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### Water-Cure Essays.

HERE each Contributor presents freely his or her own Opinions, and is alone responsible for them. We do not necessarily endorse all that we print, but desire our readers to "PROVE ALL THINGS" and to "HOLD FAST" only "THE GOOD."

#### AGUE AND FEVER:

ITS NATURE AND TREATMENT.

BY JOEL SHEW, M.D.

The phenomena of an attack of ague are usually a thing like the following: when the paroxysm is about to come on, the patient experiences a sense of debility, uneasiness, or depression at the epigastrium; he is weak, languid, listless, yawns frequently, and often says he desires to be let alone. Soon he begins to be chilly, first along the spine, and then over other parts of the body; the blood goes inward, and leaves the skin in that condition represented as being like "goose flesh." After the chill becomes more intense, he begins to shiver; afterwards his teeth chatter, and this has been so severe in some cases as to knock out old calomelized teeth and to break even sound ones, it is said. The lips, face, ears, nails, &c., become blue, showing congestion of the internal organs; the pulse becomes feeble, but quick, and the respiration hurried and somewhat difficult, and pains in the head, back and limbs are experienced. Urine may be voided frequently, but it is small in quantity and pale; the bowels are torpid, and the tongue dry and coated with a white fur.

After the above symptoms have lasted for a time longer or shorter, according to the case, the cold stage is gradually succeeded by the hot. "The face becomes red and turgid; the general surface hot, pungent and dry; the temples throb; a new kind of headache is induced; the pulse becomes full and strong, as well as rapid; the breathing is again deep, but oppressed; the urine is still scanty, but it is now high-colored; the patient is exceedingly uncomfortable and restless. At length another change comes over him: the skin, which, from being pale and rough, had become hot and livid, but harsh, now recovers its natural softness: a moisture appears on the forehead and face; presently a copious and universal sweat breaks forth, with great relief to the feelings of the patient; the thirst ceases; the tongue becomes moist; the urine plentiful, but turbid; the pulse regains its natural force and fre-

quency; the pains depart; and by and by also the sweating terminates, and the patient is again as well, or nearly as well, as ever." Such are the phenomena of a paroxysm in a well-marked case of ague, when it is not interfered with by curative measures.

The period that elapses between the termination of one paroxysm of ague and the commencement of another, is called an *intermission*; the period that elapses between the beginning of one paroxysm and the beginning of the next is called an *interval*.

There are various *types* of ague: when the fit occurs at about the same hour daily, it is called *quotidian*; when it occurs every second day, it is *tertian*; when every third day, that is, skipping two days between the attacks, it is called *quartan*. These are the three principal types of the disease. The *tertian* form is the most common. The paroxysms in the quotidian form are more apt to occur in the morning; in the tertian, at about the middle of the day; and in the quartan, towards evening.

This disease may attack a person at any time; but it is much more apt to do so in the autumn or the spring, than at other seasons of the year; but most commonly in the former. In the autumn, after vegetation has, for the most part, gone to its height, decomposition goes on more rapidly, and hence the greater prevalence of the disease at this season.

The natural duration of ague it is not easy to determine. In most cases the patient suffering in this way is obliged to remain in the midst of the cause of his disease. If a certain number of ague patients could be removed wholly from the influence of the malarious poison, we should thus be enabled to form some idea of the average duration of the disease. As we see it in the present state of things, it is observed sometimes to consist of a single paroxysm only; in other cases of a number, and in some cases the disease resists all ordinary remedies for months, and even years.

*Persons most liable.*—The middle-aged are more subject to ague, infants and aged people being much less frequently attacked with it. But children, even at the tenderest age, do sometimes have it; and it is thought to have attacked the unborn fœtus, as indicated by the periodical trembling in the womb of which the mother, when herself the subject of the disease, has been sensible in the interval of her own paroxysm. Old persons, likewise, may suffer from ague. Negroes are much less susceptible of the disease than whites.

*Treatment.*—It has been a doctrine with many physicians, more especially those who lived before the present century, that ague should not be interfered with. This belief arose, doubtless, from the circumstance that this

**CROWDED OUT.**—We trust that the interest and value of the long articles we give in the present number, will compensate for the want of such departments and articles as we have been compelled to defer, though some of them are "in type." We would call special attention to Dr. Shew's excellent article on Ague and Fever. The space it occupies could not have been more usefully filled.

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disease has always, until very lately, been looked upon as healthful. "An ague in the spring is physic for a King," was an old English saying; and I have no doubt that when the disease was allowed to run its course in a natural way, things went on better than they now do under the powerful modes of drugging, which are almost everywhere adopted. What fortunes have been made in the United States by the sale of "cholagogues," and other pretended cures for this disease; and what havoc has been made with thousands upon thousands of constitutions with the arsenic—a cheap medicine—which these mixtures and compounds have contained! People have been too much in the habit of thinking if they can but get their ague "broke," that is all they have to care for. But they should remember that in dosing themselves with those vile drugs, of which they know nothing, they will be very apt to get their constitution "broken," whereupon, also, in most cases, the ague comes back upon them, so that they have at least two formidable enemies to contend with at once, instead of one as before. I say most unhesitatingly, that if I had the ague I would not, on any account, take drugs to cure it, but would trust to nature and simple fare much sooner.

Intermittents, if left to themselves, certainly have a tendency to cease. The milder cases, it is found by observation, terminate spontaneously with the seventh or eighth, and sometimes as early even as the third, fourth or fifth paroxysm. More than one half of the tertian cases that occurred in the infirmaries of the *Salpetriere* of Paris, in the autumn of the sixth year of the Republic, terminated with the ninth paroxysm, or previously. The treatment employed was of the expectant kind, such as was calculated to have no direct effect whatever upon the disease.

"Intermittents," observes Dr. Doane, "are sometimes cured merely by diet and regimen. Of twenty-three patients sent to the hospital La Charité, for the purpose of testing the efficacy of the mistletoe, M. Chomel states, that the disease ceased immediately in seven of them, although no medicine was administered to them."

And yet I hold that we have something to do, and that, too, which is positive, in the management of this disease. Why all the pain, uneasiness, fever and debility, if we have not? Are not pain and bodily ill-feeling the language of nature that we are to act? So I believe; but what we do must be in accordance with the physiological laws, else we shall do more harm than good, although we may relieve symptoms for the time.

Before proceeding to give my own particular recommendations as to the treatment of ague, I will mention some things which have been recommended by others.

With the view of making a strong and obvious impression upon the system, in the immediate anticipation of a paroxysm of ague, emetics have been used with apparent advantage. Some practitioners have given the tea of boneset for this purpose, and with the effect of arresting not only the paroxysm, but the progress of the disease. Pure water, however, is fully as efficacious as boneset or any other drug emetic, provided enough of it be swallowed within the course of a few minutes after commencing the process. Vomiting cleanses the patient's stomach, which is generally foul under these circumstances, throws the body into a perspiration, all of which must do him a considerable amount of good. It is certain, moreover, that this practice does sometimes not only set aside the paroxysm for the time, but likewise prevents its return. This we have on good authority, although I must admit I have not myself practised with emetics of any kind under these circumstances.

Blisters, when made upon a large scale on the extremities, so as to be in full operation before the paroxysm, will sometimes cut short, or rather prevent the chill of ague. Bad as blisters are, I am not quite certain but

that they do more good than harm in some such cases, as well also as in remittent fever; but why do we need to resort to such means, when we have in hydropathy a remedy which is not only far more powerful, but absolutely safe? A more rational and safer mode than to resort to blistering would be the application of mustard or ammonia for the rubefacient effect. But these likewise are wholly unnecessary, provided the case is treated in the proper hydropathic manner. Blisters I should not use upon myself in ague or any other fever.

Powerful mental impressions have often been known to keep up ague. It is said that Quintus Fabius Maximus was cured of an old quartan on the day of a great battle. Persons have been cured of this disease by being made to drink fresh blood, by swallowing a bruised spider wrapped up in a raisin, or spread upon bread and butter, keeping a spider suspended from the neck in a nut-shell till it dies, and the like. Excessive joy, anger, grief, terror, &c., have also been known to arrest an attack of intermittent. Of course we cannot depend upon such agencies, or bring them to bear in practice generally; but a knowledge of the facts will sometimes prove useful, which is a sufficient reason for mentioning them.

Among the simple remedies which have been found successful in the treatment of ague, charcoal is to be mentioned. It is said to have been especially successful in those cases in which the digestive organs have been more particularly affected, and known by symptoms of nausea, vomiting, hiccup, flatulence, diarrhoea, dysentery, &c. The remedy has been given in doses of ten to twenty grains, along with arrow-root or some other substance by which it could be more readily swallowed. Attacks have been cured by the time two drachms of the charcoal have been given in this way. In many of our American cases I apprehend it would require a much larger quantity, if, indeed, the medicine could cure it at all. The remedy is a simple one, which can do no harm, and is therefore deserving of trial. Dr. Watson of London relates that a clergyman with whom he was acquainted, assured him that he had failed to cure agues among his parishioners by administering to them the snuffs of candles which he took care to have collected; but the preacher did not inform his patients what his black powder was composed of. The charcoal contained in the candle-snuffs may have cured them; but the imagination possibly had more to do with it. If the preacher could persuade his people beforehand that he was certain of curing them with a certain powder, he would be very apt to do so, even though the remedy should contain no medicinal power. So much has the imagination to do often in curing disease.

There is one curious remedy for ague which has gained a good deal of celebrity with the profession in the old country. It is the web of the black spider, which inhabits old houses, barns, stables, &c. Dr. Watson of London asserts that this substance has been tried on a tolerably large scale, and that the testimony to its influence in curing agues is very strong. It appears, according to this author, that in the year 1760, a number of prisoners from the vanquished squadron of Thurot having been landed in the Isle of Man, were practised upon in ague by Dr. Gillespie, and that among them as well as the inhabitants of the island, the disease obstinately resisted both Peruvian bark and such other remedies as he had recourse to. Dr. G. was informed by an old French physician belonging to the squadron, of the alleged efficiency of cobweb in certain forms of the disease. He made trial of it, and was eminently successful. He succeeded with it in more than sixty cases in the Isle of Man, and afterwards had further experience of its utility in Ayrshire. After cobweb was tested by Dr. Jackson in 1801 in the hospital of the army depot in the West Indies, several cases of ague, on which bark, arsenic, or mercury, singly or alternately, had made either a very temporary impression or none at all, were selected

for experiment. In four of these cases, two pills, containing each five grains of cobweb, were given at intervals of two hours, commencing six hours before the expected time of recurrence of the paroxysm. The fit did not return.

Bleeding in the cold stage of intermittents was strongly recommended by the late Dr. Mackintosh of Edinburgh and his followers. At present, however, the practice has gone into disrepute, and is not, I think, recommended by any author or practitioner of note. "I object to it" (bloodletting), says Dr. Watson, "because it appears to me to be quite unnecessary; because it is not such as the nature of the symptoms would suggest; because it tends to produce subsequent debility, which we should not needlessly inflict; and because the experience of other sober-minded men, who have given the method a fair trial, does not bear out the statements made by Dr. Mackintosh in respect to its usefulness."

