of Hygienic Medication. Though our hospitals here are beautifully arranged and kindly cared for in every respect, yet we have thought our brave soldiers suffered much from the tender mercies of the doctors—that their diet was not suitable for sick and wounded men, and that a larger proportion of them were dying from diseases not in themselves dangerous, but rendered fatal by the medicines given. Even the fatality among the wounded, and the inflammatory conditions resulting from amputations, we believe are caused almost entirely by bad diet and want of bathing.

The Association entertaining such views, and believing they can be the means of saving many valuable lives, resolved to take into consideration the plan of establishing a hospital to be under their immediate control or direction. A brave soldier present, from one of the hospitals, who has been suffering for the last four months with dysentery and fever, while in the army of the Potomac, said he believed there were soldiers who would be glad to sustain such a hospital at their own private expense—that many of them revolted at the idea of taking medicine, knew it would injure them, yet they were oftentimes forced to swallow it; and he believed he would have been dead long ago had he taken the medicine prescribed for him.

Mrs. Hoffman thought we had best petition the Medical Bureau. Others thought it would result in no good; that while government was glad to do anything to promote the welfare of the army, yet the health department was left entirely to the care of Allopathic physicians, who would meet such a petition only with opposition, and that our only plan was to go ahead, prepare the way, and success would sooner or later attend our efforts.

At least the cause seemed too good to be thrown aside on account of slight difficulties, so to consider further the possibility, expediency, and mode of establishing such a hospital, it was resolved to have an adjourned meeting next Monday, Sept. 8th, to meet at the residence of Mrs. Swartz, German Street.

The next regular meetings will be Sept. 2d. and Oct. 10th., at 90 McCulloh Street.

MRS. SWARTZ, President.

M. A. D. JONES, Secretary.

BALTIMORE, Md., Sept. 3d, 1862.

HEALTH OF SOLDIERS.

SOLDIERS who desire to remain well, should never drink hard water when they can get soft. Hard water produces thirst, on account of the mineral matter in solution. They should drink nothing but cold water, and reject warm drinks of every description, not excepting soup. The health seeker should refuse pork in every form. Avoiding tediousness of detail, both difficult of remembrance and observance, I will only mention one item more in the preventive line, and that is, to bathe from head to foot often, not less often than once a week with soap, and oftener without soap, say at every convenient opportunity. In summer time every day is not too often. To cure diarrhea, eat sparingly and drink as little as possible, especially while eating. Solid food *well chewed* is more easy of digestion than liquid food. The presence of liquid in the stomach retards digestion, hence the impropriety of eating soup or drinking anything except to allay thirst. Persons troubled with diarrhea must make up their minds to reject either meat or fruit. Good beef may be eaten sparingly without soup.

There is no objection to good *ripe* fruit with total abstinence from animal food, and the fruit diet is preferable to the meat diet.

Injections of cold water tend to relieve diarrhea; perfect rest is desirable also.

To avoid chilling before morning, soldiers on lying down at night should cover themselves with their blankets (even if somewhat uncomfortable in warm weather). All should remember that the circulation of the blood is less rapid in a recumbent than in a standing position, there being a difference of about ten pulsations in a minute.

In connection with other agencies, sleeping cold is a prolific cause of diarrhea, dysentery, and other bowel difficulties. Therefore, if you would avoid these, be careful to be well covered at night.

For the cure of constipation or costiveness, the use of wheat bread containing all the bran is a specific. The use of stewed dried peaches will assist, also the use of tepid water injections every two days if the case be an obstinate one. In bowel difficulties of every description, wet bandages worn at night tend to relieve and cure. They should be well covered with dry bandages. What has been said is sufficient for ordinary cases.

In conclusion, I will remark, that inasmuch as the relief of sickness constitutes the chief business of the army surgeon, much more so than the relief of the wounded, at least two of the physicians—of the three allotted to a regiment—should be noted for their medical ability in the treatment of every-day sickness, and their associate should be thoroughly competent in the treatment of wounds, amputation of limbs, etc., each mutually to assist the other, but beyond the control of their associates in their particular department.

All soldiers should remember that prevention is the great boon to be aimed at, which will remove the necessity of cure, which cure as often practiced is worse than the disease.

The curious in regard to natural laws governing animal life are referred to a work by Dr. Wm. A. Alcott, entitled "The Laws of Health," and for sale by Fowler and Wells, at No. 308 Broadway, New York city. Price \$1.

Avoid all causes of sickness and you will most assuredly remain well. Hoping, Messrs. Editors, that my remarks will not have been made in vain, I subscribe myself,

Yours truly, Wm. M. DeCAMP, M.D.
—Iowa City Republican, 1862.

HEALTH ASSOCIATION IN UTICA.

NOTWITHSTANDING the war and all the excitement it brings, we have succeeded in forming a Health Association in the city of Utica, under the name of "The Utica Health and Temperance Association," and the prospects that good may be done in the health-reform cause are quite flattering. Already we number about forty, and have encouragements of many more. The laborers are determined that the work shall go on—that the "rebellion" against poisons shall never be put down as long as the principles of Hygiene remain. Our constitution is founded on the same basis as the "World's Health Association," and is considered a branch of that association. We intend to have lectures from others occasionally, and to lose no opportunity of talking unimproved by ourselves, for we know to a certainty that our success depends in a great measure on the exertions we make, both individually and collectively.

O. C. A. Wood, M.D.

HEALTH.—Dr. Beaumont, of the U. S. Army, gives the following important rules:

1. Bulk, or food possessing a due proportion of innutritious matter, is best calculated to preserve the permanent welfare of the organs of digestion and the general health of the system.
2. The food should be plainly and simply prepared, with no other seasoning than a little salt, or occasionally a very little vinegar.
3. Full and deliberate mastication or chewing is of great importance.
4. Swallowing the food slowly or in small quantities and at short intervals is very necessary.
5. A quantity not exceeding the real wants of the economy, is of prime importance to health.
6. Solid aliment, thoroughly masticated, is far more salutary than soups, broths, etc.
7. Fat meat, butter, and oily substances of every kind are difficult of digestion, offensive to the stomach, and tend to derange that organ and induce disease.
8. Spices, pepper, stimulating and heating condiments of every kind, retard digestion and injure the stomach.
9. Coffee and tea debilitate the stomach and impair digestion.

HEARING a physician remark that a small blow will break the nose, a rustic standing by exclaimed, "Wal, I dunno 'bout that. I've blowed my nose a great many times and I've never broke it."

HINTS ON WASHING THE HANDS.

SOME "philosophy" is useful in even so simple a matter as washing the hands. If any lady doubts it, let her, with a microscope, examine the surface to be cleansed by water, and she will be interested, and perhaps shocked, at the discoveries made. Instead of a smooth surface of skin, presenting when unwashed a dingy appearance, there will be seen a rough, corrugated surface, with deep, irregular furrows, in which the foreign particles are deposited like earth among the paving-stones of a street. If they lay loosely, it would be an easy matter to dislodge them with a little cold water; but the pores, the waste-pipes of the body, are continually discharging into these open drains perspiration and oil, which by evaporation become a cement to hold the particles of dust, etc., and to remove them requires both chemical and mechanical action. Warm water softens this cement, expands the furrows, and makes the skin pliable, so that, by rubbing, the soil is disturbed and partially removed. But chemistry must aid a little before the process is complete; soap is therefore added, the alkali of which unites with the oily matters, and the whole is then easily disposed of. The towel is useful, because its soft threads or fibers work down among the furrows, like so many little brooms, sweeping them out; hence it should be soft and pliable. Flannel is preferable to cotton for this purpose, and a sponge is best of all. Harsh, strongly alkaline soap should be avoided, as it abstracts all the oil from the upper layer of the skin, and makes it "chap" or "crack." Cold-cream soap is best, being neutral. Where a sponge is not obtainable, a very neat and serviceable wash-cloth may be knit of soft cotton twine, either with the crochet or with coarse wooden needles, knitting backward and forward, as garters are knit. A mitten knit of this cotton with the crochet needle is very handy for this purpose, and makes a neat article for the wash-stand. The washing-cloths may be had of most perfumers.

