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AND

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CALENDAR FOR NOVEMBER, 1862.

Moon's Phases.	BOSTON. Lat. 42° 21' N	NEW YORK. Lat. 40° 42' N	WASH'TON. Lat. 38° 53' N
Full Moon.....	6 8 4 mo.	7 52 mo.	7 41 mo.
Third Quarter.....	14 1 26 ev.	1 14 ev.	1 2 ev.
New Moon.....	21 1 30 ev.	1 18 ev.	1 6 ev.
First Quarter.....	28 5 18 mo.	5 6 mo.	4 54 mo.

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.
1	Sa	6 33	4 55	1 34	6 29	4 59	1 35	6 27	5 1	1 36
2	Sa	6 34	4 54	2 40	6 3	4 58	2 41	6 28	5 0	2 39
3	M	6 35	4 53	3 43	6 31	4 57	3 41	6 29	4 59	3 40
4	Tu	6 36	4 52	4 46	6 32	4 56	4 43	6 30	4 58	4 41
5	W	6 37	4 51	5 43	6 33	4 55	5 44	6 31	4 57	5 40
6	Th	6 39	4 49	rises.	6 35	4 53	rises.	6 32	4 56	rises.
7	Fr	6 40	4 48	5 22	6 36	4 52	5 27	6 33	4 55	5 32
8	Sa	6 41	4 47	6 8	6 38	4 50	6 13	6 35	4 54	6 18
9	S	6 43	4 45	6 58	6 39	4 49	7 3	6 36	4 53	7 9
10	M	6 44	4 44	7 52	6 40	4 48	7 57	6 37	4 52	8 2
11	Tu	6 45	4 43	8 48	6 41	4 47	8 53	6 39	4 51	8 57
12	W	6 47	4 42	9 48	6 43	4 46	9 51	6 40	4 50	9 55
13	Th	6 48	4 41	10 47	6 44	4 45	10 50	6 41	4 49	10 52
14	Fr	6 49	4 40	11 50	6 45	4 44	11 51	6 42	4 48	11 53
15	Sa	6 51	4 39	morn.	6 47	4 43	morn.	6 43	4 47	morn.
16	S	6 52	4 38	0 53	6 48	4 42	0 54	6 44	4 46	0 55
17	M	6 53	4 37	1 58	6 49	4 41	1 53	6 45	4 46	1 57
18	Tu	6 54	4 36	3 8	6 50	4 40	3 6	6 46	4 45	3 4
19	W	6 55	4 36	4 19	6 51	4 40	4 16	6 47	4 44	4 13
20	Th	6 56	4 35	5 34	6 52	4 39	5 31	6 48	4 44	5 26
21	Fr	6 58	4 34	sets.	6 54	4 38	sets.	6 50	4 42	sets.
22	Sa	6 59	4 33	5 29	6 55	4 38	5 34	6 51	4 42	5 39
23	S	7 0	4 33	6 37	6 56	4 37	6 42	6 52	4 41	6 43
24	M	7 1	4 32	7 50	6 57	4 36	7 54	6 52	4 41	7 59
25	Tu	7 3	4 31	9 6	6 58	4 36	9 6	6 53	4 41	9 12
26	W	7 4	4 31	10 17	6 59	4 35	10 19	6 54	4 41	10 21
27	Th	7 5	4 30	11 26	7 0	4 34	11 27	6 55	4 41	11 23
28	Fr	7 6	4 29	morn.	7 1	4 34	morn.	6 56	4 40	morn.
29	Sa	7 7	4 29	0 32	7 2	4 33	0 32	6 57	4 40	0 33
30	S	7 9	4 29	1 27	7 4	4 33	1 26	6 58	4 40	1 25

General Articles.

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

RAMBLING REMINISCENCES—No. 15.

BY R. T. TRALL, M.D.

A TRIP TO LONDON.

We left the "moral center of the intellectual world," for the "intellectual center of the moral world," per steamer "City of Manchester," Saturday, August 16, at twelve M. Having secured the necessary documents from Secretary Seward, indorsed by Marshal Murray, we passed the vigilant officials at the gangway, while not a few of our would-be co-voyagers, suspected of liability to military duty, were obliged to remain in the land of their nativity or adoption yet a little longer. The human part of our cargo consisted of some seventy-five cabin and about three hundred and fifty steerage passengers.

A MILITARY NECESSITY.

Our state-room companions proved to be a colonel of the British army, as we learned from a card on his numerous baggage, and an ex-cotton dealer from Memphis, Tenn., who was going to a land of peace to await the issue of the war. We did not happen to see either of their faces until toward evening. But when we made their acquaintance, we soon learned that we could expect no military protection from our new neighbor, the colonel, unless it was such protection as "vultures give to doves," or rather, such as alcohol or vinegar gives to cadavers and cucumbers, while our Southern friend presented two points on which we should have to agree to disagree. Both were of the smoking and drinking class, and the colonel was almost constantly puffing and blowing at one end of a cigar. We did not relish the prospect of sleeping in a little room, with only one window of ten inches diameter, and that closed during the night when the weather was stormy, with two strongly-scented breaths; but as good fortune would have it, the colonel found another berth before bedtime, and thus relieved us of the double embarrassment—that of sleeping

in a highly tobaccoed atmosphere, and of being companionable with a military man, our principles being decidedly of the peace order.

WINDS AND WAVES.

O thou Ocean! whose commotion
Awes the proudest to devotion.

On Sunday the breeze freshened. On Monday it increased, and toward evening had augmented to quite a respectable gale, so that it was difficult for "landlubbers" to maintain the perpendicular on deck. Two or three ladies undertook the somewhat perilous task of walking, or rather sliding to the bulwarks, to have a closer view of the surging waves, as they seemed to rise suddenly in rolling mountains almost overhead, and then instantly sink down into the mysterious deep, while the good ship rode high and majestic on their summits. The sight was magnificently grand. The sense of apprehension or danger (such was our experience) is soon lost in the grandeur of the scene. Indeed, there is a charm, a strange fascination, in gazing over the boundless waste of waters, as they are rolling and tumbling into ever-changing hills and valleys, far as the eye can reach, of which one never tires. Standing on the bow of the ship, one sees a huge mountain of foaming water steadily advancing, with every appearance of overwhelming us in an instant. What is to prevent those white-crested billows from rolling over our little bark, leaving us

In the deep bosom of the ocean buried?

On they come. Deep down in the trough of the sea our ship has descended. There, for a short moment, she seems to await her doom in calm resignation. But, just a moment before the gathered-up waters reach us, she begins to rise; and when they strike furiously against her defying prow, she is safely above their reach. All they can do is to throw their angry spray over the deck, retire, and renew the conflict, to be again foiled of their prey, and thus on, forever defeated, but never subdued.

A WORD FOR THE BLOOMERS.

But what of the ladies? Well, they found their way to the bulwarks easily enough; but how to return was the difficulty. The winds seem to be as reckless in the matter of good behavior on ocean as on land. In a moment they rushed under the

spreading crinoline, threw the skirts and all the accompanying flounces around the necks and over the heads of their fair owners; and there they were, "sails all set," but without the ability to move. All they could do was to hold on the ropes, and scream. It was a sight for a Bloomer. In fact, a "Dress-Reformer" of the most ultra stripe could hardly desire a better demonstration of the superior advantages of the "American Costume," especially on a steamer in a gale. The ladies were soon relieved from their precarious predicament by as many gentlemen who gallantly went to their rescue, and by hugging their expanded dry goods closely around their necks, as the sailors reef the topsails around the masts, assisted them to the cabin, where their rigging was soon re-adjusted.

SEA-SICKNESS.

With ocean travelers, this is the most dreaded of all their perils. Shipwreck is only a possibility, and is thought little of. But sea-sickness, being a probability, is always dreaded, and abundantly, though not always wisely provided against. On Monday afternoon our ship rolled heavily, and this brought the subject of "nausea and vomiting" under consideration. Anxious to preserve our own precious health, or at least to keep as well as possible, and, moreover, willing to be thankful for information from any source, on a subject in which we might peradventure soon feel a deep and distressing interest, we listened attentively to all suggestions and experiences for preventing or curing the dreaded, but not dangerous, malady. One recommended brandy; another ether; a third camphor; a fourth wine; a fifth good ale; a sixth advised the smoking of an extra quantity of cigars; a seventh went in for extra condiments—mustard, pepper, etc.—and an eighth believed in fortifying the stomach with plenty of beef, mutton, and all the "fixings." No one made any allusion to our favorite specific—*letaloneativeness*. For a week before leaving New York we had eaten but one meal a day, believing that the best possible preventives were pure blood and a free circulation. We had the opportunity to put our several theories and specifics to the test. For two days the vessel rolled and pitched so that several of the passengers were "lying around loose," and we took some pains to notice the effect of the various expedients resorted to. And we found, what we should have expected, *a priori*, that those who indulged most in strong victuals, drink, seasonings, and other fortifying agents, had the most sickness. Those who went the whole rounds of the five courses—soup, fish, meats and vegetables, puddings and pastry, crackers and cheese, and fruits and nuts—suffered most severely. We did not have the first symptom of sickness, although it was our first appearance on that stage.

LAND HO!

We passed Cape Race on Friday evening, having made slow progress in consequence of head winds. For two days thereafter we were enveloped in the fogs of the Banks so dense at times that our steam-whistle was constantly in requisition, to avoid a possible collision with passing ships; after which we had beautiful sunshine and a smooth sea all the way to Liverpool,

the passengers who were inclined to out-door exercise, amusing themselves with shuffle-board on the deck—an admirable institution, by the way—and those who preferred more sedentary amusements, playing whist and checkers in the saloons. Seven days from Cape Race brought us in sight of land again, the rough, rock-bound coast of Ireland, on whose cliffs and peaks were visible the watch-towers built by the Normans one thousand years ago. Some of our passengers were landed at Queenstown, when we proceeded directly across the Channel, reaching Liverpool at six A.M., Sunday morning—fifteen days from New York.

A dense fog, so thick we could not see twenty rods distinctly, gave us the first introduction to the humid atmosphere of England, of which we had heard so much. But it gradually dissipated, so that by half-past nine A.M., when the train left with us for London, we were enabled to enjoy a good view of two hundred miles of as fine a farming country, and as highly cultivated, as the earth can produce. We arrived in London at half-past six P.M.

PURSUIT OF LODGINGS UNDER DIFFICULTIES.

On the voyage we had made the acquaintance of Rev. James Dixon, D.D., of Chicago, Ill., a good temperance minister, and author of a prize anti-tobacco essay—who was acquainted in London, and who gave us the name of the "Waverly Temperance House" as a good stopping-place. We took a carriage for the hotel, but found it full. We were recommended to another, and another, and still another lodging-house, where we could probably find accommodations. But just then all the world was in London, or on the way, and at all we received the same greeting: "All full—very sorry." We proposed to the driver to sleep in the hack until morning, and then start on a new exploring expedition for a lodging-room. But for reasons best known to himself he declined. At length we brought up at the "Crown Court." There was only one room in the house unoccupied, and that was engaged for two young ladies early next morning. On the promise to "skedaddle" early next morning, we secured the room for the night. Monday morning, on calling on Mr. Tweedie, 337 Strand, we were directed to "McEwen's Temperance and Commercial Hotel," Salisbury Square, Fleet Street, where we found a good room, and all the accommodations we desired.

THE WORLD'S TEMPERANCE CONVENTION.

To attend this gathering of the friends of temperance from all nations was the especial object of our trip across the Atlantic. We were advised that the alcoholic medication question would be a prominent topic of discussion, and we were anxious to hear what scientific and medical men could say for or against the use of alcohol as a medicine, and also to have something to say on the subject, as we have long been convinced that the temperance reform could never be achieved until alcoholic medication is abandoned; and when this step is taken, it will be the introduction of a revolutionary principle which will necessarily soon rid the earth of drug medication of every kind. The Convention was held in the Queen's Concert Rooms, Hanover Square, during Tues-

day, Wednesday, and Thursday, September 2d, 3d, and 4th. On Wednesday evening a mass meeting was held in Exeter Hall, at which were present more than five thousand persons, and the proceedings terminated on Thursday evening, with a *soirée* and *conversations* at the Queen's Concert Rooms.

The Convention was divided into three sections, Political and Legislative, Sanitary and Medical, and Educational and Religious, in each of which important papers were read and discussed, and many good speeches made. The Convention was presided over by Sir Walter Trevelyan, Bart., and composed of a good sprinkling of professors of science, doctors of divinity and of medicine, one member of parliament, and several gentlemen of distinguished social position. Of course, our principal attention was given to the medical department, and we found the temperance doctors, as in this country, divided into those who consider alcohol *useful* as a medicine, and others who consider it *necessary*. Some are willing to forego its employment as a medicine, because they can get along with other stimulants as substitutes; but all, with a single exception (Dr. Lees), admit its utility. Not one of them is yet so far advanced in sanitary science, or in the true principles of physiology, as to understand that all use of alcohol, in disease as in health, is abuse. We had an opportunity of speaking three times; twice in the Convention, and once at the large meeting in Exeter Hall, on which occasion we advanced our radical and revolutionary views, and explained as well as the time would permit, that alcoholic medication is the parent of alcoholic beverages, and that the latter can never be removed until the former are suppressed. These doctrines, the nature of disease and the *modus operandi* of medicines, which we presented, seemed to be entirely new to the people, who applauded them to the echo; but the doctors could not get hold of them at all. As our addresses, written out in full, will be soon published, as the Scientific Basis of the Temperance Reform, we will not dwell on the subject further at this time.

LONDON WEATHER.

There is something in the atmosphere of London, compared to that of New York, which is to us very interesting, and well worth the study of the sanitarian and the physiologist, and which we shall try to understand. The mornings and evenings are cool and damp, but not chilly. With the exception of two or three slight showers the weather has been very fair all the week. But there is no sunshine here of the kind we are accustomed to in New York. The sun never scorches. There seems to be at all times a mist or vapor that attempers his rays, so that the heat of midday is never oppressive. Again, the atmosphere is not dusty, as it is in New York. There one's nose and eyes will soon tell him, even when there is no unusual breeze, that he is constantly inhaling streams of dust. Here the dampness of the air keeps the dust down. And again, the atmosphere of London is not rank and pestiferous with tobacco-smoke, as it is in New York. Very few persons are seen smoking in the streets. And where there is a crowd of men, women, and children, as in the markets, at the

railroad and omnibus depots, ferries, etc., it is rare to see a cigar or pipe in operation. The reverse is true of New York. There every thoroughfare is blue and nauseous with the smoke and stench of burning tobacco, and wherever there is a crowd of ladies and gentlemen, there will the young gentlemen, and old gentlemen, and boys, puff tobacco smoke into everybody's face, as though their reputation for manhood and gentility depended on the filthiness they could exhibit, and the extent to which they could poison the common atmosphere. In New York tobacco-smoking is much more general than in London, and is practiced with much less regard to good manners and common decency. We are almost in love with London, just on account of the comparative freedom of its vital air from injurious dust and abominable tobacco smoke.

HOW CAN A VEGETARIAN LIVE IN LONDON?

Nothing is easier. We pay one-and-sixpence a day for a room, and buy our victuals wherever we happen to see it. Penny loaves of wheat-meal bread, and penny oat-meal cakes, of much better quality than the bakers make in New York, are obtainable in all parts of the city. Apples are scarce and poor, all the good ones being brought from the United States; but excellent pears and most delicious plums are plenty and cheap. One penny's worth of bread, as aforesaid, and two pennies' worth of fruit—plums or pears—has thus far constituted our regular meals; that is to say, threepence a day each for two meals, making the sum total of our daily rations sixpence, or twelve cents. We see very nice-looking vegetables in the markets, especially broccoli, green peas, potatoes, and turnips, and onions of monstrous dimensions; but as yet we have been too busy to attend to them, and have not thus far tasted a vegetable in England. We intend to compare them with the home-raised article before many days, if we can get time.

THE SIGHTS OF LONDON.

At this writing, Saturday, Sept. 6, we have been in this world of wonders just six days, three of which were almost wholly devoted to the Temperance Convention; and, of course, we have seen but little that may be seen. We have, however, found time to take an outside look at the Tower, the Gas Works, the Bank, Post-Office, Houses of Parliament, Buckingham Palace, London bridges, and principal streets, monuments, etc., and an inside view of Hyde Park, Kensington Gardens, Green Park, St. James Park, Westminster Abbey, St. Paul's Cathedral, the Great Exhibition, the Horticultural Gardens, and the Crystal Palace at Sydenham. On Friday we attended a meeting of the English Vegetarians in the principal dining-room of the Crystal Palace, where a bloodless feast was partaken of, and speeches made. The palace and grounds are beautiful beyond description. Such a combination of architecture, statues, fountains, and flowers is perfectly dazzling and bewildering, and, to say nothing of the innumerable things of use and ornament on exhibition, beggars all language.

NOTES FOR GENERAL CIRCULATION.

No day passes that we do not note down items enough, of more or less practical importance, to fill, if written out, all the pages of the *HYGIENIC*

TEACHER. The habits of the English people, and the greatly superior stamina of the English over the American women, are topics we have often had occasion to allude to in lectures; but here we can see and understand the rationale. There are many things in London that New Yorkers might profit by studying and adopting, while there are some that might be copied from New Yorkers to the advantage of the Londoners. But in Sanitary Science, London is, practically, far in advance of New York. But more of these matters hereafter.

HOME AGAIN.

On Friday morning early, having been in the British dominions just five days, and accomplished the special work we came to do, and being engaged to lecture in Toronto, Canada, Sept. 22, we concluded to take time by the forelock, and leave for Boston in the Arabia, which was to sail from Liverpool Saturday, Sept. 6. So we posted off to the office of the steamer, and informed the agent that we would take a first cabin passage. "Full," was his laconic response. Then we will take a second cabin. "All taken." Then we will go in the steerage. "No room." And here we are. And this is our predicament. What our success will be to find a passage next week remains to be seen. Should we be disappointed on our next application, we shall certainly have to disappoint our Canada friends some, and ourselves much.

VISITING THE SICK.

MUCH has been said and written upon this subject, still few realize its importance. Could the friends of the invalid see how much they often add to the sufferings of the patient by frequently disturbing their quiet and thereby rousing the organs of the body to undue action, when they need rest to enable nature to do her work, they would certainly be more discreet, and make their calls less frequent, and only at such times as the physician or nurse thought their presence would prove beneficial to the patient. It is the custom when people are sick and unable to see company to visit them, and the sicker they are the more company they must have. If one does not call upon his sick neighbor, he is thought to be unfriendly, and perhaps unfeeling. That it is well for the invalid to know that all have an interest in his welfare, no one will deny; but that that interest can not be manifested in a more profitable and pleasant manner than is usually the case, all who know much of the workings of the system to dispel disease, must know.