Arsenic, it is contended, has great power over the paroxysms of ague, and this I freely admit. It has the recommendation, moreover, that it is cheap. But what of its effects? That is the main consideration. As an ague is not so bad as a remittent or a continued fever, so there are many other things that are more to be feared than it, and among these are the effects of arsenic. Says Dr. Watson, "The poisonous or hurtful effects that we have to look out for when arsenic has been prescribed are, loss of appetite, nausea, and sometimes vomiting, griping pain of the stomach and bowels, and diarrhoea; and if the medicine be continued, fainting is often added."

Much is claimed for *Peruvian bark* or its concentrated salt, *quinina*, in the treatment of ague. It is well known that this drug, if given in sufficient quantity, will generally arrest the paroxysms of the disease. But does it cure the patient? Is it not very apt to cause enlargement of the liver and spleen, and various gastric troubles? It is my firm conviction that quinine does more harm than good to the constitution in the end. Besides, also, it fails in many instances of arresting the attacks.

Mercury, as well as all other metallic poisons, has been tried for this affection. According to Sir James Johnson, it was tried extensively some years ago on the crews of the two ships of war, *Grampus* and *Caroline*, in consequence of the stock of Peruvian bark being exhausted. The paroxysms were invariably put a stop to as soon as the system was saturated; but three fourths of the patients thus treated relapsed as soon as the effects of the mercury had worn off, and this after three, and in some instances four administrations, amounting to salivation. We can therefore reckon but little upon this so-called medicine for curing ague. The medicine is in fact worse than the disease.

I am now to state what I would myself recommend for ague. The cold, the hot, and the sweating stages are to be considered, and lastly the period between the attacks.

The method I have oftentimes adopted in the cold stage, is to put the patient in the wet sheet beforehand, giving him a rubbing in the cold shallow bath five or ten minutes about every half hour, and then reapplying the wet pack. The wet sheet, frictions, and the use of cold water generally, tend to keep off the pains, to shorten the chill, and to render the subsequent fever less. Whenever there is help enough at hand, a constant rubbing in the half bath—the water nearly or quite cold—with a good deal of cooling of the head, would be one of the best methods. The bath should if possible be commenced before the chill, and be continued until after it has passed off. The chill of cold water is more bearable than that of the disease.\*

\*The celebrated Wesley, who wrote a work on water called *Primitive Physic*, asserted that the cold bath cures an ague, and he gives facts in confirmation of his theory.

A late writer, Dr. Wood, of Philadelphia, says that pushing

The treatment of the hot stage is very simple. We treat according to the pulse, and the amount of fever, just as we would in any other case. Affusion with cold water, dripping sheets, half baths, the cold bath, tepid bath, and even the warm bath, as we have seen elsewhere, bring down the heat and pulse in fever; any or all of these methods we may use; in short, the whole of the cooling plan, according to the case. And what is truly admirable in this treatment is, we prevent the sweating stage. "But why thus hinder the operations of nature?" one objects; to which I answer, "What is the sweating stage? Is it not a work of nature in the effort of cooling the system, by throwing out the serum of the blood upon the surface, thus to produce a refrigerant effect?" Now who does not see that if we cool the system so effectually by wet sheets, &c., we so much aid the natural operations that there is no need of the refrigerating process alluded to? If it is objected that perspiration brings out of the body morbid matters along with it, I answer, these are but small in proportion to the invisible and sometimes visible eliminations that go on while the water processes are being practised. Besides, also, the feelings of comfort that arise from the practice of preventing the fever, and thus frustrating the sweating stage, indicate clearly that the method is a salutary one.\*

I have treated several cases of ague in the following way: first the wet pack, before and through the time of the chill, alternating with the half bath friction every half hour or thereabouts; after the chill had passed, the pulse was watched closely, and the treatment kept up five, six, or eight hours, unremit-

tly, according to the symptoms; the chill was thus abbreviated, or prevented altogether; the hot stage wholly kept off, and the sweating stage entirely prevented. How could a paroxysm of ague live under six or eight hours of the constant practice of the water processes? By such treatment we uniformly convert the sick day into a well one; the pains, the headache, and the debility—all of these are prevented by such a course.

How long will it take us to break up an ague by such treatment? I cannot speak from experience in a large number of cases, for we do not often have such in this city. Every year, however, during my practice, I have had to treat several cases. In some the attack is broken up in a day as it were; in others a week, perhaps, of strong treatment may be needed. The method has been to give a good deal of tonic treatment on the well day, as also on the sick day. My object has been to cure the patient by preventing his pains and fever, and by making him stronger. I am sure there is less liability to a relapse in this disease, when treated by water, than by drugs. Here, in New York, the patient is away from miasmatic emanations; this is an important help.

The plan of treating the cold stage by warm drinks, the warm bath, vapor bath, &c., if well managed, and not made too heating, I regard a good one. Hot baths here, as elsewhere, have no place in scientific hydropathic practice. I am not at present so much in favor of the warming plan as the one before mentioned. The two may be combined to a certain extent, if that is desirable. A warm water vomit is certainly excellent when there is nausea and foul stomach. Clysters are also useful.

*Diet in Ague.*—The diet is a matter of great importance in ague. An improper meal is sufficient, in many cases, to bring on an attack even after the paroxysms have been checked. I have known patients who had just recovered from ague, and were going about comparatively well, by eating a hearty supper of warm biscuit and butter, and the like articles, to be attacked again the next day as bad as ever. The diet should be spare and light for some time after the disease has disappeared, as well as while the cure is going on. It would be very unwise to take a full meal within two or three hours before a paroxysm is to set in, because digestion cannot go on when there is fever; besides, undigested food is necessarily a source of irritation in the stomach, and always renders the paroxysm much worse than it otherwise would be. The hunger cure in ague is a most valuable means. Ague is a disease of impurity, emphatically so. Now, abstaining from food is one of the most speedy and efficacious of all known means of purifying the system. The law of nature is, that when food is withheld from it, the foul, diseased, and effete, or worn-out matters, are the first to be thrown off; the blood becomes purer, the skin clearer, and of a more healthy color; pains are quelled, or rendered less, and bodily comfort is augmented in every respect. If a person should live on two or three ounces of food one day, and take nothing but water the next, and follow this up for a week or two, as the case might require, eating nothing whatever, except on alternate days, he would find it an invaluable method. His "ague fits" could not possibly last long under such a regimen; and, what may appear singular, the strength, under such circumstances, is maintained on an exceedingly small amount of nutriment, especially if the water processes are practised at the same time.

Those who are endeavoring to cure an ague, should be exceedingly careful in everything. It is a bad state of the system, and a little imprudence committed, while a cure is going on, may make a good deal of trouble. Besides being most strenuously careful in diet, fatigue, both bodily and mental, should be avoided. Especially should wet and cold be shunned. So, also, night air, particularly if the patient is

obliged to remain in the malarious district. "Early to bed," is a good rule for him, and so also "early to rise;" but not to go out while the air is damp, and the dews yet upon the ground.

From what has been said, it will be inferred that I place great reliance upon having the patient leave the locality where the disease has been taken. We can easily enough break up the paroxysms of ague with water; but as to how long it will keep off, if the malarious poison is breathed constantly, is a matter not so easy to decide upon.

## SEA OR SALT WATER BATHING.

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BY JOEL SHEW, M.D.  
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As regards temperature, sea bathing comes under the general head of cold baths. Sea water, however, at those seasons of the year when sea bathing is resorted to, is of but a moderate degree of coldness, varying in this latitude not much from 70° F.

In order to appreciate fully the effects of sea bathing upon the system, a number of things are to be considered.

Sea water differs in its effects from common water, by its possessing greater density. This circumstance, however, is not of so great importance as that of the stimulating nature of the mineral it contains. The saline ingredient is a powerful stimulant and even irritant of the skin. On account of this property, it is found that an exposure to the action of salt water is not so liable to cause ill effects as that to fresh. The salt causing a degree of heat upon the surface somewhat higher than that of the natural state, the system is for the time shielded from the action of cold. It does not follow from this, however, that a person could live longer immersed in sea than in common water, any more than it follows that because alcohol for a time increases the animal temperature, life can, under circumstances of great exposure to cold, be the longer preserved. This, it is now well known, is not the case.

In sea bathing, some portion of the saline matter of the water is necessarily absorbed into the system, which must there produce its good or bad effects. Now, as I am a disbeliever in the use of salt, I should myself always prefer to have the water fresh; and I am fully of the opinion that fresh-water bathing under favorable circumstances, such as at Mackinaw, where there is, as I am informed, a pure air and fine beach, would be found productive of still more favorable results than are usually obtained at the sea-side.

But that a visit to the sea-shore in the summer season is often the source of great benefit to the health, I am fully aware. Nor would I willingly discourage the practice of sea bathing; but, on the contrary, I would recommend it for what it is actually worth.

One advantage of going to the sea-shore in preference to any other parts is, that we are not as a general thing subjected to any thing like marsh miasmata at the sea-shore. Sea marshes, it is well known, do not send forth emanations of a malarious character, although it is possible, at some points along the sea, to contract ague; but this is owing in all cases, I am confident, to a considerable amount of spring water rising out of the earth, at or near the shore, and which having little or no fall, does in fact cause a sort of fresh-water marsh in which the bad air is generated. This I know to be the fact at some points of Long Island where intermittents prevail at times. In all of these places it is easy to account for the appearance of ague in the way I have indicated.

Another advantage of sea bathing in the hot season is, that the air at the sea-shore is cooler than on land. That our climate in summer is too hot for the most favorable development of health, is proved by the great increase of mortality not only in our cities, but

the patient suddenly and without warning into deep water, thus making a powerful impression upon both mind and body, has proved effectual in one very obstinate case of this disease.

On the principle of anticipating the cold stage with a stimulant, "A large draught of cold water," says Dr. Good, "has not unfrequently been had recourse to. The object is," continues this writer, "by taking it about half an hour before the cold fit is expected, to excite a strong reaction and powerful glow over the entire system against the time when the cold fit returns, and thus to preoccupy the ground; and thus by disturbing the regularity of the type, to subdue the intermittent altogether." I do not mention this mode of practice with a view of recommending it. A much better mode would be to give largely of warm water—and perhaps that which is raised a little above the temperature of the blood would be preferable—for some time before the cold fit makes its appearance. The plan of giving cold water is liable to the objection of increasing the chill, thus making it worse than it otherwise would be. Cold, it should be remembered, is never a direct stimulant, but only sedative.

In the chilly stage, and still better, as some assert, somewhat before it, when the premonitory yawning and slight rigors appear, immersion in the warm bath, or perhaps still better the vapor bath, continued until the reaction is complete, will be found effectual—in many cases, at least—in preventing the coming on of the hot stage, and give rise in its stead to a mild perspiration. Some have recommended, likewise, that the patient on the day of the fit be immersed in a bath raised to blood heat, and to remain in the water as long as his strength will allow. The former, however, is a more preferable mode.

