

WATER-CURE

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Physiology, Hydropathy, and the Laws of Life.

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VALEDICTORY

EIGHTEEN HUNDRED AND FIFTY-ONE.

BY R. T. TRALL, M. D.

END OF VOLUME TWELFTH.—We have journeyed together, courteous reader, through another semi-annual term. This number concludes the present volume; with the next commences the year eighteen hundred and fifty-two, and the thirteenth volume of our messenger of health reform. It is profitable, on occasions like this, for proprietors and patrons, to re-survey the ground passed over, and prospect the field before them, to learn what has been done and what there is yet to do.

Ten years ago, Water-Cure in America was a thing of vague and uncertain rumor. The story came over the deep blue ocean, that princes and peasants, lords and laborers, colonels and corporals, commodores and common sailors, ministers and menials, doctors of all schools, and doctored in all ways, were in the habit of resorting to an humble Silesian peasant, who had never seen the inside of a medical college, nor heard a medical lecture, nor read a medical book, nor thought of a diploma, for the purpose of having their maladies cured. And it was affirmed that the great majority were cured, after having exhausted all the learning of the schools with more injury than benefit. And it was further said, that many physicians, long experienced in the drug-treatment of diseases, went to Græfenberg, to witness, with their own eyes, the correctness of the reports. They saw that the stories were true; and many of them returned to their homes, renounced the drug-giving part of their profession, adopted the "better way," and wrote books in favor of it; in tes-

timony of which we have the books which they wrote. Some few indeed there were, among the *professional* patients, who had revived in health without being inspired with gratitude; they spoke evil of the system, and wrote against it, as some physicians have done in later times, and in this country, after having been cured by it.

The devil was sick; the devil a saint would be;
The devil got well; the devil a saint was he.

The wrath of the medical profession was kindled throughout all Europe. Priessnitz was vilified, arrested, imprisoned, tried and acquitted; and, although the concentrated vengeance of the regular doctors of three powerful nations was directed to crush him, he triumphed over all. He was accused of a terrible catalogue of unpardonable offences; of quackery; irregularity; doctoring without a diploma; curing without a license; receiving a fee without a degree; disparaging the profession; speaking evil of dignities; everything almost on the calendar except—injuring or killing folks. No one seems to have thought of these trifling circumstances.

What is Water-Cure in America now? A fixed fact; an established system; a progressing, reforming, revolutionizing principle which will not rest until this world is redeemed of that strange trinity of evil—"diseases, drugs and doctors."

WHAT HAVE WE DONE? Professor Draper, in a recent introductory, delivered in one of our city Medical Colleges, said:

"Even those of us who have most upheld our old professional theories, and have tried to keep in reverence the old opinions and the old times, find that under the advance of the exact sciences, our position is becoming untenable. *The ground is slipping away*

from beneath our feet. We are on the brink of a great revolution. Go where you will, among intelligent physicians, you will find a deep, though it may be an indistinct perception, that a great change is imminent."

In corroboration of the above sagacious opinion we can adduce something in the shape of matter-of-fact. There are now circulating some thirty thousand copies of this journal, to which more than one hundred thousand persons have access; the majority of whom are getting pretty deeply into the way of acting, thinking, and *knowing* for themselves, in relation to diseases and remedies, as well as concerning all other matters. These one hundred thousand of readers are composed of men, women and children of all occupations in society except *drones*; they are all workers, and hence what they *know* they may be expected to *do*. They are all *medical students*, too; not, however, aiming to make a living or acquire wealth and power by doctoring folks in mysterious ways, but wishing to become teachers and exemplars of the laws of life and health, for the good of our common humanity. Already, as we have abundant evidence, have thousands made the discovery through this medium, that it is easier and more convenient, as well as more pleasant and profitable, to keep well or cure themselves, than to go through a long course of bepoisoning drugification, notwithstanding the physician be the most amiable and attentive man in the world.

To this fact we may add another. It is becoming quite a common practice for old school physicians, all over the country, to resort to the Water-Cure establishments when they themselves become affected with any serious malady. We do not mention

this to their discredit. The love of life—vitativeness—is a strong instinct; self-preservation is the first law of nature; and although a drug-doctor may not, cannot, or will not practice hydropathy on others, he has an inalienable right to save his own life by it. All that we claim is, that the fact of his doing so is presumptive evidence that he is inwardly conscious that there is some good reason why the “ground should slip from under his feet.”

Another fact suggests itself.—Why is it that more than one thousand allopathic physicians are now paying subscribers for the Water-Cure Journal, if a general consciousness does not pervade the faculty that the days of drugs are numbered; that *that* system is indeed, in the emphatic language of an eloquent professor, “on the brink of a great revolution?” If we have “acted well our part” in bringing this revolution on the brink of a consummation, we are happy and grateful that a patronage, far exceeding that ever extended to any other medical periodical in the world, has enabled us to do so.

WHAT HAVE WE YET TO DO?—One thousand doctors of all pretensions and qualifications, and four or five hundred drug-shops of all descriptions, are supported in the city of New York at an annual expense of not less than three millions of dollars; and the state of affairs is similar in all parts of our country where an extensive circulation of this journal, or the influence of a well-conducted Hydropathic establishment, has not already partially effected the revolution we have alluded to. Are these things necessary or useful? We say no; and hence as reformers, we are bound to bring about, as speedily as possible, the “great change” which Dr. Draper declares to be so “imminent,” and sweep away the “untenable position,” by which this immense army of bleeders, leechers, blisterers, and druggers, have thus far maintained their hold on the pulses and pockets of the community, and by which their great magazines of destructive missiles, the apothecary shops, are sustained. This is the work we have yet to do. The task may seem herculean; it is so. But mountains of error, as well as of sin, have been removed; and we have faith a good deal larger than an ordinary grain of mustard seed, that the huge fabric of medical fallacies, which has been accumulating for ages, and continually growing more fallacious, will, ere long, be cast into the sea of eternal oblivion. To hasten such a result we shall open the campaign of reformatory

warfare for 1852, with a force, and strength, and power of resources beyond all former precedent—for the proof of which we refer you, respected readers, to the *next volume!*

Who can estimate the extent, and importance, and variety of the evils we are laboring to remove?—not only the wholesale poisoning of the community under the name of medicine, by which diseases are perpetuated and multiplied, and human constitutions degenerated, but poverty, misery, and ruin, growing out of them, in all the domestic and social relations of life? Let us present a single illustration: An industrious, poor man, with an increasing family, is established in business as a merchant, tailor, hatter, or shoemaker. The profits of his sales and his own labor procure him a competence for the support of his family and the education of his children. But he is taken sick with a fever, typhus perhaps. Under the ordinary drug-treatment this disease not unfrequently runs six or eight weeks; and if the patient survive he is usually unable to attend to business during several weeks of convalescence. The regular physician attends him once or twice a day, at two dollars a visit; medicine is ordered from the apothecary shop at the rate of half a dollar to a dollar a day. Two nurses must be employed so that the doses may be regularly given day and night. Now it requires but little arithmetic to prove that, after this fashion, one or two months' sickness would ruin a man of small capital, provided he was wholly dependant on his own exertions; break up his business, and perhaps destroy the position in life for which he had been honestly and toilsomely struggling during ten long preceding years. This is, indeed, no fiction, for we have repeatedly known the actual fact to occur in this city.

But who that understands and practices the doctrines taught in this Journal will ever thus suffer? All such will know that nature is not only the best but the cheapest physician; that water is the best as well as the most plenteous remedy; and such knowledge will ensure them against the fate we have considered.

In our endeavors to accomplish the revolution we have intimated, we have no personal warfare. We assail no physician as such; nor any medicine-dealer in nostrums in general or specifics in particular as such; but the principle taught by the one, and the practices pursued by the other, and the system upon which both are predicated, we declare to be wrong; and hence infer our

right and our duty to expose and oppose them; more especially as we have a better and a well-tryed system to take its place. The weapons of our warfare are demonstrable facts, true science, rightly-apprehended experience, well-ascertained principles, sound philosophy, and real intelligence; and our method of prosecuting revolutionary, and may be, exterminating war, is by diffusing these facts and this intelligence among the people; and our medium is the Water-Cure Journal. Reader, the application is with you. Will you help us to *inundate* the land with the doctrines of the Water-Cure? to sow the seeds of a revolution whose fruit shall be, GENERAL INTELLIGENCE in relation to the laws of life; GENERAL HEALTH of body and of mind; and that UNIVERSAL HAPPINESS which is their natural result?

SCALDS BY SWALLOWING HOT LIQUIDS.

BY DR. SHEW.

MANY a child has lost its life by swallowing hot or boiling tea, coffee, or water, from the spout of a teapot, or other vessel, upon a table; but fortunately, in the larger number of cases, the child is too quickly alarmed by the pain caused by the hot fluid coming in contact with the mouth, to allow of its swallowing it. Still, in such cases, the tongue, mouth, and upper part of the throat, may become so scalded as to cause a great amount of pain and suffering, and to endanger or destroy life. In all such cases great danger is to be apprehended.

I am led here to remark, how foolish is it for people to allow themselves to become so enslaved to a habit that is always worse than useless; and which, at the same time, is the occasion of probably ninety-nine out of every hundred of the accidents of which I am speaking. It is the everlasting tea-pot, or coffee-pot, that the children get hold of in these cases. This fact alone ought to determine parents not to drink tea and coffee; or at the very least, never to have the pot, or any of its adjuncts, upon the table, where the child can get it.

Treatment.—All such cases, I have intimated, are a fearful emergency. The best remedy, doubtless, is the one which can generally be obtained most easily, to wit, cold water. The sooner the child swallows it, and the more of it, the better. In all these cases, nature points out the true method, and that is for the child to drink as much cold water as it pleases. And any one who has ever taken into his mouth, carelessly or otherwise, a sip of tea that burns him smartly, or a hot potato, can imagine how grateful it is to take cold water after the mouth is scalded.

As to the general treatment, we are to proceed according to the same great principles as in any other case of scalds or burns.

We must look well to the general fever, if reaction come on. If it does not, either the scald is a very trifling one, or so bad that nature cannot rally, in which case death must be the result. In case of reaction, we manage the same as in any other case of feverishness.

STATISTICS.—As yet we have been unable to obtain, complete returns from the American Water Cure Establishments. Hence, are compelled to defer their publication. When completed, we shall give them to the public through the W. C. Journal.

DIETETIC CHARACTER OF MAN.*

THE arguments involved in the question whether man is by nature best adapted to subsist on a vegetable diet exclusively, or on a mixed diet of vegetable and animal food, can hardly fail to be interesting and profitable to all, although all may not draw the same inferences from the facts presented. Those who will attentively study Sylvester Graham's work on the Science of Human Life, will find this whole subject critically investigated and philosophically demonstrated. In the present work it is impossible to give more than a brief abstract of the positions and evidences bearing on the general proposition.

THE ANATOMICAL EVIDENCE.—To the Bible testimony in favor of vegetable diet, may be added that of comparative anatomy. Natural history alone solves the problem beyond all controversy. Medical writers are constantly asserting, and newspaper scribblers are continually reiterating the statement, that the conformation of the human body shows that man is intended to live on a mixed diet of animal and vegetable food; but neither of them support the position with a particle of evidence which can bear criticism. On the contrary, all the eminent naturalists the world has ever produced, as far as I know, are unanimous in the opinion that the anatomical structure of the human body, as compared with other animals, places man among the frugivorous or herbivorous animals, and affords no testimony whatever of his carnivorous or omnivorous character.

Baron Cuvier, whose name stands at the very head of comparative anatomists, says: "The natural food of man, therefore, judging from his structure, appears to consist of fruits, roots, and other succulent parts of vegetables, and his hands offer him every facility for gathering them. His short and moderately strong jaws, on the one hand, and his cuspidati being equal in length to the remaining teeth, and his tubercular molares on the other, would allow him neither to feed on grass nor devour flesh, were not these aliments previously prepared by cooking."

Professor Lawrence states that "the teeth of man have not the slightest resemblance to those of carnivorous animals, except their external enamel, and that the whole human structure most closely resembles those animals which are naturally frugivorous—the *simie*, or monkeys."

Thomas Bell, surgeon-dentist to Guy's Hospital, declares that "every fact connected with the human organization goes to prove that man was originally formed a frugivorous animal."

Linnæus asserts that "the organization of man, compared with that of other animals, shows that fruits and esculent vegetables constitute his most suitable food."

Sir Everard Home admits that "while mankind remained in a state of innocence, their only food was the produce of the vegetable kingdom."

Lord Monboddo, also a celebrated naturalist, says: "It appears to me that by nature, and in his original state, man is a frugivorous animal, and that he only becomes an animal of prey by acquired habit."

Dr. William Lamb, of London, after a critical examination of the question, came to the conclusion that "man is herbivorous in his structure," and his conclusion has been verified by more than forty years of personal vegetarian experience. He declares that "the adherence to the use of animal food is no more than a persistence in the gross customs of savage life, and evinces an insensibility to the progress of reason, and to the operation of intellectual improvement."

Sylvester Graham, of Northampton, Mass., with a mind singularly constituted to grasp first principles, has carefully examined the whole organization of the human body, and minutely investigated all its complicated parts, with direct reference to this question, more thoroughly probably than any other person who has ever lived. His theoretical conclusion corresponds with that of all other naturalists whose attention has been directed to the subject, and the experience of hundreds who have adopted the vegetarian system, partially or wholly, in consequence of his teachings, singularly exemplifies its truth.

Against such testimony we have nothing but the bare assumption of medical and dietetical writers who have never examined the subject at all, and who are as profoundly ignorant in relation to it as are those for whose edification they write. It is common and customary for such persons, whenever they make a book on any subject pertaining to medicine or hygiene, to repeat the stereotyped phrase that the *teeth* of the human animal combine the characters of both herbivorous and carnivorous animals, and constitute him an omnivorous or all-devouring animal. This makes him one of the connecting links between the two, and places him dietetically in the same dignified rank in the scale of being as the bear, hog, &c. The manner in which the omnivorous side of the question is supported is much more amusing than convincing. Dr. Dickson, the author of Chrono-Thermalism, modestly observes: "The most cursory examination of the human teeth, stripped of every other consideration, should convince any body with the least pretensions to brains, that the food of man was never intended to be restricted to vegetables exclusively."

Dr. Carpenter (*Principles of Human Physiology*), in allusion to the carnivora and herbivora, remarks: "Now, the condition of man may be regarded

* From "Dr. Trall's Hydropathic Encyclopædia," published by Fowlers & Wells, New York.

as intermediate between these two extremes. The construction of his digestive apparatus, as well as his own instinctive propensities, point to a mixed diet as that which is best suited to his wants."

Dr. Dunglison (*Human Health*) makes the following singularly ridiculous assertion: "There is no doubt whatever, that if, from infancy, man, in the temperate regions, were confined to an animal banquet, it would be entirely in accordance with his nature, and would probably develop his mental and corporeal energies to as great a degree as the mixed nutriment on which he usually subsists."

Professor Lee, who has a happy talent for "coinciding" in the opinions of others, fully endorses the "very judicious remarks" of Dr. Dunglison, and also remarks, on his own responsibility: "The physical organization of man proves that he is destined for a mixed kind of aliment."

A volume of similar quotations could be extracted from the medical authors of the allopathic school; but all alike are deficient in argument or evidence. When an attempt at argument is made, it always turns on the teeth and masticatory organs. These are said to be in man a little different from both carnivorous and herbivorous animals; and hence the inference is drawn that man, because he is *unlike either*, is actually *both*. There is, indeed, a resemblance between the teeth of man and the teeth of both the carnivora and herbivora, as well as those of the omnivora; but there is, too, a difference, and the difference is just as significant as the resemblance. The truth is, that there is a *very wide* difference between the teeth, masticatory organs, and whole digestive apparatus of man and carnivorous animals; a *great* difference between man and omnivorous animals in these respects; a *lesser* difference between man and the *herbivorous* or *graminivorous* animals; and an *exact resemblance* between man and those animals known to be frugivorous. The single fact that man possesses the *lateral* or *grinding motion* of the lower jaw, peculiar to frugivorous and graminivorous animals, while he is destitute of the pointed, projecting, irregular, and tearing teeth belonging to carnivorous and omnivorous animals, is perfectly conclusive, in my estimation, as far as anatomy is concerned, that man is by nature in no sense or degree associated, dietetically, with the latter classes of animals.

But, for the satisfaction of those who desire to see as well as hear the discussion of this subject, the following ocular demonstration is submitted:

Fig. 152 exhibits the masticatory organs of the carnivorous tiger. There is a resemblance between these teeth and those of the human animal; yet no one will dispute that the *difference* is more striking than the resemblance.



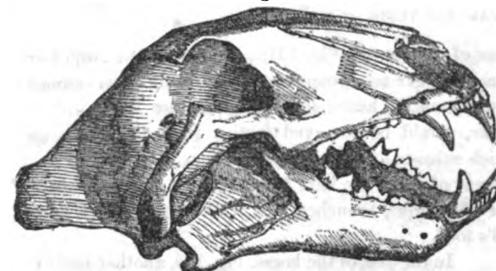
Fig. 152.

TIGER'S UNDER JAW.

Occasionally the human teeth exhibit those deviations from the ordinary form which are denominated *tushes*; but such deviations are universally regarded as deformities, and such deformities always give a carnivorous and

ferocious expression to the countenance. How little do human beings suspect the intimate connection that exists between mental impressions and exercises and bodily conformation. Those tribes of the human family whose minds are most associated with animal food, and whose teeth are most frequently employed in masticating it, are most distinguished for a structure of teeth peculiarly *inhuman*.

Fig. 153.



JAWS AND TEETH OF A PANTHER.

In Fig. 153 we have a representation of the jaws and teeth of another purely carnivorous animal. It affords a good idea of the manner in which the jaws of the carnivora open and shut, like a pair of shears, being wholly incapable of the least grinding or rotary motion.

Fig. 154.

Fig. 154 represents another modification of carnivorous masticators. The teeth are nearly closed, and the dagger-like tusks are seen to be very different from those teeth which, in the human jaw, have received the appellation of *canine*.



JAWS AND TEETH OF A MINK.

Fig. 153.

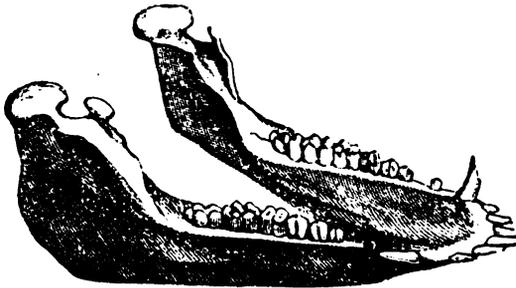


YOUNG LION.

The face of the young lion, Fig. 4, does not make any very near approach to humanity, in the conformation of the teeth or jaws. A resemblance, of course, must be acknowledged; yet, when the general contour and expression of the human face approximate to that of a carnivorous animal, it is by common consent denominated "savage," "ruffianly," &c.

The poets and painters who undertake to represent to us their ideal of humanity, invariably divest the features and expression of every trace characteristic of the ascendancy of the lower range of animal propensities. How would the "Portrait of a Gentleman," "The Flower Girl," "The Bride," or "The Cavalier," appear in the gallery of the American Art Union, with the angles of the mouth drawn down to the carnivorous range, and the canine teeth projecting omniverously beyond the rest?

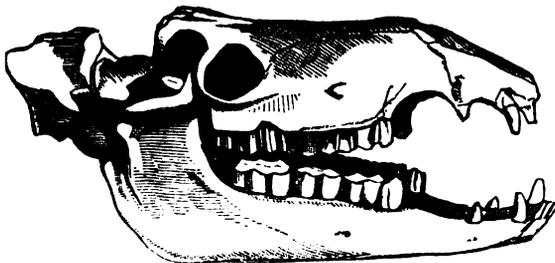
Fig. 156.



UNDER JAW AND TEETH OF THE HOG.

We may now examine the intermediate class—the omnivora. The back teeth of the hog, Fig. 156, resemble exactly those of herbivorous, and the front teeth those of carnivorous animals. But if there is anything peculiarly human about the masticatory apparatus of the swine, I am unable to perceive it.