Many have been the days, weeks, and even months of suffering of our dear friends prolonged by the untimely visit of a thoughtless one, when if instead of calling upon the patient, the call had been made upon other members of the family, for friendly inquiries and aid outside the patient's room, to relieve those already over-worked, it would have proved beneficial to all concerned by cheering and strengthening those who had the sick in charge, and thus enabling them to do more for the sufferer.

We would not have people less thoughtful and attentive to the needs of the invalid; but more thoughtful in reference to the manner in which such attentions are bestowed. I once had a patient

very seriously affected by an untimely call from an impulsive friend who thought she must give her the good-night kiss. Most sincerely did I object, but to no purpose. The patient was of a highly wrought nervous temperament, and very much diseased—had not been able to sleep more than three or four hours in the twenty-four for two years, and that was late at night. By great care and much labor I had about established the habit in her of getting to sleep at nine o'clock, when this interruption so broke up the habit, that it took several nights of earnest and watchful care to enable her to sleep in the early part of the night. Now was not that an unwise way to manifest one's kindness? Had there been even a *seeming* necessity for this untimely call, it would have been more excusable; but the parties were not particular friends, and lived in the same house, and sometimes weeks passed that this attention to the invalid was not observed. I would not censure the person, for her intentions were good, and some must act when the "spirit moves," or never act. Such persons should strive to be guided by reason, not by feeling.

I have known many sick children to be made much worse by the excitement caused by company. The little sufferer, perhaps, was stupid, or so low that it could not manifest any uneasiness, or perhaps so much embarrassed that it dare not stir—consequently suffered the more. We are too liable to think if a child does not cry or fret, it is not disturbed—such is not always the case. They should have as much quietude and even more than a mature person, for their young sensitive nerves are easily excited.

The habit of asking the invalid questions about their treatment, diet, etc., or prescribing and making suggestions, is one that should not be indulged. All such things may be said to the physician, but not in presence of the patient, as it would have a most pernicious effect. All talking in a whisper or low tone is much worse than loud speaking, for it excites and irritates a feeble person.

I am sure if the physician could control the surroundings of patients, they would not lose one where they now do ten. If their suggestions were heeded, there would be much less sorrow as well as pain. Many a mother would have nursed and saved her darling child had it not been for the injudicious calls and conduct of those who should be most thoughtful about such things—the nearest and dearest friends. Many a physician would have saved his reputation, and escaped the slander of those who are disposed to think if they do not cure, they must have killed the patient, could they have their directions obeyed. It is not the physician that cures the patient: they only give directions to enable you to give nature a chance to perfect the cure. Nature's laws have been violated, and sickness is the result. So a return to the obedience of these laws will bring health if they have not been so far outraged as to be unable to rally. So, friends of the sick, watch well your steps if you would have your loved ones recover. It would be well to observe the following rules:

First. Never visit an invalid without the permission of the one who has them in charge at the time you wish to see them.

Second. Never show disappointment if you are not permitted to call.

Third. Always appear cheerful, and never sad or anxious.

Fourth. Do not make long visits; if it does not tire the patient, they may be needing some care that could not be given in presence of company.

Fifth. Never talk to an invalid about what they eat or drink, as you are liable to arouse a craving for some injurious article.

Sixth. Avoid all conversation with the patient, or in their presence, that would excite them.

MOLLIE BRYANT.

AURORA, ILL., October, 1862.

HUMAN FOOD—No. 3.

BY W. T. VAIL, M.D.

We have already shown that a vegetable diet consisting of the fruits and farinacea constitutes the original and proper food of man, and is best calculated to develop in him, in their completeness and perfection, all the higher and better qualities of his nature. So might it be easily shown that even in regard to physical endurance, and the development of those sterling physical qualities which make man valuable as a laborer, a mere hewer of wood and drawer of water, there are cogent reasons for believing such a diet far superior to any or every other. We would not, however, pretend to say that the greatest amount of muscular power can be wrung out of a man in the shortest given time, or its highest intensity excited, through the use, alone, of those natural and healthful elements of food ordained by Divine Wisdom to insure the health and harmony of every part of his organism, secure to him immunity from disease, and promote a longevity which might end in something like a rational and natural death.

Such remarkable exhibitions of intense or excessive muscular action as we sometimes read of or occasionally witness are both unnatural and uncalled for, and are injurious and destructive just in proportion to the intensity and violence of the means used to produce them. That stimulating and unnatural articles of food may arouse in man for a given time a greater amount and higher intensity of muscular action we freely admit, and while we admit this, we go farther, and affirm that the more stimulating, the more unnatural, the more poisonous even, the articles used, the greater and more intense will be the muscular exhibitions aroused. We beg leave to call the attention of all parties interested, to the fact that it is in disease that the most wonderful and intense exhibitions of muscular power are usually witnessed, the stimulation being of the most intense and morbid kind, always followed, however, by a correspondingly intense relaxation and depression, and by more or less of permanent injury to the vital economy. Hence we are accustomed to lay it down as a physiological maxim, that all intense and excessive muscular action is the result of morbid stimuli, and, therefore, diseased, and disease-producing, in its character. It is therefore no true test by which to judge of the naturalness, or healthfulness, or desirableness of any kind of diet that it will produce a greater amount of

muscular action in a given length of time or excite a higher intensity than will a fruit or farinaceous one. That kind of diet is the most natural which will keep the human organism in the highest and most perfect health for the greatest length of time, and whatever will do this is sure to secure to man in the end the largest amount of both physical and mental power, and of the most valuable kind of which his nature is capable.

We must never forget that perfect health is always the real measure of all utilities and all values so far as the human organism is concerned, and that he who attempts by violence or indirection to wring from nature more than she has contracted to perform, will sooner or later find that she is a strict accountant, and will ultimately require of him, in some way, that her books may be rigidly balanced.

THE PRACTICAL QUESTION.

Without further arguing the question, that a fruit and farinaceous diet is the original food of man, that which is most congenial to his nature, most conducive to his right development, his greatest immunity from disease and most extended longevity, and that it must ever remain so until God shall give him a differently constituted nature, what then is the practical inference to be drawn from such a conviction? and what are the practical steps which would be indicated by a wise foresight, an honest conscience, a judicious economy, and a sincere desire to live the best and truest life allotted to man in this present state?

It is quite obvious that honest and truth-loving men have not unfrequently been puzzled and confounded with this practical query—having made decisive failures in their attempts to illustrate and embody the vegetarian theory in their own lives, and have finally abandoned their just convictions of truth and fallen back upon the beggarly elements of the world. Some have not only failed, but made shipwreck of what little health and happiness they enjoyed by attempting with unwise and unphilosophical haste, to bend nature into a rigid observance of a new mode of life, unfortunately overlooking a very important law of the animal economy.

It should ever be borne in mind that the organic functions of all the animal races are greatly influenced by habit; that in man, with his wider range and greater susceptibility habit, becomes a very second nature; that having been accustomed to a mixed diet consisting to a large extent of animal flesh, from his childhood up to a mature life, or to an advanced age, he can not always fully change to a strict vegetarian diet without experiencing more or less of debility and suffering; that when he can do so, a gradual and prolonged process is usually the dictate of wisdom, and the only one in many cases that will be either practicable or safe. That persons early in life, in whom the habit of eating animal flesh has not become thoroughly grounded, and whose organs have not become permanently changed in their functions, nor perhaps to some extent in their structure by its use, may readily change, as a general rule, to a strict abstinence from the same, is in accordance with both theoretical wisdom and practical experience.

That persons of mature development, who have

been only moderate eaters of meat, may often very readily and quickly change from one mode of diet to the other, has too often been practically demonstrated to admit of question. But that persons somewhat advanced in years (as well as in some cases younger ones), and somewhat broken down in health, have sometimes made themselves the prey of greater disease and severer suffering by attempting a sudden change from a mixed to strict vegetarian diet, ought not to be denied. The interests of the vegetarian theory, as in the case of any other important truth, do not require that we should claim more for them than the facts in the case will warrant. Too many articles and dissertations from the pens of ardent and enthusiastic writers which have appeared from time to time in the columns of some of our would-be-greatest-of-health-journals, disparaging and decrying animal food, praising and exalting a strict vegetable regimen, have left so fully out of view the important principles to which we have just alluded, that some in attempting to follow their teachings have found only injury instead of good, as the result of their pains.

As a general rule, the mass of mankind who have not arrived at mature life might change their habits from a diet in part of animal flesh to one exclusively vegetarian with much facility and with great advantages in regard to health, and their capacities for engaging in all the important pursuits of human life. For persons who have advanced beyond the middle period of life, more care and time will be required in making such change, and for some of these a continued use of animal food, to a moderate extent, will undoubtedly be the best course they can pursue, on the principle that an evil to which we have long been accustomed can sometimes be more easily endured than cured. If, in making this statement, we offend some blindly enthusiastic or hypertheoretic advocate of the vegetarian system, we have no apologies to offer. The simple statement of facts as they occur in the stern experiences of life is always the best and truest method of announcing the interests of any important cause.

A LETTER FROM HOME.

A LETTER from home! oh, what measure of gladness

Do these simple words and their meaning contain!

Though the heart is oppressed and bowed down in its sadness,

Those words can awake it to pleasure again.

When parted by fate from the hearts that still love us,

An outcast from all amid strangers we roam;

When the earth frowns beneath and the heavens gloom above us,

How dear to the heart is a letter from home!

Perhaps we can trace the kind hand of a mother,

Amid tears gushing out as we think of her love—

That love which no time nor no distance can smother,

Shed forth from a heart which no absence can move.

And, oh! if in reading that page we discover

A small wrinkled spot, with the stain of a tear,

The fountain of love from its banks will flow over,

And bathe it with drops which are scarce less sincere.

A letter from home, when by seas we are parted;

A voice speaking out in the midst of the gloom;

'Tis a token of love from the firm and true-hearted,

To tell us we are not forgotten at home.

AN OPINION.

"Days should speak, and multitude of years teach wisdom, yet saith Elihu, I will shew mine opinion."—*An Ancient Book.*

No doubt every one interested in the object of the Health Convention, held in Chicago the 10th of last June, will be more than gratified at the constitution as drawn up by the committee appointed. It is comprehensive, and seems to embrace the whole ground. Here every health reformer may find a field of action, and something to do, suited to his talents and peculiar notions. Especially the "fifth premise" could not have been more wisely worded.

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

Surely the committee appointed must have been as wise as serpents and harmless as doves! There are so many respects in which the dress of women may be improved, and so many peculiar notions in regard to it—but this gives a common ground whereon all may stand.

While all admit the great and growing evils, yet all do not look with the same favor upon the one remedy proposed; they imagine there yet may be a better way; they want the subject fully ventilated, and are willing to go wherever truth may lead. They are not prepared exactly to advocate the "American Costume," though, perhaps, with some, the great objection may be an *argumentum ad hominem*; an innate feeling in their own minds that they can't wear it themselves! They have been so long trying to make the world believe that women had no feet, it is difficult to come out so openly in an acknowledgment of the fact!

Whatever may be the case in the future, yet now to have inscribed "Bloomerism" plainly upon the banners, would have deterred many true and good laborers from the glorious work of this Association. Time is the trier and supporter of all truth; "if this work or this dress be of men, it will come to naught; but if it be of God or of truth, ye can not overthrow it; truth always triumphs; the eternal years of God are hers," and yet it is of times so linked with error that we can't at first discern it.

"Verily there is nothing so true that the damps of error have not warped it,
And nothing so false that a sparkle of truth is not in it."

There yet may be a mode of dress proposed that will meet all the evils, and be noways objectionable. While the "American Costume" may be good in many respects, yet it is liable to some serious objections. Can anything be uglier than those shapeless pants? A poet-writer of our country has lately said in one of our popular literary papers, "Nature has made symmetry of limb a universality with woman, and it is the design of nature that the leg shall be seen." Evidently the public mind is being directed somewhat to this important "subject of clothes." The same writer asks, "Why should there not be a mode of dress invented or adopted which might not seem to be wholly masculine, and yet give the wearer male privileges as to movement?"

and continues to say: "There are few who would not look well in the becoming kilt of a Scotch Highlander and the long gaiter reaching from the instep to the knee of a shapely limb is exceedingly becoming, whether made of Scotch plaid, or of patent leather, or of any colored cloth; and it may be worn with the Balmoral or kilt, with the jacket and cap of the hussar, or with the frock of the officer's uniform, so as to be perfectly convenient."

Of course I am not proposing this writer's suggestion to supersede in any way the "American Costume." I would not presume to such treason, yet I do regard it as a prettier dress, and more in accordance with the true principles of taste and beauty, but only mention it to show that other modes of dress may be proposed—that inventive tact is inexhaustible. I would not for a moment imagine that *femininity* was so poor in resources as to be necessitated to refer to gentleman for ways and modes of dress. I have no doubt that the ladies who have this subject under consideration will soon give us something that is healthful and beautiful.* It is difficult to see how the American Costume will be generally adopted. With most persons there is innate feeling of dread and repulsion when first seeing it; such deeply rooted prejudices against it, and it requires a most thorough physiological knowledge to appreciate in any degree any of its beauties; and besides, the world is just now most too obstinate to adopt anything without a deal of criticism. If we do want to secure its general adoption, perhaps the most successful plan would be that proposed in the last number of the *TEACHER*, by "one who wears it," or, which is the same thing, to adopt that suggested in the July number of the *Journal*; there it stands full of good thoughts and good sense, notwithstanding the intimation of its being "sophistical and superficial." All the evils of humanity do not grow out of the long skirts. Far more suffering and mischief, I believe, have resulted from corsets and tight waists—contracting the seat of vitality—shutting off the very fountain of life and longevity, pushing every internal organ from its proper position, interfering with every function, and diseasing every part of the body.

But what is the exact meaning and extent of "doing away with fashion as its standard?" We may show that fashion is very ephemeral and nonsensical at times, but if we attempt "to do away with it," we will be like a certain *notoriety* of the present day who found "he had undertaken too much." Yet we can strive to make "common sense and utility" fashionable, viz., by spreading more light.

The close of the sixth resolution, on tobacco, saying that, "unless its use can be checked, this nation will, ere long, sink to barbarism," is not exactly the result that will present itself plainly to most minds. We, as a nation, may become degenerated in body, short-lived, and with poor constitutions, yet would not probably "sink into barbarism." The southern nations of Europe before they were over-run and conquered by North-

* "We advise our sisters not to assume our trowsers till we shall have made them more graceful and becoming than they are at present."—*Teacher* for July.

"Let us remonstratingly refer to Deuteronomy xxiii, 5."
—*Home Journal.*

men, were corrupted by luxury and voluptuousness, yet they were not sunk into barbarism; rather more appropriately could that term have been applied to those brave nations who over-run them. Will not its wide-spread use rather make us enfeebled and besotted as a nation?

But I am glad one article is against this "alarming and rapidly increasing evil." It seems to me that more and more are using it every day—that it is becoming more and more indispensable—our streets are getting fuller of its perfume—the stores for its sale are increasing, and their decorations becoming more attractive and enticing, while in my short rides into the country I have noticed that many fields and hills where formerly grew the delicious strawberry and other delightful fruits, are now rank with this most loathsome weed. What a great work has this Association before it!

It was a beautiful expression of Terence, "I am a man, and whatever concerns humanity concerns me." Surely nothing can more nearly concern the well-being of humanity than the objects of this Association. Let us be united and unremitting in our efforts.

M. A. D. J.

BALTIMORE, Md.

EXPERIENCE IN WATER-CURE.

NO. I.

EDS. HYGIENIC TEACHER.—As you were kind enough to ask me to contribute something of my experience in living according to Hygienic principles, I have thought it as little as I could do to try to comply with the kind request. I am a plain man, and I hope to speak plainly in what may follow in the development of my experience, my bondage, and my freedom.

I am one of a family of thirteen children, I being the ninth. I was a dyspeptic from birth; my brothers and sisters were strong and healthy as any family of equal size; my father and mother were possessed of remarkably hardy and very wiry constitutions, and are both still living, having each attained an age bordering on seventy years. But I was so unfortunate as to inherit, in some way, a weak digestive apparatus; and not until I was six or seven years of age could I retain either milk, butter, meat, or grease of any kind, upon my stomach. I was fed, up to this age, on toasted bread, with warm water lightly sprinkled over it, with the addition of sugar. I was then given pork, butter, beef, and grease in abundance; and oh, what tortures and agonies did I suffer! What retchings and spasmodic action of stomach ensued after each meal! To this day it is distressing in the extreme to even think of how I suffered those many long, weary years! How I longed for death to deliver me from my earthly torment! Can there be a greater earthly torment than an ignorant dyspeptic's stomach? I mention all of these conditions the better to secure the foundation of what I have to offer hereafter, not only with reference to myself, but also as a principle alike applicable to other cases that have come under my observation; for it is the principle that I consider of any value whatever, and therefore I shall only speak of myself so far as seems necessary to illustrate the subject now under consideration. I have said I

was miserable because my diet was not suitable to my naturally unfavorable conditions; and had my parents been as eager to find out *why* I was so poor in flesh and so very feeble in body, instead of bending their entire exertions to "doctoring" my mind, in short, if they had paid less attention to my *mental* and more to my *physical* culture, I would have been much better off morally and physically. But eighteen or twenty years ago, good and cheap works on Hygienic medication were rarely to be found in any library; but my father, being a "local preacher," had an abundance of very good books, such as "Dr. Watson's Institutes," "Benson's Commentaries," etc., and hundreds of like good orthodox character—excellent works, in their proper application, but not very suitable to the minds of those who are too young to comprehend the learned criticisms which the said books contain; and most assuredly would the compulsory study of them not regenerate the dyspeptic physically. I will not attach undue blame to my venerable parents for not having the knowledge which every parent should possess of physiology and the laws of life generally, for I verily believe they understood those subjects just about as well as the balance of their farmer neighbors; but, thirty years ago, knowledge of the laws of life was quite meagre in city as well as country. A great change has been wrought in the above period among all classes in America, and mostly through the indomitable energy of one *Publishing House* has this great result been effected, and to the enterprise of Fowler and Wells, assisted by the many able writers who have so generously contributed with them in this great work of human progress, both by means of the *JOURNALS* and also by the many valuable books which have been published by the above-named firm. But the work is not yet done, much remains to be accomplished; and I have not heard of any one who has learned or achieved enough to hurt him in the business of living a pure and holy life!