THE STUTTERING JUDGE.—A well-known Western judge, who was so unfortunate as to stutter somewhat, in effecting the settlement of an account with a parsimonious neighbor, found it impossible to make change within three cents. Some days after, while the judge was on the bench, in the midst of a very important case, the avaricious man, whose brains could not rest while the three cents were absent from his pocket, appeared in the court-room, and unceremoniously desired the judge to grant him an interview. The judge arrested the progress of the case, and addressing the counsel, said, apologetically:

"St stop, a f-f-few moments, p-p-please, t-t-till I speak to my neighbor P."

He therefore descended from the bench and accompanied P. to a private room, where, as he expected, he received a demand for the delinquent three cents. He paid it, demanded a receipt, and returned to the court-room, convulsing every one present by the following remark:

"Th-they s-s-say, that at th-the m-moment any one d-d-dies, another is b-born, and th-the s-s-soul of th-the one th-that d-d-dies g-o-g-o-goes into th-the b-b-body of th-the one's th-that b-b-b-born. Now, when n-neighbor P.P.P.P. was b-born n-o-n-o-nobody d-d-d-died."

COSTUME.

THE costumes of various countries vary greatly in many respects. It is not my present purpose, however, to discuss the extent and variety of this difference, but to call attention to the American Costume, vulgarly called Bloomer.

This costume consists of a waist and sleeves, or jacket, sufficiently loose for all purposes of health and convenience in working; a skirt, with or without underskirts, coming just below the knee; and pants of the same material. It is worn very considerably in central and western New York, and a great deal in the West, in the rural districts, as a working dress.

Women have long felt the need of a more convenient working-dress, and this seems to supply that want better than any other yet worn by them. Men, when they find the skirts of their coats in the way of their work, whatever it may be, are at liberty to lay them aside and don a blouse or frock, or even work in their shirt-sleeves, if they choose; while women, in this country, make little or no difference in their dress except in quality, on all occasions, whether at work or play, or lounging in the parlor receiving calls, or attending fashionable parties. Bridget or Sarah, in the kitchen, would feel as much disgraced (?) by a comfortable working-dress as would their mistress in a suitable one for a country ramble. Now, I do not intend to take the ground here, that because the American Costume is the most convenient and comfortable dress for woman, therefore it should be worn by all women, at all times, in all places. I do not believe this to be the most speedy method of introducing it into the families of the working-classes. If the advocates of this costume had advocated it merely as a working-dress ten years ago, there would have been ten women wearing it where there is only one now. Believing it to be a better dress than the ordinary dress of woman, they sought to convince the people of its merits and have it at once universally adopted. They forgot that "large bodies move slowly"—that the people must be educated to love truth and simplicity before embracing it. They scorned the idea of advocating it as a mere work-dress, and thus laying the foundation for a substantial superstructure. What has been the result? A few have worn it on all occasions, making martyrs of themselves and their friends, because it was not *first* introduced into the homes of the people until they were accustomed to the style.

Think you a man would hoot at a woman in the street, or laugh at her in church, for wearing a short dress, when he saw his own mother and sisters wearing it at home every day. I tell you, my friends, we made a sad mistake, not perhaps in wearing it ourselves on all occasions, if we were strong enough to do so, and still grow stronger, but in *advocating* it for others, and teaching them that they were violating law if they put the dress on and took it off for any purpose.

I have known women—good, conscientious women—who would not put the dress on just for this reason. They did not feel able to wear it all the time, and had been taught that it was

wrong to leave it off after they once put it on. Some of our good sisters have also been very intolerant toward those who have found the persecution too great for them to bear, and have left off wearing it in public. We can not measure another's strength by our own, therefore we should not judge others.

We can at least do no less than give each the liberty of conscience we ask for ourselves in this as in all other matters. Knowing that the American Costume is the most convenient, economical, and healthful dress, we can encourage all who feel inclined to wear it on any or all occasions, thus making it easier for them to do so.

ONE WHO WEARS IT.

ANCIENT DOCTORS.—Mayerne, a French physician, who is said to have numbered among his patients two French and three English sovereigns—Henry IV. and Louis XIII. of France, and James I., Charles I., and Charles II. of England—was fond of dosing his patients with "pulverized human bones." A chief ingredient in his gout powder was "raspings of a human skull unburied." In the composition of his celebrated "balsam of bats," he employed "adders, bats, sucking whelps, earthworms, hog's grease, the marrow of a stag, and the thigh-bone of an ox." Belief in the efficacy of charms and amulets was once universal with the faculty, and precious stones were regarded as sovereign remedies. The hyacinth and topaz hung about the neck or taken in drink, were certain "to resist sorrow and recreate the heart." The sapphire was "a great enemy to black choler," and was believed to "free the mind and mend manners." A certain kind of onyx was supposed to preserve the vigor and good estate of the whole body. One physician went so far as to declare "that in the body of a swallow there is a tone found called chelidonium, which, if it be lapped in a fair cloth and tied to the right arm, will cure lunatics, madmen, and make them amiable and merry." Herbs were also in great request, and daisy-tea was accounted a certain cure for gout and rheumatism. Dr. Bulleyn (of the same family as Queen Ann Bulleyn), a physician in the reign of Elizabeth, prescribed for a child suffering under a certain nervous malady "a small young mouse roasted." The same doctor stated that "snayles broken from the shelles and sodden in whyte wyne with oyle and sugar are very bolsome, because they be hoat and moist for the straightness of the lungs and cold cough."

A CLINCHER.—A native deacon, named Hagop, has now the charge of the Protestant Armenian church at Trebizond, in Asia Minor. To show his shrewd quickness in reply, the following anecdote is related:

Some years since, the deacon was employed by an English mercantile house in Sansum, and was required to work on the Sabbath. This he steadily refused to do.

His employer used all his ingenuity to convince him that it was necessary and right to do so then. "What!" said he, one day, "if an ass fall into a pit on the Sabbath day, does not even the Saviour say that it is right to pull him out?"

"Certainly," replied Hagop, "but if an ass have a habit of going every Sabbath and falling into the same pit, then his owner ought either to fill up the pit or sell the ass!"

WEARING OUT AND RUSTING OUT.

A LATE citizen of Hartford, having retired from business with a competence, felt the want of regular employment, and adopted a judicious plan to secure it. After making provision for his children, he used his spare income, not in venturing on new speculations, but in furthering and supporting favorite objects of benevolence. By superintending the application of his public charities he furnished himself with noble and useful occupation, in which both mind and body had a share.

Let the aged follow his example; nay, let all the unemployed follow it—and thus keep their faculties from rusting. The mind, if properly exercised, does not grow old with the body, and the latter need not decay so fast as it does. There is no greater enemy to the health of both parts of the system than idleness—we were going to say; but there is—in the absurd sensitiveness to a false sentiment, that compels to idleness, when the human being craves activity.

We do not hesitate to say that this false sentiment has slain its thousands and tens of thousands in this land, and that its slaughter has been most terrific among women.