Fig. 157.



JAW AND TEETH OF THE CAMEL.

The masticatory organs of the camel, Fig. 157, particularly the cuspid or canine teeth, show a much stronger resemblance to those carnivorous animals than do those of the human animal; hence man, judging from the point of comparative anatomy alone, would be removed further from the carnivora than even the camel, which subsists on the coarsest herbage.

The irregular arrangement of teeth are here peculiarly fitted for clinching and breaking up the sprouts, stalks, branches, &c., which constitute a large proportion of this animal's food.

Fig. 158.



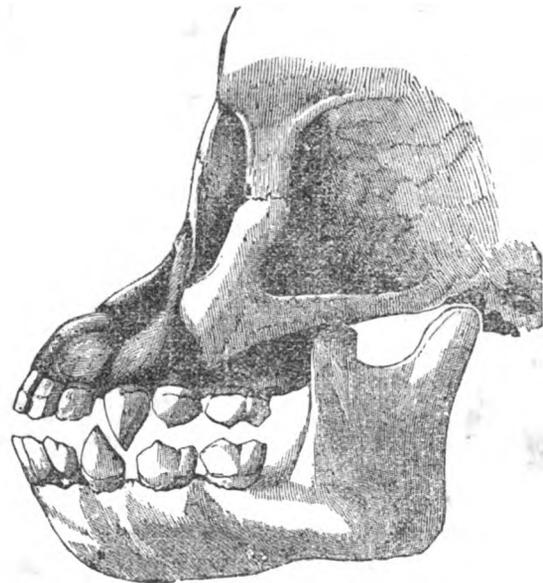
SKULL OF THE HORSE.

In the jaw of the horse, Fig. 158, another herbivorous animal, the incisors, or cutting teeth, are placed in front to crop the grass or other herbage; and the grinding teeth for mashing and comminuting the food occupy the back part. There is no appearance of tearing or carnivorous teeth.

Ascending the scale of the animal creation, we may next look at the masticatory apparatus of a purely frugivorous animal. In the orang-outang, Fig. 159, the articulations of the jaw, as with all herbivorous animals and with man, are adapted to

the rotary or grinding motion. The teeth of the ape, or monkey tribe, have a nearer resemblance to those of carnivorous animals than have human teeth,

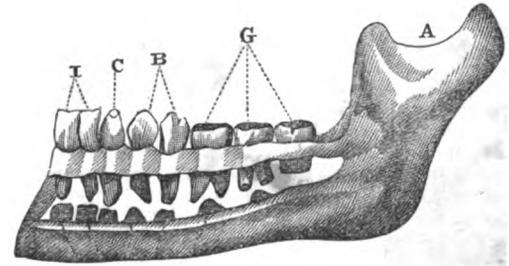
Fig. 159.



JAWS AND TEETH OF AN ORANG-OUTANG.

which fact would place men, if possible, at even a greater distance than the orang-outang from the carnivora. It should be noticed, however, that in some species of monkeys—the baboon, for example—the cuspids do resemble the corresponding teeth of carnivorous animals, an arrangement which serves them for weapons of offence and defence, but not for cutting and tearing flesh.

Fig. 100.



HUMAN JAW AND TEETH.

It will be observed, at a glance, that the masticatory organs of the human animal, Fig. 160, are still further removed from all resemblance to those of carnivorous or omnivorous animals than are those of the purely frugivorous orang-outang, or the purely herbivorous animals. The incisors (I) are evidently intended for biting and cutting the fruits, grains, roots, or other vegetables designed for his subsistence; the cuspid, corner, or canine tooth (C) enables him to grasp more firmly, and retain more securely, the alimentary substance; and the bicuspid (B) and molares (G), or small and large grinders, are fitted to mash and grind all dry, solid, or hard articles of food.

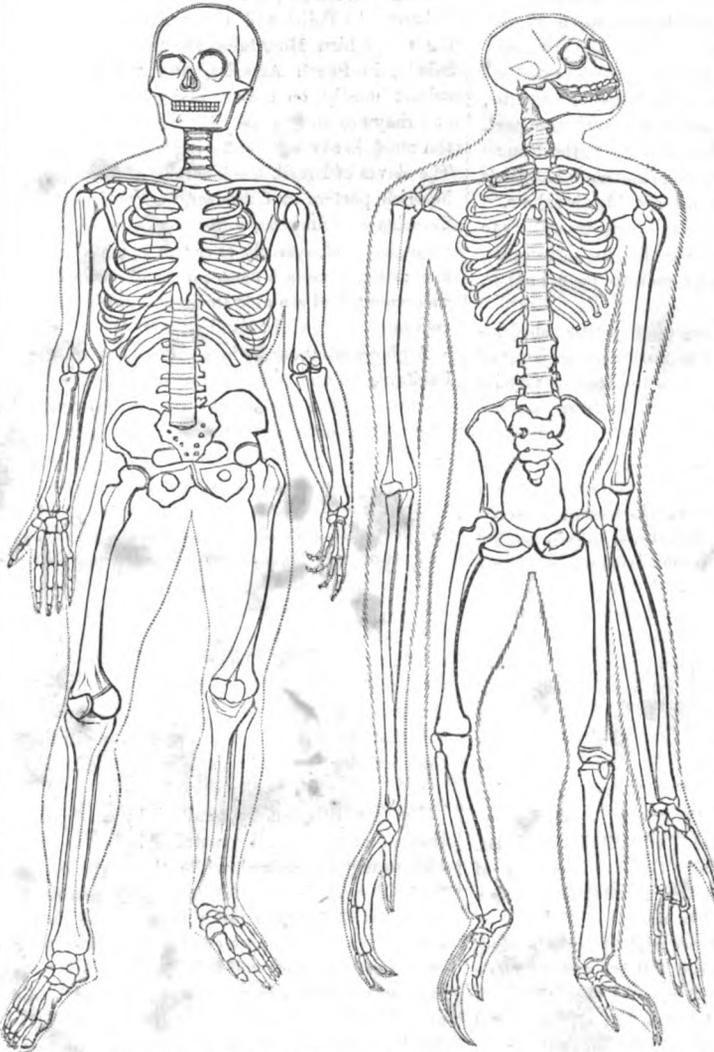
The human masticatory organs, on the whole, exhibit no evidence of any structural arrangement which is not precisely fitted for and exclusively adapted to a vegetable diet. The human teeth can, however, cut and tear flesh to some extent; and so can carnivorous animals cut and mash fruits and seeds to some extent. Experiments have also proved that each class of animals may be made to approximate the other, to some extent, in character and disposition, by changing their dietetic habits. Young tigers and young lions have been restricted to vegetable food, during which time they remained docile and governable; but on tasting raw meat, the dormant propensity to tear the warm, quivering flesh, and drink the red blood of other animals, was immediately aroused, and all the ferocity and cruelty of a carnivorous nature was again in the ascendant.

"Just as the twig is bent the tree is inclined," physiologically as well as morally. Those mothers who force their little children, even before they are capable of masticating a particle of it, to swallow flesh, and thus develop an early appetite for it, are little aware how seriously they are injuring the

organizations, and corrupting the whole nature of the future men and women.

Lastly, we have, in Fig. 161, a view of the entire skeleton of man, compared with that of a purely frugivorous animal. Not only is the agreement perfect with respect to the masticatory organs, but the whole digestive apparatus of both are alike; and even the entire conformation of the body of the orang-outang, considered dietetically or physiologically, resembles the human animal, incomparatively more nearer than any other animal does. How, then, can we draw from the structure of man, as compared with other animals, any inferences at war with the divine commandment recorded in the Scriptures?

Fig. 161.



THE HUMAN SKELETON COMPARED WITH THAT OF THE ORANG-OUTANG.

THE PHYSIOLOGICAL EVIDENCE.—Physiologists have noticed that the blood of flesh-eating animals undergoes putrefaction much sooner than that of a vegetable-eating animal. The chyle of flesh-eating men, when taken out of the body, decomposes and becomes putrescent in less than a quarter of the time required for that of the vegetarian to undergo the same process. All the secretions of vegetarians are more pure, bland, and copious, and the excretions—the sweat, urine, fecal matters, &c.—are less offensive to the senses, and less injurious in their exhalations, than are those of persons who subsist on a mixed diet. The teeth of vegetarians are less affected with tartarous incrustations, and their breath is mostly or entirely free from the rank, cadaverous, pestilent odor so common to flesh-eaters. Medical authorities generally agree that flesh diet makes the blood *prone*, and the whole body disposed to, the inflammatory and putrid diatheses. Some few medical writers have, however, asserted that an exclusively vegetable diet predisposes to *scurvy*; but as they have not sustained the assertion with any sort of evidence, it is hardly worth refuting. The vegetarian can always endure

hunger and thirst longer without loss of strength, and sustain entire privation of food with much less suffering, than flesh-eaters. The appetite of vegetable eaters is invariably good, and food has always a keen relish, while it often fails with flesh-eaters, requiring frequent changes of dishes, or a variety of seasonings, to render it palatable. Digestion with the vegetarian is unattended with that disturbance, heat, irritation, oppression of the stomach, and dullness or drowsiness of the head, which flesh-eaters generally experience after dinner, and which some physiologists, on the mistaken supposition that it was natural, have called the “fever of digestion.” Drowsiness, sleepiness, and mental stupidity, so common after a full meal with flesh-eaters, are wholly unknown to vegetarians, when their other habits are correct. These can resume any bodily or mental labor immediately after a meal, with incomparably less discomfort, and greater immunity from evil consequences, than can flesh-eaters.

All the mental passions of the vegetarian are more governable and better balanced, more easily regulated by the judgment and controlled by the will, less violent, but more enduring, than those of flesh-eaters. The firmest and most vigorous structures of body are found among vegetable-eaters, in proof of which we need only refer to the toiling millions of Europe and the Eastern nations. Vegetable-eaters possess an elasticity and flexibility of moving fibres, and a tenuity and purity of circulating fluids, which enable them to work their bodies and brains more severely, more constantly, with greater ease and facility, and with less “wear and tear,” than flesh-eaters can; and when fatigued by excessive exertion of body or mind, they will recover, by resting, in a much less period of time.

Extremes of heat and cold, and exposures to atmospheric vicissitudes, are better endured by vegetable-eaters. When in ordinary health, those who subsist on an exclusively vegetable diet are never very fat nor extremely lean. All the senses of the vegetable-eater—tasting, smelling, hearing, seeing, and feeling—are more healthfully acute, and less morbidly sensitive than are those of flesh-eaters. Bodily symmetry and personal beauty have always distinguished those who have subsisted mainly on vegetable food from those whose principal diet has been animal food, other circumstances being equal.

THE MEDICAL EVIDENCE.—That vegetable-eaters are not only less liable to epidemical and infectious diseases of all kinds, but much more easily cured of them, either by the efforts of nature or ordinary remedial means, is a fact pretty well established by the observations of medical men. Wounds, bruises, burns, and scalds, are also more easily and more perfectly cured. The united testimony of the English Vegetarian Societies, many of whose members have abstained from flesh for thirty or forty years, and some during their whole lives, is in favor of its superior healthfulness. The American Vegetarian Society, instituted in the city of New York in April, 1850, contains in its ranks old men who have for an ordinary lifetime enjoyed almost uninterrupted health, and several who have almost regenerated broken-down constitutions on an exclusively vegetable diet. The Bible Christians, of Philadelphia, who have adopted vegetable diet on religious convictions, have always, as a society, been remarkably exempt from epidemics, which have frequently prevailed around them. During the cholera seasons in New York—1832, 1834, and 1849—no persons whose habits of living approximated very nearly to the “Graham system” died of the disease; and no one who lived strictly according to his teachings had an attack. Missionaries and teachers have, within a few years, gone from the United States to the sickly parts of Africa, and by adopting an exclusively vegetable diet, escaped all the attacks of disease which others have experienced, and which are usually considered as incidental to the climate. The same is true of Northern men who, in removing or traveling through the Southern States, have adopted the vegetable system of diet.

But more striking, and, to many minds, more convincing evidence, is furnished in the numerous examples of chronic diseases and malignant ulcers, which have resisted all remedial agencies under a mixed diet, yet have been readily healed under a vegetable regimen. Dr. Lambe succeeded, in cases of cancer, scrofula, consumption, and other maladies which had progressed to the incurable stage, in arresting the ravages of the diseases, and protracting the period of life for many years, by a strict vegetable regimen, and the use of distilled water for drink. The celebrated Dr. Twichell, of New England, has recently cured himself of a malignant tumor of the eye, which has troubled him for ten years, and which had been once excised and once cauterized,

with but temporary benefit, by adopting a diet of bread and cream. I have now a patient under treatment for a tubercular affection of the lungs, who, two years ago, was afflicted with a foul and malignant ulcer of the cheek, deeply involving the upper maxillary bone. After trying the ordinary medication in vain, and submitting to the operations of cutting and cauterization without avail, the patient, against the remonstrances of friends and physicians, abandoned flesh-eating, after which the ulcer healed rapidly.

THE CHEMICAL EVIDENCE.—All the light which chemistry is able to throw on the subject of diet is in favor of vegetable food exclusively. Nothing is more common than for medical books and writers to tell us that animal food is more *nutritious*, more *concentrated*, and more *digestible* than vegetable. But these terms are generally employed without any very precise meaning. The truth is, some kinds of vegetable food, as the cereal grains, are more nutritive, pound for pound, than any kind of animal substance; other kinds, as fruits, and most esculent roots, are less nutritive. The term concentration has scarcely any meaning applied to animal food, for although some kinds of animal food are more nutritive than others, there is, except in the separation of the curdy and oily matters of milk from the watery part, no method known of separating the nutritious from the in-nutritious element; and such an invention, should it ever be produced, would tend powerfully to bring animal food into disuse. Some vegetables, and some kinds of fruit, digest, or rather *dissolve* in the stomach sooner than some kinds of animal food, but not as rapidly as other kinds; but the length of time necessary for the digestion of an article of food proves nothing for or against it.

If we determine the value of foods strictly by the rule of chemical analysis, according to the Liebig school, we shall find that good wheaten bread, rice and lentils, contain four times as much nutritive virtue as the best flesh-meat, while potatoes contain at least an equal amount. If we admit Liebig's theory of the combustion of carbon to sustain the animal temperature, we shall find abundance of carbon, and the best kind of carbon, in vegetable food. And if we accede to the doctrine of the *nitrogenous* and *non-nitrogenous* distinctions of alimentary principles, we find nitrogen supplied in nearly all kinds of vegetation, and an inexhaustible resource, in case of accidental scarcity in the vegetable kingdom, in the atmosphere which surrounds us.

THE EXPERIMENTAL EVIDENCE.—We have no account that Adam and Eve ever departed from the commandment of God in their dietetic habits; and, in the absence of all evidence to the contrary, we are bound to believe they were consistent vegetarians. Although the children of men went astray in an early period of the world's history, "by dipping their tongues in gore," and a large proportion of the human family has continued in the transgression ever since, yet there have been, at all times, men of superior intelligence and high-toned morality, who have rigidly abstained from flesh-eating. Among them we find poets, philosophers, and prophets, distinguished alike for "temperance in all

things," purity of life, rectitude of deportment, and length of years.

Pythagoras raised up a society of vegetarians 550 years before Christ. Josephus testifies that the Essenes, a sect of the ancient Jews, numbering several thousands, were long-lived because of their regular course of life and simplicity of diet, which Pliny tells us consisted of the fruit of the palm-tree. It is certain, however, that they were vegetarians after the Pythagorean philosophy. The Bramin priests, who are a very numerous sect, are all strict vegetarians. Sanchoniathan, a Phœnician historian, Hesiod, the Greek poet, Pythagoras, the philosopher, Herodotus, a celebrated ancient historian, Hippocrates, the father of medicine, Diodorus Siculus, the historian, Ovid, the poet, Ætianus, a Greek historian, and Pliny, the Roman naturalist, all testify that the primitive inhabitants of the earth subsisted on a vegetable diet alone.

Pliny, Plutarch, Galen, and Porphyry, testify to the good effect of vegetable diet in developing bodily vigor, and enabling men to bear hunger, thirst, heat or cold.

Among the modern names of distinguished individuals who have borne testimony in favor of vegetable diet as conducive to the highest physiological and psychological interests of man, derived from observation, reflection, and in most instances from personal experience, we may notice the celebrated Dr. Cheyne, of England; Sir John Sinclair, an eminent British surgeon; Dr. Cullen, of Edinburgh; Dr. R. Jackson and Gen. Elliot, of the British army; Sir William Temple; Professor Adam Ferguson; Rousseau; Newton; Dr. Whitlaw; Lord Bacon; Sir Richard Phillips; Howard, the philanthropist; Dr. Hufeland; Peter Gassendi, a famous French philosopher; Dr. Taylor; Dr. Abernethy; Lord Kames; Professor Dick; Shelley, the poet; Mr. Shillitoe; Rev. John Wesley; Lamartine; the Abbe Gallani; Benjamin Franklin; Dr. Muzzey, of Cincinnati; Dr. Jennings, of Oberlin; "Father Sewall," of Maine; Dr. S. Graham, of Northampton; Dr. Alcott, of West Newton; Rev. William Metcalf, of Philadelphia; Dr. James, of Wisconsin; Dr. Grindrod, author of *Bacchus*; O. S. Fowler, the phrenologist; and a host of others who could be named.

But all human experience, rightly apprehended, is in favor of vegetarianism. It is a fact which no intelligent historian will dispute, that the most robust and enduring laborers of all ages and countries ever have been, and still are, in the main, vegetable-eaters. The peasantry of England, Scotland, Ireland, Italy, Turkey, Greece, Germany, Switzerland, France; Spain, Portugal, Norway, Sweden, Denmark, Poland, and many parts of Russia, subsist principally, and many of them entirely, on vegetable food; and the finest specimens of health, strength, and activity are found among that portion of the peasantry of several of the above countries, who use no animal food at all. The greater portion of the inhabitants of Asia and Africa use but an insignificant trifle of animal food. The millions of Hindostan and China use so little animal food that it may be regarded as a seasoning rather than a substantial part of their diet. The Greek and Russian laborers, and the *lazzaroni* of Naples, subsist on a diet principally of coarse, farinaceous food, and they are as athletic

and powerful a race as can be found. The Irish immigrants, whose brawny arms and powerful sinews perform the hard work of excavating our canals and constructing our railroads, which our flesh-bred American laborers have not strength to do, have generally acquired good, vigorous constitutions on the coarse, vegetable, potato diet of the old country. The Georgians and Circassians, the natives of the Otaheite, Sandwich, and Pitcairn's Islands, the people of the Marquesas and Washington Islands, the Indians of Mexico, on the Tobacco, the Polish and Hungarian peasants from the Carpathian Mountains, the Spaniards of Rio Salado, in South America, and the Peruvians, subsist mostly on coarse, plain, vegetable food, and they are among the most beautiful as well as the most hardy and enduring people on earth. The slaves of Brazil, the laborers of Lagaira, the Moorish porters at Gibraltar, and the porters at Terceira and Smyrna, subsist on a spare, simple, vegetable diet, scarcely ever partaking of animal food; they possess a most powerful muscular development, and are able to carry burdens of from two hundred to eight hundred pounds.

A glance at those nations and tribes whose inhabitants subsist mostly on animal food, will set the argument in a stronger light by the contrast. The Laplanders, Ostiaks, Samoides, Tungooses, Burats, Kamtschatdales, and Esquimaux, in the north of Europe, Asia, and America; the inhabitants of Terra del Fuego, in Southern America; the people of Andeman's Island in the Pacific, the natives of New Holland and Van Dieman's Land, and the Calmuck Tartars, all possess a low, deformed, and demi-brutal organization; some of them are stunted and dwarfish, others are coarse, rough, and hideous. Their principal food is fish, flesh, and all kinds of animal fats and oils which they are able to use. It should be remarked, too, that the intellectual and moral constitution of these inferior races of men is as degraded and depraved as is their bodily organization.