Well, my sufferings from dyspepsia continued until the winter of 1844-5, when I began to think for myself (although I was then only twelve years of age); and while I was seated at the dinner-table one day, there being both boiled beef and pork before me, I resolved that I would not eat beef for one year, and see what effect it would have upon me. I kept my resolve religiously for the term, and then, having satisfied myself that I was increasing in health and strength rapidly, I "resolved" again, and this time I cut off pork from my bill of fare—and for *sixteen years* neither tasted beef nor pork! I never had any trouble with dyspepsia in all that period! It is a little singular how I arrived at the truth in this matter, having then never heard of "Water-Cure" or "Hygiene," but the fact is none the less valuable to me, and not only to me, but, as the foundation of a great principle, it is equally applicable to others under similar conditions and circumstances.

R. R. R.

HOSPITAL, DAVID'S ISLAND, N. Y., Oct. 18th, 1862.

We read the greater portion of modern criticism, not to discover the merits or demerits of an author, but the motives of his critic.

CURATIVE AGENCIES.*

"PREVENTION is better than cure," says our proverb. Even the ratio in which it is better is sometimes set forth; and we are told that "an ounce of prevention is worth a pound of cure." Our doctors either find that prevention is in no demand, or that it is too cheap to afford them any profit; for they do not deal in the article. The quacks advertise their nostrums, sometimes as preventives of disease, especially when there is some prevailing epidemic. And when there comes a disease that the doctors can not even seem to cure, they will sometimes advise people how to avoid it, giving, at times, very bad advice, as in the case of the cholera, when they at first advised everybody to live on flesh, and avoid fruit and vegetables. Experience caused them to change this afterward, but not until this advice had many victims. The only disease that doctors have made steady efforts to prevent is small-pox, by inoculation.

How can diseases be prevented? Simply in two ways: by living, as far as possible, in accordance with all the conditions of health; and by avoiding, in like manner, every cause of disease. By keeping up the strength and purity of the system; by avoiding all excess, and every means of exhaustion; and by living in such a manner as to keep free from all manner of disease.

Strong as we may feel, and pure in our souls and our bodies, we must not uselessly cope with the pestilence that walketh in darkness. No man should needlessly expose himself to the malaria of intermittent fever, with which much of the region around New York is blasted. Much less should he sleep in a rice swamp, or take up his abode on the Chagres River. The way to prevent disease is to study and obey the laws of life.

The cure of disease is not accomplished by any medical system. Nature does her own work. It is the power of life that molds and builds up the organism; it is the intelligent soul that first forms the body, and presides over all its processes, which struggles against disease, overcomes it, and casts it out of the system. No device of man can accomplish such a work as this; and man's efforts to assist nature have, in most cases, been full of error and mischief.

In all cases of disease, when the vital force is sufficient, nature effects a cure. When there is more disease than this vital force can overcome, nature sinks under the effort, and the patient dies; sometimes after a violent and brief struggle, sometimes after a weak and protracted one. The well-meaning but very ignorant doctor, in most cases, mistakes the enemy. Instead of attacking the disease, if, indeed, he had any means to do so, he begins a violent assault upon nature; he attacks and weakens the vital energy, using poison and steel against her, bleeding, blistering, and drugging, until he changes the whole aspect of affairs; and nature, who was strong enough to cope with disease, as Hungary may have been with Austria, sinks under the power of the doctor Czar. Or it may be a drawn battle; nature, overpowered by drugs, gives up the struggle, and each party—nature, disease, and drugs—occupy

the disputed territory and patch up a peace. But this does not last long. Nature renews the struggle, the doctor renews his mischievous interference; and life is made a long agony by this intestine war.

When nature is left alone to cope with disease, the struggle is brief in proportion to its violence. The matter of disease is cast out by some sharp crisis—vomiting, diarrhea, or sweating—and there is a quick recovery. I believe that a much larger proportion of cases in all diseases would recover in this way than with the ordinary methods of interference. The mortality of some diseases is very notably increased by allopathic medication. The cholera is a striking example.

To understand the mode of cure adopted by nature, and how she may be really aided in her designs by art, we must understand something of her operations. I have shown that there is an intelligent soul which presides over the bodily organism, as a whole, and in every minutest part. I have shown that when a bone is broken, or an artery tied, this intelligent power goes to work systematically to repair damages. We shall find that it is the same in all vital processes, both in health and disease. I trust that no person will read this part of my work who is not prepared for it by reading all the preceding portions.

When poison, as tobacco or opium, is taken into the system, there is at first a violent effort to cast it out by vomiting, accompanied with nausea, or sickness at the stomach. This is one of the simplest instances of morbid action. In case of a failure to vomit, the next process in regard to these substances is sweating. In one way or the other, or both, they are expelled, unless in too large a dose, when they overpower nature and cast her out of the body. By nature here, I mean this intelligent soul of the organism. They struggle for the possession of the body; and one casts the other out; or, possibly, it is a drawn battle, and both remain. It would be more correct to say, that nature, trying in vain to rid the body of the matter of disease, does the next best thing, in ridding herself of the body.

If poison or diseasing matter is taken into the system in so small quantities as not to call for any violent effort to expel it, it is treated just like a few persons who venture into an enemy's country. They are either allowed to go quietly out by the usual avenues, or are imprisoned and retained. Francke, a German pathologist and hydropathist, has made some curious observations on this point. He says, that in all cases where poison, or morbid matter, is not at once cast out of the system, it is enveloped in a coating of mucus, to prevent it from doing injury, and then either carried out by the usual processes, or, if this can not well be done, it is retained in the system, each atom being thus "slimed up" and protected from doing more mischief.

But as these matters accumulate in the system, there is a constant tendency to drive them out; and every cold, every fever, every paroxysm of disease is such an effort. The matter is always there, and always liable to be dislodged, and to be the cause of diseased action, or of the effort toward health; but when nature fails, either from the weakness of her own power or the interfer-

* "FROM MYSTERIES OF MAN," price \$1.

ence of the doctors, and the introduction of more poison, unless she gives up the struggle finally, and retires from the body altogether, she spends her remaining efforts in again sliming up the *materies morbi*.

Sometimes masses of these slimed-up matters, medicines, and other poisons are collected along the walls of the stomach and intestines, covering and rendering useless large patches of those organs. Sometimes they appear in the form of tubercle. In this case they have got as far as the glands, the lungs, the areolar tissue, and even to the skin. There are many phenomena in the cure of disease by hydropathy which give, to say the least, a violent presumption of truth to this hypothesis.

But in whatever particular way nature deals with the matter of disease, whether the product of the system or introduced from without, the general fact is well ascertained, that these matters are sometimes cast out at once, and sometimes after a long course of years, during which they remained in the system, always oppressing it, and liable at any time to be a cause of disorder, like the aforesaid prisoners in an enemy's country.

All this will be denied. We have, in the medical world, five schools of pathology—the nervous, solidist, the humoral, the chemical, and the mechanical. They believe, respectively, that all diseases arise from irregular nervous action, from disease of tissues, from humors in the blood, from chemical changes, and from animalcular or mechanical irritation. My pathology includes all these theories, and all the facts on which they are founded. Those who take any narrow, one-sided view of nature run into error and bigotry.

Modes of practice are based on these exclusive theories of disease. The nervists deal in sedatives, anti-spasmodics, and poisons, which directly affect the nervous system; the solidists rely on mercurial and other alteratives; the humorists purge; the chemists give alkalies and acids; and the animalculists strive to poison the enemy, forgetting, as an old doctor said of worm medicines, that man is but a worm, and is liable to be killed by the same poisons.

As diseases consist of exhaustion and impurity; as exhaustion causes impurity, and impurity produces exhaustion, two things are requisite to a cure. These two should be written in letters of gold—INVIGORATION and PURIFICATION.

CURE FOR STAMMERING.

SOME years ago a famous professor came to a town where I was then residing, and announced that he could "cure the worst cases of stuttering in ten minutes, without a surgical operation." A friend of mine was an inveterate case, and I advised him to call upon the wonderful magician. He called, was convinced by the testimonials exhibited, struck up a bargain, and paid the fifty dollars, and soon called at my office, talking as straight as a railroad track.

I was greatly astonished, and asked my friend by what miracle he had been so strangely and suddenly relieved of his life-

long trouble. He most provokingly informed me that he had made a solemn pledge not to reveal the process of cure.

I knew two other bad cases—ladies—and calling upon them reported what had come to pass.

They were soon at the professor's rooms, came away greatly elated, raised the hundred dollars, went the next day, paid the cash, and in half an hour were ready, had the question been popped, to say Yes! without a single jerk.

I was soon made acquainted with several other cures, quite as remarkable, and resolved to put on my sharpest wits and wait upon the magician myself.

He seemed an honest, earnest man, and in two days I had made up my mind to pay a large fee and learn the strange art, with the privilege of using it to cure whomsoever I would.

Those who had been cured by the professor were solemnly bound not to reveal the secret to any one; but my contract gave me the privilege of using the knowledge as I pleased.

And I now propose to give the readers of my journal a simple art which has enabled me to make very happy many unhappy stammerers. In my own hands it has often failed to effect the desired result, but in three fourths of the cases which I have treated the cure has been complete.

The secret is simply this: The stammerer is made to mark the time in his speech, just as it is ordinarily done in singing. He is at first to beat on every syllable. It is best at the first lesson to read some simple composition, like one of David's Psalms, striking the finger on the knee at every word, and then read in a newspaper, beating each syllable. Soon you need beat only on every word.

You can beat time by striking the finger on the knee, by simply hitting the thumb against the forefinger, or moving the large toe in the boot.

I doubt if the worst case of stuttering could continue long, provided the sufferer would read an hour or two every day, with thorough practice of this simple art, observing the same in his conversation.

As thousands have paid fifty and a hundred dollars for this secret, I take great pleasure in imparting it to the generous patrons of my journal.

The above is written in response to a request by a "Sister of Charity" of this city.—*Dr. Lewis' Journal of Physical Culture.*

A COUNTRY apothecary, not a little distinguished for his impudence, with a hope of disconcerting a young clergyman, whom he knew to be a man of singular modesty, asked him, in the hearing of a large company, "Why the patriarchs of old lived to such an extreme age?" To which the clergyman replied, "I suppose the ancient patriarchs took no physic."

WOMAN AND THE MEDICAL PROFESSION.*

THE declining health of American women, and the rapidly increasing frailty of American girls, have now become prominent topics of the magazines and newspapers as well as of the medical journals of the day. And the diseases of females have long been recognized as the *medicorum opprobrium* of the profession—the disgrace of medical science.

This can not be because physicians have not had sufficient experience in their treatment; for in all ages medical men have had much more to do with the diseases of women than of men; and in this age, and in this country, more than three fourths of all the practice of the profession are devoted to the treatment of diseases peculiar to women.

At a festival lately held by a medical society in the city of New York, "dear woman" was toasted in the following words: "The last best gift of God to man, and the chief support of the doctors." Do you imagine that when these jovial doctors were feasting themselves full and drinking themselves merry with the avails of this delightful support, they were also devising ways and means to render her healthy, so that she would cease to be the "chief support of the doctors?"

There are in the United States some forty thousand physicians, whose aggregate incomes can not be less than one hundred millions of dollars; three fourths of this sum—seventy-five millions—our physicians must thank *frail* woman for; can they not well afford to compliment her in the ruby wine?

How can the doctors afford to have the women healthy? Suppose the women of our country should become reasonably hygienic in their habits of living and in their ways of doctoring, what would be the inevitable result to the profession? Who can not see at a glance that thirty thousand physicians would be at once thrown out of employment, and half as many drug shops closed for want of customers? And then there would be the total loss of all the capital and time they had invested in the business and in their education. And, moreover, three quarters of all the medical schools in the country would be useless, involving a loss of a few millions more.

But the chapter of calamities would not end here; if the women should become generally healthy themselves (for they would not do this without being educated into a knowledge of the conditions of health), they would so arrange their households—their tables, their clothing, their sleeping apartments, and personal habits, that their brothers, husbands, and sons would have much less occasion to patronize the profession, and so three fourths of the remaining one fourth of the medical profession would be liable to lose all they had invested in business, and subjected to the inconveniences of learning a new vocation.

Can the medical profession afford to teach women to be healthy? Shall they make this immense sacrifice for her sake, and for humanity's sake? Is it not asking a little too much of poor human nature? True, it would be a glorious thing for the world; but the world would pay nothing for it—hardly a thank-you—while it pays willingly and cheerfully its millions annually to have the women dosed, drugged, poisoned, deceived, mis-educated, maltreated, and ruined.

* From "Health and Diseases of Woman," by Dr. R. T. Trall. Price 10 cents.

Publishers' Column.

MAIZENA.

DOUBTLESS many of our friends, after reading the advertisement of Mr. DURYEA, in another column, will exclaim, as we have heard hundreds do before, What is *Maizena*? We might reply, as is often done—it is a first-rate article for making puddings, custards, blanc-mange, and dishes of like nature; but that only tells what it is for.

MAIZENA is a preparation made from white Indian corn, by the Glen Cove Starch Manufacturing Co., at Glen Cove, N. Y. We are not able here to give the process by which it is prepared, as it would take an elaborate article to do so; and besides, there are some peculiarities about it which the manufacturers prefer to keep to themselves. After having spent much time and money in perfecting their machinery, they have secured the exclusive right to manufacture it; they intend, and deserve to make some money out of it, and so long as they furnish the article at their present reasonable prices, we presume the public will consent to their doing so.

MAIZENA is composed of uniform very small white granules, less in size than those of arrow-root starch, which are readily dissolved in water.

We have tested the Maizena in our families, and believe the qualities that recommend it to public favor to be these: It is exceedingly nutritious, we know of nothing more so; it is easily digested, making it an excellent dish for dyspeptics, with whom it soon becomes a favorite; it is extremely palatable, and adds another to the long list of excellent dishes equally well adapted to the table of the advocate of a mixed diet, or the radical vegetarian. For children there is nothing better, and they are usually exceedingly fond of it. And for the sick room, from its palatable and digestible and strengthening qualities it is invaluable; and we should not forget to mention, what in these days of taxes will be an important item, it is a very economical article of diet.

The ease and dispatch with which it can be prepared will, in the opinion of every good housewife, add much to its value. No further complaints of nothing for supper, when a friend happens in, can be made, if a pound of Maizena is in the house. Ten minutes will suffice to prepare a dish fit for anybody. Eaten plain, it is excellent, with a little sugar and cream first rate, and with the addition of a little jelly made from currents or other fruit, it is a dish "fit for the gods."

WHAT IS SAID OF US.

THE HYGIENIC TEACHER is still published by Messrs. Fowler and Wells. We care not what a man's *doctoring* is, he can not fail to be instructed and benefited by reading this *Journal*. Many false ideas are abroad in reference to Hydropathic practice, and we believe it would be better for all if they were corrected, and we know of no better way to do that than to read THE HYGIENIC TEACHER. Terms, \$1 a year. Address Fowler and Wells, 303 Broadway, New York.—*Triptm (Iowa) Advertiser*.

THE *Water-Cure Journal* comes to us under the new name of THE HYGIENIC TEACHER AND WATER-CURE

JOURNAL. While it still advocates the practice of Hydropathy, it is devoted to the advancement of various other reforms, and in giving the opinions of some of the most enlightened minds of the country on all subjects pertaining to health, it may with propriety be called by its new and pleasing cognomen. We always enjoyed reading it in its old form, and always found in it something to interest and instruct us; but it will prove more popular to the masses by enlarging the scope of its usefulness, and treating of all subjects in which progressive people are interested. It is still published by Fowler and Wells, No. 303 Broadway, New York, at \$1 per year in advance.—*Geneva Courier*.

THE HYGIENIC TEACHER takes the place of the old name *Water-Cure Journal*, and we think it an improvement. The essential character of the TEACHER will be as it was under the former cognomen. It is an excellent Hygienic guide, and conducted in the most comprehensible manner. It greatly simplifies the curative art, while, at the same time, it is duly scientific and learned. It gives us great pleasure to add our humble commendation of the work. The *Phrenological Journal* ever was, and ever will be, a favorite work with us.—*Bridgton Reporter*.

The Marengo (Iowa) *Review*, in speaking of THE HYGIENIC TEACHER, said: "Whatever may be thought of the Hydropathic method of curing diseases, we are quite sure that such a knowledge of the laws of life and health as any attentive reader of this journal may acquire, will enable him to prevent disease in most instances, and 'an ounce of preventive is worth a pound of cure' any time."

THE HYGIENIC TEACHER.—The "Water-Cure Journal," so long and favorably known to the public, has changed its name to the HYGIENIC TEACHER. It is still published in the same form, and is more attractive and valuable than ever. We can with all our heart recommend it to the public. No intelligent reader will ever regret subscribing for it. It is published by Fowler and Wells, New York, at \$1 per year.—*The Valley Farmer*.

HYGIENIC TEACHER.—The excellent health journal of Fowler and Wells, so extensively known as the "*Water-Cure Journal*," has changed its name to that of the "HYGIENIC TEACHER"—a much better and more truthful appellation; as it never was a one-idea work, and recommended hydropathy as merely one of the modes of arresting disease and restoring health to the system. It is truly an eclectic journal, selecting the choicest and best of all the remedies known, and coming down with annihilating force on bleeding, blistering, mineral poisons, and professional old-fogysm, ignorance, quackery, and presumptuous arrogance. We wish it full success. Fowler and Wells, New York, monthly, \$1 per year.—*Tuolumne Cal.) Courier*.

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Literary Notices.

THE GOLDEN WREATH, published by Oliver Ditson & Co., Boston, is without doubt, the cheapest and most popular collection of music ever published. It contains 250 songs and sacred pieces, besides a complete course of elementary instructions. Its merits may be summed up as follows: 1. Its lessons are simple and easily comprehended. 2. Its studies and exercises are rendered doubly attractive by new and peculiar features. 3. It is alike adapted to the capacities of the youngest scholar, and the requirements of all. 4. Every piece is new, fresh, and just what the young mind wants. 5. It is the largest Music Book for the price ever published. 6. It has some good piece for every time and occasion, public or private; all the Home Songs, School Melodies, Play-Room Rhymes, and National and Patriotic Odes. 7. As a volume of Music alone, aside from its lessons, it is worth more than twenty times its cost. 8. No book of the kind ever published has had so large a circulation. 9. The universal demand for it is proof of its real worth. 10. Dealers purchase it by thousands to supply their immediate localities. 11. No unprejudiced person who has examined it has failed to adopt and recommend it. 12. Send for a copy, and by personal knowledge test the truth of these statements.