The woman who does not labor—rich and honored though she be—*bears on her head the inevitable curse of Heaven.* The curse works in her failing health—in her fading beauty—in her fretful temper—in her days devoured by *ennui*. Let her not dare to think that, because she has no domestic circle to care for, she is free from the law meant to be universal. Let her not dare to quail before the judgment of some shallow fop or frivolous fair one, when she can find employment for mental and physical faculties.

Let her not be afraid of the sneers of the brainless and the impertinent, who would insult any woman who should walk out not attired in splendid silks, when it was known she could afford it. She has a higher duty to perform, setting aside that to Heaven—a duty to herself. Unemployed powers waste away with frightful rapidity. We have not seldom seen women of fourscore whose active frames and perfect intellects have been said to show "the triumph of spirit over matter," whose powers of enjoyment were undiminished. But never did we see one thus whose life had been an idle one; such were sure to sink into idiocy long before nature should have worn out.

Consider this, women who are ashamed of being known to labor, because you do not need to do so! You do need it; the neglect is at your peril. Disease, imbecility, disgrace, threaten you if you are deterred from obeying the great law of nature—through fear of the laughter of fools.

NEVER sulk. Better draw the cork of your indignation and let it foam and fume, than wire it down to turn sour and acrid within you. Sulks affect the liver, and are still worse for the heart and soul. Wrath driven in is as dangerous to the moral health as suppressed small-pox to the animal system. Dissipate it by reflection on the mildness, humility, and serenity of better men than yourself, suffering under greater wrongs than you have ever been called upon to bear.—

APPEAL TO THE WOMEN OF AMERICA FOR AN ACTUAL DEMONSTRATION OF VALOR.

YE patriotic women, whose souls are fired with enthusiasm under the intense interest you feel in the mighty warfare now being waged against oppression, I call upon you to awake to a consideration of the degrading bondage to which *you* have life-long yielded *unresistingly*, even until every division of your life-force is held in undisputed possession by your deadliest foes! Incredible as it may appear, the hostile character of your oppressors is not recognized; indeed, so great is your infatuation, that you, as well as the millions who have preceded you, madly cling to the chains with which you are bound, blindly, and determinedly, refusing kindly proffered aid from one who would quickly rescue you from your ignominious thralldom. Were truth and righteousness allowed their rightful sway, the terrible label, MURDERER, would appear unmistakably and indelibly branded upon the tyrants.

On the contrary, however, they are permitted to stalk unmolested through the community, yea, even *approved*, and *petted*, and christened with the very popular and commanding appellation—FASHION! PUBLIC OPINION!

The far-famed officer in command who has thus captured all your fortresses and strongholds of happiness for this life is—GENERAL DEBILITY, who, with his various subordinates, and their almost countless troops—sometimes termed diseases—are constantly prosecuting with unparalleled dispatch their wholesale carnage, and that, too, under *your* most beneficent sanction! The friend whose generous offers of relief you have so ungratefully trampled upon is Nature, who, though so long forbearing, will eventually prove herself sternly just.

The humiliating recollection that I, too, was formerly under the same oppressive yoke, and contrasted with that, the blessed consciousness of freedom I now enjoy, prompts me to appeal to you, my sisters, to arise to the dignity with which your Creator has invested your nature. Be true to the instincts he has there implanted for self-preservation, which requires noble independence of purpose and action. With true hearts and invincible courage identify yourselves with the campaign already entered upon for the overthrow of our common foe—GENERAL DEBILITY. And here, with all due deference to the morbid sensitiveness fostered in modern society, I wish to commend as one of the most effectual weapons for mowing down the enemy's ranks, one very unassuming in its appearance, but none the less valuable, the "American Costume," which, if universally used, would play an important part in driving from the field of life our ghastly foe, and his hideous and deformed ranks, and in their place our eyes would be greeted with the delightful prospect of HEALTH with her majestic array of joyous attendants. Will you not renounce your serfdom and enter the ranks of the happy free? Let not your laudable heroism expend itself in unattainable aspirations for the glories of the far-distant field, but manifest it in home-combats against even popular errors and evils of refined society. And when we shall have proved by

faithful obedience that we "despise not the least of his commandments," having with steadfast faith and joyous hope kept our eye fixed on the eternal prize, unfalteringly prosecuting our heavenward march, who can portray the rapturous triumph with which we shall receive our discharge from these earthly conflicts, and go to swell the victors' strain in eternal boundless bliss, where we shall unitedly celebrate His matchless praise, through whose grace alone we have been enabled in all things, both small and great, to come off "more than conquerors?"

A. F. B.

NORWICH, N. Y.

NAMES OF FREQUENT OCCURRENCE IN THE ACCOUNTS FROM INDIA, WITH THEIR MEANING.—Abad, town (as Hyderabad, or Hydrabad), town of Hyder.

Allahabad, from Allah, God, and abad, abode or town, i. e., the abode of God, Moorabad, Jellabad.

Bang, an intoxicating liquor from hemp.
Bazaar, a market-place.
Begum, a Hindoo lady.
Budgerow, a large boat.
Bungalow, a villa.
Chowdekar, a private constable.
Coolie, a porter or carrier.
Dewar, the prime minister, agent.
Dhinky, a small boat.
Droog, a hill fortress.
Durbar, an open court.
Doab, a term applied to a district between two rivers.
Feringhe, a European. This corresponds with the Turkish, Frank.
Ghaut, mountain, landing-place.
Gherry, a hill (as the Neilgherry).
Hadjee, a pilgrim.
Havildar, a sergeant in a native regiment.
Jemidar, a lieutenant in a native regiment.
Mohurran, a Mahomedan festival.
Moonshee, a teacher, a linguist.
Moulvie, a priest.

A JEALOUS disposition is often strengthened when notice is taken of it; while the endeavor to cherish the spirit of love would do much toward casting it out.

A ROLLING STONE GATHERS NO MOSS.—Well! what of that? Who wants to be a mossy old stone, away in some damp corner of a pasture, where sunshine and fresh air never come, for the cows to rub themselves against, and for snails and bugs to crawl over, and for toads to squat under among poisonous weeds?

It is far better to be a smooth and polished stone, rolling along in the brawling stream of human life, wearing off the rough corners, and bringing out the firm crystalline structure of the granite, or the delicate veins of the agate or the chalcedony.

It is this perpetual chafing and rubbing in the whirling current that shows what sort of grit a man is made of, and what use he is good for. The sandstone and soapstone are soon ground down to sand and mud, but the firm rock is selected for the towering fortress, and the diamond is cut and polished for the monarch's crown.

HOUSEHOLD HINTS.

A LATE breakfast deranges the whole day's proceedings.

A WIFE endears herself to her husband and family much by attention to little comforts.

CHARCOAL strewn over heaps of decomposing filth, prevents the escape of effluvia.

RETURNING everything to its proper place after using, saves more time than is usually thought of.

FRUIT preserves should be examined, and re-boiled if fermented.

KNIVES and forks, after cleaning, may be kept in old pieces of flannel without any danger of rust—of course, in a dry situation.

WHEN chamber towels get thin in the middle, cut them in two, and sow the selvages together, and hem the sides.

MANY good laundresses advise soaping linen in warm water the night previous to washing, as facilitating the operation with less friction.

WHEN plates, knives, forks, etc., not in common use, are put away, let them be thoroughly cleaned, so as to be always ready for use, if wanted, possibly in haste.

A FLANNEL and soap and water will clean plate nicely. It should be wiped dry with a soft cloth, and then well rubbed with a good sized piece of soft leather.

SODA, by softening the water, saves a great deal of soap. It should be dissolved in a large jug of water, some of which pour into the tubs and boiler; and, when the lather becomes weak, add more.