\* Dr. Bell, the celebrated writer on Baths, speaking of an extensive experience in the treatment of this disease, and after recommending certain sedative measures, well remarks:—"But if we desire to give the speediest relief in the shortest period, and the simplest manner, and at the same time prepare the patient for other appropriate remedial means, we shall not hesitate to have recourse to the cold bath, either by immersion or affusion. It is impossible for any person who has not actually experienced the efficacy of this remedy on himself, to realize the delightful transition from suffering to ease, from the raging heat, and unquenchable thirst, to the coolness and calmness of sensations which follow the use of the cold bath in the hot stage of intermittent fever. It cools, soothes, and quiets, by effectually reducing the excessive capillary excitement in all the membranes and sensitive expansions."

in other parts, during the hot season. The European cities, with all their numbers of inhabitants, dampness, narrow streets, intemperance and pauperism, &c., would naturally be expected to show a higher range of mortality than our American cities; but such is not the fact. Even New York, with all its natural advantages, is as sickly, probably, as any of the British or European cities. This, it is agreed on all hands, must be owing, in great part, to the great heat of our summer months.

The manner of taking the salt-water bath has some peculiarities which are favorable to health. It is, in the first place, in the open air, which, if the weather is favorable, i. e., neither too hot nor cold, is always a great advantage. Other things being equal, a bath in the open air is always attended with a better reaction, and a greater degree of invigoration, than one within doors.

In the second place, sea bathing is usually and almost necessarily connected with exercise both before and after the bath, circumstances which are always highly favorable to the action of cold water. So beneficial, indeed, is exercise taken in this way, that it would be difficult to determine which of the two—the exercise or the bathing—is the more beneficial. In connection, the two act reciprocally upon each other, each rendering the other doubly beneficial.

It need hardly be remarked that the same general rules apply to sea as to other cold bathing. Properly managed, it can be made to agree with all persons and constitutions. The greatest mistake in regard to it as generally practised, is that of remaining in the water too long at a time. People generally go more by their sensations as experienced at the time of the bath, than from any clear idea as to the why and wherefore of what they do. If this rule is followed, those who are weak and nervous need not be surprised if they feel a languor and depression after the bath, attended perhaps also with a sense of fulness and oppression in the head, which is sufficient to make them miserable for the greater part of the remaining portion of the day. In some cases it will be found necessary to immerse only a portion of the body at a number of the first of times of going to the water. Even weeks may be required to thus harden the system by degrees before a full immersion should be ventured upon.

## CONVULSIONS IN CHILDREN.

BY G. H. TAYLOR, M.D.

In looking over the weekly reports of deaths at this season, it will be noticed that a large proportion of cases are reported to be children, of convulsions. This, then, will be considered a very fatal disease, and every anxious mother, at the approach of sickness in her little one, will watch earnestly to see if it shall assume this supposed unmanageable form. No disease can be properly combated if it is attempted blindly—all the knowledge we can get is too little to be of any avail to very many poor sufferers—and before making any well-directed attempt to give relief, we are to inquire earnestly the cause. We are not expected to go into a minute inquiry into the functions of the nervous system, nor is it necessary to make intelligible our statements. Convulsions are muscular movements, not under control of the will, but the result of reflex nervous action, and indicate irritation of some portion of the viscera, generally of the mucous surface, as the prime cause. Their occurrence is independent of the brain or will, and indicate a passivity of the cerebral functions. Hence their more frequent occurrence in children. In them, the brain is a soft pulsatious mass, acquiring gradually the firmness necessary for after use, while the vegetative life of the little being is presided over by the spinal axis. This

part of its nervous system is first developed, and to it, is of first importance. It is the grand centre through which are transmitted its sensations and movements.

Now, the nervous system is curiously formed of filaments of nerve-matter passing to and from this centre, called *afferent* and *efferent* nerves, forming a circle of which the spinal axis, or cord, is the great centre of radiance and convergence. Any impression made at the extremity, or along the track of one of these nerves, is carried through the axis to the other extremity of the connecting nerve—resulting, in this case, in consensual or involuntary muscular movements.

It is in this way that in health, all our involuntary functions are carried on, the presence of an appropriate stimulus inciting corresponding parts to action; deglutition, respiration, coughing, sneezing, the intestinal movements, and so forth, are illustrations. The touch of a pin, or feather, will readily excite involuntary movements, having preservation for their object. The brain is not concerned in the production of these phenomena. To be sure it may, and frequently does suffer, secondarily. The pressure of blood in its large vessels, driven there by violent muscular contortions, will produce mischief. Hence the effusion of serum into its ventricles is of common occurrence, but the primary cause is in the viscera of the trunk.

*Treatment.*—Nothing is more common than to mistake the indications of treatment. As before stated, it should not be considered a disease of itself, but only the symptoms, and our efforts directed accordingly, though the manifestation of symptoms to the unprofessional eye are somewhat alarming, and would seem to require very prompt and vigorous measures, yet error is more frequently committed by doing *too much*, than *too little*. Under the old plan regarding symptoms of prime importance to combat, errors in treatment are most sure to follow. An opiate sedative, by depressing and increasing the cerebral excitement, is very sure to complicate the case.

Potent drugs, introduced to the alimentary cavity, can only increase the irritation, and consequently the danger. Our water treatment is pre-eminently useful in these cases, and often the simplest, mildest measures, discreetly employed, act charmingly. I have taken children, after receiving the learned dosings of two or three doctors, and by simply rubbing the spine with a little cold water, relieved permanently all the symptoms and horrid forebodings of anxious friends.

*No water ought to be applied to the head.*—The stimulation, and gentle counter-irritation of water to the periphery, is indicated most. By setting the child in a basin of water and gently rubbing its spine and parts submerged, acts finely. Warm water to the feet is a useful adjuvant. Injections of pure cold water are all-important, and should be repeated according to indications. A wet bandage from the armpits down, or simply a compress to the abdomen, will generally be found useful.

But there are very many different conditions, as well as different stages of progress of disease, that are characterized by the symptoms of which we speak, which can only be discriminated and prescribed for *well*, by the tact acquired by experience, provided the experience has been of the right kind.

Those having the care of children of such tendencies, cannot be too watchful. By keeping in mind always that the apparent disease is a symptom of visceral irritation, and the remedy is nearly provided; when threatening symptoms occur, attention will be directed to the right source, the causes will be done away, and the ultimate manifestation avoided.

*LEARNING TO SPELL.*—Form is the NATURAL organ for reading and spelling; and therefore children should be taught at first to read and spell by means of the APPEARANCES of words, instead of, as now, by rote. Language or rote may assist, but should be altogether secondary; whereas now it is PRIMARY.—*Memory.*

## A Lecture.

### MEDICAL REFORM.

BY N. BEDORTHA.

LADIES AND GENTLEMEN:—The subject of Medical Science and the Practice of the Healing Art is, it will be admitted, one of the greatest importance; for next to the salvation of the soul, is a knowledge of safe and sure remedies for diseases of the body.

Much has been said and written on almost every department of Medical Science and practice, books have been multiplied, schools established, and living teachers and practitioners sent forth; yet with all this array of knowledge, it must be admitted, and deplored, too, that the healing art is still very defective in regard to a well-established theory, and woefully inefficient in therapeutical practice.

In taking a brief view of the history of medicine, we shall find that like almost every other subject of antiquity, its beginnings are involved in the greatest obscurity. We may know who the first man was, who was the first shepherd, and who was the first tiller of the ground. But who the first physician was, and what was his mode of practice, has never yet been known. About 1300 years before the Christian era, one Chiron introduced some knowledge of the medical art into Greece, but the great Hippocrates has the honor of being the Father of Medicine. Esculapius was prior to Hippocrates, and a pupil of Chiron, and the first of whom we have any account, who made the practice of medicine a distinct profession. The mode of practice, so far as we have any knowledge, in the first ages, was very simple. Of its efficiency we know but little; but judging from the duration of human life, which often reached centuries instead of scores of years as now, we must suppose that those ancient physicians had some skill, or at least their practice was harmless, and that they were not guilty of destroying or greatly abridging human life.

Passing over many less important names, and of men who did more or less for medical science, we will notice in passing the famous Galen. He flourished in the third century, and was a man of great learning and ability. He discarded all sects, and attached himself to what were known then as the Eclectics. He copied largely from the writings of Hippocrates and other medical writers, and formed a new system of medical practice out of such materials as suited him for that purpose. His writings became very popular, and in fact entirely swayed the medical world. He was deified after his death, and his works regarded as divinely inspired, and consequently infallible. His mode of treatment was similar to that of the great Hippocrates, whose disciple and expounder he declared himself to be.

Bloodletting, anodynes, and stimulants were the common remedies. Great dependence and stress were placed upon the powers of nature. Her indications were carefully noted, and the course of treatment suited to the strength of the patient. Mercury and the chemical agents so much in vogue in modern practice were unknown as medicinal agents, and the *materia medica* was composed mostly of simple vegetable substances and vegetable extracts.

From the days of Galen onward for one thousand or 1500 years, no change occurred in the medical world. As before stated, his writings were considered inspired and infallible, and so no change was desired or expected. Through the dark ages mankind plodded on, looking only to the past for light, and considering and treating all pretensions to reform and improvement as dangerous innovations, to be suppressed at all hazards, even at the sacrifice of the suspected reform-

mer. Tyranny ruled the world. Darkness covered the earth, and gross darkness the people.

When the light of truth began again to dawn upon the earth and the fires of persecution were lighted to burn the heretics, as they were called, in the religious world, then also the question began to be agitated in the medical world, as to the infallibility of the works of Galen. Two schools were established. The one opposed and the other defended the works of Galen. A war of words and angry disputations was long waged, and neither school seemed to gain any ascendancy or advantage over the other. At length as science advanced, and the anatomy of the human body became more fully understood, it was proved to an absolute demonstration that Galen had made some mistakes in his anatomical descriptions of the human body. Here the wedge entered, and from that point the whole system of infallibility in medical science was exploded. The disciples of Galen, who had so strenuously maintained the divine authority of his works, acknowledged slowly their errors, and in a short time the whole field of medical science was open to the genius of invention, and the cupidity and ambition of medical practitioners was stimulated to a high point, to be the discoverers of some wonderful healing agent, which would be the source of great wealth to the discoverer, or send down his name with honor to posterity as a benefactor of his race.

At this time chemistry was studied with great zeal, and unfortunately for mankind the attention of physicians was almost exclusively turned to chemistry for remedial agents. Previous to this the *materia medica* was composed of simple vegetable and animal substances, variously compounded to suit the fancy of the practitioner; but now chemistry and alchemy were brought into requisition, and the most virulent poisons in the shape of chemical compounds were introduced as medicinal agents. The great study was to discover the Elixir of Life—a medicine which was believed to possess the power to prolong human life *ad infinitum*, or in other words, to render man immortal in this his earthly existence.