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We have also received from the above house the following music: "Marching Along," by Bradbury, with variations for the Piano by Baumbach; song, "She may Smile on Many: She will Love but One," by Glover; serenade, "Magic of Moonlight," by Hime; song, "The Moon has Raised the Lamp Above," from "The Lily of Killarney," by Benedict; "Magdalena," ancient Latin Hymn transcribed for the Piano, by Badarzewska; "L'Ange Gardien," a morceau for the Parlor, by Brumenthal; "The Lorette Polka," "Daisy Polka," "Fairytale Waltz," and the first set of Chopin's Mazurkas.



NEW YORK, NOVEMBER, 1862.

WATER.

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

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

THE DISTINGUISHED DEAD.—In the discussion which took place on the medical papers submitted to the late World's Temperance Convention, we took occasion to allude to the sudden and unexpected deaths of distinguished persons, among whom were Prince Albert, Mr. Buckle, and others. We charged the deaths of these persons distinctly and unequivocally upon the medical treatment to which they were subjected; and we offered to go before the Royal Colleges of Physicians and Surgeons, and all the scientific men of London, if we could have the opportunity, and *prove* that alcoholic medication was the cause of the death of Prince Albert. The reason we gave for making these statements and propositions was, because alcoholic medication, under the auspices and false teachers of the medical profession, was increasing all over the civilized world, and, as surely as effect follows cause, the use of alcoholic drinks always did and always will follow in the wake of alcoholic medicines. We stated, further, that we were prepared to show that all of the data of science, of experience, and of argument which could be alleged in favor of alcohol as a medicine, could be, with equal cogency and propriety, adduced in favor of alcoholic beverages. These points were all evaded by the temperance doctors who were present; and one of the leading temperance men thought that all allusions to the death of Prince Albert, and all discussion as to the causes of his death (all these things being matter of *private opinion*!) ought to be avoided, as they might disturb the feelings of the Queen. He did not see that the *life* of the Queen might be involved in the issue—and his own life too.

But we had gained our point. We had made the bold announcement, and thereby set the members of the Convention—some

of them, at least—to thinking in the right direction. The exposition we gave of the nature of disease—the *modus operandi* of medicines, the rationale of fevers, etc., explaining that fevers were not in themselves dangerous, but that the chief danger was from the doctor; that the danger consisted in *not* having a fever when the causes existed—elicited much applause, and was followed by three rounds of cheers. All of the plain, common-sensical, non-professionally-educated people who were present, seemed to understand us well enough; but, as usual, the doctors were all in a muddle. They could not make out what we were driving at, and one or two of them undertook to confuse the subject and the audience by a display of technical gibberish. But to our subject.

Why should strong, hale men, of regular and temperate habits, in the prime of life, die of a slight cold, or a little inflammation, or a moderate fever? They do *not* die of these diseases—they die of the medication. It is the treatment and not the disease which kills. Well does the London *Lancet* say, in allusion to the death of the Prince Consort (whose disease was declared by his physicians to be "a feverish cold," and whose death was certified to be of typhoid fever), that "typhoid fever is inevitably more fatal with patients of the upper classes than with poorer people." Why more fatal? The true answer is, because they have more doctors, and the more doctors the more medicines. Prince Albert had four physicians.

When we heard of the death of Mr. Simpson, President of the English Vegetarian Society, two years ago, and that he was attended in his last illness by two Allopathic physicians, we had no shadow of doubt that he was killed by drug medicine. He was in the prime of life, only forty-eight years of age. All the sickness he complained of, or that his physicians could diagnose, was simply nervous depression consequent on overwork. For this he needed rest, not drugs. Mr. Simpson refused to take the wine and beef-tea which his physicians prescribed and urged with all their authority and logic. But he lost his life because he did not realize the physiological principle which underlies the vegetarian theory. Vegetarianism and temperance are one-idealisms with the majority. They do not see the basis of all reform—the Health Platform. Mr. Simpson's physicians gave him other drugs and other

stimulants quite as bad, and, probably, ten times worse than wine and beef-tea. Indeed, we doubt if all the wine and beef-tea he could have swallowed would have been half so injurious to him as were the medicines he did take. We learned enough of the particulars of his case and treatment, of his intimate friends and relatives who attended the vegetarian meeting in the Crystal Palace, fully to confirm our suspicions as to the cause of his death.

Mr. Simpson was the son-in-law of the present President of the Vegetarian Society, Joseph Harvey, Esq., whose acquaintance we had the pleasure of making at the Palace. We inquired particularly of Mr. Harvey respecting the treatment of Mr. Simpson, and he assured us that, although he adhered to his temperance and vegetarian principles in refusing wine and beef-tea, he took all the other drugs and stimulants which the doctors prescribed.

In his address at the Festival, Mr. Harvey stated that he was seventy-nine years of age, had been a vegetarian fifty-two years, and *for forty years had taken no medicine*. This last fact may explain why he has outlived Mr. Simpson. Mr. Harvey pointed to a gentleman in the audience who had been a vegetarian fifty-five years, and who was now ninety-four. We had no opportunity to ascertain his medical notions, but we have no manner of doubt that he has had little or nothing to do with drug medicines.

A majority of our greatest and best men die of some trivial ailment—or, rather, they are killed by drug doctors because they have some trivial ailment—in the full vigor of their manhood, and when they have just reached the period of life when they are most capable of doing good in the world. And so it must be until the people become sufficiently intelligent to understand that it is not necessary to poison a person because he is sick.

ALCOHOLIC MEDICATION.—It is an auspicious omen for the Temperance Reform, that a few persons are beginning to understand the relation between the medicinal employment of intoxicating drinks and their dietetic or habitual use. We have long regarded the medical profession as the chief obstacle in the way of the temperance cause. At the World's Temperance Convention, Dr. McCulloch, of Dumfries, one of the most intelligent of the medical gentlemen present, and who is second only to Dr.

Lees, of Leeds, in probing this subject to the bottom, declared that the last and strongest fortress the temperance army would have to conquer would be the medical profession. It is true now, as it ever has been, that just to the extent that medical men advise and prescribe alcohol as a medicine, will the people drink it as a beverage. This point was most distinctly brought out in the discussion on this subject. One of the speakers, in allusion to the opposition or indifference which the temperance cause met with from the great body of the medical profession, very decidedly intimated that the doctors might be influenced by motives of interest and business as other people are apt to be. This brought a reverend gentleman to the rescue of the fair fame of the profession. He did not believe the profession could be actuated by any but the most philanthropic and disinterested motives. He was followed by another clergyman, who entered into an argument to prove that the disuse of alcoholic liquors, so far from lessening the emoluments of the doctors, would actually increase them. Certainly this was placing the profession on a very low moral plane, and an indirect admission that there was no "higher law" in its members to appeal to than the sordid one of self-interest.

In the large meeting in Exeter Hall we took occasion to explain that the universal adoption of teetotalism would actually benefit the medical profession pecuniarily; for, as the profession was now a little crowded, when the people became sober they would be more healthy, and nine tenths of the doctors would be obliged to find some better business, so that the rest could be better paid. The exposition "brought down the house."

But is it not a strange spectacle, in this enlightened nineteenth century, that the medical profession almost *en masse* should stand opposed to temperance reform? Is it possible they are so deeply ignorant as to be honest? Is their judgment still so deluded that they can be conscientious? Some of the speakers, who are connected with the asylums for lunatics and paupers, stated that when alcoholic liquors were discontinued the general health of the inmates improves; and that when beer was again added to the dietary, by order of the medical superintendent, the mortality greatly increased. Still the doctor insisted that the beer should be allowed!

Several medical gentlemen testified that, for ten, twenty, and thirty years, they had given no alcoholic medicines of any kind; and they had found much better success in treating diseases without alcohol than with, even in those cases where some form of alcoholic medicine has long been considered as indispensable.

We have only to say to the temperance people, when you reform the false doctrines of the medical profession, which lead to the use of intoxicating drink, and which sanction its principle, you may hope to achieve success. But until then, *never*.

THE MEDICAL PROFESSION AND WOMAN.
—The Chatham (Canada) *Western Union* says:

The opening of the medical profession to females is one of the improvements of the age. That they are equally competent with men to acquire a knowledge of medicine can not be denied. That they are in many respects better qualified to attend upon the sick and suffering must be admitted. And though it would not be proper for them to monopolize the profession, still there is great propriety in admitting them to a share in its honors, responsibilities, and emoluments. In fact, to every right thinking mind it must appear obviously the duty of females to aspire to a qualification for usefulness in a calling which affords so many good reasons for their being employed to decided advantage.

The medical profession is not open to the education of female physicians; on the contrary, as a body, it is doing all it can to keep woman out of the profession. Some of its societies have passed resolutions not to recognize, counsel with, nor fellowship her as physician, even if she has a legal diploma. But it is true that a few benevolent individuals in and out of the profession have established schools where woman can receive a competent medical education and a regular and legal diploma. Woman is bound, sooner or later, to have the principal business of prescribing for the sick; she will, however, acquire this position, not with the help of the profession, but in spite of its opposition.

DEATH OF DR. WAKELEY.—The death of Dr. Wakeley, of London, in June last, who has held the office of coroner for twenty years, and who was foremost in many projects for medical and sanitary reform, recalls to mind the testimony he has left on record of the doctrines of the profession he had so long practiced:

How little do we know of disease, compared with what we have yet to learn! Every day develops new views, teaching us that many of what we before thought immutable truths deserve only to be classed with baseless theories; yet, dazzled with the splendor of great names, on these theories—which have usurped the place of truth—a system of routine or empirical practice has grown

up, vacillating, uncertain, and often pilotless, in the treatment of disease.

SCARLET FEVER.—Dr. A. Searle, of Onondaga Valley, N. Y., is publishing in the *New York Medical Times* a series of articles on scarlatina, which contain some valuable hints for those who can make the right application of the facts he presents. He says:

I commenced the practice of medicine in Onondaga County in 1815, and never saw or heard of a case of scarlet fever in central New York, nor west of the Hudson River, till about the year 1821, when one occurred in my own practice, in a young athletic man who lived on the highlands near Skaneateles Lake. The patient was attacked with fever of a very sthenic type, which was attended with an uncommon redness over the body, more especially the head. There was no papillary eruption, as appears in many of the severe cases. It being the first case of the sort that had occurred to me, I was unable to make a diagnosis that was satisfactory to myself, but I followed the general indications, by adopting the antiphlogistic plan of treatment. The patient soon recovered.

Another case occurred about a year afterward, on high land, in an adjoining town, in a strong and otherwise healthy child, two or three years of age. I was called to see the patient in the evening, and prescribed the same plan of treatment, which, I may say, was my habit of treating all fevers. First, vomiting was induced, and subsequently a laxative was given, the idea being to reduce the fever and clean the primæ viæ. I left about nine o'clock P.M., but was sent for again about twelve o'clock the same night, when I found the medicine had operated thoroughly, but the patient was in a moribund state. I was much surprised, and could not understand what could have been the cause of such a sudden change. At first I supposed it must be some new and very malignant form of fever, inasmuch as such a termination had been so unlooked for, and subsequently I ascertained that scarlatina existed in the country; but knowing this fact did not alter my plan of treatment, and of course my success was very discouraging. I did not learn how to treat the disease properly, either from the results of my own practice or from that of others, till about the year 1830. Being at that time in my native town, in New England, a certain botanic doctor, who had received a pretty good common education, spending some time at the Pittsfield Medical Institution, gave me a pamphlet written by himself on the subject of scarlet fever. He maintained that the disease was harmless in its nature, and that altogether it was the habit to give too much medicine. According to his view of the case, the medicine should be of the mildest sort, and, of course, should consist of domestic roots and herbs. He boasted great success by this plan, and though many remarkable cures were cited, I was inclined to put some faith in his statements. I was led, from that time, to think over the whole subject seriously and thoroughly, and though the ideas which I then received were from a tainted source, the result of my practice in using but little medicine has been such as to cause me to rejoice that I ever met the empiric.

The careful reader will notice that the success of Dr. Searle has been in the exact ratio of the weakness and fewness of his medicines. If he can go one step further in this direction, he may have uniform success.

COMMON SALT FOR AGUE AND FEVER.—The Cincinnati *Journal of Rational Medicine* gives the testimony of several emi-

ment medical men, in this country and in Europe, in favor of common salt, in doses of one ounce to one ounce and a half, as a remedy for ague and fever. In their hands it seems to succeed as well as quinine or arsenic; but being a cheap and common article, such as any one can procure and swallow without the advice or attendance of a doctor, we do not apprehend that it will become so popular as are the more expensive and more deleterious drugs in general use. According to the report of Dr. Hutchinson, salt has one advantage over all other specifics for the treatment of intermittent. It is frequently considered necessary to premise an emetic to prepare the system for the curative remedy. Quinine or arsenic are often preceded by antimony and ipecac. But when the common salt doctor deems an emetic necessary, all he has to do is to give an emetic dose of the same article, after which the salt may be continued in smaller doses as an anti-periodic. If people will drug themselves because they have the ague (we think, however, they had better not), we recommend salt as far less injurious than antimony, ipecac, lobelia, cayenne, quinine, arsenic, or whisky.

HYGEO-THERAPEUTIC COLLEGE.—The lecture term will commence, as usual, on the second Monday of November next. We anticipate a much larger class than we had last winter, and are assured of the re-attendance of several of the members of our preceding classes. We should be glad to hear, at the earliest practicable moment, from all who expect to be with us at the commencement of the lectures.

ADDRESSES AT THE WORLD'S TEMPERANCE CONVENTION.—This work will soon be issued in a pamphlet of about one hundred pages, showing the curse of alcoholic medication, and the delusion of the people in supposing that the use or traffic in intoxicating drinks can be abolished so long as the medical profession, as a body, prescribe alcohol as a medicine. Price 25 cents.

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.

To Correspondents.

Answers in this department are given by Dr. TRALL.

INTOXICATION.—C. B. L., Oswego, N. Y. If alcohol does not act on the system, how does it produce intoxication?

It induces intoxication, by occasioning the vital powers, so to concentrate their energies in the endeavor to expel, as to deprive the brain of its usual supply of vital power.

CLOTHING.—J. S. P. If feather beds, cotton comforters, oil-cloth, and India-rubber clothing are the abominations of civilization, what shall we use in their stead? Please answer in the TEACHER; or if you have the answer in any published work, I will buy that. I have a dozen of your books already.

You have read our books altogether too carelessly, if you have not found the above question answered in them. Cotton and linen garments and sheets are proper next the skin, and the same with flannel for outside garments or bedding.

INTUSSUSCEPTION.—I. C. W., North Madison, Ind. We suspect the reason that the bowels, in the case of the child you lost, would not receive water, was an obstruction caused by one portion of bowel falling into another, constituting the disease known as *iliac passion* or *intussusception*. You will find it described in the "Hydro-pathic Encyclopedia," under the head of Colic. It usually affects the small intestines; but a similar accident has happened to the lower portion of the bowels.

TEETHING.—C. L. S., Chicago, Ill. We have never yet had occasion to cut the gums of teething children, and believe if the dietary is properly managed, it will never be necessary. Constipation is the usual cause of the troublesome irritation and inflammation, and of the convulsions which frequently attend. The warm bath is all the Hydropathy required.

TUBERCULAR CONSUMPTION.—B. P., Norwich, Conn. In determining the curability of any form of consumption, quite as much depends on the existing constitutional stamina as on the extent of the local affection. Much also depends on the drugs which have been taken. Without a more particular description of your case, we should judge it to be incurable.

JAUNDICE.—A. M. Y., Riverhead, L. I. An extreme yellowness of the skin, coming on suddenly, is not a very alarming symptom. It indicates a disturbed function of the liver, and a resorption of the coloring matter of the bile. Abstemious diet, with a few packs or warm baths, according to the temperature of the patient, will soon remedy the difficulty.

HIP DISEASE.—S. A. P., Washington, Ill. The crooked joint, in the case you described, can be straightened by the modern surgical process of breaking up the osseous deposits in the joint. Several of our patients have been successfully operated on in this way. The use of chloroform renders the operation painless.

OVARIAN TUMOR.—O. A. M., Springfield, Mass. This affection has been successfully extirpated by a surgical operation in many cases. In the early stages a very strict regimen, with suitable bathing, will generally arrest the growth of the tumor.

SANITARY EDUCATION FOR THE CAMP.

THERE is something imperatively required in the thousands of new officers that are now being ushered into service besides familiarity with Hardee, and an ability to pass the examining board. We are not sure that common sense and social respectability should carry more weight in the selection of officers than a knowledge of tactics, but we are sure that an officer who is to be intrusted with the lives of one hundred men, or of one thousand, should know enough to preserve their

health in camp as well as to save them upon the field.

Every officer aspiring to command should pass through a rudimentary medical education, sufficient to allow him to guard his men against the evils that inevitably fall upon all assemblages where the sanitary laws are violated. This education can be, in most cases, attained through the surgeon of the regiment, but it should be the duty of the Government to appoint a corps of medical instruction, especially to teach officers and men what is necessary to preserve them from disease and death. To make this corps of instruction effective, certain privileges should be granted them and regimental surgeons, that would tend to the physical education of recruits. It is as impossible to take a man into camp and make him physically a soldier in a day, as it is to make him mentally so. The surgeon should have power to grant exemptions from duty, or from the duration of certain duties, until he is satisfied the recruit is capable of performing them without consigning himself to the hospital. To take a man from the desk, the loom, or any sedentary occupation, and attempt at once to make him perform the heavy duty of an artillery or cavalry soldier, is simple madness. Is it not imperative that each officer should know these simple facts, and the wonderful importance of keeping his men clean? Should he not know that his new-made soldiers ought not to be over-worked and underfed, unless such a course is imperatively demanded. An instance occurs to our mind, of last year, where the colonel of one of our New York regiments, since made a brigadier-general, drilled his men in the double-quick at mid-day under a broiling sun, until thirty of them dropped in the ranks, and the next day the hospitals were cumbered with over a hundred. Could a worse beginning be made to give a man a taste for his soldierly duties?

The proper mode of enlisting men for different branches of the service is that adopted in the French army, where a man's strength is tested by the dynamometer, and as it is developed, he is placed in that arm requiring his degree of force, making the engineers the highest grade, and the infantry the lowest. This method is not possible under our present mode of enlistments, but a moment's consideration will show its value. To make it understood, a table giving the lifting power, with both hands, from the age of eighteen to sixty, will be necessary:

18 years.....	178 lbs.	30 years.....	204 lbs.
19 ".....	184 " "	40 ".....	200 " "
20 ".....	190 " "	50 ".....	167 " "
21 ".....	195 " "	60 ".....	127 " "
25 ".....	202 " "		

This method shows at a glance that men are in their best strength between 30 and 40, while at the same time we know that our recruiting successes are principally among those from 20 to 30. These are simple facts, that should teach something of the necessity for common sense and sanitary education. It is not alone that we should raise men, but that we should know afterward to care for them; and this end, under our system, can never be attained but by the education of officers.—N. Y. Times.