But it will be readily admitted by most persons that a diet nearly all vegetable is better than a diet nearly all animal, while they will contend that a due admixture of animal and vegetable substances is the golden mean between the two extremes; and in support of this position we shall be referred to the well-fed of the Anglo-Saxon race, and particularly the better classes of Europe and America. But this objection is easily met. We have but to compare flesh-eating Englishmen, Irishmen, Scotchmen, Americans, etc., with vegetable-eating Englishmen, Irishmen, Scotchmen, Americans, etc., of the same class, and of the same general habits in other respects, and the problem is solved. The contrast ever has been, and I am fully persuaded ever will be, in favor of the superiority of an exclusively vegetable diet.

If, however, the past experience of the whole human family for six thousand years, and the coincident testimony of all respectable scientific authors who have ever investigated the subject, is not satisfactory, we can furnish living, acting, moving, practicing demonstrations in the present tense. James Simpson, Esq., president of the English Vegetarian Society, stated at a public meeting held at Glasgow, June 17, 1851, that of the individuals belonging to the society, number-

ing between 600 and 700 adult members, 205 have abstained from all kinds of flesh for upward of ten years; 158 for more than twenty years; 91 for thirty years; 29 for forty years; and 85 have abstained the whole of their lives. These vegetarians belong indiscriminately to all trades and professions, and have, as a body, always a much higher and more uniform standard of health than flesh-eaters under similar general circumstances, and many of them have experienced a wonderful improvement in bodily vigor and mental vivacity.

But we have equally interesting facts in the United States. The American Vegetarian Society, though of more recent date and fewer numbers, has in its ranks full-grown men and women who have never tasted "flesh, fish, or fowl." Rev. Mr. Metcalfe, who is the corresponding secretary of the society, and also pastor of the Society of Bible Christians, who have adopted vegetarianism from religious motives, has practiced the vegetarian system for more than forty-one years, as has also his wife. In a late number of the Vegetarian Advocate he says: "We have raised a family of five children, none of whom have ever eaten flesh. They are all married to vegetarians; they all have children, none of whom have ever used animal food; they are healthy, vigorous, and intellectual." In this society there are now fifty-one persons who have never eaten flesh, nor tasted intoxicating drinks.

VACCINATION—ITS HISTORY,
NATURE AND EFFECTS.*

BY JOEL SHEW, M. D.

Although vaccinia, or cow-pox, is probably essentially the same disease as variola or small-pox, it has yet been customary in medical works to treat of it as a distinct malady. I have thought best, on the present occasion, to follow the plan usually adopted, although it would perhaps be more strictly accurate to treat of it under the general head of variola.

ANTIQUITY OF Cow-Pox.—The exemption from small-pox enjoyed by individuals who contract pustules or sores on their fingers and hands by milking cows which have a certain disease on their udders and teats, is a fact that has been more extensively known, from time immemorial, than the generality of authors and practitioners have supposed. Not only has evidence been adduced, satisfactorily proving that such fact was known to farmers and others having the management of cattle in the principal dairy counties of England; but that it had been remarked by the same class of persons in other countries, as the department of the Meuthe in France, various parts of Germany, Norway and Spain. In Ireland, the disease in the cow is called shinach, an expression derived from two Celtic words signifying udder and cow; and it is hence concluded that a knowledge of the complaint in that animal must have existed there from a period of high antiquity. Some facts, mentioned by Humboldt in his work on New Spain, leave no doubt that the inhabitants of the Andes have long been in possession of the same information as the

dairy farmers of England. Another fact, understood by this class of people, and received by them traditionally, is, that cows which have once had the disease do not suffer from it a second time.*

Cow-Pox in England.—This disease attracted attention in the county of Dorset, in England, about sixty or seventy years since, as a pustular eruption derived from infection, chiefly showing itself on the hands of milkers who had milked cows similarly disordered. It had been found to secure persons from the small-pox; and so extensive was the general opinion upon the subject, even at the time before us, that an inoculator who attempted to convey the small-pox to one who had been previously infected with the cow-pox, was treated with ridicule. A formal trial was made however, and it was found that no small-pox ensued. About the same time, a farmer of sagacity, of the name of Nash, duly attending to these facts, had the courage to attempt artificial inoculation on himself, and in the attempt is said to have succeeded completely. Similar facts and numerous examples of them were accordingly communicated to Sir George Baker, who, having engaged not long before in a most benevolent though highly troublesome controversy respecting the cause of the endemical colic of Devonshire, was unwilling, notwithstanding his triumph, to tread again the thorny paths of provincial etiology. Gloucestershire, however, another dairy county, had witnessed the same disease with similar consequences; and the same opinion generally prevailing in distant districts of both countries, afforded proof that the power thus ascribed to cow-pox was not wholly visionary.†

EARLY OPPOSITION TO VACCINATION.—In the earlier times of vaccination there was great opposition to the practice; nearly or quite as much probably as there had been previously to inoculation. Few men have had more opposition to contend with, or more obstacles to encounter, than Dr. Jenner had; and whatever may be said for or against the real merits of the practice, he no doubt was honest in his recommendation of it, and had to toil and suffer as much for opinion's sake as any benefactor the healing art has known. By those who opposed the practice, cases were published in which it was asserted that vaccinated persons became covered with hair, and even exhibited horns and tail; and that of a child was cited, whose natural disposition was so brutified by vaccination that it ran on all fours, bellowing like a bull; and Jenner himself was caricatured as riding on a cow.

Dr. Mosely, physician to the Chelsea Hospital and to the prime minister, was the great opponent of the practice in London. At a time when the strife was raging, the following lines appeared on the subject:

"Oh, Mosely! thy book nightly phantasies rousing,
Full oft makes me quake for my heart's dearest treasure;
For fancy in dreams oft presents them all browsing
On commons, just like little Nebuchadnezzar.
There, nibbling at thistle, stand Jim, Joe, and Mary,
On their foreheads, O, horrible! crumpled horns bad;
There Tom with his tail, and poor William all hairy,
Reclined in a corner, are chewing the cud."

*God's Study of Medicine.

†Evidence delivered before the House of Commons, 1821.

"Just the same fury," says Dr. Ellotsen, "was excited among medical men when vaccination was promulgated by Dr. Jenner that had been excited when inoculation was first made known to them. It was said that it was taking the power out of God's hand; that God gave us the small-pox, and that it was impious to interrupt it by the cow-pox. When I was a boy I heard people say that it was an irreligious practice, for it was taking the power out of God's hand; forgetting that it was merely using that power which God had given to us. Sermons were preached for it, and against it; and hand-bills were stuck about the streets. I recollect seeing it stated in a hand-bill, that a person who was inoculated for the cow-pox, had horns growing in consequence of it. Many were said to have died of mortification produced by this practice. One of the surgeons at St. Thomas' Hospital, there being no clinical lectures then, used to give gratuitous lectures against the cow-pox, in which he advised the students not to resort to such a practice. He was interred in London; and, by his direction, a tablet was erected to his memory, on which was inscribed the fact that he was all his life strongly opposed to cow-pocking. His rancor did not cease even with his death. It appears that a great want of candor and of principle was manifested, and that an account was forged, setting forth a number of deaths as having arisen from the disease."

Thus the matter rested for a time. Dr. Jenner lived, however, to see his doctrines become generally respected. He died at length suddenly, of apoplexy, on the 26th of January, 1823; and the last words which he uttered were, "I do not marvel that men are grateful to me; but I am surprised that they do not feel gratitude to God for making me a medium of good." On his monument the following lines are engraven:

"Within this tomb hath found a resting-place,
The great physician of the human race—
Immortal Jenner! whose gigantic mind
Brought life and health to more than half mankind.
Let rescued infancy his worth proclaim,
And lisp out blessings on his honored name!
And radiant beauty drop her saddest tear,
For beauty's truest, truest friend lies here."

PHENOMENA OF NATURAL Cow-Pox.—In the natural form of cow-pox, as it is received from milking or handling a diseased animal, the vesicles, which are more or less numerous, appear on the hands or whatever parts have been in contact with the affected part of the animal. The eruption is of a blueish tint; the fluid is at first limpid; afterwards opaque and purulent; and often there is enlargement of the axillary glands (in the armpits), and considerable fever.

In cow-pox, the fever comes on with the usual symptoms of languor, pain in the head, loins and limbs, accompanied by chills and heat, a quick pulse, and sometimes with vomiting. Delirium sometimes occurs in consequence of the head being affected; and this may continue even after the before mentioned symptoms have passed off. At about the seventh day the fever abates. The vesicles which burst from distension, usually, in three or four days, heal slowly, and sometimes take on a phagedenic appearance. The fluid discharged from the sores is of a highly contagious nature; and it may be necessary, when having the disease, to

*From the manuscript of "The Management, Diseases and Accidents of Children."

guard against scratching any part, as in such case the matter, if applied to the scratched part, would be quite certain of becoming affected.

IDENTITY OF VACCINIA AND SMALL-POX.—That small-pox and cow-pox are essentially the same disease, modified only by the peculiarity of animal constitution, was the opinion of Dr. Jenner, to whom the world is indebted for the general diffusion of a knowledge concerning it. That the two diseases are essentially one and the same has been proved in modern times. It is found that if a cow be inoculated with the matter of small-pox taken from a human being, and then if matter taken from the same cow is introduced into another human subject, that is, one who has obtained a protection from the disease, the cow-pox is the result. The first successful experiment of this kind is said to have been accomplished by Dr. Sonderland, of Bremen, in Germany; and, from the accounts which appeared in the German journals of 1831, his mode consisted in fastening upon the backs of cows the woolen bed-clothes of small-pox patients who died with the disease in its most malignant forms. These experiments have been repeated, in different countries, with a similar result; as, for example, by Dr. Griva, chief of the vaccine establishment at Turin; by Dr. Basil Thiéle, of Kassen, in South Russia, and by Mr. Ceely, of Aylesbury, England. In Italy the experiment was tried on a large scale in 1829, when the alarm of epidemic small-pox induced the Piedmontese physicians to make trials of a variety of new stocks of lymph; but the result, according to Dr. Griva, was, "that no perceptible difference was to be traced between the aspect and progress of the old and the new, the primitive and the long humanized virus." Dr. Thiéle, in 1836, succeeded in the inoculation of a cow, by inserting the virus in the posterior part of the udder, where the animal could not lick it; and, from the disease thus produced, inoculation of several children was followed by vesicles having all the characters of the genuine vaccinia; but, as it is usual in all cases of vaccine lymph taken fresh from the cow, the constitutional symptoms were more than ordinarily severe.—

Two years, upwards of three thousand individuals were vaccinated with the virus that had been taken from this source.

VACCINATION.—In regard to the manner of performing the operation of vaccination, it has been observed, a variety of methods have been adopted. The one most in use among the physicians of this country is as follows:—"Scrape slightly the epidermis on the spot selected, with a moderately dull thumb lancet, until it removes a small amount of the cuticle, in the shape of a slight dust. As soon as the skin underneath becomes pink, or shows very minute points of blood, place a drop of the liquid from the pustule, or from the dried scab, softened and made liquid by water, upon it, and press it beneath the skin by three or four slight punctures with the point of the lancet, just deep enough to tint the matter with blood, but not so as to make the part bleed freely; then keep the arm exposed to the air until the matter dries or hardens. In order to guard against subsequent irritation, tie up the child's sleeve to the shoulder, or cover the spot operated on with a piece of fine linen."

Another method of vaccinating is to moisten a piece of fine thread with the matter of a pustule or scab, and, with a needle, draw it through a small portion of flesh pinched up for that purpose. A knot being upon one end of the thread, it will remain without difficulty in the place where it is inserted; and, if the system is capable of receiving the infection and the matter good, it will be found to take effect. Any mode that is found to answer the purpose may be adopted; and children at school have often succeeded in vaccinating each other simply by the use of a pin or needle which had been moistened with the matter from a pustule.

PRESERVATION OF VACCINE MATTER.—Where vaccination is depended upon, a knowledge of the means of obtaining and preserving good matter is an object of importance. Dr. Jenner was in the habit of receiving a drop of the matter, fresh from the pustule, in a little hollow of a square piece of glass, which was then covered by another piece, and both luted together to keep out the air. Some are in the habit of moistening the scab from the part vaccinated and pressing it firmly between two pieces of flat glass, in which condition it is said the matter may be kept for a considerable time. Another method of preserving the dried scab from the air, is to make a little hollow in a cake of beeswax, and then soften the surface of this and another cake by heat, or make them perfectly smooth, and after placing the scab in the hollow for its reception, press the two cakes together so as to form an air-tight box. In this simple way the matter has been kept for a number of months. The matter is also conveyed from one part of the country to another by mail; sometimes simply in the form of dry scab, and at others upon a small portion of a quill, the end of which has been moistened either in the liquid matter itself or by a solution of the scab, the latter having been moistened with water.

PHENOMENA OF ARTIFICIAL COW POX.—Dr. Good's description of the phenomena of cow-pox, when artificially introduced into the human organism, I shall here introduce:

"In the inoculated cow-pox, from genuine virus, the pathognomonic signs are the following:—vesicle single, confined to the puncture; cellulose; bluish brown in the middle; fluid clear and colorless to the last; concreting into a hard, dark-colored scab after the twelfth day. In propagating the disease from the inoculated vesicle, the fluid should be taken before the ninth day, and from as early a period as it can be obtained. After the ninth day it is usually so inactive as not to be depended upon.

If the fluid be not transparent it forms a decisive proof, either that it is spurious or imperfect. The puncture should be made as superficially as possible; for if much blood be drawn the fluid may become so diluted as to be rendered ineffectual, or may be entirely washed away.

"As small-pox by inoculation is uniformly a far milder disease, and accompanied with a smaller crop of pustules than when received naturally, cow-pox, by inoculation, undergoes a like change. There is sometimes a little increased quickness of pulse, and constitutional indisposition; and, in very rare instances, a few pustules have been

thrown forth around the areola, or even on the limbs; but, with these occasional exceptions, the eruption, as already noticed, is confined to the single vesicle produced by the puncture, and there is scarcely any perceptible fever.

"The general progress is as follows: The puncture disappears soon after the insertion of the lancet; but on the third day a minute inflamed spot becomes visible. This gradually increases in size, hardens, and produces a small circular tumor, slightly elevated above the level of the skin. About the sixth day the centre of the tumor shows a discolored speck, formed by the secretion of a minute quantity of fluid: the speck augments in size, and becomes a manifest vesicle; which continues to fill and to be distended until the tenth day; at which time it displays in perfection the peculiar features that distinguish it from the inoculated variolous pustule. Its shape is circular, sometimes a little oval; but the margin is always well defined, and never rough or jagged—the centre dips, instead of being polarized, and is less elevated than the circumference.

"About the eighth day, when the vesicle is completely formed, the disease exhibits something of a constitutional influence; the arm pit is painful, and there is perhaps a slight head-ache, shivering, lassitude, loss of appetite, and increase of pulse. These may continue, in a greater or less degree, for one or two days, but always subside spontaneously, without leaving any unpleasant consequence. During the general indisposition the vesicle in the arm becomes surrounded with a circular inflamed halo, or areola, about an inch, or an inch and a half in diameter; which is the pathognomonic proof of constitutional affections, how slightly soever the internal symptoms may show themselves. After this period, the fluid in the vesicle gradually dies off; the surrounding blush becomes fainter; and, in a day or two, dies away imperceptibly; so that it is seldom to be distinguished beyond the thirteenth day from inoculation. At this time the vesicle hardens into a thick scab, of a brown or mahogany color; and, if not separated antecedently by violence or accident, falls off spontaneously in about a fortnight; leaving the skin, beneath, perfectly sound and uninjured. The entire progress of the inoculation scarcely opens a door to any medical treatment whatever. No preparatory steps are called for, as in small-pox; and all that can be necessary is a dose or two of aperient medicine if the constitutional indisposition should be severe or troublesome."

ARE THE EFFECTS OF VACCINATION PERMANENT!—It has been a question of inquiry among writers on vaccination as to what influence time exerts upon the protective power of small-pox. In the early periods of vaccination, from 1800 to 1805, the practice of inoculating after vaccination had been performed, so as to test more fully its protective power, was carried to a great extent; and many thousands, we are told, were thus exposed to the variolous poison without suffering from it. Later, however, the experimental testing was wholly left off; so that very little is known concerning what would be the effect of inoculation at long periods from the time of vaccination. It has been believed by some that the protective power

of cow-pox lasts in the system for the space of seven years; but there is probably no distinct period in which it alone acts; the more time elapses, up to the age of twenty-five or thirty, the greater the liability to a failure of its prophylactic power, seems to be the only rule. It is believed, however, that small-pox, taken after vaccination, is very rare under eight years of age; so that its protective power, if this be true, may be considered as nearly perfect during this period of the child's life. About the ninth or tenth year cases of small-pox after vaccination seem to be more common; and still more so at about the age of puberty. From eighteen to twenty-five there is still greater liability to it. "With these facts before us," observes Dr. Ellotson, it is impossible to conceal the apparent conclusion that time lessens the power of resistance to the variolous germ." After the individual has arrived at from twenty-five to thirty years of age there seems to be less susceptibility to variola as life advances, both in cases where vaccination has been practiced and where it has not.

RE-VACCINATION.—With those who place dependence on vaccination as a protection against small-pox, it becomes a question of importance as to whether revaccination should ever be practiced; and if so, at what periods of time. The Germans are much in favor of the measure, while the French are somewhat divided in opinion on the subject. If vaccination is to be regarded as harmless in its operation, as many suppose it to be, there can be no reasonable objection to revaccination as often as it is desired. If the operation produces its normal effects the individual becomes protected, so far as the process can protect one; while, if it does not cause these effects, no harm is done to the constitution. Hence it has been regarded the best and safest rule to go by, to submit to vaccination all individuals who have not been vaccinated, even if they have had small-pox; to repeat the vaccination ten or twelve years after the first vaccination; and that if this revaccination should not prove successful it will be necessary to repeat it from year to year, until complete success shall follow. Hence it is, that if vaccination is depended on, *the oftener we vaccinate the better.*

SHOULD VACCINATION BE PRACTICED.—After all the recommendations that this practice has had for the last fifty years, there are yet those who entertain honest doubts as to whether it is, after all, on the whole, a benefit to the race. At any rate, the question, like all others, has two sides, both of which demand our most honest consideration. It is certainly true that vaccination does not merit the encomiums which its more early advocates put upon it; nor is it anything like capable of exterminating small-pox from the world, as was formerly maintained; but that it will, in a large proportion of cases, protect the system from variola, and that in those cases where it fails of this protection, it renders the disease a much milder one, no one will pretend to deny. The only question is, whether, *as a whole*, it is of benefit to mankind.

It is maintained that vaccination, while it affords a good degree of protection from variola, yet renders the system more liable to other diseases. It is affirmed also that other diseases are introduced into the system at the same time with the

cow-pox. Long continued and troublesome skin diseases appear to follow it, and in not a few cases, the child seems never to enjoy good health after it has been performed. I think any one who has any considerable practice among children in any great city, will be struck with the number of cases he will find of this kind by questioning parents on the subject. Very likely they will not themselves have noticed the fact; but he will find in numbers of cases, I am confident, the truth of my remarks.

Not only does vaccination cause subsequent unfavorable effects, but it sometimes endangers life at the time; and, in some instances, destroys the child. I have myself known most fearful convulsions to be brought on by it, and that in children apparently of the firmest health. It is no small thing that is capable, by its fermentation in the blood, to render the system proof against so terrible a poison as that of small-pox.