Among medical practitioners who flourished in these days was one Paracelsus. He was a man of considerable natural ability and of some science. He was a perfect enigma in the medical world, claimed by all the medical schools, and in turn condemned by all; considered at one time as a medical genius, and again denounced as a quack and impostor. He wrapt himself in mystery and clothed the *materia medica* in technical terms, brought into use a host of chemical compounds, and proclaimed himself the discoverer of the long looked for Elixir. While enjoying great popular notoriety, he suddenly died at an early age, a victim to his own delusion. He left the medical world in the greatest confusion. The promised Elixir had proved a failure in the person of the discoverer, and, as a natural consequence, uncertainty and doubt rested upon all his pretended discoveries. Still at the present day physicians of the regular school acknowledge themselves under many obligations to the genius and recklessness of Paracelsus. Many of the mineral and chemical agents, especially mercury, had been tried as medicines and condemned. But Paracelsus with a bold hand dared to do what the more prudent and thoughtful feared to do. Mercury under his administration came into very general use. As I said before, it had been tried and condemned by practitioners, but he insisted upon its use, and against a violent opposition it was perpetuated. Mercury was known then as Quack Salbee. Those who used it were called Quack Salbee Doctors. Hence the origin of the term quack. Those who hurl the epithet so unmercifully against a class of physicians who make no pretensions to the use of mercury, ought to consider to whom the epithet belongs.

From the days of Paracelsus, to the present, confusion has reigned in the medical world. It would be a

waste of time, however interesting it might be to the antiquarian, to trace minutely the history of medicine through the last two or three centuries. Theory has risen upon theory, and hypothesis has been piled upon hypothesis, till among the rubbish which has accumulated one might almost search for ages without discovering one well-established fact; men of genius have undertaken the herculean task of reducing to science the jargon of medical theories. Some, after patient research, have given up in despair, and in disgust left a profession whose basis lacked the fundamental principles of science to sustain it. Others, like the benevolent Dr. Rush, after a life of toil to establish some important principles of medical science, have exclaimed in anguish of spirit, that the whole medical fabric was a temple unroofed and cracked at its foundation. He says, "What have we not donè? We have not only multiplied diseases, but increased their mortality!" De Lambert, speaking of medical science, said, "Physicians were blind men armed with clubs, who struck at random. If they hit disease they killed it, if they hit nature they killed her." You who have had opportunities to observe this "striking at random," may form some idea from the mortality which occurs among the young in your city, whether physicians armed with clubs oftener hit disease or nature.

Still another class of medical practitioners, after patiently comparing and revising the theories of medical science extant in their days, having despaired of either satisfying themselves or others, have discarded the whole, and undertook to build up a new theory which should have a rational hypothesis at least for its foundation. These theories have been numerous, and each one has served only a brief period of time, to be superseded by those coming after.

This is a concise view of the history of medicine up to the beginning of the present century. All the reforms and revolutions in the medical world were only the re-arranging of the old materials, like the endless changes in the kaleidoscope; by changing its position it struck the beholder at the first sight as being the thing desired, but upon further examination it was found to be only a change in appearance, while the fundamental principles remained the same, just as difficult as ever before to harmonize with any known principles of science. The theories of disease, however varied in appearances, were fundamentally the same from the days of Hippocrates and Galen, down to the present century. Neither was there ever extant a more despicable system of tyranny than could be found in the medical schools. However much they might divide and quarrel among themselves, and however severe their censures and animadversions upon each other's practice, they were all agreed in sustaining and honoring their profession before the people, and the people were not permitted to know the mysteries of the medical art. They knew enough if they had the art of shutting the eyes and opening the mouth, and to swallow whatever the doctors might please to prescribe, without question, demur, or hesitation. No common man was considered wise enough to prescribe for himself, his family, or his neighbors, scarcely in the most simple cases of disease, unless the physician was consulted, who would then usually take the case into his own hands and make such prescriptions as he saw fit. It passed as an adage among physicians, that "the greater the poison the better the medicine." Acting upon that adage, the most virulent and destructive poisons were considered the very best of medicines, and thus the whole *Materia Medica*, with very few exceptions, was composed of the rankest poisons which could be obtained in the three kingdoms of Nature. Hence, a partial necessity that those who should prescribe such deadly poisons should well understand their danger and their antidotes. So the people were brought under the doctors. This proved to be tyranny of no ordinary character. The practitioners of medi-

cine were united in societies. Each society had its constitution and by-laws, subject to larger societies. Within the pale of these societies no person could have the privilege of practising medicine unless he had received his degree from some medical school, and then enrolled his name as a member of the society, in whose jurisdiction he should practise. There were censors appointed, whose duty it was to take cognizance of the practice of its members, to protect and exonerate those who followed the prescribed rules, or to censure and excommunicate any one who should swerve from, or dare to depart from them. This course, to a superficial observer, might appear wise and judicious, but a careful and more critical examination will prove the truth of what has been said—that a more despicable tyranny never existed. These medical societies existed in nearly every State in this Union, and the legislators of the different States were petitioned to make laws to protect them, which was done in most of the States, making it a penal offence for any man to prescribe for the sick in a professional way unless he could show his diploma. You can now readily perceive how the case would stand. A Mr. A. is sick, he calls a regular physician, for there is no other. He comes, and prescribes *secundum artem* and *ad libitum*. Remember, he has for use the most virulent poisons—poisons, the taking of which in quantum sufficient would kill any well man; or, in moderate quantities, would make any well man sick. Mr. A. takes the prescription in good faith, but instead of being cured, as he had hoped, he finds himself much worse. What appeared to be only a simple difficulty now becomes complicated and dangerous. Mr. A. is alarmed, he fears the result of such powerful medicines. (We take him to be a man who knows what is given.) He casts about to see if he cannot find some one in whom he can place more confidence. He is dissatisfied with his attending physician. There are several other physicians in the place, and some one perhaps older and more experienced than the one employed. He sends for this physician. He obeys the summons, and presents himself before the sick man. He soon ascertains that Dr. B. has been attending the man, and he immediately informs the sick man that he can do nothing till the attending physician is present. That it is a case of counsel. Dr. B. is again called. He is then questioned by the counsel as to what he has done. If this proves to be according to the orthodox books, i. e. if he has been sufficiently bled, blistered, physicked, mercurialized, and narcotized, the counsel declares that everything has been done after the most approved system of medical practice, and that he can do nothing different unless he should suggest a more copious bleeding, a little larger blister, more calomel, or corrosive sublimate, instead of calomel. After a little more encouragement and assurance to the sick man that all was right, he leaves, with the suggestion that he will call again if necessary. Thus you see the predicament of the sick man. Should he call a hundred physicians nothing would be done only as they consulted the first physician called, and all would be considered right that was done by him if done according to the orthodox medical books, whether the man lived or died. Thus the sick man has no alternative, even if he be fully persuaded that the course of treatment is an injury to him.

But you may say that the man might dismiss all his physicians, and trust to nature alone. Then he would have been considered as crazy, and fit for an insane asylum; or, if he had shown sufficient signs of sanity he would have been esteemed as a stubborn fool, whose life was hardly worth preserving, and whose death was not to be mourned. On the other hand, if the physician who was first called should dare prescribe a course of treatment not recognized in medical books as orthodox, his medical brethren would immediately denounce him as a quack, and withdraw all fellowship from him, both in counsel and practice, and warn the communi-

ty against him as a dangerous innovator and presumptuous practitioner.

Much more might be said to prove the tyranny that existed fifty years since in the medical world. Nothing could have preserved physicians from acts of tyranny but disinterested benevolence. That they possessed a good share of practical benevolence we have no reason to doubt. Many noble deeds of charity are recorded which do great honor to the profession. But that they were not above the temptations which beset other men, and that they sometimes fearfully fell through the tempter's power, we have sad evidence. One example will suffice.

A young lady, whose parents were in moderate circumstances, was sent as an invalid to board and be treated in the family of a respectable physician. After being there a short time the wife of the physician inquired if he thought the young lady could be cured. He replied that she could very easily, but that her father had a fine gray mare which he wanted, and that he must keep her sick long enough to get that mare. The young lady overheard the conversation, and soon became affected with another disease, which was homesickness, and was soon cured by going home and advising her father to keep the gray mare.

Many such cases have occurred—enough to show that the medical profession was not perfect; yea, and enough to show that it was very imperfect, and that reform or revolution was imperatively demanded. But from whence should come reform? The medical profession was too lucrative and too honorable to expect that any one of its members who had become initiated into the art, who had spent years of toil, and large sums of money, in acquiring his profession, that he should become an alien from his brethren, and an outcast from society, to advocate an unpopular doctrine, which was likely to clothe him only with rags, and to end in disgrace. No man in the medical profession was found competent to undertake the herculean and thankless task. Thus things moved on for a few years at the beginning of the 19th century, growing worse and worse, till the last hope seemed about to expire.

At this time there lived in the State of New Hampshire a farmer, not distinguished from others by any superior gifts either natural or acquired. He, like his neighbors, secured a livelihood by tilling the ground, and when his family were sick called upon the medical profession for assistance. It would seem that he was much disposed to employ physicians, and that his family were often sick. In process of time, a member of his family became very sick, and after a faithful trial, was abandoned by the physician as hopeless. Here the affection of the father urged the farmer to try his own skill, and by what was called a peculiar mode of nursing, the child was saved. Great was the rejoicing; not at that time as a triumph over medical skill, but in the restoration of the child. Other members of the family went through the same ordeal, were abandoned by the physician, and saved by the father. The farmer's success excited no fears in the medical world, and had he stopped there, all would have been as before. But in process of time the neighbors were stricken down with disease, and after having been treated and abandoned by the regular profession, the friends would say, why not try the peculiar mode of nursing that our neighbor the farmer tried, and saved his children? The farmer was sent for, his nursing adopted, and the patient recovered. This was done again and again, and no patient afflicted with an acute form of disease was known to die under the peculiar nursing of the farmer. Thus the sphere of his labors was enlarged, his farm was necessarily neglected, and his services required as a medical nurse. Soon, instead of being called upon as a nurse in abandoned cases, he was called upon as the physician to take charge of the patient from the first attack of disease. This aroused the jealousy of the profession. They took notice of

the man as a dangerous innovator in medical science. They soon had him arraigned before the civil courts as a felon; a bill of indictment was found against him, and he was lodged in jail. Tyranny and malice were combined against the farmer-doctor. The time of his arrest and the state of the jail were such, that if his enemies had succeeded according to their plans, the medical world would have rid itself of the man it feared. But fortunately for the rest of mankind, their evil machinations were rendered abortive, the man found friends, and his foes were put to shame. From that hour to the present, the cause of medical reform has been onward and upward.

It would be useless to give in detail the opposition which the medical world has ever manifested towards the progress of reform. It has been the butt of ridicule and scorn, and more serious persecutions have been waged against it when opportunities favored. But under all this opposition, the cause of reform flourished and progressed until the name of the farmer doctor was known from the lakes to the Gulf of Mexico, and from the Atlantic to the Pacific. Yea, it has crossed the waters, and is known now nearly all over the civilized world.

That man was Samuel Thomson. He is entitled to the honor of being the first man who braved successfully the tyranny of the medical schools. His education was limited, of but little wealth, and of no popularity or fame from his ancestors. He struggled alone and against fearful odds. But having truth to commend his system to the common sense of the people; or rather, being able to show the errors and inconsistencies of medical practice, he has succeeded in rolling the car of reform through the civilized world.