A MAN may suffer without sinning; but a man can not sin without suffering.

Miscellaneous.

PUT YOUR SHOULDER TO THE WHEEL.

THERE's a voice that speaks within us,
If we own no craven heart,
As we press along life's pathway,
Taking our appointed part;
And it bids us bear our burden,
Heavy though it seem and feel,
And with strong and hopeful vigor
Put our shoulder to the wheel.

What though clouds are darkling o'er us,
They but hide a tranquil sky,
Or should storm-drops fall around us,
Soon the sunshine bids them dry.
Never doubt and faint and falter—
Heart, be stout and true as steel!
Fortune smiles on brave endeavor—
Put your shoulder to the wheel.

Folded hands will never aid us
To uplift the load of care;
"Up and stirring!" be your motto,
Meek to suffer, strong to bear.
'Tis not chance that guides our footsteps,
Or our destiny can seal;
With a will, then, strong and steady,
Put your shoulder to the wheel.

Men of worth have conn'd the lesson,
Men of might have tried its truth,
Aged lips have breathed the maxim
In the listening ear of youth;
And be sure throughout life's journey
Many a wounded heart would heal,
If we all as friends and brothers
Put our shoulders to the wheel.

OF THE CAUSES OF DISEASE.*

As health requires that all these functions be maintained in vigor and harmony of development, disease must inevitably arise from the want of such a condition; and we can now go understandingly into a consideration of the causes of the various forms of disease.

The first cause of disease is hereditary transmission or predisposition. A child may be born actually diseased, as with syphilis, scrofula, salt-rheum, tubercles in the lungs, etc., derived from the father or mother, or with such a weakened vitality that it can not resist the common disease-influences. A diseased father can not beget, a diseased mother can not bring forth, a healthy child. A child, the very germ of whose existence is depraved, who partakes, for the nine months of its foetal life, of the weakness, pain, and suffering of a sick mother, whose very life-blood is made of bad food and impure air, narcotics and medicinal poisons, and who continues to live for some months longer on the same unhealthy nutriment, drawn from her breast, has a poor chance for life, and none at all for a healthy existence.

The period of infancy past, impure, insufficient, or excessive nutrition is one of the great causes of diseases. All vegetables feed upon gases or their combinations, certain chemical principles found in air, water, and the soil in which they grow. All animals live upon the substances thus elaborated by vegetables. Some animals live directly upon vegetables, others get the same

materials indirectly, by eating other animals. The order of animals to which man belongs is naturally frugivorous, or fruit eating; hence our best sustenance is derived from fruits, grains, roots, nuts, etc. To these we add milk, eggs, fishes, the flesh of animals, etc. A large portion of the human race lives entirely upon vegetables; a very small portion lives almost entirely upon animal food. We can live far better on vegetable food without animal, than we can on animal, without vegetable. The more the vegetable preponderates over the animal, the purer is our diet, and the better adapted to health—and health is vigor of body and mind. The best flesh contains about twenty-five per cent. of nutritive matter—the best vegetables, such as wheat, corn, and rice, contain eighty or ninety per cent. Vegetable food is the purest, as it is the cheapest, human nutriment.

An impure diet conveys morbid matter into the system. Unhealthy vegetables and animals are alike unfit for food. Animals, fattened for the market, are often full of scrofula and other disease-causing matter, and those who eat their flesh can not avoid their diseases. This is especially the case with pork, and generally with animal fat, which should always be avoided.

An insufficient diet, not properly sustaining the organs of life, leads to disease, decay, and death. Want of food causes typhus fever, consumption, and a general weakness and breaking up of the system.

But excess is a far more frequent cause of disease. Gluttony kills hundreds where one dies of starvation. A single ounce more of food than we need for our proper nutrition, tasks the vital powers and weakens the system. Eating too fast and eating too much are our greatest vices; and these are caused, in a great degree, by an artificial cookery and the use of condiments and spices.

The only drink is pure water. All that we join to it is one of two things—it is either food or poison. Milk and sugar are food; coffee, tea, and alcohol in all its forms, are poisons. They excite, weaken, and deprave. They belong to the same class of substances as opium and tobacco, and none of them can be used in any quantity without an exactly corresponding amount of mischief. This is a hard saying, but it is God's own truth. All science proclaims it, and all experience confirms it. Let each one take it to his own conscience, remembering that every violation of nature is a sin that inevitably brings its punishment. Such are the laws of the universe.

Breathing an air deprived of its proper proportion of oxygen, by being breathed over, or by other processes of combustion, or loaded with foul gases and emanations, is another common source of disease. At every beating of the heart, blood is sent into the lungs, where it receives oxygen from the air we breathe, and there can be no healthy blood unless this is supplied in its fullness and purity. Any diminution is a cause of disease—privation is death. Morbid matter contained in the air enters the lungs and poisons the vast surface of millions of air vessels. Can we wonder at the terrible effects of miasma and the crowd poison, as the air of crowded and unventilated ships, jails, and hospitals? Our churches, theaters, and concert rooms are often

as bad, only we do not breathe in them so long. Few of our dwellings, and especially our sleeping rooms, are sufficiently ventilated, and the whole atmosphere of large cities is poisoned by a thousand nuisances, made by cupidity and permitted by ignorance.

Exercise without fatigue, thought without care, enjoyment without excess, are all conditions of health, and the deprivation or violation of any of these conditions may be the cause of disease. In all these things, in all that belongs to the active functions of life, we require pleasant labor, variety, and cheerful excitement. Our social instincts must also be gratified. Solitude, disappointed love or ambition, and unhappy associations may be the causes of disease. The mind and body act reciprocally on each other. Both must be healthy or both will be diseased.

The reproductive system has its own special diseases, and any irregularity in its functions affects the whole body. This is more markedly the case in the female than the male. Four fifths of all the diseases of women are connected with derangements of the reproductive system. The excesses and abuses of this function, in both sexes, cause an untold amount of disease and suffering.

The want of personal cleanliness is a common cause of disease. In a general sense, this has already been mentioned, for eating impure food, or breathing impure air, filled with fetid and disgusting emanations, is, surely, a great lack of cleanliness; but, in its special sense, the want of personal cleanliness weakens that great cleansing organ, the skin, clogs its myriads of pores, through which the effete matter of the system should be constantly thrown off, and by this means the whole system becomes filled with a rank poison, which deranges its whole action, and in the struggle which ensues, often overpowers the vital energy. Health and purity are synonymous terms. An impure system must be a diseased one. The whole skin requires its daily bath of cold water, as the eye wants light, the lungs, pure air, and the stomach, healthy food. How many thousands wash their faces and hands every day, without thinking that every square inch of their skin needs ablution as much, and would be as much refreshed by it!

There are other causes of disease, connected with clothing, sleep, and other artificial habits, such as tight lacing, living in darkness, and turning night into day, exhausting excitements, unhealthy employments, etc., but they are generally comprehended in the preceding observations; there is, however, one cause of disease which, though it will be treated of hereafter, I can not pass over here without notice. I mean the administration of drugs for medicinal purposes. Under the common or allopathic system of medicine, we are poisoned from before our birth, through our whole existence, and very often ignorantly and heedlessly poisoned to death. Poisons, of the most horrible kind, are sent to the unborn babe in the blood of its mother; poisons are commonly sucked in with the mother's milk, even such as opium, antimony, arsenic, calomel, and corrosive sublimate. Children are poisoned with paregoric or laudanum, and made to swallow filthy, nauseous, and poisoning drugs, through

* From "Introduction to the Water-Cure," price 15 cts.

all the diseases of infancy; and in this way are laid up in their bodies the causes of future aches, pains, depressions, dyspepsias, epilepsies, and a whole train of disorders. It is a matter of grave doubt with the most eminent members of the medical profession, whether they do not kill more than they cure, and whether the general effect of medicine is not to shorten life. I have long been past all doubt on that point, and every day's observation satisfies me that the drug medication of the present day is a potent cause of disease and premature death. I am well satisfied that mankind would not only be far better off were the whole medical profession; and all knowledge of the use of drugs, swept out of existence, but that many diseases would disappear, and the average period of human life be greatly lengthened.

There are diseases which are the result of virus, as of a rattlesnake, or the bite of a rabid animal, and the virus of syphilis. These may be classed with those produced by mercury, quinine, antimony, opium, and the other violent poisons of the materia medica. There is also a class of contagious diseases, as measles, small-pox, and some would add yellow fever, plague, and cholera. These all appear to be the offspring of those artificial habits of life which we call civilization. Some are of comparatively recent date, and all belong to unhealthy conditions. To those who obey the laws of life, they have no terrors. The victims of all these diseases are those who violate, or in whom are violated, the conditions of health. They are severe and fatal just in proportion as vitality is weak and loaded down with the causes of disease. It is doubtful whether any truly healthy person can take one of this class of diseases.

DESCRIPTION OF THE BOA CONSTRICTOR.—The following is the latest piece of showman eloquence: "Gentlemen—this is the celebrated boa constrictor, the finest, longest, strongest, and prettiest animal of all its species on exhibition in this country. He was caught in South Africa (as he lay torpid after swallowing two oxen and a drove of sheep), in a wire net, his capture affording a beautiful illustration of successful wire pulling. It was supposed that the sand where he was found was hot enough to boil eggs, and that his skin was at least "well done" there is proved by its highly-finished appearance. His color is supposed to combine all the hues of all the snakes that ever hissed or bit, from the "old serpent" to a conger eel. His size is variable, as like most other objects in nature, he expands with heat and contracts with cold. For every rise of five degrees in the thermometer, he gets a foot of longitude. In his native sands he's a hundred and fifty feet long. The warm season of our own country stretches him twenty-five feet. Last January, when the thermometer fell to sixteen degrees, he shrank into such trifling dimensions as to be invisible through a microscope. His present length you can see for yourselves. His temperance principles are of the Goughst kind. He is a dozen cold-water societies rolled into one. His drink at his present dimensions is three gallons of water per week; his food, three more gallons. He has great natural talent for politics, which he shows by changing his coat four times a year. Price of admission, one shilling."

THOROUGH MASTICATION.

If there be a law of our nature that, like the laws of the Medo-Persians of ancient times, "changeth not," it is that our food must be thoroughly masticated. Obey this law, and food which in its nature is somewhat imperfect, or even doubtful, becomes tolerable; disobey it, and punishment, or penalty, though long deferred, is inevitable.

Such a law might almost be inferred from the very nature of the case. There is no period of life when mastication is necessary, for which the goodness of God has not provided teeth. While receiving its food from the mother, the infant, of course, needs no teeth; he could not use them if he had them. And then, while he is young, and does not require the strongest food, his teeth are in entire conformity to his wants. So, when he enters his second childhood, and again needs children's food, his teeth become feeble, or comparatively helpless, or perhaps entirely disappear.

If, then, the teeth are made for use, they should be used. This argument is founded, of course, on the law of adaptation, and the obvious designs of a wise and merciful Providence. Then, again, if this is a law, not to use these instruments would be to disobey the law. So it would be to use them less than the Creator intended. To obey him is to act as he intended; not to obey him is to act in opposition to his plans, wishes, and laws.

But we have proof of another kind, which, if not stronger, will, with many, be more direct and palpable. The teeth, like the rest of the bony frame, are found to require exercise. And dentists and other observing men tell us that a proper amount of exercise will develop and invigorate them, and render them more enduring, just as it will other bones; while neglect or abuse, on the other hand, will insure their premature decay or destruction.

They tell us, for example, that when a person habitually masticates his food with the teeth of one side exclusively, and at the same time does not abuse them, they always last better than those on the opposite side, which are not used; that while the latter often decay prematurely, the former remain sound. My own experience, as far as I have observed, would confirm the statement.

The bony basis, or interior of the teeth, wherever it is exposed to the air, is coated with a substance called enamel. It is nearly as hard as porcelain. It is also somewhat brittle; so that, though crusts of bread and other similar substances do not injure it, picking the teeth with pins may, and sometimes does. It is fractured still more readily by cracking nuts with it, and by the process misnamed biting ten-penny nails in two.

For once, however, that the teeth are injured by over-exercise or abuse, they are probably injured ten times—perhaps twenty—in other ways, most of which resolve themselves into neglect of exercise, or abuses operating through the medium of the stomach. It will be necessary to point out some of the leading items in this category of errors.

In the first place, we injure our teeth, indi-

rectly, by *bolting* our food, as it is called; by which is simply meant swallowing it in large fragments, with little or no mastication. No abuse is more common. Not only merchants, mechanics, and manufacturers, but almost all mankind, err in this particular. Among seven hundred and fifty-four persons received into one of our curative institutions, in the course of a few years, the average time consumed at meals was *seven minutes!*

I have known men of reputed good sense who made it their boast that they could eat a full meal at any time in eight minutes; and some really spend but five minutes in the process. But this is hardly eating. A better name by far is that which of late has been usually applied—I mean *bolting*.

The keen edge of ridicule has sometimes been directed against this custom of bolting our food; with how much effect I can not determine. Horace Mann is accustomed to say that we throw our food into our stomachs. This throwing down food, he says, is a sort of game, in which he is most successful who can throw the food so straight into the stomach as, in its passage, not to hit anything.

Our food is *washed* down, however, as well as bolted. In the old days of cider-drinking, in New England, it was customary not only to drink cider at meals and at other times, but to carry it to the field or scene of labor, and drink it freely there. An aged farmer, whom I knew, said it was good economy to keep his hired men well filled with cider, since they would not eat so much food as if they drank nothing but water.

It was no uncommon thing for workmen in those days, after drinking rather freely during the forenoon, to swallow a pint or so before they began their dinner. No wonder such men did not eat much! The stomach is not a tub without a bottom. It can not hold everything. Besides, cider, like coffee, always tends to destroy the appetite.

Of one of these laborers of olden times, who drank cider with his dinner, and bolted his food, it was jocosely said that when his large, unmasticated pieces of beef, pork, potatoes, etc., were swallowed, they could be distinctly heard to fall into the pond of cider, and the cider could be heard to dash against the sides of his stomach!

But the days of cider-drinking are chiefly gone by; and so I would fain hope of beer-drinking, at least, with our meals. Not so, however, the custom of drinking or *sipping something* at our meals. If we do not wash down our food with cider or beer, we do with tea or coffee; or, if with nothing else, with the tumbler of water.

It would be idle to pretend that tea and coffee, taken with our meals, are as bad as cider. Nor is water, with our food, as bad as tea and coffee. But all drinking with meals is but the substitution of an inferior liquid for nature's own, and in too large quantity. God, in his providence, has set six natural fountains in the face—three on each side—and they furnish, when we make the demand, the right kind of drink, and in the right quantity.

All drinking at meals prevents the necessity of mastication; and they who sip from their cups, or even from their tumblers of water, at almost

each mouthful, not only substitute an artificial drink for a natural one, and thus defraud the stomach of a natural and healthful stimulus, but rob the blood of a measure of that healthful and vigorous and perfect chyle which should constantly be sent to recruit it.

Our food is not only bolted and washed down too frequently, but we defraud the teeth and salivary glands of their just rights, as well as the whole system of the benefits which would result from sympathy with those organs while performing, in a healthful manner, their appropriate functions. There is much more of health depending on the sympathy to which I allude than most persons are aware.

Among the arts of civilized society which stand in the way of thorough mastication, and of the benefits which would follow in its train, are over-cooking; preparing food in too liquid a form; soaking it too much; eating it while hot; buttering it, or otherwise rendering it more easily bolted or swallowed; and using along with it, sauces, gravies, molasses, and the like.

Thus, we cook many of our meats and not a few of our vegetables till they scarcely require either mastication or moistening. We use soups, broths, gruels, and hasty puddings. We soak our bread in milk. We eat toasts and hot puddings. We eat hot buckwheat cakes, hot biscuits, short cake, etc. Most of these have on them milk, melted butter, cream, honey, sauce, gravy, or molasses.

In general, the drier we receive our food the better; because it will be so much the better masticated and insalivated. If we wish to use gravies, soups, sauces, butter, milk, molasses, and the like, we should use them by themselves, either before or after other dishes; or, what is vastly to be preferred, as a *separate and occasional meal*! The latter method may be objected to; but, if adopted, would not prevent the mastication and insalivation of other dishes.

Let me not be supposed to incline to the doctrines of Dr. Schlemmer, of Europe, who, with his followers, detests and abjures all sorts of cookery. Far enough from that. That a potato—to say nothing of a dozen other articles—is improved by cooking, both for man and beast, is as certain, I suppose, as any axiom in mathematics.—*Alcott's Laws of Health.*

FEMALE BOXERS.—Some of the earliest notices of boxing matches upon record, singularly enough, took place between combatants of the fair sex. In a public journal of 1722, for instance, we find the following gage of battle thrown down, and accepted: "Challenge. 'I, Elizabeth Wilkinson, of Clerkenwell, having had some words with Hannah Hyfield, and requiring satisfaction, do invite her to meet me upon the stage, and there box me for three guineas, each woman holding half-a-crown in each hand, and the first woman that drops the money to lose the battle.' Answer. 'I, Hannah Hyfield, of Newgate Market, hearing of the resoluteness of Elizabeth Wilkinson, will not fail, God willing, to give her more blows than words, desiring home blows, and from her no favor; she may expect a good thumping!' The half-crowns in the hands was an ingenious device to prevent scratching."—*Dr. Wynter's Curiosities of Civilization.*

PERFUMES AND PERFUMERY.

THE USE OF PERFUMES

DATES from earliest times. The incense-bearer took a prominent part in the religious ceremonies of Egypt; the brown beauties of the land of the Pyramids, like those of modern China, carried odoriferous pouches and wore necklaces of scented beads, and sweet compounds enabled the embalmer to preserve their bodies from decay after death. The luxurious Persians burned storax upon their hearths, and seldom used any but aromatic woods, even for domestic purposes; while to counterbalance the unpleasing effects of dirt on their olfactory nerves, they soaked their persons with unguents. The Israelite priests were commanded to burn sweet incense every morning and evening, and to anoint themselves with holy ointment, compounded "after the art of the apothecary," of myrrh, cinnamon, calamus, and cassia. The perfume used at the Hebrew rites was composed of stacte (myrrh of the finest description), onycha (an odorous shell), and galbanum (an odorous gum). The use of any imitation of the holy perfume or ointment by a layman was prohibited on pain of the offender being cut off from his people. Hebrew dames and damsels perfumed their beds with myrrh, aloes, and cinnamon, and scented their tresses with frankincense, cassia, aloes, and myrrh. Attached to their necklaces, they also wore a small gold or silver box, or an alabaster vial, filled with the aroma of musk, otto of roses, saffron, or spike-nard, the last being esteemed "very precious." So indispensable were perfumes considered to the feminine toilet that the Talmud directs one tenth of a bride's dowry to be set apart for their purchase. The Queen of Sheba introduced

THE BALSAM OF MECCA

into Judea, and the shrub from which it was obtained was carefully cultivated there until the fall of Jerusalem, when all the plants were destroyed by the despairing people. Only one plantation of this rare shrub is now known to exist, and that not in the land of its adoption, but in Arabia Petrea, the annual yield of which amounts to no more than three pounds of the precious balsam.