SHORT pieces of candles should be put into your bedroom candlesticks; the reasons for this plan are multifarious, and will at once be apparent to the good housewife.

WHEN you dry salt for your table, do not put it into your salt-cellar until it is cold; when put in hot, experience has taught us that it cakes together in lumps, which is troublesome.

To keep your rooms free from bad air you should have your windows made to open up and down. By admitting the pure air at the bottom you expel the foul air through the top of the window.

MUCH trouble and irregularity are saved when there is company, if servants are required to prepare the table and sideboard in similar order daily.

THE best means to preserve blankets from moths is to fold and lay them under the feather beds that are in use; and they should be shaken occasionally. When soiled, they should be washed, not scoured.

WHEN the weather is too damp to dry clothes out of doors thoroughly, still they will look clearer if hung out a sufficient length of time for the water to drip out of them before they are exposed to the fire. Colored clothes should always be dried as quickly as possible.

PEELING POTATOES.—All the starch in potatoes is found very near the surface; the heart contains but little nutriment. Ignorance of this fact may form a plausible excuse for those who cut off thick parings, but none to those who know better. Circulate the injunction, "Pare thin the potato skin."

Scissorings.

THE founders of large fortunes are sometimes too mean to enjoy them.

GOOD.—An honest heart, says Prentice, makes a gentleman; but honest modesty makes a gentle manner.

WOMEN love to find in men a difficult combination—a gentleness which will invariably yield, with a force which will invariably protect.

MANY a true heart, that would have come back like a dove to the ark after its first transgression, has been frightened beyond recall by the savage cruelty of an unforgiving spirit.

"BETTER to be alone than in bad company." True; but unfortunately many persons are never in such bad company as when they are alone.

WHEN minds are not in unison, the words of love itself are but the rattling of the chain that tells the victim he is bound.

SOMETIMES, in musing upon genius in its simpler manifestations, it seems as if the great art of human culture consisted chiefly in preserving the glow and freshness of the heart.

NIGHT brings out stars, as sorrow shows us truths; we never see the stars till we can see little or naught else—and thus it is with truth.

GOOD manners should begin at home. Politeness is not an article to be worn in full dress only, to be put on when we pay or receive a complimentary visit.

SECTARIANISM is a miserable, short-sighted prejudice. It makes you hate your neighbor because he eats his oysters roasted while you prefer them in the shell.

CURIOSITY is a thing that makes us look over other people's affairs and overlook our own. Xenocrates, reprehending curiosity, said, "It is as rude to intrude into another man's house with your eyes as with your feet."

FINE sensibilities are like woodbines—delightful luxuries of beauty to twine around a solid, upright stem of understanding, but very poor if, unsustained by strength, they are left to creep along the ground.

"I do wish I could be cured of lying in bed so late in the morning," said a lazy doctor turning round upon his pillow. "Well, I'll try the water-cure," said his wife, pouring a tumdlerful over him.

MELANCHOLY is another name for tough meat. We care not how imaginative a man may be, let him eat two pickled pig's feet, and he will feel as inanimate as a sack of coals. What we often think is mind is half the time gristle.

A RELATIVE of Bushe's not remarkable for his Hindoo ablutions, once applied for a remedy for a sore throat that troubled him much. "Why," said Bushe, gravely, "fill a pail with water as warm as you can bear it till it reaches up to your knees; then take a pint of oatmeal and scrub your legs with it for a quarter of an hour." "Why, hang it, man," interrupted the other, "this is nothing more than washing one's feet!" "Certainly, my dear John," said he; "I do admit it is open to that objection."

KEEP the head cool and the feet warm.

DYSPEPSIA is the father of despondency.

RETIRE with the day and rise with the dawn.

AIR is to the lungs what food is to the stomach.

BATHING is a better prophylactic than bella-donna.

NEVER sit in a draught, no matter how warm the air may be.

PATENT medicines are the remedies of fools.

"FEED a cold and starve a fever" is half wrong. Starve both.

ALWAYS eat slow; a simple sandwich is better than a dollar dinner bolted.

In many diseases, music is more curative than medicine.

An active and temperate youth will give a green old age.

GLUTTONY is the grand patron of the gravedigger.

If you have weak eyes, never study or read before breakfast.

THE TRUE ELIXIR OF LIFE.—Exercise and fresh air.

THEY are never alone that are accompanied with noble thoughts.

THERE is no man suddenly either excellently good or extremely evil.

THE healthy know not of their health, but only the sick.

PAIN is the language of discord in the soul—principle—the voice of divine life in man crying for health and happiness.

THE industrious and virtuous education of children is a far better inheritance to them than a great estate.

THE purest metal is produced from the hottest furnace, and the brightest thunderbolt from the darkest storm.

WHEN you feel physically "out of sorts," leave off eating, and instead of seeking something "to take," seek something "to do."

THE less a man knows, the wider his mouth opens. It is as impossible for a fool to keep his jaws shut as it is for a sick oyster to keep his shell closed.

THE finest features of the face are chiseled by the mind—as the latter becomes cultivated and refined, the former becomes more and more beautiful.

MUSIC HEALTHFUL.—Music, like painting and statuary, refines, elevates, and ennobles. Song is the language of gladness, and it is the utterance of devotion. But, coming lower down, it is physically beneficial. It rouses the circulation, wakes up the bodily energies, and diffuses life and animation around. Does a lazy man sing? Does a milk-and-water character ever strike a stirring note? Never! Song is the outlet of mental and physical activity, and increases both by its exercise. No child has completed a religious education who has not been taught to sing the songs of Zion. No part of our religious worship is sweeter than this. In David's day it was a practice and a study.

DANGEROUSLY BRIGHT.—A beautiful, fascinating lady came in, a few days since, to arrange for the admission of her son to the gymnasium. She exhibited her darling with a glow of pride, and declared that she never saw such a creature; he never played like other children, but would sit from morning till night with his book. Although he was but eight, he had read everything, and was now going over Josephus for the second time.

In a polite way I warned her against such a course, and assured her that if he had not learned to read it would be far better for him; that, in grief, the chances were very strong that he would turn out a nervous, unhappy, feeble-minded man; but I fear she went away not only unconvinced, but pretty firmly resolved not to come again.

Good physical education might, perhaps, save him, but it is almost sure he will do up his thinking before he is fifteen, and, as a man, will prove a regular noodle.—Lewis' *New Gymnastics*.

SOAP AND WATER—THEIR RELATION.—In an address delivered by the engineer of the Glasgow waterworks, that gentleman remarked that Mr. Porter estimates the annual consumption of soap at 92 lbs. per individual. The total population of Glasgow may be taken at 460,000; deduct for Gorbals, 110,000; total on the north of river, 350,000. Supposing that 5½ lbs. of soap are allowed for each person, it will give \$360,000 as the annual cost of soap, on the average of the country, consumed by the 350,000 persons on the north of the Clyde. Since the introduction of Loch Katrine, owing to its softness, careful returns show that about one half of the soap formerly used will suffice. If these calculations were applied to London, the saving there, allowing for the harder character of the water, would amount to not less than \$2,000,000 per annum, equivalent to the interest of thirty millions of money, which it would be worth the while of the Londoners to pay for water equal in quality to that of Loch Katrine.