Thomson's theory of disease was simple, and his practice in harmony with that theory. He discarded the endless nosologies of medical books, and advocated the unity of disease. Under whatever form the disease might appear, his mode of practice was simple and uniform. He rejected, as he supposed, all mineral and vegetable poisons, bleeding and blistering, and sought for medicinal agents in the innocuous vegetable productions of our own country principally. The vapor bath, though not original with Thomson, was held in high esteem by him, and his course of medicine was not considered complete without its use. However defective he may have been in theory or practice, he established an important principle, the gist of which is this, that a sick man, whatever may be the form of his disease, may get well without blood-letting, blistering, calomel, or opium. And since the days of Thomson to the present day, these remedial agents have grown more and more into disuse and disrepute.

But while the medical world was thus being mortified and chagrined by the success of the Thomsonian system, having flattered themselves that it was ephemeral, and would soon be numbered with the things that were, they were surprised and thrown into agitation again from another and very different source. One Hahnemann, a professor in a medical school in Germany, a man of education, science, and ability, having like many of his predecessors got into the fog as to the utility of the medical art as taught in the schools in his day, by one master-stroke of genius he discarded entirely the popular practice of bleeding, blistering, and drugging the sick, and invented one of the most complicated and ingenious systems the world has ever known. Hahnemann boldly asserted the correctness of his theory, and the utility of his practice over the old, confounded his opponents by logical arguments, and got himself fairly before the medical world as a reformer of medical science and practice. His opponents, surprised and confounded by the boldness of his assertions, did but little more by way of meeting his arguments than to pour volumes of ridicule and contempt upon the author, and to flatly deny his pretensions to medical science. But the novelty

of his system soon brought it into notoriety, and the ease with which the experiments could be made brought others to look into and to test its merits. Those who tested it were astonished at the results. So far superior did it prove to the old practice, that it soon gained converts, and their zeal and enthusiasm in spreading the new practice were as great as was their surprise at its simplicity. Schools were soon established founded upon the new theory, and disciples were sent forth into almost every part of the civilized world. Its converts were principally from those who were in favor of the old system, so that upon the whole it served well the interests of medical reform. The Homœopathic system of practice was based upon this Latin motto, "*Similia similibus curantur*," which signifies that a medicine which would produce a certain symptom in a well man, would cure a disease manifesting the same symptoms in a sick one. The simplicity of the Homœopathic system was in the practice. Instead of giving drugs which should produce any sensible effect upon the human system, these drugs were so attenuated by trituration as to possess only the least possible trace of the original article. These were usually triturated in the sugar of milk, and when administered, the patient was conscious of taking nothing but the sugar. The least possible quantity of the medicine was considered the best.

It is unnecessary to describe more minutely the reform brought into note by the celebrated Hahnemann. The whole country is filled with books and disciples advocating this novel system of medical practice. Whatever of positive merit it may possess, it is evidently a great negative good, for instead of killing the patient outright by bleeding or virulent poisons, it gives nature a chance to combat disease, and the *vis medicatrix nature* proves often able to cure the sick when the skill of the ablest physicians fails.

But again, while the medical world were staring at the success of Thomson, and thrown into excitement and rage by the pretensions of Hahnemann, another wonder appeared. A Silesian peasant having gone through about the same experience in regard to the skill of the medical faculty in curing diseases as Dr. Samuel Thomson, adopted for himself and family a mode of medical treatment entirely different from any other in the known world. The remedy was not new, but the modes of application were for the most part original with himself. Vincent Priesnitz, the founder of the peculiar mode of medical treatment known as Hydropathy, was the man. He was wholly unknown in the medical world, and wholly unenlightened by medical books. His first experiments were upon himself and his family. His success in his own family attracted the attention of his neighbors, and his skill was brought into requisition to cure their diseases. His reputation increased with his success, until his fame was known throughout Europe. Hundreds afflicted with difficult and abandoned cases of disease, were induced to try the skill of the peasant, and the majority of these cases, to their great joy, were happily relieved of their diseases. Grafenberg, the place of Priesnitz's residence, was soon thronged with strangers to test the skill of this wonderful man, who could cure the worst forms of disease to which the human system was subject without the aid of medicines. Several hundreds of patients were there at the same time subjected to this mode of treatment, and the gratitude which almost all his patients felt and expressed towards Priesnitz for the benefits they received, formed the highest testimony in favor of his system and skill.

The medical faculty soon became jealous of the peasant. There was a law in that country framed for the purpose of protecting the medical schools. It required those who practised medicine to be under the superintendence of, and responsible to the medical schools. Heavy penalties were visited upon those who should dare to violate these statutes. But as the medical

schools had not regarded water as a remedial agent, it being altogether too simple for them, Priessnitz was allowed to continue his course for some time without molestation. But his fame increasing, the jealousy of the medical world burned fiercer and fiercer, until they declared that he secretly used drugs, which were the sole cause of his success. Under this charge they started a prosecution. Priessnitz was arraigned before the civil courts, and his whole system of medical treatment thoroughly investigated. The doctors were sure that they would find some medicines, so they vigorously prosecuted their research, even to the chemical analysis of the sponges which he was in the habit of using for convenience in giving baths. The result was, that the doctors were put to shame, and Priessnitz fully exonerated. As he had violated no law in the use of medicines without a license, so no cause of complaint existed against him. He was allowed to practise his own peculiar system without let or hindrance from the doctors, and many a physician from that time was glad to avail himself of the skill of the Silesian peasant, in curing diseases which the medical faculty, with all their boasted remedies and science, had tried in vain to cure.

Thus flourished Vincent Priessnitz. He lived to see his system of medical practice adopted by several scientific medical men, and to spread itself over the civilized world.

Again, we have one more of the wonders of medical reform which we will mention. This had its origin in the State of Connecticut, the land of wooden nutmegs and other Yankee notions. A pupil of the celebrated Prof. Ives, of New Haven, a man of science and good practical common sense and judgment, having commenced a course of medical practice under very favorable auspices, and while in the tide of prosperity, and enjoying a good share of popular favor, was seized with the very unpopular idea, that he was doing his patients more harm than good by the system of drug medication he had been taught to practise. Under this conviction he began to practise some duplicity upon his patients, and instead of giving them medicines, he gave those who were not seriously ill bread pills and cold water drops under the name of medicine. These he found worked admirably, and emboldened by his success, he ventured still further, and after a time he treated the most serious and complicated diseases with his bread pills and pure water. For fifteen or twenty years he continued his experiments, becoming more and more confirmed in his novel practice, until his mind became fully settled in its convictions, when he burst the bubble he had been so long inflating, and came out before his medical brethren and before the world a sworn enemy to all drug medication.

Surprise and chagrin seized his medical friends, but the effect upon the community in which he practised was various. Some denounced him as an impostor, unworthy of confidence or patronage, and ready to stone him for deceiving them; while others, who were the more elevated portion, though confounded by the *ruse* practised upon them, took the doctor by the hand and said—"If you can cure our diseases without the use of medicine, then you are the doctor for us." Thus encouraged, he went forward with his reform till he had perfected a theory of disease and of medical practice entirely diverse from any which had preceded him. Disease in his theory is a unit, and the manifestations of disease in the forms of fever, coughs, colds, &c., are kindly efforts of nature entirely true to the laws of life and health, which cannot be aided by any system of drug medication or any medication whatever, relying solely upon the *vis med. nature*, placing the patient in what he supposes is the best possible condition by rest, pure air, and proper diet. This man is Isaac Jennings, of Cleveland, Ohio. He still lives to advocate his theory with much zeal. He has written two books in defence of his system, which he styles Orthopathy. He has never succeeded to any

great extent in getting his practice into popular favor, although he has some warm friends who have adopted his views. So much for the history of medical reform.

In giving this, I have not pretended to notice the many branches of reform which have sprung from those that I have named. It is enough for my present purpose to enable me to show the comparative merits of the different systems of medicine now in vogue. We have said enough, in passing—in relation to the articles in use by the different schools—as to their quality and quantity; and the success of the different schools might be inferred in some measure by a logical induction from their mode of treatment. But laying aside entirely the specific practical effect upon the sick of these different systems of medication, one view of the subject stands pre-eminent, and paramount to all others, in my mind—which is this: The practical effect upon the world. The whole world is groaning under sickness and premature death, for the want of some practical knowledge of the laws which govern the human system in life, health, and disease. Of these laws the mass of mankind are ignorant, and through this ignorance are continually exposed to suffering and death. It is admitted by all wise legislators, philosophers, doctors and economists, of every description, that "an ounce of prevention is better than a pound of cure." To remove the sickness and distress now resting upon the world would be a noble work, but to prevent it would be far nobler. Under this view of the subject, let us see what has been done and what is being done by the different medical schools.

First, we will call upon the oldest and most renowned and popular school—Allopathy. What has Allopathy done to enlighten the people in regard to the laws of life and health? Where shall we look for a reply? If we examine their books, we find none—or none of importance—written for popular use. Their journals and periodicals, like their books, are all written for the profession. They are filled with technical terms wholly unintelligible except to the student of medicine. It requires months or years of patient study to be able to read medical books understandingly. The people, then, are referred to the living teacher and practitioner. What are the living teachers doing? I should be happy to have some testimony on that subject that would be satisfactory, but I have not been able to find any that was of any great account. We acknowledge a great improvement from what it was fifty years ago, but it is rather more of a negative than a positive character. The chain of medical tyranny is broken; the people have more privileges as to the course of medicine they shall choose; but as to the cause of sickness, and the proper treatment of diseases, it is not generally noticed or taught by the allopathic school.

We turn to the Reform schools. Take the oldest first. What did Samuel Thomson to enlighten the world? We answer, he did much, very much. Ignorant as he was, and crude and defective as were many of his ideas, yet he stands before the world, and will forever stand, as the first man who invented a complete system of medical practice adapted to the wants of the people, or that the people could understand. It was written in plain English, and the preparations of his medicines and the process of administering were fully detailed. His system was not without its errors and defects, both in theory and practice. Its great value has been in opening the field of medical science to the popular mind.