An Athenian host was not content with perfuming his dining-room, but scented his drinking vessels with myrrh, and sprinkled his guests with perfume; this last operation was usually performed by slaves; but one entertainer made himself famous by hitting on the happy device of letting four pigeons loose in the banquetting chamber, who, as they flew above the heads of the company, dropped different odors from their wings.

THE GREEK PERFUMES

were usually made up in the form of ointment, which was applied as a salve; some exquisites, however, preferred to pour liquid scents over their limbs, a cleaner custom certainly, although generally considered a voluptuous, foolish, and effeminate practice. The scent of the violet was most in favor among the Athenians, although wine-bibbers preferred that of the rose; but the art of perfumery was gradually refined till each part of the body had its peculiar unguent—the hair and eyebrows being perfumed with sweet

marjoram, the neck and knees with wild thyme, the arms with balsam mint, the cheeks and breast with palm oil, and the feet and legs with Egyptian ointment.

IN IMPERIAL ROME

this species of extravagance went beyond all bounds. The amphitheaters were redolent with aromatic odors, the walls of bath-rooms were sprinkled with essences, and on festive occasions even the military ensigns were anointed. The establishment of a Roman lady was not complete without a slave whose special object it was to sprinkle the hair and dress of her mistress with the perfumes of India; and Lucian reproaches his countrywomen with lavishing the whole means of their husbands upon their beautiful locks, and using such quantities of perfume to that end, that all Arabia breathed from the hair of a Roman belle. Nor were the male descendants of the rough subjects of Romulus less industrious in sweetening their persons; a Roman dandy perfumed himself three times a day, even to the soles of his feet. Pliny says that India and Arabia annually drew a hundred million of sesterces (about \$4,000,000) from the empire on account of odorous luxuries. At one time, Corinth iris perfume was the rage, then it was superseded by otto of roses, which gave way in turn to saffron, vineflower, marjoram, quince blossom, cyprus, myrtle, calamus, cypress, pomegranate, and metopium (oil of bitter almonds). All these, however, were thrown into the shade by the regal unguent composed of seven and twenty different ingredients, most of which were far-fetched and dear-bought. Alexandria and Antioch became specially famed for perfumes, their manipulators attaining such skill that Crito, physician to the Empress Plotina, enumerates twenty-five different perfumes extracted from the root of one plant and the leaf of another.

THE EMPEROR NERO

burned so much perfume in celebrating the obsequies of his wife Poppæa, that Pliny declares the whole produce of Arabia for a year was not equivalent to it. The philosopher pointedly inquires what proportion of the odors reached the deities; and complains that the gods, instead of appreciating the offering, seem less propitious to Romans than when their worshippers presented the humbler offering of the salted cake.

MUSK AND AMBERGRIS.

Although the skill of the perfumer is chiefly exercised in extracting the odoriferous element from the sweet subjects of Flora, he is indebted to the animal kingdom for two of his most useful assistants, one of which possesses, when used in small quantities, the property of augmenting the odor of other substances without imparting its own, while the other is valued in fixing the more volatile scents. The first of these substances is musk, a concrete material found in the musk deer, a small animal found in China, India, and Siberia. This is the most powerful of all perfumes, communicating its odor so readily to other objects that the East India Company found it necessary to forbid its importation in vessels engaged in carrying tea. The origin of ambergris is more doubtful. It is found upon the sea-coast or floating on the sea, and is supposed to be a

morbid concrete thrown up by the spermaceti whale. In appearance it somewhat resembles amber, but, unlike amber, it is fatty, opaque, and inflammable. The odor it contains is so strong that a box of it opened for a few minutes will perfume a large room, and so lasting as not to be removed by washing. Another animal perfume, civet, was once in great request. "Give me an ounce of civet, good apothecary, to sweeten my imagination," says angry Lear; and Don Pedro can cite no stronger proof of Benedick's transformation from woman hater into lover than the fact of his rubbing himself with civet. It is now seldom used, except for scenting such articles as valentines and writing-desks.

VEGETABLE PERFUMES

are of two sorts, one consisting of gum, resins, and balsams, the other of essences, ottos, and esprits. The odorous gums are myrrh, frankincense (largely used for incense), gum benjamin, or benzoin (used for pastilles, sealing-wax, and court-plaster), gum elemi, labdanum, and gum copal. Balsams are mixtures of inodorous gums and odorous oils, the principal being balsam of Tolu, balsam of Peru, and balsam or balm of Gilead. These gums, resins, and balsams are obtained either by incision or by boiling the branches and bark of the tree. Essences and ottos are extracted by four different methods, technically known as absorption, expression, maceration, and distillation. The seat of the essential oil is not always the blossom of the plant, sometimes it is extracted from the wood, as in santal and cedar; from the bark, as in cinnamon and cassia; from the root, as in the iris; from the fruit, as in bergamot, cedrat, piment, and dill; from the seed, as in caraway, anise, and almonds; from the leaves, as in laurel and citronella. The orange-tree yields no less than three distinct scents—Portugal, from the rind of the fruit; Neroli, from the flower; and Petit Grain, from the leaves.

The flowers of warm countries are most prolific in color, but yield the palm of sweetness to the natives of colder climes. The majority of fragrant flowers are white, next in order comes red, then yellow and blue—orange and brown being least available to the perfumer, whose ingenuity is now chiefly exercised and most profitably employed in the preparation of simple essences or compound bouquets for scenting handkerchiefs. Of simple essences, the most popular are rose, orange flower, jasmine, tuberose, lavender, lemon, violet, bergamot, and patchouli. The last named is extracted from the stems and leaves of the patchouli, an herb growing abundantly in India and China. To uneducated noses this fashionable scent is anything but agreeable, and it owes its reputation less to its own merits than to its connection with the beautiful productions of the looms of Cashmere. Orange flowers, tuberose, and jasmine are grown principally in France, the last being, perhaps, the only perfume which defies imitation. Sicily is the principal producer of lemon and bergamot—two of the most useful of essences; Nice is famous for its violets; while England stands unrivaled for lavender, the produce of Hitchin and Mitcham being worth four times as much as that of other

lavender fields. The queen of the garden is also cultivated for the manufacture of rose-water, but English growers can not compete with their French rivals.

OTTO OF ROSES.

The extent to which the rose is grown in France for commercial purposes may be judged from the fact of one manufactory at Cannes annually consuming one hundred and forty thousand pounds weight of rose-leaves. The otto is produced by the simple distillation of the flowers in water, and is so valuable that a superior sample has been appraised at as much as seven pounds sterling per ounce; it must, however, be remembered that it requires some five hundred pounds weight of roses to yield that quantity of otto. The East is still famous for its rose-gardens of Broussa, Adrianople, Uslah, and Ghazapore. In a good season, the Balkan district yields seventy-five thousand ounces of otto, but the best otto comes from Cashmere. In India the otto is diluted and adulterated in various ways; and the rose-leaved geranium is largely grown in Turkey and in France for the same dishonest purpose.

Many of the odoriferous denizens of the garden are so tenacious of giving up their sweetness as not to repay the labor of extraction, and compel the perfumer to exercise his skill in imitating their special odor, in order to satisfy the wishes of his customers. Nor is this task so very difficult as it might seem at first sight, for, by uniting certain essential oils in varying proportions, the scent of almost any flower may be satisfactorily imitated. Thus, jasmine, tuberose, orange, cassia, vanilla, and rose combined pass for lily of the valley; the same ingredients, less cassia, serve for myrtle; and orange, violet, citron, almonds, and tuberose produce a close imitation of magnolia. In this way, too, are produced the essences sold as heliotrope, wall-flower, sweet pea, laurel, eglantine, and honeysuckle.

EAU-DE-COLOGNE,

which finds favor in every part of the world, is composed of the oils of lemon, citron, and orange, prepared from the fruit in different stages of maturity, which harmonize with each other so as to produce but one aromatic expression. Rodolentia is a combination of cloves and lavender. Frangipanni, invented by a noble of that name, in the latter days of the Empire, is composed of every known spice in equal proportions, with the addition of a little musk and some orris-root. His grandson digested this powder in spirit, and thereby produced a perfume of such lasting quality as to obtain for itself the title of the "eternal perfume."

Modern chemists have contrived to produce

ARTIFICIAL ESSENCES

of almond, pear, pineapple, quince, and apple, closely resembling the real essences in scent and flavor; but although they are largely used by confectioners, we have the authority of Mr. Piesse for saying that they are useless to the perfumer, as all these ethers act on the olfactory nerve in the same manner as chloroform.

The doctors of the ancient world freely prescribed perfumes, particularly in cases of nervous disease; and we can not understand why their successors so entirely ignore such means of cure.

After the Dutch cut down the spice-trees of Ternate, that island was scourged by epidemics to which it had before been a stranger; and it has been stated that no person employed in the perfume manufactories of London or Paris has yet fallen a victim to cholera. Be this as it may, we can not but believe, with Sir William Temple, that perfumes "may have as much power for good as harm, and contribute to health as well as disease;" at any rate the subject is well worthy the attention of medical experimentalists.

HOW EXAGGERATIONS HAPPEN.—These is a game called Russian Scandal, which is played in this fashion: A tells B a brief narrative, which B is to repeat to C and C to D, and so on. No one is to hear it told more than once, and each is to aim at scrupulous accuracy in the reception. By the time the narrative has been transmitted from mouth to mouth, six or seven times, it has commonly undergone a complete transformation. The ordinary result of the experiment will afford an apt illustration of the value of oral testimony in times when the marvelous had an especial attraction for all classes:

"The flying rumors gathered as they rolled;
Scarce any tale was sooner heard than told,
And all who told it added something new,
And all who heard it made enlargements too;
In every ear it spread, on every tongue it grew."

REFLECTIONS.—The "moral is summed up thus: After all, the greatest sacrifice imposed upon us by inquirers like M. Fournier, is the occasional abandonment of an agreeable error, amply compensated by the habits of accuracy and impartiality which they enforce, without which there can be neither hope of improvement for the future nor confidence in the past. They have rather enhanced in value than depreciated the common stock of recorded or traditional wit, genius, virtue, and heroism; and if the course of treatment to which the reader is subjected sometimes resembles the sudden application of a shower-bath, his moral and intellectual system is equally braced and invigorated by the shock.

DIFFERENT VIEWS RESPECTING MARRIAGE.—Dr. Thomson, in his Letters from Europe, handsomely hits off the different views which obtain among different classes and in different communities respecting marriage. One says:

"I wish to take advice about a serious matter that weighs heavily on my mind."

"What is it?"

"Getting married. Is it best?"

"Well, whom have you in view? If she is young, handsome, and virtuous, the sooner you get her the better. Who is she?"

"Oh, nobody in particular; it is marrying in the abstract that I am thinking about." *That is young Germany.*

"No use to deny me or run from me. Where you go I will go, where you stop I will stop, where you live I will live, where you die I will die, and where you are buried there will I be buried." *That is young Ireland.*

"She is worth three thousand one hundred and twenty-seven pounds six shillings and fourpence halfpenny, which, under the circumstances, is not quite sufficient." *Young England.*

"Zounds! I love her, and will have her if I have to swim the river for her." *Young America.*

A COURSE OF STUDY FOR THE TWO SEXES.

THE *Ohio Educational Monthly* for August gives a full report of the proceedings of the Ohio Teachers' Association, at its late meeting at Mt. Vernon. The place of the President's Inaugural was occupied by an address by Rev. Dr. HILL, lately of Antioch College, on "The Course of Study for the Different Sexes in a Liberal Education." The *Monthly* gives the following careful abstract of this address, which was that delivered by Dr. Hill as a Baccalureate at Antioch:

Dr. Hill founded his arguments principally upon the axioms of Jouffroy, that the duty of a being depends upon its destination, and that its destination can be determined from its organization, from which he argued that the character of of the education to be given to a youth should be modified somewhat in conformity with the natural capacities and tastes of the pupil, and in conformity with his destined or chosen pursuit in life.

He next showed that women in general, and on the average, differ from the average of men, and have a different work destined for them in life; whence he argued that their education should be different.

The education of a young man ought, in general, to fit him for supremacy over outward nature, and for intercourse with his fellow-men in the broader and more superficial relations of business and politics. The education of a young woman ought, in general, to fit her for the control of children, and for intercourse with her fellow-beings in the more restricted, but deeper relations of family and friendship. Hence her studies should be more esthetical and ethical, his more scientific and mathematical. He should be instructed in modes of research after truth, she in modes of teaching truth discovered. His artistic tastes and his religious sentiments should not be neglected, but the most care must be bestowed upon the cultivation of his intellectual powers and his executive abilities. Her powers of study and her active energies are not to be neglected, but her taste and sentiments and moral principles are to be most carefully developed.

These and other differences in the education of the two sexes are required by the tastes and capacities of woman, and also by the fact that to her is intrusted almost altogether the care of all mankind in those tender years when, according to the views of all educators, the character is formed.

But these differences create a difficulty in the way of having both sexes at the same college. This plan has many patent advantages, but also the great disadvantage of giving young women an education not so good as they require. Whether it shall be possible for a college to have elective studies so arranged as to fulfill perfectly all the requirements for giving both sexes the best education, was a question which Dr. Hill was not prepared to pronounce upon. Of two things, however, he was certain: that a course of study prepared for the needs of the majority of young men is not well adapted for the needs of the majority of young women; and, secondly, that the thorough physical, intellectual, moral, and religious education of young women is of as high importance to mankind as the education of young men, since the world always has been very much what the mothers of mankind have made it; and the law can not be evaded in the future, that the child follows the condition of the mother. And since, at present, the best teachers are to be found in colleges adapted principally to young men, he thought young women who desire the services of the best teachers should be allowed to attend such institutions, but not encouraged to do so, unless a proper election of studies were provided for.

The above outline presents briefly the unanswerable argument which runs through this able

and scholarly address; but the soul of the performance has eluded us in the process of condensation. The address presented an exhaustive analysis of the powers and capacities of the two sexes, and critical and discriminative delineations of their different spheres of action and of duty. The argument was thoroughly metaphysical, yet clear and forcible.

"SWALLOWED THE DOSE, AND DIED."

BY JACQUES.

This morn I 'woke and sought my muse—
Her aid she seldom doth refuse,

To help me in a ditty:
Events are passing all around,
Records of which are sometimes found
In newspapers, which oft abound
In village, town, and city.

Births of children, parents' hope;
Marriage of lovers—some elope,
Lest friends should interfere.
Deaths, too, by this means are well known,
Though cause of dying, we must own,
Can be very seldom safely shown,
Though one we record here.

In a neighboring town a widow weeps,
Whose loved one—cold in death he sleeps,
A mound of earth lies o'er him;
With wearied mind and body tired,
Sought his physician and desired,
If in his wisdom he required,
Some medicine to restore him.

The doctor, true to his vocation,
Assured the man in an oration,
With logic full and fraught,
"Your health is very much improved
Since to the sea-side you removed;
Now all you need is to be soothed
By a good sleeping draught."

The dose he drank—deep sleep descends,
Symptoms, a climax dire portends
That life will soon forsake him;
Vigorous means for resuscitation,
His friends' deep wail of lamentation,
His wife's loud shriek of consternation,
Avail naught to awake him.

Oh, on he sleeps!—Death's chilly fingers
The victim hold while life still lingers,
On severance vile unwilling.
All's o'er—he's gone; mark! who remain,
Drugs did the work, and will again,
While you the fallacy still maintain,
That "drugging is not killing."

—Osharva Vindicator.

DON'T EAT TOO MUCH.—The celebrated Abernethy once remarked to a friend: "I tell you honestly what I think is the whole cause of the complicated maladies of the human frame; it is their gormandizing, and stuffing, and stimulating the digestive organs to excess; thereby creating irritation. The state of our minds is another cause—the fidgeting and discontenting themselves about what can not be helped—passions of all kinds; malignant passions, and worldly cares pressing on the mind, disturb the central action, and do a great deal of harm.

DELIVER US from a woman with a spirit of disputation in her soul, who will pick you up on the point of a sharp sentence as if you were a dropped stitch in her knitting-work.

THE LATE CENSUS.

The official census of 1860, now made public communicates some interesting facts, some of which have not been heretofore given. The cost of collecting the details was \$1,292,206, of which \$247,000, due in the Southern States, is not yet paid. The increase of the population from 1850 to 1860 was 8,225,464.

The fifteen slaveholding States contained, according to this census, a population of 12,240,000, of which 8,039,000 were whites, 251,000 free-colored, and 3,950,000 slaves. The nineteen non-slaveholding States and seven Territories contained a population of 19,201,546, of whom 18,936,379 were white, 237,218 were colored, and 27,759 were Indians.

The ratio of increase in population during the last ten years is 37.97 per cent. of white, 23.39 of slaves, and 12.33 of free colored. If the average ratio be continued until the year 1900, only 38 years longer, the population of the United States would exceed one hundred millions, of which only nine millions would be colored.

Our population in 1860 was two millions in excess of the total in the United Kingdom of Great Britain and Ireland; but there were many curious points of difference. Thus in Great Britain the females outnumber the males about 877,000; while in the United States the excess of males is about 730,000.

During the year 1860, the deaths in the United States numbered 392,821 or 1.27 per cent. of the population, a great comparative gain over 1850, when the deaths were 1.41 per cent. The proportion of persons born with physical infirmities in the United States, such as deaf-mutes, blind, etc., is much less than in any of the older countries of Europe, and this difference is ascribed, in a great measure, to the increased opportunities for a wide range in the admixture of blood.

OUR BOOKS AND JOURNALS IN ENGLAND.

For several years past our books have, to a limited extent, been furnished in London by Mr. William Tweedie, bookseller, 337 Strand, W. C., London. Our lectures delivered in England, Scotland, and Ireland during the past two years have created such a desire for more information on the subjects of Phrenology, Physiology, Hygiene, and kindred science, that we have made arrangements with Mr. Tweedie to keep constantly on hand a full stock of our publications, which he will sell at retail, or furnish to the trade at reduced rates. Subscriptions for the PHRENOLOGICAL JOURNAL and the HYGIENIC TEACHER may be sent to Mr. Tweedie, who will mail them from London at six shillings sterling a year each. Mr. Tweedie will also procure, on order, any other American books or publications desired. Our acquaintance with Mr. Tweedie as a business man and as a private citizen induces us to recommend him to our friends as entirely worthy of their patronage. Our American friends visiting London will find Mr. Tweedie able and always willing to give them such information as strangers stand in need of.