It has been held by some of the most ardent advocates of vaccination that the proportion of cases in which it fails as a prophylactic against small-pox, is not greater than that in which variola itself, having once passed through the system, fails in preventing a second attack. The burden of authority, however, appears to be against this conclusion. "From some cause or other, as yet unrevealed," says Dr. Eberle, "so many well attested cases of failure in the preventive power of vaccination have taken place, and so remarkable, of late years, has been the progressive increase of such cases, that the vaccine disease is no longer considered by practitioners a sufficient safeguard in every case from the variolous contagion." Dr. Gregory, referring to the same thing, observes: "This circumstance cannot be met by a reference to the fact, that small pox once gone through does not protect the subject from a second attack." "This author gives the total number of admissions into the small-pox hospital in the different years. In 1810, the proportion of cases of small-pox, after vaccination, to the whole number of admissions, was 1 in 30; in 1821, it was 1 in 4; in 1823, 1 in 3½. It is but just, however, to admit that this was the result of observations in one hospital only. Still there is the best reason for believing that the cases in which vaccination fails are becoming more and more common,

It is claimed also in favor of vaccination, that it is often found to cure other diseases. It has been believed on the part of some that certain skin diseases, affections of the eyes, and that tumors and glandular swellings have all been removed by the effect of the vaccine disease in the system. "Herpetic eruptions after vaccination" says one author, Dr. Eberle, "not unfrequently assume an appearance resembling that of vaccine pustule, and fade with the desiccation and falling off of the scab. Whooping cough is likewise said to have been arrested at the moment of the appearance of cow-pox; in other cases it has been said to have moderated the disease, and still others to abridge it. Now if these things are true, and there can be no reasonable doubt in regard to them, it is an important inquiry as to how such a result is brought about. If one disease is strong enough to kill another, is the system benefited thereby? Is it ever a wise practice to send one poison into the

system, to chase another out? May not the curing of an eruption upon the surface in this way be the same in effect as that of throwing it inward by external applications, a practice which is well known to be fraught with danger to the constitution? These are important questions; and it is my own belief, that any disease which is capable of swallowing up or destroying another, is more to be feared than the original one. There may be exceptions to the rule; but that this is a law of nature, I confidently believe. I would rather trust a child of my own with whooping-cough alone, than with that and vaccinia together. I would rather that an eruption upon the skin should be allowed to remain, than to have it removed by this disease; and, so of all the other affections referred to.

I have been for years so much a disbeliever in vaccination, that I would not be willing to have it practiced upon a child of my own. I did not, however, know that there was high authority even among the profession for doubting the utility of the practice, till the winter of 1850-51. At this time, Professor Bartlett, a very candid and able man, and lecturer at that time on the Theory and Practice of Medicine in the University of New York, quoted, in his remarks on the causes of pulmonary consumption, on the authority of two French writers, Barthez and Rillett, the following facts in regard to vaccination: In 208 children that had been vaccinated, 138 died of tubercular consumption, and 70 of other maladies. In 95 that were not vaccinated, 30 only died of tubercular consumption, and 65 of other diseases. The circumstances connected with the two classes—the vaccinated and the unvaccinated were as nearly as could be the same. Professor Bartlett did not himself, in consideration of these facts, venture an opinion as to the propriety or non-propriety of vaccination, but would simply be understood as referring to them as matters worthy of serious consideration.

In closing my remarks on this very important subject, I would say that I am now as much as ever opposed to the practice of vaccination. I may be mistaken in my opinions, and may act more from belief than reason; still, I do not wish to conceal my prejudice against the practice. I admit that vaccination is capable, when properly performed, of generally preventing the small-pox; and that in those cases where the disease does appear after vaccination, it is rendered generally much milder and safer by it. But that the system is rendered more liable to other diseases, and especially to that most destructive of all human maladies, pulmonary consumption, by vaccination, there is abundant reason for believing. At any rate I am not willing that any child of my own should be submitted to the process.

For the instruction of those who have confidence in the opinions of that great and good man, VINCENT PRESSNITZ, I would remark that I conversed with him at different times on this subject, and that he is most decided in his opposition to vaccination. Having been badly marked by small-pox before he had commenced the practice of Water Cure, as may be supposed he has given a good share of attention to the subject. He has very often had occasion to treat the disease; and after all the

vast amount of experience he has had in the healing art he is in no one thing more strenuous than in his objection to vaccination. He holds that it is wrong in any way to poison the system, and that cow-pox renders it so much more liable to take other diseases, that it is far better to avoid vaccination altogether.

I close my remarks by saying, that I regard this whole matter of great moment and responsibility. I choose my own way and wish others to be as free in choosing their's. If I should ever change my opinion in regard to vaccination, I will most gladly promulgate it to the world.

Water Cure Institution,
Corner Twelfth street and University Place.

A LETTER

FROM J. C. JACKSON, M. D.

T. W. BROWN, Editor Cayuga Chief, Auburn,	N. Y.
JOSEPH C. HATHAWAY,	Farmington, "
BENJAMIN P. JOY,	Ludlowville, "
P. B. PRINDLE, Esq.,	Norwich, "

GENTLEMEN:—You, with many other gentlemen and ladies from this and other States, and the Canadas, have been guests of mine, and have taken Hydropathic treatment at Glen Haven the past summer. At various times the request has been made by yourselves or others that I would address the public by letters or lectures, with especial reference to the mode of Hydropathic treatment and the obstacles that lie across its path. Now, gentlemen, in addressing you this letter, my object is two-fold. It is to show, as far as the use of your names will do it, that the Hydropathic treatment of disease numbers among its friends men of high character for intelligence and philanthropy; and also to place before the readers of the Water-Cure Journal some considerations, bearing on the treatment of disease, worthy of regard.

There is nothing in human conduct more lacking in nobleness than the practice of judging of men's opinions in the light which enemies of such opinions proffer. Yet this is what the advocates of the Water-Treatment for disease are daily subjected to. The friends of the different medical schools, whether Allopathic, Homœopathic, Eclectic, or otherwise named, fall more or less into the error of taking for truth what the *leaders* of these several schools affirm to be the truth. Instead of looking at the matter themselves, they judge of us by hearsay, and accept of secondary testimony when our own is quite as easily obtainable and far more conclusive. It may be asked, is this not equally true of Water-Cure believers? I answer, no; and for these reasons:

1st. The believers in the superior applicability of water in the treatment of disease over other medical schools, have, as a general fact, tried the other systems, challenging the public confidence before they came to have faith in water. Their trial of Hydropathy, in most instances, has been a matter of decided desperation, generally ending in complete confidence. The old medical appliances had failed. Their practical inefficiency made them flee to Water-Treatment.

2d. Hydropathists, as a class, are persons whose tendencies of character are reformatory, and, from these tendencies, are disposed to look both sides of a question boldly in the face. From these two

considerations, they would be less likely to be blurred in vision. It is amusing to witness, at times, the crudity of opinions often expressed about Hydropathic treatment by persons one comes in contact with on steamboats, packet-boats, or in railway cars. They speak as though they knew the matter entirely, yet are utterly ignorant of all that appertains to it. Thoughtlessly, such retail the coarsest fiction for simple truth. To be just to those with whom we differ, is a lesson hard to learn. To be patient under injustice, is yet harder to learn. Our highest hope of securing the public confidence is in curing the sick who commit themselves to our care; and it is but just to ourselves, who are physicians, and just to the characters of those who sustain us, that the obstacles in our way should be pointed out.

HOME TREATMENT.

It may occasion surprise that I place this among our obstacles to success. Nevertheless, I do; whilst, at the same time, I am in the habit of prescribing very extensively for those who do not visit and cannot visit Water establishments. By so doing I am able to do some good; giving them some instructions, so that they may avoid extremes. The tendency among the uninitiated is to use water *too cold*, and to apply it *too severely*. In diseases of chronic form, injury not easily overcome is often done. A large share of cases applying to me are of long standing; have been treated by various medical men; have failed in search of health, and apply to me as a last resort. They need the most judicious treatment and the kindest care. They demand, for success, the appliances of an *Establishment*. In many cases, at *home* they can have neither of them. Yet, as they cannot find time or means, and, in some cases, the physical strength to go to a Water-Cure, I have felt impelled to do for them what I could where they were. I do not wish, by so doing, to be understood as favoring the idea that *chronic* disease of the human organism is a thing lightly to be meddled with, or to which it is safe for persons inexperienced to undertake to apply the Water Treatment. Most all who apply to me for advice have attempted *self-application*, and in most instances, have inflicted decided injury on themselves. They have imagined that the *Water Treatment*, unlike other curative agencies, needed not intelligent appliance. They have supposed that to *hear* that Water Treatment could and did cure disease was all that was needed to make them *experts* in the mode. It has been only under a conviction of their mistake that such as have written to me, as a general fact, have been led to write. The Hydropathic school of medicine needs no less "thorough bred" men for its practitioners than other schools need. Water, foolishly applied, kills as quickly and easily as, appropriately applied, it cures. It does not follow that to use it successfully one must have spent time to as poor purpose as most medical students have spent it; or that a diploma is necessary. All that is needed is knowledge of the organism and its functions, the diseases to which it is subject, with appropriate appliances for treatment, and appropriate circumstances for the patient.

The probabilities are much greater, I admit, that HOME TREATMENT will succeed in cases of

acute character than when disease is chronic. It is obvious to the common observer why this should be so. The nature of the disease is much easier perceived, the amount or force of treatment is much greater, the time necessary to reach safe results much shorter, and, as a consequence, the patient can be much more easily kept to a prescribed course. Acute and chronic liver complaints are very different diseases to manage. Acute and chronic dyspepsy do not range in the same category as curable diseases. The former assume marked regularity; the latter are variable in their manifestations. Acute diseases are much less subject to external influences. They are sufficiently severe to bring the body into that state where, for the time, some of the laws which govern it are in operative. Chronic diseases are less imperious in their demands. A south wind will add greatly to the sufferings of an old dyspeptic. A man with acute dyspepsy knows nothing of changes of weather. Setting aside the question of *Home Treatment* for acute disease, I am certain, from the *nature* of the case, and the many unsuccessful attempts to treat chronic disease by home applications, that the Water-Cure philosophy suffers in the public esteem from these attempts. Till a far greater degree of intelligence exists, good physicians will be needed in cases of acute disease, and Water-Cure institutions will be always needed in cases of disease of long standing.

WATER.

AN additional obstacle to the making Water-Cure treatment of value in the eyes of spectators, is the failure consequent on the use of poor water. Hard water, such as is found in extensive portions of the country, is *unfit* for Hydropathic purposes. All who use it habitually, know its want of power to cleanse the skin of foreign matter that may adhere to it, without the use of strong soaps, unless friction is used to that degree that irritation of the skin ensues. All know that under constant use it will fret the skin till cracking and chapping take place; and in cases where under its use cutaneous crisis comes, such crisis shows the skin in a scaly, ragged, salt-rheumish appearance. If this is the state to which the frequent use of hard water reduces the external skin, which by its liability to exposure is adapted to resist injuries, what shall be said of the internal skin, the delicate membrane lining the internal surface of all the cavities in the body?

In many cases it acts as a great irritant, the particles of mineral substance which it may contain cutting the membrane like sand, the membrane of the eye-lid; in others, being deposited in the form of calculi, to the distress, and oftentimes danger, of the persons using it. Many suffer *untold* suffering—some die from its use. Does any ask "what shall be done?" and does not the fact that so large an area of earth is supplied with *hard* water prove conclusively that Providence never intended Water-Cure as the natural mode of curing disease, if *hard* water is as *unfit* as you say it is?"

I answer, "no more than the same fact indicates that people should never wash their clothing." Those who can manage to get water to wash with, can manage to get, with little additional trouble,

water which is fit to drink. Rain water can be easily filtered, if those who drink water choose to take the trouble. But whilst tea and coffee are the common beverages, little pains will be taken in the matter of having *pure* water.

TIME

Another obstacle in the way of success is the very *crude* notion that most people have of the time necessary to take treatment in order to recover health. They forget, if they know, that Nature cannot be expected to heal breaches as readily as her children can make them. That only an instant is needed to break a bone, but that weeks are required to repair the injury. That one may, in half a day, color the skin of the whitest arm so brown under exposure to the sun's rays, as to take weeks to whiten it again. They forget that Nature takes *taints* suddenly, but struggles long to expel them; that one can inhale miasma in a moment that will cost weeks of skill and effort to eradicate. Now, such persons expect to be years living down all healthful enactments which God has thrown around their physical systems as grand safeguards; yet, having prostrated their powers, and tasked the skill of the drug doctors to the utmost, and in vain, they come to us and ask us to cure them in a few weeks. As a humble member of the Water-Cure brotherhood, I possess no such magical power, and I therefore set up no such claim. I am the child, the pupil of *Nature*. What *she* cannot do, I cannot do: I am not above *her*. She is God's vicegerent; and where she is powerless I have no strength. It may be convenient to play the *Quack*, but I have no wish to do it. The skill I possess, if I possess it, lies in seizing the indications which Nature gives, and combining them, so as to learn her deliberate voice, and then follow her. One person I may be able to restore in half the time that I can another, and the reason is, that in one case the natural forces are less prostrated than in the other. To lessen the expectations of those who apply to him for help is not a pleasant task for a physician; but it is less unpleasant than to hold out *false* hopes. Those who wish me to doctor them must pardon me for telling them the truth.

Now, as far as my experience has gone, it has shown me the utter ignorance, on this point, of most of those who come to Glen Haven. They come without intelligent action. Is it wonderful that they should go away unsatisfied? You, gentlemen, can bear me witness that in the direction alluded to I probably have had as little cause to complain as any Hydropathic physician in the Union, and yet yourselves have seen the truth of what I state above. On this point people need to be taught that, after having paid small fortunes to drug doctors to make them sick, we, Hydropathists, are not powerful to cast out their disease by a *few* baths. I know a very great temptation puts itself in the way of a physician to keep back his true judgment—to encourage his new comer with brilliant hopes of speedy success; but thorough manliness ought to guide him safely by all such assaults, and sustain him in telling his patient the truth.

But this is not all of difficulty having reference to *time*. The period which a guest in a cure in-

tends to stay is often one of discontented, instead of quiet and sedate conduct. This grows, not out of faultiness on the part of the conductors of the institution, but out of the habit which persons long sick acquire of being dissatisfied with any arrangements which involve precision and stability, and also from the excitability or irritability which the treatment awakens in their systems. It is of little use to undertake the Water-Cure processes unless there can accompany them such condition of the nervous forces as the state of the case demands; for all we do in the way of giving our guests health, we are dependent on the *nervous* system. That shattered, it is useless to think of having proper digestion, circulation, nutrition, or secretion.

If, from any cause, undue excitement takes place, and the brain expends its power in a direction not indicated by the disease, the patient is in the ratio of such expenditure injured; or, if not injured, debilitated, and the period of health deferred. I have had two or three instances of this kind, which an allusion to will illustrate.

I had for a patient a lady; she had liver-complaint, dyspepsy and slight prolapsus. She had tried the doctors; had tried also the Water-Cure, and came to me despairingly. I consented to take her, but told her plainly she would need six months of rigid, steady treatment. I explained to her that she had not better commence unless she could settle the question that she could stay. In about two months I saw symptoms of crisis, and entreated her to keep quiet in mind, as it was of great importance that all her nervous energy should be at command at a moment's notice. She got a letter from her husband; it stated some untoward occurrence of little consequence, and it disturbed her. She grew anxious, excited, alarmed, and in two days all symptoms of critical action had vanished, and she was where she will not get out of it soon. I sent for her husband and he came and took her away.

I had a gentleman who, after seven weeks' treatment, began to have boils. Not less than six were under rapid progress to a suppurating point, and incipient ones to the number of thirty. His was a desperate case. I had expended a great deal of thought and labor on it; was succeeding in it admirably; he received a letter that he had lost a horse; he worried about it, laid awake nights, made it the subject of talk, and in twenty-four hours his boils began to exhibit symptoms of indolence, and at last all died—mere abortions. The man went home to see his dead horse, and is himself dead now. No insuperable obstacle stood in his way of recovering full health.

I could adduce many instances of similar character, but those quoted will show what I wish to show—that persons visiting a Water-Cure institution need to understand two things.

1st. That, as far as in them lies, they should make all their arrangements so as to have no unpleasanties to reach them while under treatment.

2d. That if these do come and cannot be controlled, it is of little use, whilst they exist, to take treatment expecting to receive benefit. One cannot have all his vital force going in opposite directions at the same time. If I am trying to dislodge morbid material from the lungs, liver, stomach, kidneys or intestines, my skill lies in

having the nervous force to use, and knowing how to use it. But if my patient, as fast as his brain can generate it, will expend it in real or fancied griefs; if business, or love, or religion, or literature, absorbs it, I am not to blame if my patient makes no progress. I am no God to perform miracles. I have no creative power as a doctor. The capital that my guest furnishes me at the entrance into my CURE is *all* that I can, under the most favorable circumstances, command for his benefit. When part of this is foolishly spent by himself, I am doubly absolved from the responsibility of curing him. I have frequently known patients to imagine they were not doing well, and worry about it till such nervous excitability was created as to render it impossible for them to do well. Of course they would put the blame, like a foundling child, at the door of the doctor.

Let me say, gentlemen, at this point, that I am not cognizant of any mode of administering the Water-Treatment which will insure recovery from chronic disease without throwing the organism of the patient into great excitement. The degree of excitement will vary, of course, in different cases. This the patient does not understand, or, understanding it, holds it as an abstraction, which has no force over him as soon as it becomes a *reality*. The moment the processes take hold of him and work their legitimate effect, that moment he considers himself *worse*, and thinks the doctor does not understand *his* case. Yet, so uniform is this effect, under judicious treatment, that it is one of the clearest signs of success to the physician. Just at this point in the management of their cases, I venture the assertion, that a majority of the Water-Cure physicians find it necessary to hold a steady and strong moral influence at play on their patients, or they would quit their institutions. In some instances, patients quit cures to avoid crises. I have had one such case. The patient was a gentleman—a man of courage and great resource. He sought my skill at the advice and recommendation of one of the most distinguished eclectic physicians in the United States. His disease had baffled the skill of the most celebrated Allopathists of New York and Philadelphia. I took the case under treatment cautiously. I felt a sort of intuition that I could cure him. I was glad to take the case. Hard I knew it was; yet, after a long and labored examination, I gave my consent, with good heart, to try. He stayed contentedly till I brought incipient critical action upon him; and then, avowing that he felt that he should be very sick if he continued the treatment, he left. Now, I allude to these cases to show that the want of courage, or the want of contentment, deprives the patient of the very object sought; and that the on-looker, instead of blaming the doctor, should plant the blame in soil appropriate to its growth. That physicians misjudge cases, no sane man will attempt to deny. But I make fearlessly the assertion, that in cases of failure under Hydropathic treatment, the blame oftener is justly chargeable to the patient than to his physician.

HABITS.

Formidable are the influences antagonistic to health found oft-times in the habits of those seeking relief at a Water-Cure. Let me enumerate a few of them:

First in the list is the use of *tobacco*. This is a very great evil. In some cases I cannot cure disease unless it is abandoned. I make it a rule where one puts himself under my care to be cured, to insist on its abandonment. But at times so great is the control that the narcotic has gained over the nervous system, that *immediate* total abstinence induces complete prostration, and the patient takes to his bed. In some cases, therefore, I find the gradual deprivation to be the best course to pursue. It is a terrible habit, and sends annually more victims to untimely graves than alcohol.

2D. TEA AND COFFEE. These are innocent beverages in the esteem of most people. Most people in the matter *know* but little; and *most people* think that it is an easy matter to give up their use after years of uninterrupted gratification. Trial tests their courage, and, in many instances, proves them to be *slaves*. It is not uncommon to have persons come to the Glen who make the stoutest affirmations of their ability to give up tea and coffee, yet go to bed with the sick headache within three days after ceasing to drink them.

3D. FOOD. The American people are a gluttonous people. Their habits are blame-worthy. They eat rapidly, and too much, and in too great variety for *health*. They think more, talk more, and dream oftener of what they shall eat, than of any other human want. Eating is living, and *nothing else is*. They abuse the stomach worse by far than any other organ of the body; and when at last, like an overloaded and tired camel, it gives out, unable to suffer its abuse longer, they complain. To eat slowly, masticating the food well; to eat less than the stomach can possibly digest; to eat at distant intervals, giving the stomach time to recover from the exhaustion consequent on digestion; to eat plainly cooked food, are suggestions which one might as well make to a Hottentot as to most Americans. They "*know that eating does n't hurt 'em.*" It is almost impossible for a medical man to prescribe an appropriate diet for his patients, and keep them to it, and have them stay in his cure. So attached are they to their dietetic gratifications, that one cannot raise a greater *bug-bear* with which to frighten one who thinks of trying a Hydropathic course, than to tell him that *HE WILL BE STARVED TO DEATH*. As the Duke of Clarence preferred death in a butt of Malmsey, so your *eater* would prefer to depart this life at a well-filled table.