We turn next to Hahnemann. What has Homœopathy done for the people? Its books on domestic practice have been greatly multiplied and extensively circulated. It has given a system of domestic practice in some measure adapted to the wants of the people, and capable of being understood, so far as the practical part is concerned, by the popular mind. Its dietetic and hygienic systems are well calculated to

prevent sickness, and to place the sick in very favorable conditions for recovery. Its defects are serious and complicated. In the first place, if we allow that there is any positive virtue in the medicines used, we discover at once a great difficulty in getting genuine medicines. The process of trituration is so complex and difficult that no one but an adept in the art could hope to succeed. Then again, to adapt the different potencies of the medicines to the disease is a difficult thing. Some practitioners advocate the use of the first potency; some the third; some the sixth; some, again, the twelfth; and others declare that the best effects oftener result from the thirtieth potency, while a more concentrated preparation would only aggravate the disease, or be nugatory upon it. But the chief and most serious defect in the homœopathic system of medicine, for popular and domestic use, lies in the difficulty of adapting the remedy to the disease. According to the homœopathic system, if the remedy is not adapted to the disease it is of no utility whatever to the sick man. Remember, the remedy must be capable of producing the same symptoms upon the well man which you desire to cure in the sick. Now among the multiplicity of symptoms—which are continually being varied, too—who would be wise enough always to select the right remedy? But the friends of homœopathy say a mistake in the remedy is of no consequence, since if the wrong one is used no harm is done. But is there no harm in losing important time, when a man is sick, in finding the remedy to cure him? May he not die before the remedy is found? Who would be willing to run any such risk? No one, you say. Then who shall be the one to select the remedy? Of course, no relative or friend would be willing to take any such responsibility, if there was any danger in the case. Then the physician must be called, and the responsibility thrown on to him. He willingly takes that responsibility, and prescribes as he sees fit. The patient recovers, or perhaps dies; but the friends are not enlightened as to the cause of the sickness or the remedy that cured him. If a hundred cases should occur under such a course of treatment, very little light would be imparted to the friends or to the world as to the nature of disease, its prevention, or cure; thus making the people almost entirely dependent upon the physician. This I regard as a great evil, which the homœopathic practice is admirably calculated to foster and perpetuate. So much for the merits and defects of Homœopathy. I have spoken only in general terms; much more might be said in its favor, and perhaps more against it.

We come now to inquire of Hydropathy. What has Hydropathy done that it should have superior claims upon the people? We will premise what we have to say upon the merits of hydropathy by speaking of it negatively. Its bitterest opponents have not been able to bring an evil accusation against the judicious use of water as a remedy. They sometimes may say, and say with truth, that such and such a person was killed or injured by the use of water. But the evil was in its application, and not in the remedy, *per se*. But the things that commend it to the favorable notice of the sick are,

1st. *Its simplicity.* We are entirely dependent upon it for every comfort; we have it in our houses and in our bed-rooms, in our kitchens and on our tables. We give it without fear to the new-born infant, and withhold it not from the aged. In sickness and in health, for cleanliness and for luxury, pure water is used without fear of evil.

2d. *Its universality.* Everywhere where man is found, water must be provided for his use. Life itself is more dependent upon the water we drink than upon our food, and almost as much as upon the air we breathe. All this every one acknowledges to be true, and yet might not be disposed to believe in water as a remedy in case of sickness. The question with such is, is it efficacious? can we depend upon it in all cases

of disease? To answer this question satisfactorily would require more time than I can give in one short lecture. No one witness would be supposed to be able to establish a proposition of that character, however competent he might be. It must depend upon patient research, critical and diligent comparisons. I bear my testimony that so far as I know, its efficacy is altogether superior to any other remedy in the known world. I do not say that there is no remedy besides water, or that water is the only thing that can be used advantageously for the sick; but I say, with several years of experience with different modes of treatment, that water is the best remedy for the sick I have ever known. My experience for the last eight years nearly, has been in water-cure establishments. I have come in contact with a great variety of forms of disease. I have had patients—who had tried the remedies used by Allopathic, Homœopathic, and Thomsonian physicians, without benefit—who have been cured by the Hydropathic practice. I have had cases of rheumatism, neuralgia, liver-complaint, dyspepsia, and spinal diseases, which were pronounced incurable by various physicians, and cured them by water. I have had several physicians under my care who had tried their own remedies in vain, and were cured by water. I have treated more than thirty cases of typhus fever without the loss of one. I have tried the efficacy of water in several cases of small-pox, scarlatina, measles, hooping cough, and various other acute forms of disease, both in children and in grown persons, and never lost one where I was the first physician called, and could give any encouragement. I have been able, by the efficacy of water, to save many, in acute forms of disease, who had been abandoned by other physicians. I have had the testimony of eminent physicians under my care, in favor of the efficacy of water. One only will I give. Dr. S., President of the Medical Society in this State, was under my care five years since, to try the efficacy of water for a spinal disease which had afflicted him many years, and which had baffled the skill of the most eminent physicians in the United States. He was thoroughly cured in a very few weeks. His testimony in favor of water was of the strongest nature. I asked him one day what he thought of the patients then under my care. He replied, frankly and emphatically, "You have not got one here (I had some eighty) I would undertake to cure with medicine." I told him I expected to make pretty good cures of three-fourths, at least; as I did. I met him a year or two after this, when he was in very good health and pursuing his business, and asked him why, if he was so much in favor of water, he did not make use of it in his practice. He replied, "Not that I do not believe that water is the best remedy, but the people in my vicinity know I practise medicine after the old school. If I should adopt the water-cure, and should lose my patient, the friends would find fault, and say, 'If you had pursued your old course the patient might have recovered.' But if I lose one, or a hundred, under my old course, it is *secundum artem*, and nothing is said about it. The people expect to die under that practice."

If facts are wanted to prove the efficacy of water as a remedial agent, they can be multiplied to the satisfaction of all candid inquirers. But I come to the last and principal thing in favor of hydropathy. It is this—what it has done for the people. I say it without fear of contradiction, that it has done more to enlighten the people in relation to the laws of life, health, and disease, in the last ten years, than ever was done before by any medical school. Hydropathy is no mystery; it is no secret art; it has no nostrums to sell; it asks for no patent to protect it against encroachment; it asks the favor of no law to secure its privileges. Its books and periodicals are written in plain English, adapted to the common understanding, and sent forth to the people at the least possible expense. No secret is made of the remedy used or its mode of administra-

tion. The best modes of bathing, diet, dress, exercise, rest, and recreation are freely discussed, and enforced by sound reasoning. Many invalids afflicted with serious diseases have cured themselves through the aid of hydropathic books alone, where the skill of the best physicians of the other schools had failed. This last reason, if there were no other in favor of hydropathy, would establish its merits as superior to any other system of medical treatment in the world, with every mind that loves his race and has the good of mankind at heart. This is all I can say at present in favor of hydropathy.

As to Orthopathy, it is but little known. I regard it as negative hydropathy, and part of the same system. Dr. Jennings is trying hard to get it before the people, and I wish him success.

Ladies and Gentlemen, I commend the whole subject to your candid and patient investigation. I have said what I have said in good faith. I thank you for your patient attention. I hope it will prove as profitable to you in the hour of need as this hour has been pleasant to me.

## Practical Hydropathy.

### AN INTERESTING CASE OF DYSPEPSIA.

THE letter below, addressed to Messrs. Fowlers and Wells, is from a man well and widely known in Canada West, and who makes a very modest statement when he describes his case. In all the cases I have had of chronic dyspepsia and diarrhoea, I have had none which would compare with it in severity. Through the whole of my correspondence and prescription for home treatment—and it is very large—I have had described only one case which, for unfavorableness of aspect, would equal it. That was the case of a physician in Georgia. I was intending to give this case to the JOURNAL, but inasmuch as he has volunteered to give it, I forbear, only saying, that I gratefully acknowledge the Divine goodness in enabling me to restore to health one so capable of being useful, and of aiding on, by precept and example, the grand revolution in Canada. I know not which the most to rejoice over, the man's restoration to health, or his and his wife's conversion to a loftier idea of living. With a young and interesting family springing up, these parents will now train them rightly. If they do, all the trial and trouble and watch-care I had to give my friend, to save him, will redound to the good of his family. Of other diseases I have some very interesting and marked cases of cure to lay before the readers of the JOURNAL. Let them all cling to their faith. It is worth cherishing and following. Respectfully,

J. C. JACKSON.

Glen Haven, Scott, Cortlandt Co., N. Y.

GEORGETOWN, C. W., June 10, 1853.

MESSRS. FOWLERS AND WELLS,—I think it due to those who have been instrumental in the recovery of my health, as well as to those of my fellow-beings who are suffering with the same disease, to give a detailed account of how it was effected.

I have had the dyspepsia about twelve years, gradually growing worse every year. Being of a bilious temperament, I have had several attacks of fever, and have taken considerable quantities of drug-medicine. Three or four years since, I determined to take no more calomel. I would take nothing but "Moffat's Pills," and wormwood tea, thinking I was taking purely vegetable medicine, but in this I was greatly deceived. I thought it was going to cure me, but I found that, although it relieved me for the time, I was getting no better, but had to increase the dose. I have taken quarts of those pills, for the doctors recommended them to me; but I found I was growing worse all the time. My friends were very anxious I should try Townsend's Sarsaparilla. I took several bottles of it, and instead of the pills took Turkey Rhubarb, but constantly grew worse. I was then persuaded to try mineral water. I went to the Elgin

Springs, Vermont, and Sour Springs, near Batavia. Either from these last, or my journeyings or both, I received temporary relief, but soon grew worse again. I then determined to abstain from drug medicine, except Turkey Rhubarb. The doctors said they would cure me, if I would take a course of blue pills, seidlitz powders, &c., &c. But I resolved not to try that again, until I had tried everything else. About this time a friend came to see me, and told me about the WATER-CURE JOURNAL, which he was taking, and which he advised me to take also. He said that Dr. — had got up a club, and was practising water-cure with good effect. I subscribed for it at once, and sent to the doctor for a prescription. On reading the JOURNAL, I felt satisfied, if I was cured at all, it would be by hydropathic treatment. I commenced dieting, and using water, but I am sorry to say I believe it injured me very much, because it was not properly applied. Although I felt better, it reduced my vitality too much. I found myself sinking very fast. But as I continued to read the JOURNAL, I became strongly convinced that the principle was right, if rightly applied. Although the doctors said it would kill me, and my friends thought so too, I was determined to try it, and on the 4th of last July I started for the Buffalo Water-Cure. I went as far as Hamilton, but was so weak that my friends persuaded me not to go farther, but to try homœopathy, as they all said water would certainly kill me. I then commenced homœopathic treatment, and continued it four weeks without much change either way. The doctors then advised me, if I was determined to go to a water cure, to go to an establishment in Rochester where homœopathy and hydropathy are combined. I went home to bid my family good bye, and started again, when I was taken sick with the dysentery and treated homœopathically. I do not hesitate to say, I believe the homœopathic far preferable to the allopathic treatment. The cholera then broke out in Rochester, and I continued the use of the small pills until September, but received no real benefit. I then wrote to several eminent medical men in the Union, giving a statement of my disease. I was particularly struck with the honest, straightforward advice of Dr. Jackson, and seeing an account in the Journal of a person cured at his establishment who was similarly affected with myself, I decided to go there. At this time I had chronic diarrhoea, and on the 12th of last October I started for Glen Haven, and although very feeble, was permitted to arrive there. Be it remembered, that the homœopathic and allopathic doctors had given me up, and said *I must die*. I believe I should had I continued under their treatment. Never shall I forget how eagerly I watched Dr. Jackson as he examined my case. Said he, "You are very badly diseased, and unless something is done for you, you cannot live six months." My stomach had almost ceased to act, mouth ulcerated, the coatings of my stomach and bowels inflamed, and chronic diarrhoea running me down very fast. Said Dr. J., "You have much to suffer;" and I found it so. In about six weeks he cured the diarrhoea, which was very bad. Oh, the soothing effects of water! Would to Heaven that all were acquainted with its healing power! I was then taken down with the ague, which was soon cured. Then I was salivated in consequence of having taken calomel before I went to Glen Haven, for I never took a particle of medicine in the institution. My gums swelled, became putrid, and had to be cut off. I would saturate half a dozen large cloths a day. I continued in this way for twelve weeks. I was reduced to a mere skeleton, weighing only 95 pounds—my usual weight is 155 pounds; but Dr. Jackson still affirmed I would recover. My friends gave me up; the allopathy doctors said it was just as they expected. But I soon began to recover, though very slowly. It seemed almost an equal struggle between life and death. But through the blessing of a kind Providence, that led me to that institution, and Dr. Jackson's exertions, life gained the ascendancy, and I continued slowly, and almost imperceptibly for the first six weeks, to recover. I seemed a radically changed man; relieved of drugs, circulation returned, good appetite, symptoms all favorable, but very weak and feeble. The doctor then, at my urgent solicitation, allowed me to go home on a visit, as my wife had been with me all the time, and knew the mode of treatment, and how to prepare food hydropathically, and the last words he said were, "Take care of yourself, and you will become robust as ever." I have been at home ninety days, have gained fifty-two pounds of flesh, my strength has returned, and I feel like a new man. I live strictly hydropathically, as do my family, and we intend to as long as we live, for we like it better, we know it is more healthy, and far more economical. My friends all look upon me as a man raised from the dead. The allopathic doctors are dumb; that a mighty cure has been effected they cannot deny. Oh, that I could make all that read this article believe in