WEIGHTS AND MEASURES OF VARIOUS FARM PRODUCTS AND OTHER THINGS, IN VARIOUS COUNTRIES.

In England and America grain is generally rated by the bushel, though it is not the same measure; for here we use the Winchester bushel, which contains 2,150 42-100 cubic inches. There, since 1862, the legal measure is called the imperial bushel, which contains 2,218 cubic inches; so that 32 of their bushels are about equal to 38 of ours.

The following are the usual commercial weights of a bushel of different articles, viz.: Wheat beans, potatoes, and clover seed, 60 pounds, Corn, rye, flax-seed, and onions, 56 pounds. Corn on the cob weighs 70 pounds; buckwheat, 52; barley, 48; hemp-seed, 44; Timothy-seed, 45; castor beans, 46; oats, 35; bran, 20; blue grass seed, 14; salt, 50, according to one account, but Onondaga salt is 56 (the real weight of coarse salt is 85 pounds to the bushel); dried apples, 24; dried peaches, 33, according to a table lately published in numerous papers, but according to our experience both are wrong. We have seen thousands of bushels sold at 22 pounds to the bushel, which will measure about three pecks.

HEAPING MEASURES.—Potatoes, turnips, and esculent roots, apples and other fruits, meal, bran, and in some States oats, are sold by heaping measure, which contains 2,815 cubic inches.

BARREL MEASURE.—Rice, 600 pounds; flour, 196 pounds; powder, 25 pounds; cider and other liquids, 30 gallons; corn, 5 bushels, shelled. By this latter measure crops are estimated, and corn bought and sold throughout most of the Southern and Western States. At New Orleans, a barrel of corn is a flour barrel full of ears. In some parts of the West it is common to count a hundred ears to a bushel.

TON WEIGHT AND TON MEASURE.—A ton of hay or any coarse bulky article usually sold by that measure, is twenty gross hundred: that is 2,240 pounds; though in many places that ridiculous old fashion is being done away and 2,000 pounds only counted to a ton.

A ton of timber, if round, consists of 40 cubic feet; if square, 54 feet. A tun of wine is 252 gallons.

A quarter of corn is the fourth of a ton, or 8 imperial bushels. This is an English measure, not in use in this country, though very necessary to be known so as to understand agricultural reports.

TROY WEIGHT AND AVOIRDUPOIS WEIGHT.—One hundred and forty-four pounds avoirdupois are equal to 175 pounds Troy—175 ounces Troy are equal to 192 ounces avoirdupois. All precious metals are bought and sold by Troy weight.

The kilogramme of France is 1,000 grammes, and equal to 2 pounds 2 ounces 4 grains avoirdupois.

A chaldron of coal is 58½ cubic feet generally, estimated 36 bushels. A bushel of anthracite coal weighs 80 pounds, which makes the weight of a chaldron 2,880. A ton of anthracite will fill a bin of 33 cubic feet.

WEIGHTS OF A CUBIC FOOT.—Of sand or loose earth, 95 pounds; compact soil, 124; a strong or clayey soil, 127; pure clay, 135; mixture of stones and clay, 160; masonry of stone, 205;

brick, 125; cast-iron, 450; steel, 489; copper, 486; lead, 709; silver, 654; gold, 1,203; platina, 1,218; glass, 180; water, 62; tallow, 59; cork, 15; oak timber, 73; mahogany, 66; air, 0.0753. In the above, fractions are disregarded.

A bale of cotton, in Egypt, is 90 pounds; in America, a commercial bale is 400 pounds, but is put up in different States varying from 280 to 720 pounds. Sea Island cotton is put up in sacks of 300 pounds.

A bale of hay is 300 pounds.

A cord of wood is 128 solid feet, usually put 8 feet long, 4 feet wide, and 4 high.

A perch of stone is 25 cubic feet, piled, or 22 in the wall.

Lime and sand to a perch of stone—three pecks of lime, and two thirds of a one-horse cart-load of sand.

WEIGHT OF LIME.—A bushel of limestone weighs 142 pounds; after it is burned, if weighed directly from the kiln, 75 pounds; showing that 67 pounds of carbonic acid and water have been driven off by fire. This bushel of lime will absorb 20 pounds of water, gradually applied during several days, and will then be in a state of dry powder, weighing 93 pounds; showing that 18 pounds of water have been converted into a solid, dry substance.

TO MEASURE A TON OF HAY.—One hundred cubic feet of hay, in a solid mow or stack, will weigh a ton.

COMPUTE WEIGHT OF CATTLE BY MEASURE.—Ascertain the girth back of the shoulders, and the length along the back, from the square of the buttock, to a point even with the point of the shoulder-blade; say the girth is 6 feet 4 inches, and the length 5 feet 3 inches, which, multiplied together, gives 31 feet. Multiply this by 23, the number of pounds allowed to the foot, between 5 and 7 feet girth, and the result is 713 pounds, for the number of pounds of beef in the four quarters. Girths, from 7 to 9 feet, allow 31 pounds to the foot. Cattle must be fat and square built to hold out weight.

TO MEASURE GRAIN IN BINS, multiply the length and width together, and that product by the height in cubic inches and divide by 2,150, and you have the number of bushels.

TO MEASURE CORN IN THE EAR, find the cubic inches as above, and divide by 2,815, the cubic inches in a heaped bushel, and take two thirds of the quotient for the number of bushels of shelled corn. This is upon the rule of giving three heaping half bushels of ears to make a bushel of grain. Some fall short, and some overrun this measure.

LAND MEASURE.—Every farmer should have a rod measure, a light, stiff pole, just 16½ feet long, for measuring land. By a little practice he can learn to step just a rod at five steps, which will answer very well for ordinary farm work. Ascertain the number of rods in width and length of any lot you wish to measure, and multiply one into the other and divide by 160, and you have the number of acres, as 160 square rods make a square acre. If you wish to lay off one acre square, measure 13 rods upon each side. This lacks one rod of being full measure.

GOVERNMENT LAND MEASURE.—A township is six miles square, and contains 36 sections, 23,040 acres. A section, one mile square, 640.

A quarter section, half a mile square, 160. As this is 166 rods square, a strip one rod wide, or every rod in width, is an acre. A half quarter section is half a mile long, north and south, almost universally, and a fourth of a mile wide, 80 acres. A quarter-quarter section is one fourth of a mile square, 40 acres, and is the smallest sized tract, except fractions, ever sold by the government. The price is \$1 25 an acre.

MEASURE OF A MILE.—Our measure of distance is by the standard English mile, which is 5,280 feet in length, or 1,760 yards, or 320 rods. An English geographical mile is equal to 2,050 yards.

SCRIPTURE MEASURE.—“A Sabbath day’s journey” is 1,155 yards—about two thirds of a mile. A day’s journey is 33½ miles. A reed is 10 feet 11½ inches. A palm is 3 inches. A fathom is 6 feet. A Greek foot is 12½ inches. A cubit is 2 feet. A great cubit is 11 feet.

As the superficies of all our States and counties are expressed in square miles, it should be borne in mind that the contents of a mile is 640 acres.

NUMBER OF SQUARE YARDS IN AN ACRE.—English, 4,840; Scotch, 6,150; Irish, 7,840; Hamburg, 11,545; Amsterdam, 9,722; Dantzic, 6,650; France (hectare), 11,960; Prussia (morgen), 3,053.

MANURE MEASURE.—This is generally estimated by the load, which is just about as definite as the phrase, “about as big as a piece of chalk.”

It ought to be measured by the cubic yard or cord. A cubic yard is 27 feet, each of which contains 1,728 cubic inches. A cubic cord is 128 cubic feet. As the most of farmers have an idea in their minds of the size of a pile of wood containing a cord, they would readily compare that with the quantity of manure, if stated in cords. Every cart or wagon-box, before it leaves the maker’s shop, ought to have the cubic feet and inches it will contain, indelibly marked upon it. This would enable the owner to calculate the amount of his load of grain, roots, earth, stone, or manure.

WEIGHT OF MANURE.—A solid foot of half rotted stable manure will weigh, upon an average, 56 pounds. If it is coarse or dry, it will average 48 pounds to the foot. A load of manure, or 36 cubic feet, of first quality, will weigh 2,016 pounds; second quality, 1,728 pounds. Weight to the acre: Eight loads of first kind, weighing 16,128 pounds, will give 108 pounds to each square rod, and less than 2½ pounds to each square foot. Five loads will give 63 pounds to the rod. An acre containing 43,560 square feet, the calculation of pounds per foot, of any quantity per acre, is easily made.

LORD M.—, with no very large portion of either wit or wisdom, had a very exalted opinion of his own powers. When once in a large company, and expatiating about himself, he made the following pointed remark: “When I happen to say a foolish thing, I always burst out laughing?” “I envy your happiness, my lord, then,” said Charles Townsend, “for you must certainly live the merriest life of any man in Europe.”

ANGER may glance into the breast of a wise man, but rests only in the bosom of fools.

HYGIENIC PHYSICIANS.

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

ADAMS, GEO. F.	M. S. 1st L. I. Volunteers.
AUSTIN, HARRIET N.	Dansville, N. Y.
ALLEN, HULDAH	Augusta, Me.
ADMIAN, H.	Constantinople, Turkey.
BEDORTH, N.	Saratoga, N. Y.
BLACKALL, C. R.	Kenosha, Wis.
BANCROFT, W. W.	Granville, Ohio.
BAELZ, C.	Water-Cure, Beaver Co., Pa.
BETTS, GEO. P.	Lahaska, Pa.
BRENT, JAMES	Oshawa, C. W.
BROWN, H. T.	Lansing, Mich.
BURNS, J. A.	Sacramento, Cal.
CHRISTMAN, T. H.	Columbian Springs, N. Y.
CHILDS, B. W.	Winchester, Tenn.
CHOATE, Mrs. E. S.	Auburn, N. Y.
COLERMAN, F. F.	Columbus, Wis.
COOKINGHAM, Miss CARRIE H.	Staatsburg, N. Y.
CROOKER, SIMON F.	Tipton, Me.
CAMPBELL, Mrs. L. S.	Tipton, Ia.
CAPEN, Mrs.	Sharon, Mass.
CAMERON, JOHN	Wilmington, Del.
DE LA VERGNE, Mrs. E.	258 Pacific Street, Brooklyn.
DE CAMP, WM. H.	Iowa City, Ia.
DRAPER, Miss P. P.	Wernersburg, Pa.
FREASE, SOLOMON	Granville, Ohio.
FAIRCHILD, Miss M. AUGUSTA	Dayton, Ohio.
FALES, NEWELL W.	Marysville, Cal.
FALES, Mrs. E. M.	" "
FOSTER, Mrs. AMANDA S.	Woodstock, Vt.
FREEMAN, JOSEPH	Lancaster, Ohio.
GORTON, D. A.	Peekskill N. Y.
GLEASON, S. O.	Elmira, N. Y.
GLEASON, Mrs. R. B.	" "
GULLY, J. B.	Chicago, Ill.
GULLY, Mrs. J. B.	" "
GOODELL, ELLEN H.	Hill, N. H.
HIGGINS, Miss ELLEN	15 Laight Street, New York.
HOLLAND, R.	New Graefenburg, N. Y.
HOLLAND, Mrs. R.	" "
HALSTEAD, H.	Northampton, Mass.
HAMBLETON, W. N.	Pittsburg, Pa.
HERO, J. H.	Westboro', Mass.
HURD, F. WILSON	Dansville, N. Y.
HUMPHREY, A. G.	Wheatland, Ill.
HUMPHREY, Mrs. S. R.	" "
HARMAN, Mrs. E. B.	Aurora, Ill.
HAMILTON, A. T.	" "
JACKSON, J. C.	Dansville, N. Y.
JONES, F. R.	15 Laight Street, New York.
JONES, S. D.	Wabash, Ind.
KENYON, Miss SARAH	Peoria, Ill.
KIMBALL, GEO. E.	Iowa City, Ia.
LANDIS, S. M.	Philadelphia, Pa.
LINES, O. T.	Williamsburg, N. Y.
LINES, Mrs.	" "
LAIDLAW, A. H.	70 West 38th Street, New York.
MACKAY, D.	Indianapolis, Ind.
MILLER, E. P.	15 Laight Street, New York.
MILES, D. D.	Wabash, Ind.
MCCUNE, W. S.	Delhi, N. Y.
MCCUNE, Mrs. O. F.	" "
MAXSON, Mrs. O. A. W.	Petersburg, N. Y.
MCANDREWS, Mrs. HELEN	Ypsilanti, Mich.
MCCALL, HENRY	Oskaloosa, Ia.
MCLAURIN, JOHN	Ottawa, C. W.
MAXSON, D. H.	Petersburg, N. Y.
NORTH, J. H.	Binghamton, N. Y.
NEVINS, M.	Peoria, Ill.
PHILLIPS, W. S.	M. S. United States Volunteers.
PHILLIPS, E. H.	Algonquin, Ill.
PAKE, THOMAS M.	Lovelton, Ia.
REINHART, F. A.	Dominica, W. I.
ROGERS, S.	Worcester, Mass.
SHEPARD, CHAS. H.	63 Columbia Street, Brooklyn.

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

Agricultural.

GRAPES.

THERE is no fruit so easily grown that repays the labor of the cultivator more abundantly than the grape. In almost any soil or exposure, with little care or attention, its luscious and healthful fruit is given in luxurious profusion. But while from its prolific and generous nature the vine seems particularly well adapted to furnish fruit for the lazy man, he who is willing to work will find labor bestowed on its cultivation amply rewarded by the return of a better quality of fruit and more of it. Until within a comparatively few years past, the people were without better varieties of grapes than could, and can still, be gathered in profusion in almost every section of our country—accidental improvements on the original. But the law of nature is progression; this law holds good in all the natural kingdoms, and with quite as much prominence in the vegetable kingdom as in the others. It is as if the Creator has said, I give to man the beginnings—by his own labor and skill must he perfect them. From the crab apple we have the thousand improved varieties; from the choke pear we have such as the Seckle, the Bartlett, the Lawrence; and instead of the wild grape with its thick skin and pulp, too tough to be masticated, and too hard to be easily swallowed, progression gives us the Delaware, Concord, Hartford Prolific, Diana, Cuyahoga, etc.

We do not propose to write an article on the culture of grapes. That question is treated fully in many books, but perhaps in none more concisely and intelligibly than in a catalogue prepared by Dr. C. W. Grant, whose advertisement may be seen on another page. We desire merely to call the attention of our readers to the subject, and enjoin upon them that it is their duty to

PLANT A VINE,

and if more than one, so much the better.

What variety to plant is a question that would be differently answered by different persons. Our

own experience has been chiefly with the following, and we place them in the order of merit we accord to them:

Delaware,	Hartford Prolific,
Catawba,	Isabella,
Concord,	Elsinburg.

Of these we would say, the DELAWARE is, we believe, decidedly the best in flavor; is early, and, so far as we can discover, is objectionable only in the size of its berries; the bunches are of good size and grow nearer together than on most varieties, so that a Delaware vine will produce quite as much in weight or measure, if not more, than others.

The CATAWBA we put second, because we think its flavor next to the Delaware. We would not recommend that it should be planted north of New York, as it is late in ripening. We consider the CONCORD and HARTFORD PROLIFIC about equal in growth, flavor, and productiveness, but have given the preference to the Concord, on account of the better retention of the berries on the bunch when fully ripe. Either of them we think preferable to the ISABELLA, on account of their being earlier, and we are not certain they do not surpass it in excellence of flavor; but as our Concord and Hartford have always been gone before the Isabella ripened, we have had no opportunity for a fair comparison on this point. Except in very favorable localities, the Isabella will not ripen fully north of New York.

The ELSINBURG, but for the smallness of its berry, would deserve a higher place on the list. It is sweet, juicy, and tender, a regular though moderate bearer.

We would not be understood as saying these are all the varieties worth cultivating. The list of good grapes is extensive, and is rapidly increasing, for which we have to thank a few enterprising horticulturists who are willing to spend their time in trying to benefit the public. We appreciate the merits of the Diana, Union Village, Herbemont, Cuyahoga, and many others we could name, some of which are equal if not superior to those in our list; but having never fruited them, we prefer to leave the discussion of their merits to those who have, and this is done in the catalogue of Dr. Grant, before alluded to.

RATHER EQUIVOCAL.—An attorney brought an action against a farmer for having called him a rascally lawyer. An old husbandman being a witness, was asked if he heard the man call him a lawyer. "I did," was the reply. "Pray," said the judge, "what is your opinion of the import of the word?" "There can be no doubt of that," replied the fellow. "Why, good man," said the judge, "there is no dishonor in the name, is there?" "I know nothing about that," answered he, "but this I know, if any man called me a lawyer, I'd knock him down." "Why, sir," said the judge, pointing to one of the counsel, "that gentleman is a lawyer, and that, and I, too, am a lawyer." "No, no," replied the fellow; "no, my lord; you are a judge, I know, but I am sure you are no lawyer."

THERE is many a man whose tongue might govern multitudes, if he could only govern his tongue.

Scissorings.

THE faculty of genius is the power of lighting its own fire.

WHAT is that which can be right, but never wrong? An angle.

HE that can not forgive others, breaks the bridge over which he will one day want to pass.

IT has been asserted that the word Whig was derived from the initials of the party motto, "We hope in God."

THE archives of the human soul are hid in its cellar. Whoever would read them must become an inmate of the dwelling, and search near the foundation.—*Amend.*

GOOD service is prompt service. It ceases to be a favor when he upon whom the service is conferred has lost in patience and hope deferred what he might have bestowed in love and gratitude.

THE triumph of woman lies, not in the admiration of her lover, but in the respect of her husband, and that can only be gained by a constant cultivation of those qualities which she knows he most values.

AFFECTION IN MEN AND WOMEN.—Women are said to have stronger attachments than men. It is not so. Strength of attachment is evinced in little things. A man is often attached to an old hat; but did you ever know of a woman having an attachment for an old bonnet?—*Punch.*

GOING TO HEAVEN.—"Where are you going?" said a young gentleman to an elderly one in a white cravat, whom he overtook a few miles from Little Rock. "I am going to heaven, my son. I have been on my way there for eighteen years." "Well, good-bye, old fellow! If you have been traveling toward heaven eighteen years, and got no nearer to it than Arkansas, I'll take another route."