Succinctly as I know how, I have endeavored, gentlemen, to state some of the difficulties in the path of Water-Cure physicians. There are others, perhaps as hard as these I have mentioned, which belong to the profession to remove; and which must be removed before the public confidence in drugs will give way to a better mode of curing the sick. Water-Cure physicians need to be high-minded men, free from cant and low cunning, manly in bearing, and ready to communicate. They need to be baptized into the spirit of the Redeemer; to catch his lofty philanthropy and his devout love of man. Their mission is noble, their work a great work. May they be found equal to it. I am, very respectfully, Your obedient servant,
JAS. C. JACKSON, M. D.

GOOD COUNSEL.

[We commend the following very sensible letter to the attention of our readers, writers, and the public. It is in every respect, such a letter as we like to read, and we sincerely believe it will please others.]

GENTLEMEN.—Permit a member of the "die-stuff fraternity" (as you call it,) to manifest an interest in the circulation of the W. C. Journal by presenting to your consideration a club of 20 subscribers, with the requisite X, as an agreeable accompaniment.

During a practice of several years my professional duties have been greatly interfered with through the influence of a prejudice against the use of water, as a remedial agent. To subvert that great evil in this portion of the earth, and by way of exercising a spirit of sympathy, that I have ever cherished in behalf of every object calculated to enhance the moral, mental, and physical conditions of the human race, I devoted a few hours to the agreeable employment of soliciting subscribers to your journal. The result is before you. *Only a few hours* were thus disposed of,—the thing took surprisingly; so much so, that I could not resist the conclusion that the people, "the dear people," were seriously thinking of a *wash all over in cold water*. Your valuable journal cannot fail to prepare the way for as free a use of the "great restorer" as Hydropathists and Hydro-druggists may desire to institute in their efforts to eradicate disease; which fact is a prominent reason for my anxiety relative to its universal circulation.

I might relate a highly interesting case, in which the writer was a prominent actor, during his student days (as we say), the result of which *made him up* an inflexible Hydro-druggist instead of a dry dock doctor; and during a practice of many years it has been his great aim to introduce a system of medical treatment in which water has held a conspicuous part. It is self-evident that the functions of the skin have been grossly neglected by a majority of medical men throughout the world; and that we are rapidly returning to the influence of a sound philosophy in relation to them, a change mainly effected by the ardent friends of Hydropathy, who advocate the exclusion of all remedial agents, save water, in their system of theory and practice. Whether the views of radical Hydropathists will eventually become the prominent views of the medical world, is a question for the future to settle, its uncertainty need not deter the friends of reform from contributing to those influences calculated to develop the merits and demerits connected with it.

The American people will investigate the claims of Hydropathy, and assign it a proper position in the class of earthly blessings. When justice is done, the heavens will not probably fall, nor the writer be one whit the poorer, in any respect, on account of that event; and that justice may be done, he will continue to "think, write, talk, and act," that upon the tablet of time there may soon be stamped—for the relief of human woes by water cure "the work is done." Until that happy era shall arrive, Hydropathists must consider "half a loaf better than no bread," and by kind-

ness and courtesy, expressed in their actions and communications, endeavor to secure to their cause a moral power that contempt and slander will assuredly find beyond their reach.

For the sentiments contained in many of their communications (read by your thirty thousand subscribers) touching the selfishness, moral honesty, of the medical profession at large, I have no sympathy; and protest against the use of such *unholy means* for building a cause, that Hydropathists call *divine*. Reformers must take public sentiment as they find it, and slowly bend men and things to their views, when they cannot be brought there at one bold stroke. A genteel "raking down" oftentimes corrects the faults of an individual; it may bring a blush upon the cheek, but when that has passed away, the impulse of truth rather than the confidence of ignorance, inspires the man. Then let sarcasm and wit, combined with stubborn facts, take the place of stern, humiliating charges of human depravity, to tumble down the temple of the "omnipotent regulars" (I use the Hydropathic vocabulary), that truth may prevail. If it would not be asking too great a favor, I desire you to republish "Directions in Water-Cure," and "Water-Cure Processes," found in vol. xi, no. 3. p. 71. My club are very anxious to possess them; these, or similar directions, should be found in each volume of the Water-Cure Journal.* You have other friends here who are procuring subscribers. You'll hear from these soon.

R. M. HILLS.

MIDDLETOWN, Butler Co. Ohio.

*It shall be published in the forthcoming Journal for 1852.
—[EDITORS.]

WOMAN'S WALK.—We clip the following from the *Oasis*, published in Nashua, N. H., and although a part of it has once appeared in the *Water-Cure Journal*, we think it will do to repeat:—

"GOOD.—We like a hearty, truthful expression of opinion, if it does bear rigorously upon popular usage. We have repeatedly given our opinion of the hot bed system of education. It has already sent an army of promising children to early graves, given a host of feeble young mothers to curse posterity, and destined thousands of bright intellects to a hopeless mediocrity. The following is extracted from the *Water-Cure Journal*, which we might cut oftener were it not the prettiest thing for binding in all the States:—

"And then the *walk* of American women is greatly deficient in gracefulness. It is half-way between a wriggle and a waddle. There is no poetry of motion in it. It is complete only in one thing—its unmitigated Yankeeism. It has one feature—directness. The entire posture indicates a determination to reach a point as quickly as possible. The head leans forward, the arms wrapped up in a shawl—for some sort of a shawl a woman will wear, even in August. The limbs stiff as stakes at the hips—the ankles rigid as if ankylosis had taken place—the feet placed in parallel lines to each other. *The knees do all the work.* Set her agoing, and she wriggles about the hips and waddles about the knees like a crane wading a drawn-off mill-pond. But what of all, this! If *Jemima Gaudiosa Arethusa* can only write and cipher to the rule of three, can parse—"I am a sinner saved by grace"—can read without bungling, thrum a piano, work *worsted cats and dogs*, she is on the high road to fame. No scholar beats her—and the ambitious parents are satisfied. *Ishaw!* I would infinitely prefer a daughter of mine under twelve years of age—if she could know but one—should know how to climb a peeled bass-wood, wrestle like an expert, and play ball like a gamester—than to "quip and quip" over mathematics, or the art of speaking and writing the English language correctly. The grammar such a girl wants is Nature's. The language she needs to learn is Nature's."

New-York, Dec. 1851.

OUR NEW PROSPECTUS FOR 1852.—With this number we present our friends and readers with our PROSPECTUS for a new volume of the WATER-CURE JOURNAL, with a view of facilitating the good work of obtaining new subscribers. We hope each PROSPECTUS will be returned to us, laden with the names of many old and new subscribers.

PRESENT SUBSCRIBERS are our main reliance. Those who KNOW the UTILITY of the Journal will work for it, and recommend it to their friends and neighbors, that they too may participate in its familiar teachings.

IT WILL BE OUR AIM, to adapt the Journal to the wants of "THE PEOPLE" EVERYWHERE. It is not, as some have supposed, designed for medical men only, but for ALL MEN and ALL WOMEN.

THE JANUARY NUMBER of the WATER-CURE JOURNAL will be sent to all present subscribers, which they will please circulate among the people—as a sample of what we intend to furnish during the year 1852.

ALL LETTERS, and other communications, relating in any way to this Journal, should, in all cases, be post paid, and directed to the publishers as follows:

FOWLERS AND WELLS,
No. 131 NASSAU ST., NEW YORK.

DECEMBER NOTES.

BY R. T. TRALL, M. D.

LONGEVITY.—There are so many floating fallacies in the world, taught by mis-educated medical men, and echoed and reiterated all over the land by less learned yet more credulous laymen, that it is impossible to note and expose, or even name one half of them. It is sadly to be regretted that our agricultural periodicals, which teach so skillfully the ways of fattening beef and pork, and improving the breed of horses, were not more intelligent in relation to the subject of feeding the human animal for health's sake, and improving not only the running speed, but the *feeling* and *thinking* qualities of the *genus homo*. The October number of the "Belmont (O.) Farmer," gives us the following leader:—

"We hear a great deal said about longevity, produced by the use of water both internally and externally, and also by the use of vegetables as a diet. One might surmise, from the Hydropathic and Vegetarian tales constantly told, that man is not mortal; and were it not that common sense and experience occasionally lift the veil and reveal to us the fallacy, we should have to believe it from the strength of the testimony. Who has not heard of the celebrated 'Graham system,' that guaranteed an immortality far beyond the term of threescore and ten? What has been the result? 'Died at Northampton, on Wednesday night, Dr. Sylvester Graham, aged about 50 years.'

"Unfortunate as the world renowned theosophist, Paracelsus, who died at the age of 48, with a phial in his pocket as some say, of the elixir-vitæ that he had invented, and that was to make a man live to the age of 160 years certain, and perhaps to the end of the world. There can be no doubt that Dr. Graham wrote sensibly on the Science of Life, and laid down rules very well adapted to some constitutions. His error consisted in making a one standard of diet for the whole human race, when Nature was perpetually telling him that every man varied in organization, and, of a consequence, to keep up that organization various kinds of food must be used. Black Rachel, who died in this town a few years ago, at the age of 112, and who told us that she was never particular in her diet—

that she ate whatever came to hand, is an evidence of the foolishness of a one system. The Tartars who live on raw meat, mostly on horse flesh, drink milk and blood, and laugh at Europeans for eating bread, which they call tops of weeds and horse meat, not fit for men, (so says Burton in his Anatomy of Melancholy,) live to 100 years and upwards. Other nations live altogether on vegetables, and attain an old age. Hippocrates tells us what he thinks of it, in 1 Aph. 5, 'They more offend in too sparing diet, and are worse damaged, than they that feed liberally, and are ready to surfeit.' The whole amount of it is, that every constitution requires a different diet, and one that must be adapted to the system—flesh for one, vegetables for another, and a mixed diet for a third; all of which is only to be ascertained by *experience*. Tiberius the Roman Emperor laughed at men thirty years of age, that asked advice of others concerning diet. We might all laugh. At any rate there would be cause enough."

So, then, Mr. Farmer, the "whole amount of it" is settled. We fear, indeed we *know*, that you have never investigated the premises from which either one of your inferences is drawn. Sylvester Graham did not die at 50 as the result of the "Graham system." He died in his 58th year as the result of an original feeble constitution, severe indisposition in early life, excessive labor during the middle period of life, and many deviations from the system he so ably advocated in all periods of life. It is painful, sickening, disgusting, and discreditable to human nature, to read the many vulgar and libellous attacks which have been made upon the ashes of Mr. Graham, since his body was laid in the grave. One newspaper, in announcing his death, gave his departed spirit as thorough a blackguarding as its editor could have done his visible presence, had he met him face to face in the street. And why all this? Simply because Sylvester Graham believed, and in part practiced, as thousands of others have, from the days of Adam to the year 1851, that man was naturally a frugivorous or fruit-eating animal.

But our Belmont Farmer informs us that no two men have constitutions alike, and each requires something peculiar in the way of diet. So far as man's artificial habits are concerned, this may be true; but nature says no such thing. How is it that all oxen, cows, horses, sheep, &c., eat and do well on the same food? Why does not one horse or one sheep have a different constitution, and require different food from another? As to the Tartars, who eat all sorts of animal carcasses, and drink blood with their milk, we are very sure if the Farmer were conversant with the history of those hideously depraved and sensual creatures, and familiar with the Bible doctrine on the subject of eating or drinking blood, he would be ashamed of this part of his argument at least. As to the experience, it is not worth a rye-straw. A man's experience tells him what he likes best, and this is always what his appetites have been most accustomed to; not what is best for him.

APPLES FOR HUMAN FOOD.—The "Working Farmer" gives us the following commentary on the general subject of fruit-eating:—

"While we freely acknowledge that all flesh is grass, still we cannot adopt the entire doctrine put forth in the Water-Cure Journal. Give us a fair proportion of animal food and uncooked apples before breakfast, with cooked apples when you please, and we are content.

"Many persons cannot digest apples eaten after meals or at night, but we have never found an instance of ripe fruits eaten early in the morning proving indigestible.

"An old Spanish proverb says, that 'fruit is gold in the morning, silver at noon, and lead at night,' and we fully believe the simile to be just.

"In Cuba and the other West India islands, fruits are eaten with impunity at or before breakfast, but seldom, if ever, at any other time of the day. Let those who doubt this theory try the experiment, and they will be convinced of its truth. Nothing can be more delightful than to eat strawberries and other ripe fruits, fresh from the vines or trees, before sunrise; at that time their aroma is doubly great, the palate is keenly sensitive of their more delicate flavors, and the digestive organs, which are more active during the night, have prepared themselves for their office. If, however, fruits be eaten after other condiments, they remain in the stomach and bowels too long before undergoing the necessary changes, and hence indigestion ensues."

If any of the readers of the above paper should take it as their "guide to health," they would be misled in nearly a dozen particulars in this one article. 1st. "Animal food and uncooked apples before breakfast." Any meal or lunch *before* breakfast is certainly wrong. 2d. "Cooked apples when you please." They should only be eaten at meal-times. 3d. The Spanish proverb is true only as relates to artificial habits. Consistent vegetarians can eat fruit with equal comfort and healthfulness at either meal. 4th. A mistake as to Cuba in point of fact. 5th. Those who live in the ordinary way, live badly; and the effect of their experience proves nothing only as to their own feelings. 6th. Eating strawberries before breakfast is wrong *again*. The fruit would probably *keep* until it could be carried into the house and eaten with the regular breakfast. 7th. "The digestive organs are more active during the night." A very egregious oversight; the digestive organs are more active in the morning because they have *rested over night*. 8th. Fruits do not occasion indigestion because they remain too long in the stomach; but because they are eaten at improper times, or of improper quantities or qualities. 9th. "If fruits be eaten after *other* condiments." Fruits are not condiments in any sense; they are *food*, &c.

DR. MOTT, JR., ON THE PATHIES.—Most unquestionably that medical professor of allopathy, who should deliver himself of an inaugural or introductory, in any of our regular and legally regulated medical schools, without giving all the other pathies a regular doctoring "with intent to kill," would be in danger of having his chair slip from under him. We have looked over several of these addresses for the present doctor-making season; and find we "catch it," in every instance. The last effort of this kind we have noticed, is that of Valentine Mott, Jr.—son of the celebrated surgeon, Valentine Mott, of this city—which occurred at the Commencement of the Medical Department of the Washington University. Young Dr. Mott has received the appointment of Professor of Surgery, and in his opening, after "cutting a flourish" over the modern facilities for cutting and slashing scientifically, points his scalpel towards us, and undertakes to dissect subjects which do not belong to his class. It is not only *chirurgical* but *witty*: "Since the discovery of the anæsthetic properties of that great blessing to humanity, chloroform, and

ether, operations have become more numerous; not that the necessity is more frequent, but the knowledge of this agent has had a tendency to cause the patient to give a willing and often incautious consent, to perhaps an unjustifiable operation. If, then, it is your determination to become surgeons, ground yourselves in this most important branch; and as the means are abundant, benefit by them, and you will reap a harvest of success. Be not carried away by any of the idle pathies of the day, whether it be hydropathy, or homœopathy, for a man who would consent to trifle with human life, when menaced by disease, with sugar plums or cold water, is no better than the man who did not throw you into the water, but who, by his pretence of succor, allows you to be drowned."

It is not to be supposed *a priori*, that this same Dr. Mott would use chloroform to make a patient give a "willing and incautious consent" to perhaps an unjustifiable operation. But we recollect an anecdote. A case was reported for, and published in the Boston Medical and Surgical Journal, in which a patient consulted Valentine Mott, Jr., M. D., for a periodical headache. The patient was cured by a surgical operation! He was put under the influence of chloroform, and the Professor then *cut open his neck and tied the carotid artery!* Think of such a magnificent cure for so insignificant an ailment, and wonder no longer that the Professor is "down on hydropathy;" for this would have cured his patient with a "pack" or two, and so spoiled the opportunity for a grand scientific achievement!

STONE AND GRAVEL.

BY T. L. NICHOLS, M. D.

Calculous diseases are among the most frequent, distressing and incurable of all chronic ailments. The term calculus is applied to any solid or unorganized concretions found in the human body, and such concretions have been found in nearly all its mucous cavities and passages; in the tearducts, the mouth (tartar), tonsils, salivary ducts, stomach, intestines, biliary passages, bronchi, urinary canals, bladder, &c. Earthy concretions have also been found in the brain, and commonly surround bullets or foreign bodies imbedded in the system.

We shall direct our attention specially to the urinary calculi, as found in the kidneys and bladder. These are found by chemical analysis, to contain uric acid, urate of ammonia, urate of soda, phosphate of lime, ammonia, phosphate of magnesia, carbonate of lime, silica, cystic acid, xanthic acid, coloring matter of urine, purpurate of ammonia, fibrin, mucus, urea, more or less of these are found mixed together. I give this long, and to many readers, incomprehensible list, for a reason which will soon become apparent.

The urine is a liquid secreted from the blood by the kidneys. It consists of the surplus water of the blood, holding in solution effete, or waste, or foreign matters, from which it is needful that the blood should be purified. The quantity of water varies according to the amount drunk or taken with food, and the activity of the function of perspiration. In warm weather, when we perspire much, the quantity of the urine is diminished; in cold weather, when the skin is constricted, the urine is increased; but the difference is mainly in the proportion of water, and not in the matters

it holds in solution. These matters are urea, uric acid, lactic acid, the sulphates and phosphates of potash, soda, ammonia, and many others, regular and occasional.

Where do these substances come from? From two sources; the food we eat, and the destruction of animal tissues, which takes place in every act of our lives. If we move, there is a destruction of muscular substance, and a formation of urea, ammonia, &c. If we think, there is a destruction of brain. This waste is repaired by nutrition, and the waste matter must be carried out of the system by various excretories.

When certain substances in the urine are in excess, or when they come in contact with other substances having for them particular affinities, they are liable to be precipitated in a solid form, making gravel; or, if united in larger masses, stone. When there is any substance to form the nucleus of accretion, as a clot of blood, membrane, any solid substance in the bladder, the formation of stone is favored and expedited; but it is plain that an atom of gravel may be itself the nucleus of such a formation.

The most common form of calculus is that denominated the *uric* or lithic acid calculus, consisting of urea, combined with some free acid, with the usual addition of ammonia. The urate of ammonia requires a certain amount of water to dissolve it; whenever it is in excess, it must be thrown down as a sediment. Excess of muriatic acid or acetic acid in the stomach, may be a cause of calculi. These calculi are probably first found in the kidney; when they have attained a certain size, they pass down the ureters, often producing great pain, and are then voided by the urethra or retained in the bladder and gradually enlarged. Some of these are more than one inch and a half in diameter, and they usually occur in children.

Next in frequency is the oxalate of lime calculus. It is called the mulberry calculus, from its rough shape, and dark brown color. There is one of these in the University of Glasgow, two inches in diameter.

Next to these are the phosphate of lime calculi. They are made of the same substance as the earthy portion of the bones, and sometimes grow to an enormous size, nearly filling the bladder.

The ammonia phosphate of magnesia calculi are also not unfrequent.

There are few persons, whose urine does not at some times deposit a gravelly sediment, which may be precipitated either in the pelvis of the kidneys, in the bladder, or in the vessel, in which the urine is kept, after its excretion. Calculi of a large size sometimes form in the kidney; but more frequently in the bladder. Women are less subject to the latter than men, one reason for which is supposed to be the shortness and dilatability of the female urethra favoring the excretion of gravel.

The passage of a large gravel through the ureters is often accompanied with nausea, vomiting, agonizing pains shooting down from the loin to the thigh: in men these may be retraction and inflammation of the testicle. The pulse is not affected, until a continuance of the irritation and pain produce inflammation and exhaustion. When the gravel is stopped in the ureter, that tube dilates

with the pressure of urine, until it may become nearly as large as the bladder. The suppression of urine throws the effete matter back into the blood, and the consequence is delirium, coma, death.