the efficacy of hydropathic treatment as I do, and of this they would be thoroughly convinced could they go to the Glen and see the different kinds of disease which are cured by Dr. Jackson. Mine is not an isolated case; there were others equally striking that were cured while I was there, and these, too, were cases which had been given up by all other doctors. I would advise all persons who are much diseased to go to the Glen, or to some other water-cure, as they will be richly repaid for the expense and privation of leaving home, by learning how to live hydropathically, besides being cured of their diseases. I was at Glen Haven five months. It is not, as many suppose, a place destitute of all comfort, where one is subjected to hard treatment and hard fare, but everything is done to make one comfortable and happy, and to remove disease. Numbers have been to see me, who are suffering with dyspepsia and chronic diarrhoea. Some have come over twenty-five miles. I advise them to take the JOURNAL, and go to a water-cure. Some think of going, others continue to try new doctors in hopes of being cured at home—a fatal delusion. When they have tried as long as I did, they may be glad to take my advice, if it is not too late. I am afraid I have tired your patience with my scribbling; but, like the man of whom we read in Holy Writ, I want to spread the fame of him who cured me wherever I go. Yours truly,  
P. W. DAYFOOT.

## SHAKING PALSY.

BY DR. S. FREASE.

It is not my intention to write a descriptive article on this disease, but to call attention to a case treated at our establishment the past summer, which is sufficiently encouraging to induce others suffering with this disease to give the Water-Cure a trial.

The impotency, for anything but evil, of drug-medication is well known to all. Even some hydropathic physicians are of the opinion that water-treatment cannot reach this disease. Dr. Edward Johnson, in his Domestic Hydropathy, says: "Paralysis Agitans is evidently, from its very nature, an incurable complaint." Now, I am not prepared to deny the truth of this assertion, but I doubt its correctness. At any rate, there can be no doubt that many who are now suffering with this distressing complaint could derive sufficient benefit from the water-treatment to cause them to bless the day they made its acquaintance.

The case to which I have referred was a man eighty-two years of age, of German birth, whose general health, otherwise, seemed well enough, with the exception of a troublesome skin-disease which caused an almost intolerable itching, particularly of the face. It was three years from the time he commenced shaking till he entered our cure. At that time the tremor of his hands and arms was constant; and they shook so badly that he could not raise a glass of water to his mouth with his right hand, and it was with great difficulty that he could with his left. At times he shook all over. The saliva ran from his mouth involuntarily.

He was first put under mild treatment, and soon commenced improving. As he gained strength, the treatment was more heroic, till finally he reacted with ease against a temperature of forty-five degrees. He was placed on a strict vegetable diet, notwithstanding he had used meat all his life up to that time—a circumstance worthy to be borne in mind by the advocates of flesh-diet. After staying with us six weeks, he went home on a visit, and it was only there, among the scenes with which he was familiar, while going through the same exercises he had formerly done, that he became fully sensible of the great benefit he had received. To use his own expression, "I could walk about over the farm so nimbly, climb over fences with so much ease, that I felt ten years younger than when I left home for the Water-Cure." He returned, and remained with us four weeks more, and continued to improve. But he was told by his former physicians

(Allopathic) that the benefit he was receiving would be only temporary, and as he did not feel inclined to spend more money for treatment, if such was the case, he left the establishment with the intention of pursuing home treatment.

At this time his arms and hands had become quite steady, the left hand altogether so, and the saliva had ceased to flow involuntarily. The itching of his face ceased in less than four weeks from the time he commenced treatment. This was about five months ago. A few weeks ago I received a letter from him stating that he was as well, if not better, than when he left the cure. This case I think is interesting. Taking into account his advanced age, the length of time he was diseased, and its advanced stage, it certainly holds out inducements to others similarly situated to go and do likewise. But the treatment of such cases must be undertaken with care, and conducted with discretion.

[Sugar Creek Falls Water-Cure.]

## OWNING UP.

[The Camden Courier thus speaks of Water-Cure:]

When we witness such remarkable and happy changes as that effected on our friend and neighbor, J. H. Munger, Esq., we are compelled to believe that there is really a much greater remedial power in the scientific and skilful use of water than is generally supposed. The case of Mr. Munger was known to be one of confirmed consumption, and one year ago his friends thought he could live but a short time. Having received some benefit from the use of water at home under the direction of a good Hydropathic practitioner, and being informed that he could not live long, was advised by him, if he wished to make further trial, to go to some good establishment. Accordingly he went to New Gräfenberg, where by perseverance under the well-known skill, experience, and care of Dr. Holland, and much to the surprise of his friends, he has nearly recovered his health, and is now attending to his business.

[The following is the case of Mr. Munger, above referred to:]

Camden, Feb. 6th, 1853.

DR. HOLLAND,—Dear Sir—I send you a statement of my case, believing it would be of service to you, and the cause in which you are engaged.

Early in July, 1850, I was taken with severe inflammation of the lungs, that extended itself throughout my whole system, accompanied with terrible and dangerous cough, profuse night-sweats which drenched two or three shirts every night, my pulse ranging from a hundred to a hundred and thirty. All this soon reduced me to a mere skeleton, and so much weakened me that I could sit up but very little, and caused an almost total loss of the use of my left lung, and seriously affected the other. I continued in this condition, gradually sinking, night-sweats unchecked, and the disease on my lungs progressing, until the spring of 1851, though all this time under the care and treatment of one of the best old-school physicians in Central New York. All believed that I had consumption, and that it was impossible for me to be cured, or to long survive. In the spring of 1851, being far too feeble to go from home, and having exhausted all other known remedies, as a last resort I commenced the water-treatment at home, under the direction of a good Hydropathic physician, and continued the same until the spring of 1852. The effect of the water-treatment was first, to immediately and effectually stop the night-sweats; second, to speedily reduce my pulse to 90; third, to check and greatly reduce the inflammation; and fourth, to act as a tonic, so that I very soon began to gain flesh and strength. But my

cough remained as before; I raised large quantities of thick heavy mucus, some pus, at times blood, and occasionally a thick bloody matter. Owing to the continuance of my cough, and the above condition of my lungs, my physician considered it a clear case of tuberculous consumption, became discouraged, and told me that he did not think me curable, and that I had better make up my mind that I had not long to live. Finding the home-treatment imperfect, and being resolved to give it a full trial, by his advice I went to your excellent establishment on the 13th of April, 1852, though then able to sit up or walk but little. I remained under your kind and judicious care and treatment until near the first of December last (with the exception of occasional absence, amounting to eight or nine weeks), which produced the most happy and astonishing results. I am now apparently nearly well. I cough and raise but little, have fully regained my healthy color and usual quantity of flesh, and nearly regained my usual strength, which is steadily increasing. I have resumed business in my office, and labor daily and vigorously, yet it is true, that the use of my left lung is impaired to the extent of fully one half, which I never expect to recover. But the other is believed to be sound and well. In the progress of my disease my hair all came out, and toe nails came off, but both have grown out anew and healthy. I can truly say that I have no doubt, and almost know, that the water-treatment has been the only means, under Providence, of saving my life, and of restoring me to my present comfortable state of health, and that I have just as little doubt, that if I had been thus treated with water, when first taken sick, I would have been entirely cured in a few weeks at the longest.

I am very truly your friend,  
J. H. MUNGER.

## INDICATIONS OF PROGRESS.

BY SANFORD NILES.

The work goes bravely on. Men are beginning to practise the "home truths" they find in your monthly God-sends. Several have told me lately, that they should roll no more "sweet morsels" of tobacco upon the tongue; that the pipe (that pocket-altar from which they had been wont to offer incense to Baal) had been laid aside forever. There are whole neighborhoods where the young drink neither tea nor coffee, and some have said that they did not believe their stomachs were made to be "cemeteries for animals;" "that swine's flesh in all its forms (hog-meat, spare-rib, ham, sausages, souse,) was an abomination." We have discovered that

"Reforms must all begin at home, reformers can't deny it,  
And men must cease from gnawing bones, and take to simple diet."

What a difference there is between the sick-room of a true Hydropath and of the Allopath! The Water-Cure physician says to the patient, "Rely upon the resources of Nature, they are ample. Disease is discord. Get in harmony. Breathe the pure air, 'twill paint your cheeks. Use freely of the water which makes the oak 'get high' and strong, 'twill make you get high and strong. Lay hold of every Hygienic agency, and claim health as a right." The Allopath says, "Use freely of these pills; if they do not make your 'bowels yearn' during the night, take of the oil," and thus he leaves him to swallow his poisons and the foul air, but "no cold water." Oh! my God! the patient dies in the midst of time-honored filth; or, if he lives, 'tis but to wish for the good days past to come again—a diseased man.

Last fall, a brother of mine was taken with a high fever; we applied the water, in a few hours he was as well as ever. Others taken in the same way were

sick for many days, simply, I doubt not, because they used drugs in preference to that which comes without price.

On the 10th of September, my sister gave birth to her first child, (a boy weighing nine pounds.) She has never been rugged, and fears were entertained of the consequences. Last spring I purchased the "Encyclopaedia," which she took for a guide. She was not sick before confinement, and the next day after, dressed the child and took care of it, which she has done ever since. They may talk of "Uncle Tom's Cabin," but the cabin for me is the one where they raise Water-Cure babies. How I love to see the little creatures' smiling faces, rosy cheeks, and what eyes! That could, I say to the mother, is going to be one of the men of the "good time coming."

Your Journals have been the means of my salvation. I try to violate none of Nature's laws.

[Kingsbury, Ill.]

## PROLAPSUS UTERI.—NO. II.

BY P. H. HAYES, M.D.