PHYSICAL TRAINING AT AMHERST COLLEGE.—Dr. Edward Hitchcock, Jr., of Amherst College, has lately made a report to the trustees of that institution concerning the gymnasium, which has now been in operation there about two years. Amherst is the only college in the country where gymnastic exercises are conducted as a part of the regular college duties, and the plan, according to Dr. Hitchcock, works with complete success. The health of the students is greatly improved during the past year, and only four persons have been injured in the gymnasium, and none of them seriously. The students take great interest in the exercises, and manifest no disposition to evade the duties of this department. The bowling alley is much used by both professors and students, and its use thus in common is productive of much pleasant intercourse between them. A great number of visitors—chiefly ladies—witness almost every exercise, and their presence helps to keep up the interest in the athletic sports. On the whole, the gymnasium may be looked upon as a complete success.

EAT only when you are hungry; Nature demands, when she needs.

NEVER wake your children in the morning. When they have slept enough they will wake of their own accord.

THE cup of patience is carved by angelic hands, set around with diamonds from the mines of Eden, and filled at the fount of goodness.

A GENIUS left Philadelphia a few years ago in company with a live halibut. He returned a short time ago with \$30,000, all made by exhibiting his halibut as the "American Flounder." In England, we are told, our common mullen is cultivated in pots, and is called "The American Velvet Plant."

HOW TO BREAK A BAD HABIT.—Understand clearly the reasons, and all the reasons, why the habit is injurious. Study the subject till there is no lingering doubt in your mind. Avoid the places, the persons, the thoughts, that lead to the temptation. Frequent the places, associate with the persons, indulge the thoughts, that lead away from the temptation. Keep busy; idleness is the strength of bad habits. Do not give up the struggle when you have broken your resolution once, twice, ten times, a thousand times. That only shows how much need there is for you to strive. When you have broken your resolution, just think the matter over, and endeavor to understand why it was you failed, so that you may be upon your guard against a recurrence of the same circumstances. Do not think it a little or an easy thing that you have undertaken. It is folly to expect to break up a habit in a day, which may have been gathering strength in you for years. This, in brief, is our answer to a question which is put to us by anxious inquirers from ten to twenty times a-week.

Special Notices.

IMPROVEMENTS made in the machinery for manufacturing Gold Pens, and secured to the subscriber by Letters Patent, have enabled him to overcome the many imperfections hitherto unavoidable in their production, and also to bring the cost within the reach of all. The writing public should know the following facts:

Constant writing for six months is done cheaper with Gold Pens than with Steel; therefore, it is economy to use Gold Pens.

The Gold Pen remains unchanged by years of continued use, while the Steel Pen is ever changing by corrosion and wear; therefore, perfect uniformity of writing is obtained only by the use of the Gold Pen.

The Gold Pen is always ready and reliable, while the Steel Pen must be often concerned and a new one selected; therefore, in the use of the Gold Pen there is great saving of time.

Gold is capable of receiving any degree of elasticity, so that the Gold Pen is exactly adapted to the hand of the writer; therefore, the nerves of the hand and arm are not injured, as is known to be the case by the use of Steel Pens.

He is now selling Gold Pens at prices varying from 25 cents to 1, according to size, the average wear of every one of which will far outlast a gross of the best Steel Pens.

Sold by all dealers in the line throughout the country. Wholesale and retail at the store, No. 25 Maiden Lane, where all orders, inclosing cash or post-stamps, will receive prompt attention, and a pen or pens corresponding in value, and selected according to description, will immediately be sent by mail or otherwise, as directed.

Address, A. MORTON, 25 Maiden Lane, New York.

"We happen to know Mr. A. Morton to be not only one of the best and most extensive manufacturers of Gold Pens not only in America, but in the world. We use his pens, and can assure our readers of their excellence."—*N. Y. Tribune.*

"We have been in the habit of using these Gold Pens for a long time and have always found them the best instruments of the kind that have fallen in our way."—*N. Y. Evening Post.*

TERTH, upon Allen's system, can be obtained at 22 Bond Street. By this method the teeth, gums, roof and ruga of the mouth are so accurately formed as to display a perfect prototype of the natural organs, restoring the TRUE EXPRESSION of the mouth and original contour of the face.

It is the height of art to conceal art. This we do most positively, as our numerous patrons can attest.

A descriptive pamphlet may be obtained by addressing Dr. J. ALLEN & SON, 23 Bond Street, New York.

Advertisements.

ADVERTISEMENTS intended for this JOURNAL, to secure insertion, should be sent to the Publishers on or before the 10th of the month previous to the one in which they are to appear. Announcements for the next number should be sent in at once.

TERMS.—Twenty-five cents a line each insertion. No Advertisement inserted for less than One Dollar.

FALL AND WINTER TREATMENT AT THE

HYGIENIC INSTITUTE, No. 15 LAIGHT STREET, NEW YORK.

Invalids who are intending to visit a Water-Cure during the coming Fall and Winter for the recovery of their health, will find many advantages afforded them at this Institution not found elsewhere. While they are regaining their health under the best form of Hygienic Treatment, they can at the same time, if able, attend Dr. Trall's Lectures at the College, in which he will explain the Nature and Cause of Disease, the injurious action of Medicines, and the True Healing Art.

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.

The opportunities for riding in the country by stages, cars, and omnibuses, and by water, in row, sail, ferry, and steam boats, and the facilities for taking excursions and short sea voyages, at a few cents' expense, are such as to afford not only very much pleasure, profit, and amusement, but to aid their recovery to health.

This Institution is still the Headquarters of the true Hygienic Medical Treatment in this Country. Dr. R. T. Trall yet remains as chief Physician and adviser, and will be on hand during the coming Fall and Winter to examine and prescribe for patients as usual.

OUR BATH ARRANGEMENTS are amply provided with all the appliances for giving every variety of Bath usually found in Water-cures, and in addition we have the Electro-Thermal and Vapor Baths, which we find highly beneficial in many cases. OUR WATER is PERFECTLY SOFT.

OUR MOVEMENT ROOM.—Many cases are cured in much less time with movements than they could be without. Reaction after Baths are more perfectly secured, the circulation is better equalized, congestion of internal organs relieved, and all the muscles, nerves, and tissues of the body are exercised and developed much more rapidly and effectually than they could be without them.

OUR FEMALE DEPARTMENT.—This is now under the especial care of Ellen Higgins, M.D., who devotes her whole time and attention to our lady patients. She has had a very extensive practice in treating all of those difficulties which are peculiar to her sex, and her success in curing her patients is not surpassed by any female physician in the country.

We treat every variety of Chronic Disease, such as Dyspepsia, Rheumatism and Gout, Derangements of Liver, Diseases of Heart and Lungs. All Nervous Affections, and those great scourges of the American youth, Diseases of the Sexual Organs, treated with marked success. Careful control of Diet, judicious applications of Baths, together with the Swedish Movements, enable us to control and manage many very obstinate cases, thus making successful and permanent cures.

SURGERY.—We have competent surgeons to perform all operations which are considered safe and practical. We treat Cancer, Polypus, Fistulas, Hip-joint diseases, etc., with good success.

OUR DIETARY.—For our table we have the whole New York Market to select from, and we mean to get the best. We have many advantages for Amusements, Lectures, Intellectual, Moral, and Social cultivation not found outside of New York, all of which will aid in recovering health.

Term.—Entrance fee, \$5, and from \$7 to \$14 per week. Board without treatment from \$4 to \$12 according to rooms.

Persons visiting the city for business or pleasure, will find this a good place to Board.

R. T. TRALL, M.D.,
E. P. MILLER, M.D., } Physicians.
MISS ELLEN HIGGINS, M.D., }
WM. W. WIER, M.D., } Assistants.
F. R. JONES, M.D., }

E. P. MILLER, Proprietor.

All communications must be addressed to Drs. TRALL and MILLER.

THE GRANVILLE WATER CURE,

now in its thirteenth year, has Soft Spring Water, a gymnasium, tennis alley, etc., and is a first-class cure in every respect.