REVOLUTIONARY.—A chap was in the habit of attending militia trainings with what he called his "revolutionary" gun. He was always boasting about it, declaring that it had gone through the Revolution. One day a friend said to him that the stock of his gun was new; "how could he call that revolutionary?" "No, he couldn't say that the stock was revolutionary, but the barrel was." "But the barrel is new also—it can't be revolutionary." "Well," said the chap, "I won't say the barrel is revolutionary, nuther; but I'll tell you what it is—the touch-hole's revolutionary, anyhow!"

A TART REPLY.—When Lord Ellenborough was Lord Chief Justice, a laborer was once brought into court as a witness. When he came up to be sworn, his lordship said to him, "Really, witness, when you have to appear before the court, it is your bounden duty to be more clean and decent in your appearance." "Upon my life," said the witness, "if your lordship comes to that, I'm thinking I'm every bit as well dressed as your lordship." "What do you mean, sir?" asked his lordship, angrily. "Why, faith," said the laborer, "you come here in your working clothes, and I come in mine."

EXPERIENCE is a schoolmaster, but then he does charge such dreadful high wages.

JONES thinks that, instead of giving credit to whom credit is due, the cash had better be paid.

IT is a good thing to laugh at any rate; and if a straw can tickle a man, it is an instrument of happiness.

IT is very well that the youth of our country should get high, but they should do so as the oaks do—by drinking water.

SIR JOHN FIFE, of Newcastle-on-Tyne, has borne his testimony to the efficiency of the Turkish bath. He announces that he "has been boiled young in one of them."

IT was said in olden times that the body was more than raiment; but now the raiment is often a good deal more than the body in value, and full five times as much in circumference.

WE do not pretend to say that laughing is an index of good sense, but we do assert that it is no evidence of any want of sense. Give us a good hearty laugh, we love it, it puts fat on the bones and expels disease from the shaking frame.

A FEW days since a barber offered a reward of \$10 for the best recipe for "instantly removing superfluous hair." Among the answers was one forwarded by a gentleman who speaks from experience. We give it: "Undertake to kiss a spunky woman against her will."

FEMALE POSTMASTERS.—Four hundred and eleven females hold post-offices in the United States. Several of them have been retained in office for a long term of years, one having been appointed in 1828, another in 1831, and others respectively in 1838, 1841, 1849, 1850, and 1853.

A GOOD story is told concerning the writing of J. W. Brooks, the great railroad manager of Michigan. He had written a letter to a man on the central route, notifying him that he must remove a barn, which in some manner incommoded the road, under penalty of prosecution. The threatened individual was unable to read any part of the letter but his signature, but took it to be a free pass on the road, and used it for a couple of years as such, none of the conductors being able to dispute his interpretation.

MISS-CALLING.—We clip the following truthful picture from the *Daily Times*:

Senex. Conductor, who is that imperious, disdainful, and highly-ornamented young lady, who wears golden manacles and glories in a golden cross? The skirts of her charity covered several adjacent sinners, and at her egress she created a vacuum, if not a sensation, and was followed by a whirlwind.

Conductor. Miss D. Meanor, sir.

Sen. The other, who? The one that giggled, and, with a sneer, nudged the first to look at the poor woman holding in her arms the sick babe?

Con. Her cousin, Miss B. Havior.

Sen. But that neat, comely, tasteful girl, who initiated the movement to make room for the poor woman, and then looked so kindly at the mother that both she and her babe smiled—who is she?

Con. That, sir, is Anna D. Corum.

Sen. Truly she is not miss-named. But, hold up, conductor; I'll step off here. *Exit Old Fogie.*

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 condemned 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.*

TEETH, upon Allen's system, can be obtained at 22 Bond Street. By this method the teeth, gums, roof, and rugæ 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.

FOWLER & WELLS'S

PATENT ADJUSTABLE STEEL PEN.

After a little unexpected delay, we are enabled to announce to our readers that we are ready to furnish what we believe to be

THE VERY BEST STEEL PENS EVER MADE.

These pens have been manufactured expressly for us by JOSIAH MASON, of Birmingham, the most extensive pen-maker in the world, and no pains have been spared in their construction. The nibs are ground so smooth as to write as readily as a quill, while by a patent attachment to the back the pen can be made hard or soft, coarse or fine, at pleasure.

To suit all demands, we have had three grades of these pens made, named as follows:

THE REPORTING PEN,

Suitable for Phonographic Reporters, Ladies, and others who desire to write a very fine, neat hand;

THE WRITING PEN,

For ordinary writing, such as business correspondence, bookkeeping, schools, public offices, and the like;

THE ENGROSSING PEN,

For writing in which heavy marks may be desired. With this style any size line can be made, from an ordinary coarse line to one an eighth of an inch wide, without changing the adjustment.

These Pens are put up in patent boxes, containing half a gross each. Persons ordering a box can have all of one kind, or two dozens of each kind, in the box, as they prefer.

PRICE, 75 CENTS A BOX.

A liberal discount to Agents and Stationers.

FOWLER AND WELLS,

308 Broadway, New York

NEW

ELECTRO-GALVANIC BATTERIES,

CELEBRATED FOR THE CURING OF NERVOUSNESS, NEURALGIA, RHEUMATISM, AND SIMILAR DISEASES,

WITH INSTRUCTIONS IN ITS PHILOSOPHY AND MODES OF APPLICATION.

PRICES, \$10, \$12, \$15, or \$20.

FOWLER AND WELLS, 308 Broadway, 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. E. 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. Reactions 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 Cancers, Polypus, Fistulas, Hip-joint diseases, etc., with good success.

OUR DIETARY.—For our tables 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.

Terms.—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. E. JONES, M.D.,

E. P. MILLER, Proprietor.

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

MRS. ELIZA DE LA VERGNE,
M.D., 258 Pacific Street, Brooklyn, L. I.

THE GRANVILLE WATER CURE,
now in its thirteenth year, has *Soft Spring Water*, a gymnasium, ten-pin 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 visited at their homes, at any place, in Ohio or Indiana. Terms moderate. Address, by letter or telegraph, SOLOMON FREASE, 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, Chest, 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.

HYGIENIC HOUSE, 170 BLEECK-

ER ST., NEW YORK. W. HUNT & R. FANCHER have just opened the above large and convenient house for the accommodation of families with board.

Less of meats and seasoning substances, and larger varieties of bread, fruit, and grain preparations, will form the distinctive feature of our table. For terms, etc., send for a Circular. Transient board \$1 per day. 8t-11-12-1*

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.

PHILADELPHIA HEALTH JOUR-

NAL AND WATER-CURE INSTITUTE are conducted on much advanced principles at 218 North Ninth Street. Dr. Landis will answer calls to deliver some of his Popular Lectures. Send for Lecturing Circular. Address
10* S. M. LANDIS, M.D.

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

GRANITE STATE WATER-CURE,

HILL, N. H.

One of the oldest in the United States. It is the universal testimony of all who have been here and at other places, that at no place, however pretentious, do they get better treatment, nor so much of value received for their money. We can give abundance of testimony of this kind to any one that wants. Address W. T. VAIL, M.D., inclosing stamp for Circular.

GLEN HAVEN WATER-CURE, CORT-

LANDT CO., N. Y. This place, long known as a Water-Cure, is celebrated for its healthy and beautiful location. Having built new and commodious Bath Rooms the past season, we have every facility for comfortable winter treatment. Dr. Wm. C. Thomas, long known as the physician of the New Graefenberg Cure, has charge of the Medical Department. Terms low to suit the times—from \$4 to \$7 per week. Circulars sent on application. Address DR. WM. C. THOMAS, or E. T. KING, the Proprietor.

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. Address, DR. R. HOLLAND, or MRS. DR. HOLLAND.

ILLINOIS WATER CURE.—BEAU-

tifully located at Peoria, Ill. Open Winter and Summer. Electro-Chemical Baths used to eliminate mineral drugs and all impurities from the system. DR. M. NEVINS.

DR. GULLY'S WATER-CURE, LAKE

VIEW, CHICAGO, ILL. Open summer and winter. Send for Circular as above. 11-12*

LIVING SPRINGS HEALTH INSTI-

TUTION. Invalids have great inducements to take Fall and Winter treatment at this large and commodious Establishment. A. SMITH, M.D.

WERNERSVILLE, BERKS Co., PA. C. SMITH, M.D.

OUR NEW HOME.

DR. SMITH'S WATER-CURE AND HEALTH INSTITUTE is now located at No. 10 Sutter Street, between Montgomery and Sansome, San Francisco. We moved to our new Home and Health Institute May 1, 1892, and are now centrally located in a new house arranged expressly for a WATER-CURE and HYGIENIC BOARDING-HOUSE. We have rearranged the Bathing Departments and added largely to them. Our establishment is now as capacious and far more complete, and pleasantly arranged for the cure of patients and the reception of boarders, than any we have before occupied. And we now invite special attention from our California friends and those interested in hygienic medication, and all who anticipate leaving home the coming season to regain health, to a few facts and suggestions presented, fully believing that all who heed them will have cause to rejoice in the Hydropathic or Hygienic system of curing disease and preserving health. We established, nearly four years since, the FIRST institution in California based on the theory and practice of the New York Hydropathic College—a system which seeks to combine and use every principle of truly healthful medication known to man. We have had during that time a large number of male and female patients, in and out of the Institution, constantly under treatment, who were suffering from nearly every form of disease common to Californians.

By conforming strictly to the theories inculcated by the Hydropathic College of New York, we have never found it necessary to give an Allopathic, Homeopathic, Eclectic, or Botanic dose of drugs. And we now take pleasure in testifying to our full confidence and belief in the immutability of the theories and rules of practice as taught to the students of that College, though the applications may be as varied and numerous as the stars; and that person who can not improve upon this infantile system, but stereotypes the teachings and practice of his teacher, is a stupid ass, and not fit to have in charge the public health. We claim, in many respects, to treat differently from any other person or institution, and to have made many improvements, especially in the treatment of nervous and debilitated women, and those suffering from female diseases of all forms. The modes of cure are peculiarly our own, and no person or institution can show a healthier record in this class of diseases than we can. The need and success that has attended our efforts in this department of medical science fully warrants our making it a specialty of the Institution. Our treatment is gentle, never shocking, never "heroic," and we seldom give an entire cold bath. Our experience in the last four years fully proves that nineteen out of every twenty females who are now almost helpless, and have been nearly lost to themselves and families for months and years, could, with from four to six weeks' treatment so far regain their health and strength that they could resume their family cares with ease, and be placed beyond the need of a physician.

We have treated and restored to manliness in large numbers young and middle-aged men, who have by excessive toil and enervating habits lost their health, courage, and hope.

Men need not suffer from RHEUMATISM. Our Magic Bath, instituted for the cure of Rheumatism, Gout, and Neuralgia, is a sure cure. It is especially adapted to the treatment of Sciatic Rheumatism, and with its Electrical connection, the eradication of all poisonous drugs from the system, whether metallic, vegetable, or animal poisons. We seldom fail to cure persons in the early stages of CONSUMPTION. Bilious diseases always give way to Water-Cure. To all we fully believe we can furnish more of the conditions of health and the comforts of home than can any other Medical Institution in California. We find the climate of San Francisco far preferable to that of the Sacramento or San Joaquin Valleys for the speedy cure of invalids, especially females who need invigorating by a tonic atmosphere.

BOARD—\$1 per day; with Room, from \$9 to \$12 per week; for Board and Treatment, \$15 to \$30 per week.

Consultation, verbal or by letter, free. Circulars sent on application, postage free.

BARLOW J. SMITH, M.D.,
Physician and Surgeon (Graduate of the New York Hydropathic College).

MRS. MARY B. SMITH, Matron.

HEAR YE! HEAR YE!! HEAR YE!!!

DEAR SIR:

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

Which is the largest Hygienic Institution in America, will be open this winter for invalid guests. Already we have a family numbering nearly one hundred persons, the larger proportion of whom will spend the winter months with us, under treatment. Our correspondence indicates that this number will be greatly increased within the next sixty days, so that we shall have a more numerous family than ever before at this season of the year.

It is a matter of surprise to many persons, by what means, in these times of National trouble, we manage to get so many sick persons into our house. They can not see into it. We will try to enlighten them, by saying that it grows out of our great success in treating the diseases from which our invalid guests suffer. In proof of the foregoing statement, we beg leave to submit to you the following testimonials. They are from persons who are widely known, and who, in their several localities, are highly respected.

From the Rev. EDWARD TENNEY, Baptist minister, Highland, Michigan: "The ideas and principles which I received while a resident at your Cure, have made me a better minister of Christ, and a better man. How can I repay you for what I have received! My wife is like one raised from the dead."

From Rev. J. O. BEARDSLEY, missionary at Kingston, Jamaica, West Indies: "My dear Doctor—I am glad of the opportunity to write you a line, taking as the occasion the introduction of a particular friend of mine, who informed me a short time since that he proposed going to the United States to try water-cure treatment, and asked my advice as to the best establishment. I told him to go to yours."

"I can not forget that scrofulous boy of mine who went to you, his head a complete scab, crammed full of calomel and other poisons, and that he came home five years since a well boy, and remains so to this day. Nor shall I forget what a thorough renovation you produced in me, such a renovation as has made a new man of me ever since."

From the Rev. DANIEL D. TAYLOR and Mrs. AUGUSTA M. TAYLOR, Castleton, Vermont: "We have not forgotten the year spent with you while under your careful medical eye, nor was our tarry with you in vain; great good came out of it to us both, and we have great reason to rejoice in the additional health and vigor we there attained. That your Institution is not excelled by any in America, that you have the true hygienic principles, and that you are the benefactors and friends of mankind, is the firm conviction of both of us."

From the Hon. E. A. WALLACE, U. S. Consul at St. Jago de Cuba, West Indies: "My dear friend Dr. Jackson—Permit me to introduce to you my friend, who and whose wife I have recommended to your care, saying to them, that if they will visit you in your Home on the Hillside, you will be sure to relieve them of their respective malaises which have long afflicted them. I can not forbear to express to you my sense of obligation for the great good received at your hands in the restoration of my own health. I am a wonder to all who now see me, and who formerly knew me. I still abide in your principles, and though an old man, enjoy far better health than many men younger than myself. Go on, my dear sir, your work is a great one, and your success all that you could desire."

From H. W. DICKINSON, Esq., Springfield, Mass.: "My dear Sir—How can I ever express to you my sense of satisfaction at the greatly improved condition of my little son, as a consequence of treatment at your Institution? When I compare his present health and hold on life with the exhausted condition in which he was when we took him to your Institution, a year ago, my heart is filled with gratitude that there is one Establishment where, in spite of all opposition, the conditions of suffering humanity can be greatly improved, because those who have the sick in charge are faithful to their needs, never being overcome by outside pressure nor consenting to pander to the vitiated appetite or false methods of living of their guests, but using and applying only those means which are healthful in their action, and which must, of necessity, as far as this law is obeyed, tend to build up the feeble, and to restore them to health. May Heaven bless you in your great and good work."

From A. J. HANKS, Randolph, N. Y.: "My dear Sir—Although I can not speak of myself as having been a patient of yours, I take great pleasure in writing to you in respect to the extraordinary improvement my wife, who was afflicted with pulmonary disease, received under your treatment. She remarked to me to-day that she had not enjoyed as good health as at present, at any period during the three years preceding, and this, too, after a week of very hard toil. When she went to you nineteen months ago, she weighed one hundred and seven, now she weighs one hundred and twenty. A friend remarked to her the other day that she looked as young as when she was married, eleven years ago. Have I not reason to be thankful, when I contrast our future prospects with those of two years since, when I brought her to you? Then the best physicians in our region of country shook their heads, and said the case of my wife was a very obstinate one, and that she must 'set her house in order.' Under God, and the treatment she received at your Cure, she has been able not only to set, but to keep her house in order. You will always have my best wishes for your success, which I know to be all that you claim."

From Miss ELIZABETH O. SLAWSON, Stanwich, Ct.: "It is a little more than a year since I left Our Home. I had then received so much benefit under your treatment as to be completely converted to your ideas, but I am, if possi-

ble, more and more strengthened in my faith that your way is the right way to live, if one would be in good health and happy. I weigh twenty pounds more now than I did when I went to your Institution, and I feel better in every respect than I have for several years. I think of you all with much affection and gratitude."

From Mrs. ANGELINE B. SMITH, Williamstown, Mass.: "My dear Friends—When I remember my conditions upon arrival at your Home, afflicted as I then was with diseases which, if not overcome, necessarily would have soon brought my life to a close, I am rejoiced at my present conditions. I am enjoying comfortable health, having been able to do my house-work for seven months, and think I constantly improve. I think I have overcome all my difficulties. I do not have any pain or congestion in the lungs, and feel almost as vigorous as I did at twenty years of age."

"I would like to speak a word of encouragement to the sick, and tell those of them who visit you, to be patient and persevering."

"I remain yours with very great affection."

From Mrs. A. H. OWEN, Union, Illinois: "It is now some years since I was mustered into your regiment of invalids, and I have never seen cause to regret it. When I came to you, you will all recollect how sick I was. Since I left you, I have steadily improved, and I can truly say that I never enjoyed as good health as now. That you are doing a great work, there can be no possible doubt. The influence of your Institution is being felt far and wide, in all classes of society. May your days be long in the land, is the sincere wish of yours very truly."

Now we could fill a half dozen numbers of this Journal with just such statements, for our patients are numbered by the thousands, and hold rank in all stations of society.

Our methods of treatment involve entirely the disease of all medicines, and while strictly hygienic, are unlike those of any other establishment in the world. We claim to have made great discoveries in the way of applying hygienic instrumentalities for the cure of disease. These discoveries are the result of long painstaking, and faithful adherence to whatever light at any time we may have had.

Our Institution is a Hospital, and not a place of fashionable resort. For the most part our guests are persons who have long been sick, and have sought in vain to recover their health by means that are at the command of physicians of the different medical schools.

Dr. James C. Jackson, who is so widely known as a writer and a public speaker, is our Physician-in-chief. Miss Harriet N. Austin, who has won for herself a high position as a Physician, and as the editor of the *Laws of Life*, Dr. F. Wilson Hurd, Dr. George W. York, and Mrs. Dr. Maury, are our physicians.

If those who shall read this notice of us shall feel desirous to know more about us, we take the liberty to say that Dr. Austin and Dr. Jackson edit a monthly Health Journal, entitled *THE LAWS OF LIFE*. In the columns of this paper will be found our ideas lucidly and determinately set forth. The paper already has received a very wide circulation, and the number of its patrons is constantly increasing. Specimen copies will be sent free to all who ask for them. We also have published and for sale the following

HEALTH TRACTS

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