Once in the bladder, the stone is at first of little inconvenience; but as its size and weight increase, and its roughness, it becomes the occasion of irritation, sharp pain, stoppage of urine, and many distressing symptoms. After jolting or smart exercise, the urine is mixed with blood, from the injury to the mucous membrane of the bladder. Mucus is also poured out to envelop the stone and shield the containing organ. This may also impede the flow of urine. The agony of a fit of the stone is excruciating, and the bladder and all the surrounding parts are in a state of spasmodic action. It is related that two men have, in these agonies, cut stones from their own bladders.

I have no desire to prolong my description of the nature and effects of these terrible diseases; my chief object in this article being to give what I believe to be their causes, prevention, and cure.

The causes of gravel and stone I believe to be a flesh diet, dyspepsy and its causes, and hard water. A flesh diet seems to me, to be unquestionably the worst of these causes. The most frequent forms of calculi are those which come from an excess of urea. They occur oftenest in childhood, before the kidneys have learned to perform the additional labor of excreting the eaten flesh, in addition to the wasted matter of the tissues. Hard water and salt convey into the system a surplus of lime, soda, and magnesia. The free use of salt gives also a surplus of both soda and muriatic acid, which enter into the composition of calculi. A dyspeptic condition, from whatever cause, produces acids in the stomach, which pass off by the urine, and occasion gravelly precipitation. An unhealthy condition of the skin also throws these substances upon the kidneys. In a word, whatever can cause general disease may cause this particular form of it.

The preventive treatment extends to all these causes—a pure diet, soft water, and healthy conditions. A pure diet is one of farinaceous vegetables, esculents, and fruits, from which flesh is entirely, or, at least, in a great measure, excluded. Pure water may be had wherever rain falls, or by distillation; but fruits and the watery vegetables supply enough for the use of the system if but little salt be used. A healthy condition of the skin, exercise, and a good digestion, will insure against these diseases.

And in giving the preventive treatment, I have indicated nearly all that can be done when the disease exists. A spare, pure diet, healthy conditions, and a free use of pure, soft water, would suspend the formation of a calculus, and probably favor its resolution. The sitz bath, the compress over the bladder, and the wet sheet pack, would alleviate the worst symptoms of irritation, pain, and inflammation. In the extreme agonies of gravel and stone, I have seen a wet sheet of four thicknesses, dipped in ice water, wrapped around the patient, with immediate relief.

Where an operation is decided upon, the best possible preparation for it is a thorough course of Hydropathic treatment. The nerves are braced to bear the operation, and the system put in the best condition for a speedy recovery.

91 Clinton Place.

Miscellany.

GOOD-BYE—FARE-WELL—ADIEU.—How significant! When tried friends part to meet no more, and those solemn, severing words are heard, we are seriously impressed. The imagination wanders, and the future presents a changed aspect. Hope, fear, and fortitude, combined with our sympathies and affections, go forth with our parting words—"Adieu," "Fare-well," and "Good-bye." The vast extent of our country; the filling up and crowding out of the old homesteads; the new openings for new homes in distant places, where young and energetic men may plant counties, towns and cities, require them to bid adieu to the "home of their birth," and with an almost faltering resolution, utter those impressive, long-remembered words, "Good-bye." With what feelings must these words be spoken by aged parents, who realize the fact that "their days are numbered," and who have no expectation of ever again looking upon the faces of their much loved children. Then it is that these words—Good-bye—convey an inexpressible feeling, if not *overwhelming* anguish. Then it is that the dutiful son or daughter becomes impressed with the awful significance of a doting father's, or loving mother's, last "fare-well." It is at such a time, when a silent prayer goes up—"O God, protect my child," and, "May we meet again in Heaven," conscious of a last interview, the child, even at forty years, lingers, and reluctantly grasps for the last time the parental hand; and takes the last look at the familiar countenance, which has watched over his childhood and youth, and in the most profound devotion affectionately breathes, Good-bye.

The West! THE WEST! then drowns the cry, and forever on earth, parents and children are parted.

So, too, it is with all human kind. The benefactor secures a life-lease on the gratitude and affections of those whom he serves and benefits. While the recipient ever holds in grateful remembrance the one who confers on him even temporal blessings and happiness, and when they part, we always glory in the exhibition of a grateful spirit in the warm expression of a hearty "GOOD-BYE."

But how different those words from these: "How do you do?" always used on meeting old friends, and renewing an agreeable acquaintance. They may be less impressive, yet always more agreeable. The wife feels that she will never again say "good-bye" to her husband, and the feeling is mutual.

An attachment often springs up between an author and his reader, which ripens into a life-long friendship, bidding defiance to a serious or protracted "good-bye;" and the press is watched for each new issue, with an assurance that with it will come "a feast of reason, and a flow of soul."

Thus it has been, and is, with our readers, and with our friends. Though many of them are far away, we feel their presence and their sympathy. With each NEW YEAR, they present their hands (and hearts) through letters, which kindle in us the same feelings of thankfulness which they express, and beget a determination in us to strive still harder, and to labor more zealously to retain their friendship and approbation.

READER, we have now visited you regularly for twelve successive months. If our visits have been without advantage to you, however painful to us, we must exchange those usual parting words—"Adieu—good-bye—fare-well." But if, on the contrary, you choose to continue the acquaintance another year, you have only to signify your desire by writing a letter, and placing it in the hands of those whose duty it is to deliver the same to us, with these simple words—"How do you do?" to which we hereby promise to respond with a still heartier—"VERY WELL, THANK YOU. We are glad to meet you again."

FRIENDS, one and all, what say you? We hopefully await your coming. Shall it be a last farewell, or a generous responsive "How do you do?"

GOSSIP FROM BOSTON.

BY NOGGS.

DEAR GOSSIPS.—I am most happy to announce that the good cause of Hydropathy is still progressing, like "Iser rolling rapidly." Though at present the Homœopaths get a large share of the practice, as they are mostly Germans; and the Yankees, you know, are famous for patronizing anything foreign; and half of those who employ the Homœopaths, think there is not much difference between Hydro. and Homœ., especially as the Homœos. use more or less—generally less—water; and that their medicines "will do you no harm if they do you no good;" and it so happens that it is "quite the thing" to be Homœopathic. Hundreds in this city swallow daily the dear little pellets, simply because their fashionable acquaintances do; and would swallow, for the same reason, a leaden bullet!

Well, thank God for *small* favors, and take courage; the people are coming to their taste, and that's something. They no longer will swallow the nauseous drugs heretofore forced down their throats, and unhesitatingly avow their belief in the poisonous nature thereof.

This is certainly a great step; longer much than even the physicians, most of 'em, can take; and perhaps, on the whole, it is far enough for the mass of the people to take in the commencement of their march in medical reform. It is not to be expected that people will all at once come out of the darkness, in which a superstitious priesthood and an interested faculty have enveloped them.

But why the honest part of the "faculty" don't come out, I can't see; for they must know that it is wrong, wickedly wrong, to give these terrible poisons, under the vain pretense of curing a man.

The way the druggers account for their "cures" by medicines, is beautiful, very. Anything like a rational philosophy is not attempted now-a-days by the knowing ones, for the very simple reason they know of none it is possible to give.

The 'young 'uns' now and then attempt it, but they make sad work of it.

A patient in a neighboring city sent for a physician, not over young, or more verdant than the average, a few days since, who was complaining of indigestion. The 'Doctor' told him to "take brandy and hard crackers!" His wife, who was one of the women that don't swallow every thing just because somebody tells her to, inquired "how brandy was going to remedy the matter?" "Oh," said the Doctor, "it rouses up the action of the stomach, &c., and will make the digestive organs digest anything."

"I know that," said she, "but when you stop the medicine, won't the disease be as bad or worse than ever?" "Why, what a question that is," said the Doctor.

Well it was a question, and that's a fact.

"Why, ma'am, your husband has got torpidity of the liver and stomach, and if I give him something to remove that torpidity, don't I cure him?"

"You cure him for a time, I grant," said she, "but will he stay cured?"

"He won't stay cured forever, of course," said the M. D.

"Now, Doctor, tell me honestly," said the wife, "what is the cause of the present trouble in my husband's stomach and liver?"

"Why, over eating, and other violation of the laws of health."

"Well, then," persisted the woman, "it seems to me—to be sure I am not a physician,—that the true remedy would be in living right! instead of helping the stomach and liver to ruin the general health, by still farther violating the laws of being, even after they can no longer perform their accustomed functions."

"Well, well, ma'am, have your own way. I didn't come here to be insulted; and as you know so much more than I do, I'll bid you good morning." And off he went in a huff.

Now it 'seems to me,' too, that the woman had the 'rights o't.' The treatment was literally "lending aid and comfort to the enemy."

This woman's teetotalism led her into this combat with the doctor; and she remarked to me when speaking of this case, that she didn't think much of curing a man of dyspepsy by making him a drunkard. The remedy was worse than the disease, infinitely.

Would to God some kind of ism would make the women, and men, too, 'speak out' such nonsense as this; doctors would soon be banished. But somehow, people are afraid to say anything in opposition to the 'doctors;' and even feel under obligations to swallow about so much of their drugs annually, because "the doctors must live, they are so necessary!"

I know of one man, who was so dreadful healthy, he couldn't 'scare up' any kind of decent excuse for taking physio for a whole year! and who used always to dodge his family physician when he met him, if possible. One day the doctor caught him in the act, and asked him what he was dodging him for, he didn't owe him anything. "I know it," said he, "but the fact is, that not having been sick for more than a year, I felt ashamed to meet you!"

It is queer, ay, exceeding queer, what common sense was made for. It don't seem to be used by more than one in ten, especially in sickness.

A man in ——— came pretty near being shut up in the Lunatic Asylum the other day, just because he expressed publicly his belief in the absurdity of pouring liniments and lotions on a man's toe, while the cartwheel was upon it!

The majority of the world wouldn't think of removing the wheel 'till they had tried every thing else. So with physicians; they try all sorts of nauseous nonsense and poisonous potions, and then timidly suggest, that perhaps they would do better to leave off drinking spirits, tea and coffee, chewing tobacco, and eating too much, &c. And even, *when asked*, will let the patient wash all over in warm water!

But the patient's funds must be getting low when the doctor gets so far as this; or the doctor himself getting busy, and tired of seeing the same hopeless, god-forsaken countenance peeping from under the bed clothes; whose only hope is in pills and pukes, with powders to match; with a blister or two now and then just to give variety, and enliven a little!

But *nil desperandi*; that's Latin, gentle reader, the vernacular of which is, despair not, there is a good time coming, for I have seen it! When lancets will be beaten into water hooks, and physicians shall learn physio no more; but be what they ought to be, good, honest, and highly useful men, soothing the woes of men with wet sheets, and pointing out to them the folly of trying to get well while sinning.

OUR FASHION PLATES.—Since the publication of the AMERICAN AND FRENCH FASHIONS CONTRASTED, in the October number, many of our subscribers have expressed their unqualified preference for the *native* instead of the *foreign*, or imported, fashions.

Our editorial friends, also, "speak out;" and without fear of ridicule, thus give their opinions. We copy the following brief extracts:—

The *Wyoming County Mirror* says:—"It is, perhaps, enough to say of the *Water-Cure Journal*, that we consider this number worth more than the subscription for a year. The fashion plate, comparing the French Fashions with the American Costume, ought to awaken the females of this country to the awful destruction of health and life that is going on by means of tight and unnatural dressing."

The *Conneautville Courier* has the following:—

"The *Water-Cure Journal* has a likeness of Mrs. Bloomer, in her new costume, and a Paris fashion plate, contrasted with each other. To see them is to make a person heartily sick of imported fashions."

The editor of the *American Citizen*, of Cleveland, thus heartily expresses himself:—"The *Water-Cure Journal*, among numerous other useful things, contains engravings of the French fashions and of Mrs. Bloomer, dressed in the American fashion. The sight of these two truthful representations is enough to sicken any whole-souled American, whenever silly foreign fashions are proposed for either male or female costume."

A few months ago, we predicted that the AMERICAN COSTUME would soon be adopted in England, and ultimately in France. This prediction has proved true. Already large numbers have adopted it in England, Scotland, and even in Paris.

The old hunkers and anti-reformers of the old world have tried to "put down" this "Yankee notion" by every possible means. Admonitions, wise and otherwise, have been freely offered both from the press and the pulpit—not succeeding, however, *Punch* took up the subject, and tried in vain to *laugh* down the "custom;" that only drew more serious attention to the subject; and now the civilized world are familiar with the AMERICAN COSTUME. We look upon this as one of the most decided triumphs ever achieved by AMERICANS.

The time has come for AMERICA to lead the world onward and upward to a higher destiny. We can *feed* the world, and we can *clothe* the world; we can also transport the world cheaper and quicker, either with steam or sail, than any other nation. We shall soon *teach* the world, not only in the arts of peace, but, if necessary, we can give them a few more lessons in "trainin'"; just by way of keeping up our character as a *live* and independent Yankee nation.

Besides a few "domestic evils," which we hope to correct in the course of a few years, we have many useful inventions under way, which we shall give to the world by-and-by.

Who believes the world is not progressing? We are satisfied with the success we have already met with, and have a very high hope for the "good time coming."

REPREHENSIBLE PRACTICES BY MEMBERS OF THE PROFESSION.—There are many things done by members of the profession that would place them on a level with the arrant quack; yet the society of which they are members have no power to prefer charges against them, they doing nothing that *exactly contravenes its laws*. Recently several members of the Massachusetts Medical Society were arraigned before its proper tribunal, on a charge of violating its statutes. The charges were fully sustained in three of the cases; but as the individuals offered much that was extenuating, they were forgiven, on the condition that they *sin no more*. One had charges preferred against him, which, however, by the laws of the society, could not be sustained, and he was discharged. We should like to have the committee, appointed by the Suffolk District Medical Society, to look after and try such cases, see the prescription of this self-same magnus Apollo, that it was our extreme mortification to witness. *Only one apothecary in Boston could translate or correctly dispense it, much to the chagrin and disappointment of others equally intelligent and experienced!* There are many belonging to our Massachusetts Medical Society who ought to be—we were going to say kicked out, but will soften it by saying—reprimanded for their nefarious and mean practices. The society claims to protect the people from the impositions of quacks; and if it were impartially to perform its duty, there would be some of its members who would receive their cards of dismissal.—*Boston Medical and Surgical Journal*.

CAUSE AND EFFECT.—Considering the age of our Hydropathic reform, there are a greater number of literary men (first class writers) engaged in it than can be found in any other profession. It is a singular fact, that almost every practitioner is thoroughly educated. We have a large number of experienced editors, and an equal number of authors, most of whom were distinguished before entering into the Hydropathic ranks. Is it surprising, then, that we are enabled to bring into the *Water-Cure Journal* a class of writers unequalled in general or medical literature? We challenge the world to produce as much original, scientific, and useful printed matter, for the same price, as we are giving in this Journal.

We number among our writers *progressive* men and women, advanced in all the reforms of the day, and thoroughly "posted up" in the history of past ages, and ripe with experience. Men and women who have engaged in this good work because of its incalculable advantages to present and prospective generations.

Look among the writers of the *other* schools of medicine, and what do you find? Simply this: intellects by nature no less brilliant, yet completely befogged with old dusty, musty, fusty notions, fit only for the *dark* ages. "Brought up to a trade," which they follow "for a living," as do those who "mend old clocks;" and who know so little of any thing else, that the announcement of a new patent *obscure* supporter, or the discovery of astonishing medicinal properties in cod liver *whale* oil, sets the whole tribe of old fogies to prescribing this remarkable remedy (?) for every sort of complaint, from the rattlebelly vengeance down to the removal of "corns." In short, the announcement by a "regular" of some new application of mercury to the cure of "all diseases," or the exceeding danger of "too much water," in its external or internal use, is taken up, and at once peddled all over the land as a *wonder*; so little real life do they manifest.

NEW VIEWS.—Reforms and improvements by good writers are given to the world through this Journal, which appeal at once to the "common sense" of all. This it is that gives it such immense circulation, power, and influence; a circulation unapproached by any other health Journal ever published in Europe or America.

Thus a good cause, good writers, good paper, good printing, and a liberal, generous, "big hearted public," secure a good list of good subscribers; *all* of which is an evidence of the oft repeated and anxiously hoped for, "good time coming."

IMPROVED BREAD FLOUR.

THAN good bread—"the staff of life"—perhaps no other kind of food is equally important to the inhabitants of *this* country. In Ireland, the potato seems to be the "great staple," especially with the masses; and we *think* the deleterious effects of this almost exclusive root diet are visible on the moral and intellectual character of the Irish people. However this may be, we regard good bread not only a luxury, but an almost indispensable necessity; and we hail with gratitude every invention, and every discovery, by which this "everybody's" food may, in any manner, be improved.

Thus much, as an introduction to the following letter, which explains itself:—

LOCKPORT, N. Y., 10th mo. 20, 1851.

GENTLEMEN.—I have within this month commenced the manufacture of an improved bread flour, superior to Graham; because it has a greater quantity of gluten, in proportion to starch, than the common Graham; and, being finely ground, is divested of the coarse harshness, and tendency to dry quickly, so objectionable in the ordinary Graham. The great superiority of this flour for bread, both as to health and the pocket, over the superfine and extra, will be manifest on using. I have sent a quantity of it to N. H. Wolfe, flour commission merchant, No. 17 South st., N. Y., and to John D. Gardner and Co., of Boston, for sale, marked "Arcade Mills, Niagara." As I

intend to make this flour in quantities hereafter, I desire that its quality may be made known to the different Water-Cures, that they may be able to supply their patients with a better and more palatable bread than hitherto.—Very truly yours,

L. A. SPALDING.

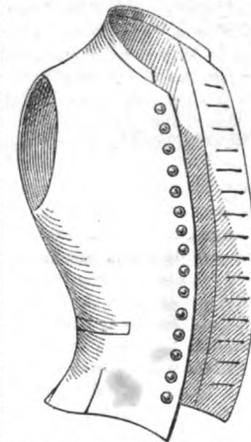
We tried, and are now using, this hydropathic flour, and take pleasure in recommending it to others. After further trial, we shall again refer to it. In the meantime, Mr. Spalding will accept our thanks for the sample with which he had the kindness to favor us.

WOMAN'S DRESS.

BY MISS MARY B. WILLIAMS.

SOMETIME last summer, Madame Baisieux, the well-known modiste of No. 8 Place Vendome, Paris, introduced the "Lady's Waistcoat," as a substitute for the whaleboned corsage. It soon became popular, and may now be considered an established female garment. It is worn with a basquine, or saque, and a skirt, both of the same goods, but of a darker color than the waistcoat.

The annexed pattern represents the most approved style of this pretty acquisition to the female dress. The materials required are as follows:—



Three-fourths of a yard fine buff cassimere; one and a-half yards twilled white linen; fifteen extra rich treble-gilt buttons, of a plain, flat surface, half-an-inch diameter; a steel buckle for the back; light yellow sewing silk and button-hole twist, and white cotton thread.

The form of the waistcoat allows it to be buttoned entirely up to the neck, or only half-way, or in the cadet style, as the wearer may prefer. Almost every woman can make up this garment, without the aid

of a tailor or a dressmaker.

It is admirably adapted to the Bloomer dress, especially in winter, when saques must be worn; and those who wear that costume will not be the last to perceive its advantages. In every point of view, it commends itself to the attention of all who are interested in women's welfare; and I hope that Mrs. Bloomer, Mrs. Stanton, Mrs. Gleason, and all other friends of the dress reform, will give this waistcoat a fair trial, and not permit it to be monopolized by the mere butterflies of fashion.

WHAT THE BUCKEYES THINK OF US!—A friend in Ohio, when ordering the *Encyclopaedia*, writes as follows:—"The good work of hydropathic reform is going ahead in this region. The *Water-Cure Journal* is doing the work. As fast as the people get a few ideas from it, they begin to apply them, and, as is almost invariably the case, success gives them confidence. Then, farewell to poison quackery! They have no confidence to lose in that; it was gone long ago. They have only tolerated it as a dire necessity; an evil they feared to shun, from dread of something they feared might be worse. But the brighter day is dawning, and even now the hopeful reformer fancies he hears in the dim distance the triumphant shout of victory. Go on, then, as you have been doing in the glorious work of man's redemption, mentally and physically, and posterity will owe you a debt of gratitude commensurate with the highest flight of human ambition.—Respectfully, your friend, J. H."