Thirteen years' successful practice of the Water-Cure gives us confidence to believe we can do justice to our patients; and that at no cure, East or West, can the sick be better treated than here. Our large experience in female diseases enables us to offer this class of sufferers peculiar advantages.

Patients visit at their homes, at any place, in Ohio or Indiana. Terms moderate. Address, by letter or telegraph, SOLOMON FREA, M.D., Granville, Licking Co., Ohio.

INSTITUTE OF REMEDIAL HYGIENE, 67 WEST 88TH STREET, NEW YORK.

THE MOVEMENT-CURE is an original and special feature of this Institute. Not only chronic diseases in general, but also Deformities of the Spine, Neck, and Limbs, and arrested or defective development, receive their proper Treatment and Cure. The attention of Paralytics, Epileptics, and all afflicted with Nervous diseases of whatever kind, and especially those suffering from the effects of injudicious and prolonged Hydropathic treatment, is earnestly invited.

Address
GEORGE H. TAYLOR, M.D.,
67 West 88th Street, New York.

THE BROOKLYN HEIGHTS

Water-Cure is located at Nos. 63 and 65 Columbia Street, Brooklyn, L. I. Outside practice attended to both in city and country.

CHAS. H. SHEPARD, M.D.

MRS. ELIZA DE LA VERGNE,
M.D., 253 Pacific Street, Brooklyn, L. I.

PEEKSKILL WATER-CURE.

Conducted by D. A. GORTON, M.D., at Peekskill, N. Y. Address for Circulars, etc.

DR. BEDORTHA'S WATER-CURE

Establishment is at Saratoga Springs.
Address N. BEDORTHA, Saratoga Springs, N. Y.

ELMIRA WATER-CURE.—THIS

Cure has nearly completed its tenth year of successful operation. During this time thousands have been our guests, while many homes and hearts have been made glad by the return of the sick, restored to health and usefulness. Our house is in good repair—bath rooms in fine order for the comfort of patients.

We intend in the future, as in the past, to spare no pains to cure the sick under our care. We have now been in Water-Cure practice for fifteen years, and trust we have obtained skill by so long experience.

We are located near the beautiful town of Elmira, containing more than ten thousand inhabitants. The Cure commands a view of the village, valley, and the beautiful range of hills beyond. We are far enough from town to be in the country, while the village is easy of access. There are fine groves and walks back of the Cure—bold bluffs and deep ravines, making fine shade for summer resort. We are in direct railroad communication, east and west, north and south—with New York City, Philadelphia, Baltimore, Washington, and Niagara Falls. Two great thoroughfares cross each other here.

Mrs. Gleason gives her time and skill—earned by many years of extensive and successful practice—to the treatment of all the various diseases of her sex.

This Cure having been so long established, having done so large a business, having a skillful male and female physician in charge, the proprietors feel confident that all who may come here for treatment will receive benefit, if it is to be had at any Cure in this country.

In consideration of the "hard times," the proprietors have concluded to reduce their prices—whereas they have been from \$7 to \$10 per week, so as to range from \$5 to \$10.

Mrs. Gleason has issued a small pamphlet, entitled "Hints to Patients." By sending a three-cent stamp they will be sent to any one wishing the same.

S. O. GLEASON, M.D.
MRS. R. B. GLEASON, M.D.
Address S. O. GLEASON, M.D., Elmira, N. Y.

PHILADELPHIA HEALTH JOURNAL AND WATER-CURE INSTITUTE

are conducted on much advanced principles at 215 North Ninth Street. Dr. Landis will answer calls to deliver some of his Popular Lectures. Send for Lecturing Circular. Address 16*

S. M. LANDIS, M.D.

GRANT STATE WATER-CURE.

W. T. VAIL, M.D.,
ELLEN H. GODELL, M.D., } Physicians.

This Establishment will continue open during the coming winter. It is now in its thirteenth year of successful management of the sick. In the past it has been conducted with a devotion to the great principles of Hygienic medication excelled by no other establishment of the kind, and with less expense to the patient for facilities and privileges afforded than any other. Patients who desire it, have opportunities to diminish expenses by manual employment.

The physicians of this Institute have had a large experience in almost all classes of chronic disease.

Hundreds of cases of spermatorrhea and other diseases incident to the male sex, as well as numerous cases of the diseases incident to women, have been treated with entire success.

Inclose stamp for Circulars.

10

LIVING SPRINGS HEALTH INSTITUTE

can now claim superiority in grandeur of scenery, purity of mountain air, softness of spring water, with the best bathing facilities, and most comfortable building.

WEENERSVILLE, BERKS Co., PA. A. SMITH, M.D.
C. SMITH, M.D.

THE ATTENTION OF INVALIDS

IS INVITED TO

Our Home on the Hillside, Dansville, Livingston Co., N. Y.

This is the largest Hygienic Institution in the world. It is capable of accommodating from one hundred and fifty to two hundred persons, and the success attending the treatment of the sick under its distinguished physicians has given to it a reputation of the highest character. It will be open during the winter for the reception and treatment of the sick, under the management of the following

MEDICAL FACULTY:

James C. Jackson, M.D., F. Wilson Hurd, M.D.,
Miss Harriet N. Austin, M.D., George W. York, M.D.,
Mrs. Dr. Lucretia E. Jackson, Mrs. Abbie P. Maury, M.D.

The Proprietors, among many considerations of value which they might present to the public as reasons why the Sick should visit their Institution, suggest these:

1ST.—THE NUMBER AND DISTINGUISHED REPUTATION OF THEIR PHYSICIANS.

No other Hygienic hospital or infirmary in America can show such a combination of talent and skill as are here employed. This, of itself, should be a strong inducement. No living man has treated as many sick persons hygienically as has the physician-in-chief of OUR HOME. Dr. Jackson has been in practice thirteen years, during which time his experience has been very much larger than that of any other man in this country who has never given any medicine for the treatment of diseases common to the people of the United States. Besides, his application of Hygienic remedies is quite original and peculiar. Some of his associates have been with him nearly the entire time of his practice, others have been with him for years, and together they constitute a Faculty in numbers and experience eminently fitted for the position they occupy.

2D.—THE CONDITIONS WHICH ARE EXTERNAL TO THE INSTITUTION.

In searching for a place to locate their establishment, the Proprietors had special reference to the influence of climate, purity of water, healthful atmosphere, and beauty of scenery. After making extended investigation, they chose their present location, because of its combining in greater degree the agencies they felt to be essential to their use, than any other place to which their attention was called. Their locality is famous for its salubrity, the mildness of its winter, the purity of its air, and the abundance, softness, and purity of its waters. They therefore can conscientiously recommend invalids to take up their residence with them because of these advantages.

3D.—THE INTERNAL CONDITIONS OF THE INSTITUTION.

The Proprietors have spared neither money nor labor in making their Establishment what, in their judgment, such an institution ought to be. They have organized it with reference to success, and carry it on primarily with the view to make it the most celebrated and famous Health Establishment in the world. Everything is arranged, therefore, with reference to the ends they seek. They do not wish to mislead anybody, nor induce any person to come to them under mistaken impressions as to what he or she will find upon arrival. They therefore take the liberty to say that their Establishment is not a watering place, nor a fashionable resort, nor a place where invalids will have an opportunity to spend their money extravagantly, receiving no care nor oversight as to their particular necessities, but, on the other hand, it is a place where the sick are particularly cared for, and all the rules and regulations of the house bear directly upon the speedy and sure recovery to health of those who are its inmates. Order, neatness, regularity, quiet, close oversight, and careful attention on the part of the Proprietors and Physicians and all the persons employed prevail; the principles upon which the Institution is conducted being such as to make the guests feel that they are members of a family, and that the means used for their recovery by the Physicians are in perfect accordance with the laws upon which Life and Health depend.

With this end in view, success, both as respects the patronage the Institution has had, and the recovery of those who have patronized it, has, up to this time, answered to the most sanguine wishes and highest expectations of those who have had it in charge. For the truth of these statements they confidently appeal to the thousands of sick persons who have visited it, and have been successfully restored to health under treatment administered to them.

To those who may have an interest in the correctness of their averments, they cordially extend an invitation to visit it and examine for themselves. Believing, as they do, that the world has never yet seen any other infirmary conducted upon any such plan as OUR HOME is, and that no other physicians in any institution in Europe or America are making application of Hygienic agencies in the treatment of their sick as successfully or under a comprehensive methods as are made in their Institution, the Proprietors are desirous that thoughtful, considerate, and philanthropic minds should be brought to an examination of the means they employ.

4TH.—THE DISEASES THEY TREAT.

The very worst and most obstinate chronic diseases are treated with success at OUR HOME. Persons who have been invalids for many years, and have tried the remedies of the various Medical schools to no purpose, under the appli-

cation made at OUR HOME get well. This, of itself, ought to challenge the public attention, when it is known that in no instance have the physicians in charge here ever given a particle of medicine. There is no disease, acute or chronic, common to our people, that they have not had an opportunity to treat, and, in large numbers have they had an opportunity to treat persons who are suffering from diseases special in their nature and locality. Thousands of young men, suffering from constitutional debility, and of women suffering from the worst forms of ailments peculiar to their sex, have been treated by us with entire success. The Bed-ridden, the Consumptive, the Gouty, the Epileptic, the Paralytic, the Apoplectic, the Atrophied, the Scrofulous, the Drug-poisoned, the Dyspeptic, the Neuralgic, the Rheumatic, the Fever, and Agued, the lame, the blind, the deaf, the dumb, and those sick with all manner of diseases, have been our patients, and have been restored. We are stating no fiction; we are dealing in truth, and we offer to the serious and earnest inquirer the largest and most incontrovertible evidence in behalf of our averments, if he chooses to apply to us therefor.

5TH.—THE LAWS OF LIFE.

Our physician-in-chief, James C. Jackson, M.D., and his associate, Miss Harriet N. Austin, M.D., are as widely and as well known as advocates of the Hygienic principle of treating disease as they are as practitioners. None who know them doubt their ability or their earnestness.

They are editors of a Health Journal, entitled the "LAWS OF LIFE." This paper is published by M. W. Simmons & Co., Dansville, Livingston Co., N. Y., and has already secured for itself a very large circulation. It is issued monthly; is sixteen pages quarto, and will be sent gratuitously for the months of October, November, and December of this year to all who will receive it, and will address its publisher for that purpose. It is a journal ranking very high for the ability with which it is edited, and the clear, precise, and determinate views it presents. There is no uncertain ring to its teachings. From one year's end to the other it tells its readers how to live without sickness, or if sick, how to get well without poisons. Its philosophy is well determined and exact, and the statements which it offers to its readers are the result of the medical experience of its editors.

So let those who may read this notice, if they wish, send for it, for the term specified, and unless the editions are exhausted, their names will be inscribed in a book, and they will receive it till the close of the year without money and without price.

6TH.—OUR HEALTH TRACTS.

We have them published and for sale at the following prices:

1. How to Rear Beautiful Children..... 9 cts.
2. Cookery—or How to Prepare Food..... 9 "
3. How to take Baths..... 3 "
4. Hints on the Reproductive Organs..... 15 "
5. Female Diseases, and the true way to treat them..... 6 "
6. The American Costume—or Woman's Right to good Health..... 6 "
7. Flesh as Food—or How to Live without Meat..... 6 "
8. Dyspepsia—or How to have a Sound Stomach..... 6 "

These we will send for the prices, *post-paid*, or we will do all of them up safely, and pay the postage on them, and send them for fifty cents in postage stamps.

Things needful to bring or to purchase after getting here:

- 4 Towels.
- 2 Linen sheets, or one linen and one cotton.
- 1 Woolen blanket, and
- 2 Comfortable, or one comfortable and three woolen blankets.

Route.

Come from the East on the New York and Erie Railroad to Corning, thence by Buffalo and Corning Railroad to Wayland;

Or—From the East on the New York Central Railroad to Rochester, thence on the Genesee Valley Railroad to Wayland;

Or—From the West to Buffalo, thence on the "Buffalo, New York, and Erie" Railroad to Wayland, and so to "OUR HOME" by coach.

LETTERS.—Correspondence, for tracts, circulars, advice, or information, should be addressed to JAS. C. JACKSON, M.D., Miss HARRIET N. AUSTIN, M.D., or F. WILSON HURD, M.D., and should contain stamps to prepay answers.

POST-OFFICE.—Our address is, "Our Home, Dansville, Livingston County, N. Y."

Respectfully,

THE PROPRIETORS.

PHRENOLOGICAL EXAMINATIONS,

WITH CHARTS AND

WRITTEN DESCRIPTIONS OF CHARACTER,

GIVEN DAILY BY

FOWLER AND WELLS,

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GRAEFENBERG WATER-CURE,

Four and one-half miles from UTICA, N. Y. For fifteen years diseases have been treated successfully. Six years the Electro-chemical Bath has been used for the extraction of mineral poisons. In the cure of Female Diseases it is especially beneficial. A. G. S. DR. E. HOLLAND, or ST. MRS. DR. HOLLAND.

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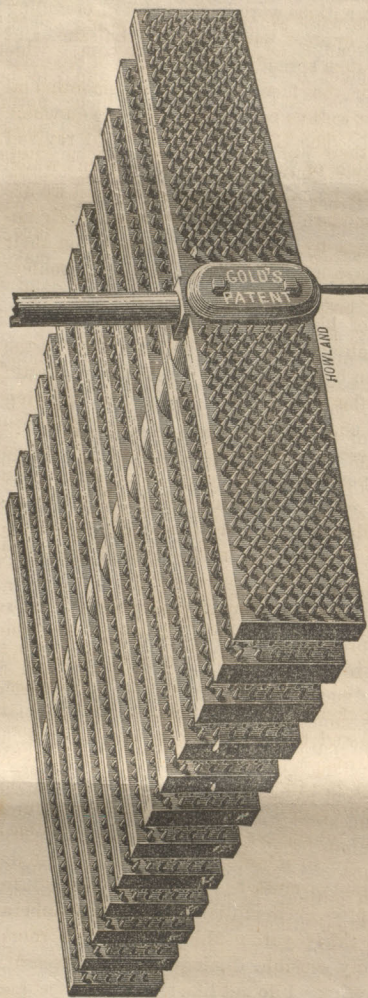
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 Truth is departed;
 Beauty hath died like the dream of a sleep,
 Love is faint-hearted;
 Trifles of sense, the profoundly unreal,
 Scare from our spirits God's holy ideal—
 So, as a funeral bell, slow and deep,
 So tolls the Past to thee! Weep!

How speaks the PRESENT hour? Ah!
 Walk, upward glancing;
 So shall thy footsteps in glory be tracked;
 Slow, but advancing.
 Scorn not the smallness of daily endeavor;
 Let the great meaning ennoble it ever;
 Droop not o'er efforts expended in vain;
 Work, as believing that labor is gain.