PHYSIOLOGICAL LECTURES.—Mrs. MARY A. W. JOHNSON, who has for some time past been studying Anatomy and Physiology, on purpose, is about to commence lecturing to ladies on their diseases and debilities, and the errors of dress, diet, habits and education, which generally cause them. She will commence immediately in Chester County, Pa. Mrs. Johnson has long been known as an earnest and unassuming philanthropist, especially active in behalf of Universal Freedom, Prison Reform, and Woman's Rights; and has many personal friends to welcome her to the new and arduous path of duty which opens before her. We are sure she will follow it with unselfish aims, untiring energy, and decided usefulness. —*N. Y. Tribune.*

[We have frequently had the pleasure of commending the good services of this woman to the public. She will prove an able co-worker in the cause of physical reforms, so much needed at the present time. Our Hydropathic friends will profit by making the acquaintance of Mrs. JOHNSON.]

A GOOD IDEA.—A gentleman in North Carolina, who has sent us a club of subscribers, says:—"I do not intend to charge anything for my services; but whenever I get a dollar for a subscription, I shall send it to you, and order a copy for the subscriber, and another for some poor family that is not able to subscribe." This is right; and we have no doubt but the consciousness of well-doing will be a sufficient reward. There are many in the country who could spend a little time in this way, and sow good seed that would spring up and bear fruit "an hundred fold."

AMERICAN HYDROPATHIC INSTITUTE.—Those who wish to reap the advantages of this school of water cure, and be prepared to enter upon the great field of philanthropic labor, opened by the wide spread of Hydropathic principles, will bear in mind that the second term of the Institute will commence on Monday, the 19th of January. We shall give an interesting review of the course of instruction during the first term in our January number, which cannot fail to be instructive to all our readers.

Business Notices.

OUR PREMIUMS.—While the great majority of our friends and co-workers, when soliciting subscribers, seek only the promulgation and advancement of our glorious Reform, it is entirely proper for us to acknowledge their good efforts in a substantial manner. We therefore propose to present the following named premiums, to those who desire it.

EVERY PERSON who sends us \$25.00 shall receive FIFTY COPIES of the WATER-CURE JOURNAL, one year—and a complete set of the WATER-CURE LIBRARY, in seven large 12mo. volumes, beautifully bound, in embossed muslin, lettered on the back in Library style.

Those who send us \$50.00 shall receive One Hundred Copies of the Journal one year, and two sets of the LIBRARY.

Those who send us \$10.00, shall receive Twenty Copies of the Journal, one year, and a copy of The Water-Cure in America.

THESE PREMIUMS may be sent by express, or as freight, to any place desired. Already, large clubs have been sent in from various neighborhoods, where but a single copy of the Journal had previously been taken. Every family should join a club and become subscribers for the Water Cure Journal for 1852. Now is the time to begin.

SPECIMEN NUMBERS.—[The following brief letter which we copy, explains itself—of course we always cheerfully comply with such requests.]

COLUMBUS, OHIO, Oct. 16th, 1851.

MESSERS. FOWLERS & WELLS.—GENTLEMEN,—I wish to procure a club of subscribers to your next volume of the Water-Cure and Phrenological Journals, and would like very much to have a specimen number of each. There are several subscribers here to both, but you might as well ask them for a tooth, as for one of their numbers; they will

loan them, but they won't give them away at all. I would be glad if you would send me a number of the STUDENT also. I think I can return it, perhaps not "an hundred fold," but with interest. Yours truly, J. J. J.

[This shows pretty conclusively, the value our subscribers place on the Journals. Nor are they in fault, for refusing to give away their Journals—as well might they give away their Bible—or any other book. The very low price at which these Journals are offered, ought to remove the necessity of begging, borrowing or lending. Let every family subscribe, and obtain a copy for their own good.]

HOME TRUTHS.—"It is not what we eat, but what we digest, that makes us strong. It is not what we read, but what we remember, that makes us learned." To which we may add, It is not what we intend, but what we do, that makes us useful. Then send in the clubs, for 1852. We have room for several cords.

THE UNIVERSAL PHONOGRAPHER, FOR 1852—Prospectus of Vol. I. Published Monthly, at \$1 a year, in advance. It is printed in the corresponding style, and, to a considerable extent, forms an advanced instruction book for beginners, familiarizing the mind with the best phonographic forms, while it furnishes interesting reading upon arts, science, literature, and the various topics of the day. A portion of its pages is devoted to Correspondence, Phonographic Intelligence, and the interests of the advanced phonographer, furnishing him with Original Essays, and selections from the choicest literature of the day.

The style of printing is so clear and beautiful, that the mind is never left in doubt a moment as to the sound each character represents, thereby making Phonography as legible as common printing. Please address all letters, post-paid, to FOWLERS & WELLS, No. 131 Nassau-street, New-York.

A more elaborate prospectus will be given in our next.

SUBSCRIPTIONS for either of our Journals may be ordered at the same time. Care should be taken, however, to specify which Journal is desired. As we now publish four monthlies—namely—The Water-Cure Journal—The Phrenological Journal—The Student, and the Universal Phonographer. Each at a Dollar a year.

OF COURSE WE WILL.—The gentlemanly Postmaster at Binghamton, N. Y., when ordering the Journal for a subscriber, says—"Please send a sample number to hang up in the Post-office. It may do you good." We wish every Postmaster would thus interest himself in our great work of reform.

SPECIAL NOTICE—All letters and other communications designed for the Journal, should be POST-PAID, and directed to FOWLERS & WELLS, 131 Nassau street, New York.

CLUBS may now be formed in every neighborhood throughout the country, and be forwarded at once to the publishers.

SUBSCRIBERS can mail one, two, or three bank notes in a letter with the prospectus, and not increase the postage.

AGENCIES.—All applications for Agencies, should be directed to the Publishers in New York (instead of Boston,) the publication office.

EARLY RISING.—Happy the man who is an early riser. Every morning day comes to him with a virgin's love, full of bloom, and purity, and freshness. The copy of nature is contagious like the gladness of a happy child. I doubt if any man can be called "old" so long as he is an early riser and an early walker. And, a youth—take my word for it—a youth in dressing gown and slippers, dawdling over breakfast at noon, is a very decrepit, ghastly image of that youth which sees the sun blush over the mountains, and the dews sparkle upon blossoming hedge rows.—*Water-Cure Library.*

EFFECTS OF CHEWING TOBACCO.—Never chew tobacco, but above all never chew your words, or you may find yourself holding forth after the following fashion.—"Can virchue forhitude, gratichude, or quiethude dwell with that man who is a stranger to rectichude? Did you ever hear tell, neighbor, of the Connecticut butcher-fly, which is the most beautiful creshure ever nachure projected, as it is all over spotted?"

Varieties.

THE LIFE OF MARY LYON.

BY EDWARD HITCHCOCK, D.D., LL.D.

Born in very humble life, though of most exemplary parents, one of whom she lost at an early age, she struggled up through orphanage, poverty, and many personal difficulties, to one of the highest seats among the useful and excellent women of the age. The groundwork of her success was the indomitable energy of her will, and the possession of a strong mind and vigorous health. She was born in the little town of Buckland, Franklin County, Mass., and was indebted to her own industry for all she acquired above the ordinary instruction of a common district school. By spinning, weaving, acting the part of a domestic in a brother's family, and teaching a district school for 75 cents a week, Miss Lyon accumulated money enough to purchase the advantages of a few months' tuition in an academy some four or five miles from her birth place, in the town of Ashfield. When her slender funds were exhausted, and she was about to go forth sorrowing from this seat of learning, the trustees of the academy, aware of her intense desire for knowledge, offered her the free use of the advantages of the institution. She then joyfully gathered together all she owned—her bed, bedding, table linen, &c., and exchanged them for board, and devoted herself to study with an eagerness which would have killed almost any other girl, sleeping on an average only about four hours in twenty-four. Her absorption in study was most extraordinary, and her acquisitions were equally so. In addition to numerous other studies, her teacher once gave her Adams's Latin Grammar, as an extra study, thinking thus to occupy her ever-active mind for some time; but in three days she was prepared to recite, with perfect accuracy, all that was usually learned of this grammar on first going over it. After teaching school at various places, and under divers circumstances, for some time, she went to Byfield, into Rev. Mr. Emerson's Female Seminary, at that time one of the most celebrated schools in New England. There she formed an intimacy with Miss Z. P. Grant, (now Mrs. Bannister), with whom she was subsequently associated for many years in instructing, first at Derry, N. H., and afterwards at Ipswich, Mass. During her residence at Ipswich, Miss Lyon, in connection with Miss Grant, originated the plan of a Female College for New England, which, after some modifications, settled into what is now the Mount Holyoke Female Seminary at South Hadley, Mass. For several years Miss Lyon labored with untiring assiduity to enlist interest and secure funds for her new school, and was at length permitted to rejoice in the complete success of her enterprise, and settle down at Hadley, where she remained twelve years, as the principal of the Seminary, until her death, March 5th, 1849, aged 52 years.—*Boston Traveller.*

[We most heartily approve the holding up to the world, as an example, the persevering devotion and efficiency of this woman—but we disapprove the taking of but "four hours' sleep, in the twenty-four," and do fully believe, that this excessive mental labor, and little rest, notwithstanding her "vigorous health," caused her comparatively early death.

We cite this as an evidence of woman's capacity, zeal, and endurance. The same good efforts in any other appropriate work, would prove equally successful. WOMEN OF AMERICA, will you not profit by this example? You were made for something else than fashionable flirts—as individuals, you are each accountable.

WATER FOR CATTLE.—Few persons are aware, how important an item in cattle-husbandry it is for animals to be able to procure pure water when they need it. This applies to all seasons, and particularly in winter, when they are subsisting on dry food. Animals, when water is not convenient, or situated in bad icy holes, or a great way off, will only resort to it when in extremity, and then they overload the stomach, prostrating the whole viscera of the digestive organs with an immense amount of a cold fluid, that will require the entire nutritive means of one feeding to create animal heat sufficient for the ice in their bellies.

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

To Correspondents.

CORRESPONDENTS who have interesting **FACTS OF CASES** of cure under Water treatment, which they desire for publication, will very much oblige the publishers by writing out the same on a slip of paper, separate from that containing subscribers' names. For this purpose we send with the Journal a circular **PROSPECTUS** on which to record names, with the Post Office address of subscribers.

DISEASE OF THE LIVER.—H. S. P., Oxford, Miss. Your own opinion is unquestionably right, and the *diagnosis* of all your physicians wrong. That tobacco stands in the way of getting well; although, if you leave it off, you may not be able to attend to business for a while. The lungs are probably somewhat affected sympathetically. If the treatment recommended in the books you have ordered does not succeed, you ought to go for a short season to some of the Northern Water-Cures.

WEAK SPINE.—E. H., asks—"Can you inform me what treatment to pursue with a child troubled with a weak spine; or if there is any work published which treats of spinal complaints?" There is no work which treats of them particularly, with reference to hydropathic treatment. They will be treated in the forthcoming numbers of the *Hydropathic Encyclopaedia*. Weak spines depend on weak muscles, and these are almost always traceable to indigestion in some form; and this, of course, to bad diet or other enervating habits. The treatment is plain coarse food, and ablations of the whole body, two or three times a day, of water as cold as can be comfortably borne. Bad cases require the full hydropathic system.

DIABETES, &c.—T. J. B. It is the usual custom of M. D.'s of the old school, when an invalid, no matter under what circumstances, abandons flesh-eating, to impute all the symptoms of his disease after that period, to his vegetable diet, although the same symptoms may have existed for ten years previous to the change. In your case a rather dry diet is advisable, namely, crusts of bread, brown crackers, roasted potatoes, uncooked apples, &c.

DIZZINESS IN THE HEAD.—ANGUS, of Bethany College, states his case:—"I am often troubled with a dizziness of the head, especially on stooping for any length of time; so much so as to become almost blind at times. I have been using the shower bath, but I do not know as I have received any benefit in this particular. Would you prescribe a vegetable diet in such a case, and would you advise the continuance of the bath?" The head affection is probably from an obstructed liver or deranged stomach. Vegetable diet is the best, if you can get the right kind. The half-bath is much better than the shower; the wet-girdle also ought to be employed.

RATACAL MEDICINES.—A correspondent, in sending a list of subscribers from North Carolina, informs us that the subscribers held a meeting, and "resolved to adopt water as their catholicon, and leave drug-remedies for the purpose of doctoring rats, cockroaches, fleas, bedbugs, and other troublesome vermin." We pity the rats, &c.

CHRONIC LAMENESS AND DYSENTERY.—S. M. H. Grand Detour, Ill. Let your friend persevere in the dietetic advice you have given him, apply a stream of water, if practicable, to the weak wrist, daily; take a sponge-bath or towel-wash on rising, and a hip-bath in course of the day, and in due time he will regain his health.

CONSUMPTION WITH CHILLS AND FEVER.—D. A. D., Painesville, O. We infer from your description that what you term chills and fever, is really the cold and hot stages of hectic; and if so, we should regard the case as incurable. The danger, however, depends on the degree of ulceration or tuberculation in the lungs, of which we cannot judge precisely without a personal examination.

DEAFNESS FROM COMMON COLD.—Mrs. D. S. You can probably remove the difficulty by syringing the ear frequently with warm water. Be careful to give him plain coarse food if he is inclined to scrofula, and one daily ablation, or dripping sheet.

PROGRESSION.—A correspondent hopes the Water-Cure Journal will be more progressive and advocate more the preven-

tion of disease, &c. If there is any periodical in the world more radical on that very subject than this, we should like to know what it is called!

NOSE BLEEDING.—H. S. R. Sniff water up the nostrils, pour a cold stream on the neck, and if the body is generally hot or feverish, use the half-bath. The severest cases can often be arrested by compressing the upper lip.

E. R. S., Uniontown, Ala. We shall give, in the A. P. J., full particulars, in relation to the new mode of building, as soon as possible.

R. R. You will find these subjects, about which you inquire, very fully treated in "Experience in Water Cure." By Mrs. Nichols. Price 25 cents.

K. R., La Harpe, Illa. We shall try at a future time to comply with your request. Thanks for proposed "clubs."

Book Notices.

GLANCES AT EUROPE. In a Series of Letters from GREAT BRITAIN, FRANCE, ITALY, SWITZERLAND, &c., during the Summer of 1851, including NOTICES of the GREAT EXHIBITION, or WORLD'S FAIR. BY HORACE GREELAY. New-York: Dewit and Davenport.

"A Book for the People." Not a theoretical mess of twattle, on the probable result of anything, but a practical description of the real life and condition of things in Europe—seen and described by a MAN—not through smoked glasses—but with the naked eye, and a clear intellect, unclouded with aristocratic or conservative influences.

We have enough of *fashionable gossip*, from letter writers, whose trade it is to tickle the fancy of triflers, without imparting an important suggestion. Not so with the letters of Mr. Greeley. He has avoided all useless show, and given us an account of the agricultural, mechanical, commercial, political, religious, and social condition of things, as well as the most interesting geographical description of the country, through which he traveled.

Taken as a whole, we do not hesitate to affirm, that a more valuable book of Travels has not been published.

Mr. Greeley's common sense observations on the **WORLD'S FAIR** give great satisfaction to all AMERICANS, and proved him "a prophet," for, notwithstanding the disparaging accounts given of the American department, Mr. Greeley maintained that, for *utility*, our contributions were not behind those of other nations. The sequel has proved the truth of this opinion.

The work contains 350 large 12 mo. pages, well bound, to match a previous volume by the same Author, entitled "HINTS TOWARDS REFORMS," and sells at One Dollar. It may be ordered from the office of this Journal.

THE MIND AND THE HEART. BY FRANKLIN W. FISH. New York: Adriance, Sherman, & Co.

Our readers will judge of the merits of the book, by the extract we here present, which has reference to the native dignity of real worth.

BE YE MEN?

O! sever the chains that enthrall you,
Arise! will ye never be men?
O! burst from the tyrants that gall you,
And strike for your freedom again.
Up! break from the bondage of fashion,
And tear from the shackles of form
That stifle our love's purest passion,
And chill the young heart that is warm.

Away! with the fictions of story,
That say but the noble are great—
The honor of man is his glory,
And goodness is better than state.

Arise! from the vain dreams that bind you;
Rise up like the waves of the sea,
Burst forth from the rich ones that grind you;
God made you unfettered and free.

O! say not that money is power,
Or dignity dwells with the vain—
Assert this great truth—'tis your dower—
Man's nobleness lies in his brain.

Arise! ye oppressed and forsaken,
Arise! at your liberty's call—
The pillars of Pride shall be shaken,
The palace of Vanity fall.

Then sever the chains that enthrall you,
Arise! will ye never be men?
O! burst from the tyrants that gall you,
And strike for your birthright again.
Be ye men and thus suffer oppression?
In vain ye each other condole,
In supineness is deepest transgression,
And action's the strength of the soul.

THE KNICKERBOCKER FOR 1852.—We are pleased to see that our favorite Magazine, the Knickerbocker, is after this year to be but \$3 a year. We are informed by the Publisher in his prospectus for the New Volume, that "there will be no change in the form, size, or quality of the Magazine, except a change always continued for the better." From our acquaintance with the Editor and Publisher, we have no doubt but all their promises to the public will be faithfully kept. To clubs of ten, the work will be but \$2 50 each. We take great pleasure in commending this Magazine to the public. The Editor's table is second only to the wet sheet, as a cure for the blues. It should be found in every Water Cure Establishment, and be read by all the patients. Samuel Hueston, Publisher, 139 Nassau-st., New York.

A PRACTICAL SYSTEM OF BOOK-KEEPING—Single and Double Entry. BY IRA MAYHEW, A. M. Author of a Treatise on Popular Education. New-York: Cady and BURGESS.

Such a work has long been needed. It cannot fail to find its way into the hands of every Teacher, and it should be the companion of every School-Boy. We doubt not it will stand the test of careful criticism, as the Author is a practical man, acquainted with the wants of children and youth. Teachers examine his Book-Keeping.

THE LIFE OF DAN MARBLE, with a Biographical Sketch of that Famous and Diverting Humorist, with Reminiscences, Comicalities, Anecdotes, &c., &c. By Falconbridge. New York: Dewit and Davenport.

Fun enough for Fifty Cents. This is indeed dangerous medicine to take. It will be impossible to read this book without "getting fit,"—so beware!

It is not wicked to laugh, even though "Priest Parkins" was never known to smile.

METALIC CALENDARS FOR 1852. Mr. J. B. Pierson, of 162 Fulton-st., New York, has issued a very curious Pocket Calendar. It is about the size of a silver dollar, composed of Britannia or some other metal, with complete Calendars for the year—showing the day of the week and month. It is an exceedingly ingenious conception, and will become popular. We should be glad to see it put on wood or steel and printed.

Advertisements.

WATER-CURE ESTABLISHMENTS.

A CARD.—Dr. T. L. NICHOLS and Mrs. GOVE NICHOLS would apprise their friends and the public, that they will continue to receive patients, at their Establishment, No. 91 Clinton Place, New-York, through the Fall and Winter. They would impress upon the afflicted the fact that many of the best cures are made at this season. This is especially the case in dyspeptic and uterine diseases; while in many pulmonary complaints, the only chance of life is in making an impression on the disease before the winter renders it confirmed and hopeless. The Hydropathic Institute is a separate Establishment, and does not interfere with their care or their patients. They hope, in a few months, to announce more extensive accommodations.

WATER-CURE INSTITUTE.—Patients will be treated at all seasons of the year, at the commodious city establishment, 15 Light street, New York, and at Lebanon Springs, from May 1st to Nov. 1st. Both places hereafter will be under the direction of Dr. R. T. TRAIL, and the domestic management of Dr. C. M. & COX. Dr. TRAIL will be at the city institution on Tuesdays and Wednesdays of each week until November 1st, and daily the remainder of the year. Competent assistants will be in attendance during his temporary absence from either place. The terms will be as reasonable as at any other establishment having the same advantages, in the United States.

N. B.—Dr. TRALL has secured the assistance of Dr. J. L. HOGGREN, who will be in constant attendance at the Springs the present season. They are prepared to treat those displacements and other local affections of females, requiring unusual attention to manage successfully, for which purpose they are provided with all the requisite mechanical and physiological appliances.