What doth the FUTURE say? Hope!
 Turn thy face sunward!
 Look where the light tinges the far-rising slope;
 Day cometh onward.
 Watch! Though so long be twilight delaying,
 Let the first sunbeam arise on thee praying;
 Fear not, for greater is God by thy side
 Than armies of Satan against thee allied!

COSMETICS AND WASHES.

THE recent revelations in an English police court, of an artiste in what is said to be the art of enameling ladies' faces, did not disclose any novelty. The late Madame Vestris on the stage had

"that whiter skin than snow,
 And smooth as monumental alabaster."

The covering which that lady is believed to have used during the latter years of her successful career as an actress, is said to have been composed of the oxide of bismuth—a metallic substance, triturated with rose or orange flower water, and delicately spread over the features. This pigment, which is a subnitrate, is called by the French *blanche de perle*, or pearl white, and tends to confer clear tints on a fading complexion. It has this little drawback, in a bad atmosphere it tarnishes; and should the blooming wearer show her face in an atmosphere charged with sulphur, its hue is certain to be changed to that of a dirty quadron. A philosophic dowager, enameled à la Vestris, once attended a chemical lecture at a fashionable institution, where her curiosity prompted her to bring her face into too close contact with water strongly impregnated with sulphureted hydrogen. Suddenly she became black in the face.

Fluids for improving the complexion have been in all ages in favor with the fair. Cosmetics, in the various shapes of unguents and pastes, were patronized by the Roman ladies, and the word is derived from the Latin *cosmetæ*—female slaves who attended dames of rank and applied the perfumed preparation to their cheeks. Martial reveals a secret that Fabula, one of the most celebrated beauties of his day, was afraid of the rain, on account of the chalk on her face; and Sabella avoided the sun because her features were covered with white lead. Poppæa, the mistress, and afterward the wife of the Emperor Nero, while indulging in baths of pure milk to soften her skin, introduced a paste which hardened on the face, and was generally adopted by every wealthy lady in her own house, so that the domestic face

became a common phrase; and, according to Juvenal, the husband was rarely permitted to see any other. Indeed, it was the point of one of Martial's epigrams that a Roman lady of rank did not sleep with the same face which she exhibited to her admirer when awake. Some of the ancient nations were in the habit of pounding cedar and cypress with aromatic balsams and gums, and then spreading an infusion of the compound over the face, in order to smooth and beautify, as well as perfume the features on which it was laid. The Grecian ladies of old revived the vermilion of their lips by a pigment which was said to be extremely beautiful; and we are told that modern Greek belles imitate their ancient statues by gilding their features on their wedding days, a practice which they fancy confers irresistible charms.

Ladies of high pretensions have been in the habit of obtaining a most delicate tint for the complexion by steeping the finest pale pink satin ribbon in the best eau-de-Cologne and applying it to the cheeks. The most innocent and approved preserver of the skin is impalpable rice powder—*poudre de riz*—used after rubbing the face over with cold cream, which is itself commonly made with almond oil and equal proportions of the purest wax and spermaceti, perfumed according to fancy.

There is a strong sympathy between the functions of the skin and the vital organs, and the true mode to improve the complexion is to preserve and improve the health. Perfumes, from their cheering and exhilarating influence on the nerves and the mind, are invariably used in all the artificial preparations which have been devised to beautify the face. The volatile, invisible, and evanescent particles of fragrant and odoriferous substances so agreeable to our sense of smell, are so minute that it is said a single small portion of musk has been known to emit in one day fifty-seven millions of atoms within a radius of thirty yards, filling the entire room without any sensible diminution of its weight. The expression "I do not like musk," has become fashionable, but musk was once a very favorite perfume, and notwithstanding the remonstrances of Napoleon, the Empress Josephine was so fond of it that, although forty years have elapsed since her death, modern authors assure us that the present proprietor of her favorite residence, Malmaison, with all his efforts, has not been able to remove the scent from the rooms. Odorous ointments, preserved in bottles made of alabaster, onyx, and glass, are constantly found in the tombs of the ancient Egyptians, and we are informed that one of these now at Alnwick Castle contains a perfumed substance which, after more than three thousand years, still retains its scent. Moore poetically alludes to this singular retentive principle:

Like the vase in which roses have once been distilled,
 You may break, you may shatter the vase, if you will,
 But the scent of the roses will hang round it still.

Flowers, as they go out of bloom, still retain their odor, a property which did not escape Shakspeare:

Of their sweet deaths are sweetest odors made.

The preparation of cosmetics was at a very early period, even in England, combined with

that of perfumes. A very curious and scarce book was "imprinted in London" in the early part of the reign of Elizabeth, A. D. 1560, "The Secrets of the Rev. Master Alexis, of Piemont, translated by William Warde," and in its quaint pages will be found a variety of secrets, and among them several "for making a natural white skin," and "making the skin fair and bright," in which oil of almonds and rose water would seem to be the favorite ingredients. The modern perfumer will find directions for preparing musked and odoriferous soaps, with dentifrices or rubbers for the teeth, and pastiles; all of which must have been in use three centuries past.

We have secrets for "waters to beautify the face," and "to make people look young, and to make a goodly luster for the face, good for ladies and dames," and "an ointment for the face, which altereth the skin and reneweth it finely." One of the secrets may amuse our fair friends, and although we do not vouch for its efficacy, we venture to predict that the experiment will not be attended with injurious effects: "Take a great lemon, and make a hole in the top of him, through the which hole you shall take out of the substance within the bigness of a walnut, and fill it again with sugar-candy, with four or five gold foyle leaves, and cover it again with the piece that you take off, sowing it with a needle, so that it may remain fast on. Then set the sayde lemon to roste on the coales right up, and after, as it shall begin to roste or boyle, tourne it often, until it had sweate a good space, then take it off. And when you will use of it, putte one of your fingers into the hole in the lemon that was sowed up, and rub over your face with it with some fine linen cloth, and it will prove an exquisite thing!" We trust that those who make the trial may find it so.

Fashion has as yet forgotten to revive what were once favorite embellishments of beauty, patches of black silk covered with isinglass, an adornment so highly patronized as to obtain the name it still bears of court-plaster. These patches were artistically distributed on the cheeks and chin as foils to divert the eye from certain features, or as beauty-spots to attract attention to others. Pope, in describing the toilet of his favorite heroine, Belinda, thus alludes to them:

And now unveiled the toilet stands displayed,
 Each silver vase in mystic order laid;
 First robed in white, the nymph intent adores
 With head uncovered the cosmetic powers.
 This casket India's glowing gems unlock,
 And all Arabia breathes from yonder box.
 The tortoise here and elephant unite,
 Transformed to combs, the snecked and the white;
 Here piles of pins extend their shining rows,
 Puffs, powders, *pa ches*, bibles, *billet-doux*.

Addison, in the "Spectator," describes two rival beauties of the day: "They were patched differently, and cast hostile glances on one another, and their patches were placed in different situations, as party signals to distinguish friends from foes." Black sticking-plaster was cut out into the most ridiculous forms and stuck on the face. Conceive a beauty displaying on her cheek a hearse!—the coaches and six to which the belle gave her countenance having been cut out in black plaster. Silhouettes of stars, flowers, hour-glasses, and even comical little demons were commonly sold by perfumers for face patching.

Before we conclude, let us retouch the subject of paint, for the age of no-paint has not yet arrived. A streak of black under the eyes (borrowed from the land of Egypt) and the timidest idea of red may, to this day, be detected upon the cheeks of ladies, to whom no suspicion of enameling need attach. When you see a pair of piquant eyes surmounting a faint blush under the half veil now so fashionable, and which pretty black lace "fall" is not raised during a long morning visit, you may conclude that the pencil and tinting-pad have been at work.