YELLOW SPRINGS WATER-CURE ESTABLISHMENT—Dr. A. Cheney & Co., Proprietors. Terms: For board and treatment, \$3 per week; payment made weekly. Friends accompanying patients, and occupying the same room, half price. Visitors not under special medical treatment, but having free access to the baths, \$5 a week.

Patients to bring two cotton and one linen sheet, two comforts, two blankets, four towels, and some old linen for bandages. Patients not bringing the above, will be charged fifty cents a week extra.

Further particulars can be ascertained by personal application or by letter, directed to Dr. A. Cheney & Co., Yellow Springs, Green county, Ohio, or to Dr. G. W. Bigler, Proprietor, north-west corner of Fourth and Race streets, Cincinnati.

This establishment is located one mile south of the old Yellow Springs, and a few rods east of the Little Miami Railroad, in an extremely healthy and romantic region of country. Some of the hills on this property are within a few feet as high as the highest point of land in the State of Ohio.

The buildings were recently erected expressly for their present purpose, and capable of accommodating sixty patients, and are fitted up with baths and all other conveniences necessary. They are located near the top of a hill, in a very elevated position, commanding a fine prospect, with nearly one hundred acres of land attached, principally woodland. There is abundance of the purest water on the premises, being above fifty never failing springs, besides a running stream which flows through the centre of the grounds: giving an inexhaustible supply, making it peculiarly adapted for an establishment of this kind.

Rheumatic, nervous, consumptive patients, or those laboring under any chronic or lingering disease, should avail themselves of the benefit to be derived from the treatment at this establishment. In most cases a cure may be relied on.

The trains leave Cincinnati at half past 5, a. m., and at half past 2 p. m., arriving at the Yellow Springs at 9 a. m. and quarter before 7 p. m., and leave Springfield at 6 a. m. and 6 p. m., arriving at the Springs at quarter before 7 a. m. and quarter before 7 p. m. By giving previous notice by letter directed to Dr. A. Cheney & Co., Yellow Springs, a carriage will be in waiting to convey patients to their destination. Nov. 6t.

CHENANGO WATER CURE—Dr. C. B. Barrett, formerly of the city of New York, embraces this opportunity of informing his many friends and patrons, and those favorable to a judicious mode of Water Cure treatment, that he has withdrawn himself entirely from the Mount Prospect Water Cure at Binghamton, New York, of which he was formerly its proprietor and resident physician, and opened an establishment on the east side of the Chenango river, for the relief and treatment of diseases of every grade and character, by the use of Pure Water. The Institution is located two and a quarter miles from the beautiful and flourishing village of Binghamton, and is at all times accessible to the cars going East or West, by a pleasant and picturesque drive of fifteen minutes, or by canal to Norwich or Utica, immediately opposite the Institution.

Dr. C. B. Barrett would, through the columns of the Water Cure Journal, inform the sick and afflicted everywhere, that he has opened this establishment with a view of making the Water Cure treatment within the reach of every one, by putting the treatment at the low price of two dollars a week. It is to be hoped that with so low a rate for weekly treatment, the friends of the Water Cure will exert themselves in behalf of suffering humanity, and thus prove themselves "zealous in every good word and work."

Patients living at a distance, and who may, from a variety of circumstances, be unable to attend for daily treatment, and who are desirous of obtaining the professional advice of Dr. Barrett, by sending age, sex, occupation, habits of life, and symptoms of disease, and enclosing one dollar, current funds—postage invariably to be pre-paid—will receive prompt attention; and full directions, in a printed form, will be immediately furnished, enabling the patient to adopt a judicious course of treatment at his own dwelling. CLEMMENT B. BARRETT, M. D. Nov. 6t.

BUFFALO COLD SPRING WATER-CURE—This establishment is located about two miles north of the city of Buffalo, one mile east of the Niagara river, and twenty miles from Niagara Falls, and is so accessible from all points as to be reached without inconvenience or delay. A line of omnibuses runs from the foot of Main-street, in Buffalo, to the Cure every twenty minutes. The building is large, airy, and commodious, and the entire arrangement is such as to give it an air of neatness, and render it a quiet and comfortable home for the invalid. Connected with the Cure is an extensive gymnasium, where a great variety of physical exercise is regularly and systematically pursued. The water is taken immediately from the celebrated Cold Spring, which for purity and coldness is not excelled. The Medical Department is under the general supervision of S. M. Davis, M. D., formerly Professor of Theory and Practice of Medicine in Central Medical College. Dr. James L. Acomb is medical assistant, and has charge of the Gentlemen's Department. Mary M. Taylor, a lady of superior qualifications as medical scholar and nurse, has special charge of the Female Department.

In regard to the position of our "Cure," it is deemed sufficient to say, that Buffalo Cold Spring Water-Cure will

compare favorably with any of the well-conducted establishments of a similar character, and will be found equal to the best as regards the order, convenience, and desirableness of its arrangements.

Terms.—From \$5 to \$14 per week, varying according to room and attention required. Address, post-paid, S. M. Davis, M. D., Office 239 Main-street, Buffalo, N. Y. Oct. 3t.

FOREST CITY WATER CURE—Located near Ithaca, N. Y., on the eastern shore of Cayuga lake. The medical department is in the hands of S. O. Gleason, M. D., former Physician to the Glen Haven Cure. Mrs. R. B. Gleason will take specific charge of the female patients. Persons coming from New York, and from the Southern Counties, can take the Ithaca Rail Road, which intersects with New York and Erie Rail Road at Owego, and arrive at Ithaca every night and morning. From the North, East, and West, can take the stage at Auburn every morning, or a steamboat at Cayuga Bridge every afternoon for Ithaca. The stage leaves Ithaca every morning for Auburn, passing the Cure.

Terms.—Board, fuel, lights, medical advice, attendance, &c., \$5 to \$10 per week, varying according to room and attention required. Payments made weekly. Each patient will furnish three good sized cotton comforts, one woolen blanket, and a linen packing sheet, 1 3/4 yards long by 1 1/2 yards wide, besides four coarse bath towels. Some old linen for bandages will be desirable. All business letters addressed to Dr. J. F. BURDICK, Forest City P. O., Tompkins Co., N. Y., post paid. ap 6m

WORCESTER WATER-CURE INSTITUTION, No. 1 GLEN STREET.—This building was erected expressly for Hydropathic purposes, and embraces all the conveniences necessary for the improvement and enjoyment of patients. The location is retired and overlooks the city.

Terms.—For full board and treatment, \$5 to \$10 per week, according to rooms occupied.

A medical fee of \$2 for first examination will usually be required.

Patients are requested to bring two coarse cotton and one linen sheet, two woolen blankets, one comfortable, and old linen for bandages. S. ROGERS, M. D. E. F. ROGERS, Superintendent. oct 14

CLEVELAND WATER-CURE ESTABLISHMENT—The above Establishment, having been put in fine order, is now commencing its fourth season. The success which attended it thus far enables the subscriber to say with confidence, to all who wish to make a practical application of the Water-Cure Treatment, that they can pursue it here under the most favorable auspices for the removal of disease. The location, although in the immediate vicinity of one of the most beautiful cities in the Union, is still very retired. The water is very pure, soft, and abundant.

The charge for board, medical advice, and all ordinary attendance of nurses, is \$8 per week, payable weekly. T. T. SHELLEY, M. D., Proprietor. oct. 6t

LECTURES—Having secured the assistance of W. S. BUSH, M. D., for the coming winter, I would give notice, that I will hold myself ready to give Lectures on the Hydropathic treatment of Disease, at such time and place as the friends of the Reform may solicit: Provided 1st, they will pay my expenses, and 2d, that the distance is not too great from my home. 3d, that they secure me a good house to speak in, and give extensive notice of the Lecture. Examinations of the sick will be made by me for a moderate compensation, if desired. Respectfully,

JAMES C. JACKSON, M. D. Dec. 1t
GLEN HAVEN, New York, Nov. 1, 1851.

THE ROUND HILL WATER-CURE RETREAT—Established in 1847. Located at ROUND HILL, NORTHAMPTON, MASS. Accessible by Railroad from Boston, Albany, and New York, in from 4 to 5 hours. For beauty and healthfulness of location—softness and purity of water—large and well-furnished rooms, and for comforts and conveniences for patients and their friends, this establishment is unsurpassed by any in the country. Address A. RANDALL, Esq., Agent, or C. A. HALL, M. D., Physician. Dec. 1y

MOUNT PROSPECT WATER-CURE—Binghamton, Broome Co., N. Y., accessible six times a day, by N. Y. and Erie Rail Road. Patients are received and treated all the year round, without any reference to winter. No letters received unless the POSTAGE IS PRE PAID. Dr. O. V. THAYER, Principal and Resident Physician. oct. 6t—A. P. & W. O. J.

GREENWOOD SPRINGS WATER CURE, Cuba, Allegheny county, N. Y. The proprietors of this Institution respectfully announce that they are prepared to receive and treat the sick and afflicted during the coming winter. Terms per week, \$5 00, payable weekly. J. C. WHITAKER, J. B. FRASER. Nov. 3t.

THE BROWNVILLE WATER CURE ESTABLISHMENT, under the direction of Dr. C. BARKER, is open for the reception of patients, Summer and Winter. Ap. 1y.

FOR SALE—A WATER CURE ESTABLISHMENT, with an excellent practice. Enquire, for further information, at FOWLETS & WELLS—Nov. 1t.

WATER CURE ESTABLISHMENT—By EDWARD ACKER, M. D., Phillipsburgh, opposite the town of Beaver, on the Ohio, Beaver county, Pa. Sept. 1y.

VAPOR BATHS—John Hanna, of 86 Forsyth street, near Grand, New York, will administer Vapor Baths daily, from 9 a. m. to 10 p. m. A female will be in attendance to wait on ladies. Nov. 11. b.

H. MEIER, M. D., Hydropathic Physician, Surgeon and Ac-coucher, 145 Washington street, Newark, N. J. Dec. 1t

PUMPS, FIRE ENGINES, CAST IRON FOUNTAINS, ETC.—The subscriber manufactures Double Acting Lift and Force Pumps, well calculated for Factories, Mines, Breweries, Iron Works, Railroads, Water Stations, Water Boats, Steamboats and Ships, family purposes, Stationary or Movable Fire Engines, etc.

The above Pumps, from their simple construction and little liability to disorder, are well calculated for supplying Water-Cure establishments with water, (when not supplied by a natural source,) and can be worked in various ways, either by water power, horse power, steam or manual power, besides using the same powers for many other purposes, when not in use for raising water, or even at the same time. Water can be carried over the grounds for irrigation, out houses, etc., or by means of hose and equipments inverted into a fire engine. Garden Engines, for one person to handle, with a small double-acting Force Pump, can be used for various purposes—washing windows, wetting plants, or throwing water upon trees for the purpose of destroying worms, etc., arranged on two wheels, that one man can take them from place to place, and work the pump and guide the stream at the same time.

Ornamental Cast Iron Fountains of various patterns and sizes. Jets of all descriptions.

Cistern and Well Pumps. I also manufacture Lift Pumps, for cisterns or wells, of any depth, to be worked by horse power or manual power. They are entirely of metal.

Force Pumps for Wells. Whenever water is required at a higher point than the surface of the well, or at any point where water will not flow of itself, and a Force Pump would be preferable, these are calculated for the purpose.

Village and Factory Fire Engines. These engines have a double-acting lift and force pump. They are light, easily handled, and worked by few men. Brakes are arranged fore and aft, or across the ends.

They are furnished in a plain but neat style. Copper-riveted hose of all sizes. Stopcocks of all descriptions. Wrought Iron, Cast Iron, Lead and Gutta Percha Pipes, etc.

Purchasers are requested to call, or any communication by mail will receive due attention, and full descriptions given as to size of Pumps, &c. G. B. FARNAM, 34 Cliff street, upstairs, formerly D. L. FARNAM. May 12t

MR. EDITOR—Allow me to call the attention of your subscribers, and especially your merchants visiting New-York, to one of the best establishments in that city, in the Wholesale and Retail Clothing line. I mean that of Messrs. BOOTH & FOSTER, at No. 27 Courtlandt street. The writer of this can speak from experience, for he has dealt with them, as well as others, and may safely say that a better stock, complete in all the various departments of the trade, or more reasonable prices, and accommodating, gentlemanly merchants, he has not met with anywhere. An elegant and fashionable outfit in everything that belongs to a gentleman's wardrobe may be obtained of them at least forty or fifty per cent. below the usual prices, while the quality of their goods, and their make and style, are unsurpassed by any.

Messrs. Booth & Foster do a large business, and have a most extensive and perfect assortment, so that Country Merchants, before purchasing their fall stock elsewhere, would do well to give them a call—and they will thank me for this advice.—Dec. 1t.

BLAKE'S PATENT FIRE-PROOF PAINT—The original and only genuine article that can be sold or used without infringing my Patent, and which, in a few months after applied, turns to a SLATE or STONE, forming a complete ENAMEL or COAT OF MAIL, over whatever covered, bidding defiance to fire, water, or weather. It has now been in use over seven years, and where first applied is now like a stone.

Look out for WORTHLESS COUNTERFEITS, as scores of unprincipled persons are grinding up stone, and various kinds of worthless stuff, and endeavoring to sell it as Fire-proof Paint. I have recently commenced three suits against parties infringing my rights, and am determined to prosecute every one I can detect. The genuine, either in dry powder or ground in oil, of different colors, can at all times be had at the General Depot, 84 Pearl street, New York, from the patentee, WM. BLAKE. Oct. 3t.

TO BOOK AGENTS, AND OTHERS—Fowlers and Wells, Publishers, 131 Nassau-street, N. Y., will furnish, in large or small quantities, all works on Phrenology, Physiology, or Hydropathy; also on the various reforms of the age. Among others, works on Phonography, Education, and the Natural Sciences generally. Catalogues may be had on application. The American Phrenological Journal—Editor—The Universal Phonographer—and the Water Cure Journal, are published by FOWLERS & WELLS, Clinton Hall, 131 Nassau-street, New York.

PUTNAM'S PATENT SPRING BEDSTEAD—Manufactured and for sale at his Bed and Bedding Warerooms, 169 Fulton Street, New York, and 404 Washington Street, Boston. Nov. 2t. b.

82 NASSAU STREET, N. Y.—Boot Makers' Union Association.—Boots, Shoes, and Gaiters, at retail for wholesale prices. oct. 1y. b.

OUR NEW PROSPECTUS

FOR THE THIRTEENTH VOLUME OF THE

THE WATER-CURE JOURNAL is published monthly, illustrated with engravings, exhibiting the Structure, Anatomy, and Physiology of the Human Body, with familiar instructions to learners. It is emphatically a JOURNAL OF HEALTH, adapted to all classes, and is designed to be a complete FAMILY GUIDE in all cases and in all diseases.

HYDROPATHY,

will be fully unfolded, and so explained that all may apply it in various diseases, even those not curable by any other means. There is no system so simple, harmless, and universally applicable, as the Water-Cure. Its effects are almost miraculous, and it has already been the means of saving the lives of thousands who were entirely beyond the reach of all other known remedies.

PHILOSOPHY OF HEALTH.

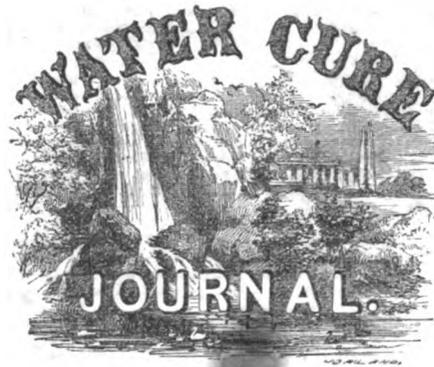
This will be fully discussed, including Food, Drinks, Clothing, Air, and Exercise, showing their effects upon both body and mind.

REFORMS

In all our modes of life, will be pointed out, and made so plain that "he that runs may read." We believe fully that man may prolong his life much beyond the number of years usually attained. We propose to show how.

TO INVALIDS,

No matter of what disease, the principles of Hydrophathy may safely be applied, and, in nine cases out of ten, great benefit may be derived therefrom.



HERALD OF REFORMS,

FOR ~~~~~ 1852.

THE WATER-CURE JOURNAL is published on the first of each month, devoted to the principles of Life, Health, and Happiness, on the following extremely low

TERMS, IN ADVANCE:

Single copy, one year, \$1 00	Ten copies, one year, \$7 00
Five " " 4 00	Twenty " " 10 00

Please address all letters, POST PAID, to

FOWLERS AND WELLS,
Clinton Hall, 131, Nassau-st., New-York.

The New Volume commences in January, 1852.

TO THOSE IN HEALTH.

Without health even life is not desirable, unless a remedy can be found. To preserve health, no other mode of living can compare with this system. In fact, were its rules observed and carried out, many of our ills would be for ever banished, and succeeding generations grow up in all the vigor of true manhood. It will be part of our duty to teach the world how to preserve health, as well as cure disease.

WATER CURE AT HOME.

Particular directions will be given for the treatment of ordinary cases at Home, which will enable all, who may have occasion, to apply it without the aid of a physician.

TO WOMEN AND MOTHERS.

It is universally conceded by all intelligent practitioners, as well of the old school as the new, that the Water-Cure is not equalled by any other mode of treatment in those peculiar complaints common only to woman. The Journal will contain such advice and instruction as may be considered most important in all these critical, yet unavoidable cases.

TO OUR FRIENDS.

We might add hundreds of testimonials, from the Press, and thousands from subscribers, who have been benefited by it. Will not, then, every friend of progress and reform aid in extending the circulation of this JOURNAL?

Notices of the Press and Notices to Subscribers.

"The Water-Cure Journal holds a high rank in the science of health; always direct, straightforward, and plain-spoken, it unfolds the laws of our physical nature, without any pretensions to the technicalities of science, but in a form as attractive and refreshing as the sparkling element of which it treats."—*New York Tribune*.

THE WATER-CURE JOURNAL.—"This is unquestionably the most popular Health Journal in the world."—*New York Evening Post*.

"It takes hold of Reforms with a heartiness and zeal, a fearlessness and honesty, which are hopeful to the friends of progress."—*Boston Ledger*.

"This is one of the most useful periodicals of the age."—*Canada Christian Advocate*.

"Many a physician's bill would be saved if our people would practice the instructions to be found in this monthly visitor."—*Western Argus*.

"Printed with new and beautiful types—on the finest and

whitest paper—it is refreshing and agreeable to read it."—*Drawing-Room Journal*.

"The Journal proposes to show how man may prolong his life much beyond the usual number of years—all for \$1."—*Old Colony Memorial*.

NOTICES TO SUBSCRIBERS.

VOLUME THIRTEEN OF THE WATER-CURE JOURNAL will commence on the first of January, 1852. The terms will be, for a single copy, \$1.00 a year in advance. In CLUBS, five copies for \$4.00, ten copies for \$7.00, and twenty copies will be furnished for \$10.00.

A FEW MOMENTS' TIME is usually enough to convince every reasonable person of the great superiority of the water cure system over that of all others; a complete knowledge of which may be obtained through the WATER-CURE JOURNAL.

It is believed that a greater blessing cannot possibly be bestowed on the human race, than the universal diffusion of the LIFE AND HEALTH PRINCIPLES advocated and taught in the WATER-CURE JOURNAL.

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

DRAFTS on New-York, Philadelphia, or Boston always preferred. Large sums should be sent in drafts or checks, payable to the order of FOWLERS AND WELLS.

ALL LETTERS addressed to the Publishers, to insure their receipt, should be plainly written, containing the name of the WRITER, the POST OFFICE, COUNTY, and STATE.

FRIENDS AND CO-WORKERS in the advancement of THE WATER CURE will see to it, that every family is provided with a copy of the Water-Cure Journal for 1852

MONEY on all specie-paying Banks may be remitted in payment for the WATER-CURE JOURNAL.

SPECIAL NOTICE—All letters and other communications designed for the Journal, should be POST-PAID, and directed to FOWLERS AND WELLS, No. 131 Nassau Street, N. York.