THE following cases are in illustration of the general remarks on Prolapsus Uteri offered to the JOURNAL last month. These cases, as is usual, had been misunderstood, and a long course of misdirected and absurd medication resorted to. The first case is a good illustration of this remark, and a large number of others as much in point might be given. That such cases as these should for years resist an array of vials and battalions of pill-boxes, and be so quickly restored by a no-medicine treatment, is a *posse* to mere dosers.

### CASE FIRST.

Miss —, a young lady brought on a bed, came under treatment in Jan. '53. She began to decline in health four years before. Had previously, for some years attended school, studied hard, overtaxed and impaired her nervous system. Had suffered from spinal irritation, headache, painful menstruation, inveterate leucorrhoea, pain in the small of the back and loins, and dragging pains across the abdomen almost from the very first until the time of entering the establishment. Lost the power of standing or walking three years ago, and with one or two trifling exceptions, has ever remained in this helpless condition. Found her suffering from displacement of the uterus, falling of the bowels, chronic fluor albus, constipation, torpid liver, pains in the back, head, and across the abdomen, face pale, blood poor, pulse feeble, and feet and hands cold. Has had the practice and counsel of nine regular physicians, and some irregulars and defectives of the Botanic, Homoeopathic, Eclectic, Psychologic schools. Has taken largely of medicine, more so I think than is usual. I asked her for a list of articles and appliances in this line which she had used, and here you have it as she gave it to me, except that I have slightly abbreviated it, and substituted some common for technical terms.

"Strychnine, Mercury, Arsenic, Iodine, Morphine, Quinine, Oxide, Iodide, Sulphate and Carbonate of Iron, Iodide and Carbonate of Manganese, Nitrate of Silver, Sulphate of Zinc, Sugar of Lead, Cream of Tartar, Sulphur, Elixir of Vitriol, Nitro-muriatic Acid, Bismuth, Ammonia, Camphor, Opium, Valerian, Belladonna, Arnica, Aconite, Hyoscyamus, Tobacco, Prickly Ash, Chamomile, Comfrey, Castor Oil, Cod Liver Oil, Blood Root, Poplar Bark, Spike-wind, Wild Ginger, Rhubarb, Wormwood, Yarrow, Fever Bush, Sassafras, Hurd Hack, Birch Bark, White Oak Bark, and Yellow Dock." She adds, "Have taken a great many mineral tonics of which I never knew the name, but with these little auxiliaries, the iron or manganese was taken three times a day for thirteen months." "During the allopathic treatment,

and part of the rest, had a calomel sore mouth for fourteen months." "Used every thing in the line of liquors, liniments, and plasters, besides fifty blisters, dry cupping, and scarificator." "Among patent medicines were Webster's Sarsaparilla, Chrystie's galvanic belts, necklace, and bracelets, with thirty-five bottles of the Oxide of Gold." This patient can now—eight weeks from entering the cure—walk half an hour three times daily on the verandah, and about the grounds belonging to the establishment. Every morbid symptom is rapidly mending, and the winds of March do not keep her from her accustomed out-door walks.

### CASE SECOND.

Mrs. —, aged 38, came to the establishment. Had suffered from prolapsus and fluor albus for three years, and for the fourteen months previous to her coming to the establishment, could not bear her weight on her feet. She was thin and pale, much emaciated, and so weak as to be carried in arms like a child. She suffered from the nervousness, sleeplessness, costiveness, and appetitelessness not uncommon in such cases. During her sickness had been treated for spine complaint and consumption, and had been told she was liable to be palsied at any time. She was under treatment 3 1-2 months. She began to walk in two weeks with assistance, and at the end of the time she could walk from one to two miles daily. She had gained nearly 25 pounds in weight, and appeared well in all respects, except that her physical strength was not fully restored.

### CASE THIRD.

A young lady was brought to us on a bed. She had been a confirmed invalid for nine years. Uterine and other displacements, together with excessive and misdirected medication, had exhausted her nervous system, disordered her digestion, and for years she had left her bed but little, now and then sitting up awhile, or walking across her room. She was under treatment eight months, and during the latter half of the time her common walks were from four to eight miles daily, and this a part of the time in winter over hilly roads. She was restored to good health.

[Wyoming Water-Cure, April, 1853.]

## A CASE OF SOAP AND WATER.

BY NOTE-TAKER.

SHORTLY after being admitted to the Bar, I settled in a small village in the interior of Pennsylvania, and remained there about a year; in which I had nothing to do but observe things, and take notes of current events. One of these incidents I send you, for the edification of yourselves, and the information of your numerous readers.

In this village there were four allopathic physicians, in considerable practice; perhaps I had better say three, one being a student of the first course, who, during the summer, assisted his preceptor.

A little child, some four or five years of age, had been under treatment for nearly a year, but no perceptible change for the better seemed to have been effected. The physician did not know what was the matter with her, and drugged her indiscriminately, first with one preparation, then another.

The student returned from Philadelphia in the early part of the summer, and being anxious to display his superior acquirements, as well as his advantage over his preceptor, who was not a "regular," he called to see the child. When I say that the old doctor was not a "regular," I mean that he had never got a diploma, never having attended a course of lectures; but had risen from quack dentistry, by the aid of a few drugs, to—medicine.

Well, the student called to see the child, and in the course of a month or so, behold! it was well!! His

fortune was made. His superiority was manifest. Henceforward, the old ladies sung psalms to his praise, and he had all the children in the parish to his share, as long as I remained in the neighborhood.

Being of an inquiring turn of mind, I asked the young doctor one day, in confidence, what he had done for the child; for that it was well, there was no doubt. He was somewhat of a wag, but a man of no talent or reason, and was himself ignorant of the healing cause, though he had given some simple medicines, such as tonics.

"Well," said he, "I went to see the child, and I observed at once that it was so d—d dirty that no medicine could do it any good; and it would not do to tell the mother that fact, so in order to get around the thing, I ordered her to bathe it morning and evening, in a tub of warm water, and rub it dry with a coarse towel. Then I left her some medicine that would not do any hurt, and after continuing the bath and the tonics for a month, the child was comparatively well."

This case bears its own comment. Although the doctor was not impressed with the virtues and powers of soap and water in this case, yet any man can see at a glance that the cure was owing entirely to the benefits of bathing. How long will men be wilfully blind to the glorious results of cleanliness, and the daily bath? There are daily cases of this kind; I know many; they are all alike, and one is as good as a thousand.

## BITE OF THE RATTLESNAKE.

THE following communication, which contains some interesting statements, has been sent us for publication:

JACOB PRICE'S SAW-MILL,  
17 miles N. W. of Stroudsburg,  
Monroe Co., Pa.

Jacob Price, a hunter and lumberman, says when he was about eight or nine years of age, some thirty-eight or thirty-nine years ago, in the month of May, he and some other boys were rolling stones down a hill, and he was bitten by a rattlesnake of the yellow kind, which they afterwards killed. The bite was in the left arm, through a flannel shirt and linsey roundabout lined with linsey. It made a scratch like a briar scratch.

In two or three hours it swelled up so he could not close his fingers.

It happened half a mile from home. He was carried to his father's house, and they applied herbs and various remedies; among others they used a poultice of snake-root, and he drank new milk, and they applied salt and indigo. This was done for two or three days, when the arm became black up to the shoulder, and his body swollen down over his heart, and the black streaks were extending down over his body; and during the last day those remedies were used he knew nothing, and they gave him up to die.

His father concluded to try how it would operate to cut the wound open and apply cold water. He cut the wound open three-fourths of an inch in depth, and one cut above also, and poured cold water on it from a coffee-pot.

In about two hours consciousness returned, and in three or four days he was running about again, entirely recovered.

Isaac Gruber, at Paradise, (a few miles above,) was bitten about twenty-two years ago in the leg, just above the ankle.

They bound his thigh very tight, and doctored him with all the remedies they knew for four or five days. The limb swelled up "as large as a barrel," and burst open in forty or fifty places in a kind of blisters, from which the yellow water was running. He fainted about every half hour. At length, hearing of J. Price's father, they sent for him. He arrived about noon.

He cut the limb open in more than fifty places, half an inch deep, and poured on cold spring water, and before night the fainting ceased, and the man was soon entirely restored.

The same man was bitten once afterwards, and cured in the same way by J. Price's father.

The little son of Wm. Bodhead, who keeps the hotel at the Delaware Water Gap, was bitten by a pilot snake and was very ill; and they had the doctors and applied their usual remedies for two or three days, but without success. They then sent for his father, who on account of the boy being quite young, and the case a bad one, feared to make the incisions at first, but at length did so, and the boy is now well. Thinks this was seven or eight years ago.

Jacob Price further says, and I give his own words, as I have done very nearly in the preceding statements:

"George Sears was bitten in the big toe about seven years ago, and I was there, happening to be passing with my team. The swelling was passing up his leg, and was about half way to his knee when I arrived, being an inch thicker at the swollen part, and advancing up the leg in the form of a ring.

"I cut the toe open and applied water, pouring it on from a height out of a coffee-pot. The swelling stopped its progress up the leg at once, and the next day the man was well and at work."

The above are the worst cases I can remember. I have known many others which were not so bad, and all cured by the application of cold water. Among the lumberers and others in this and the neighboring counties, it is the common remedy, and being entirely successful with it, they use no other, at least in our neighborhood. If a dog or a cow is bit and they can get the animal to a stream, they are made to stand in it, and are certain to be cured. I heard when in Monroe County in 1849, of a cow being found with her neck swollen, as the narrator said, so as to be "nearly as large as her body." She was made to stand in a stream, and recovered.

I give the above hoping that, if published, it may be of use to some one. SAMUEL E. GRISCOM.

## Dietetics.

UNDER this head we design to discuss Vegetarianism, in its various aspects and bearings—physiological, mental and moral, and to exhibit its effects in contrast with those of a mixed diet.

### THE LADIES FOR VEGETARIANISM.

We are compelled, for want of room, to defer an interesting address, written by a lady, and intended for this department of this number, but we will try to propitiate the fair sex by publishing the following brief and racy answers to the communication which appeared a few months since from a bachelor friend, who is desirous of forming an alliance "offensive and defensive," against the use of animal food. They were read at the late meeting of the New York Vegetarian Society, and elicited much witty as well as sensible discussion.

#### LETTER No. I.

DE. R. T. TRALL—DEAR SIR,—I saw in the last JOURNAL, under the head of May Topics, a notice for a Vegetarian Wife. Now if that article was put in there for "fun," I see no good reason why I may not enjoy my share of it; but if for sober earnest, in these days of "Woman's Rights," I am not sure but I have a right to try its benefits.

I have given the subject of marriage but little thought in relation to myself, for as far as my observation has extended, I have discovered that the coins that pass the best as courting currency, among most of our young men, are Flattery and Silly Sentiment-

alism. Having long since decided never to be caught by either of those baits, I had quietly left the field, perfectly willing that every body else should marry, but I had no desire to. But that notice quite aroused a long-abandoned idea. I look upon it as quite a curiosity. Is it true! that there is somewhere in America a young man who contemplates getting a companion in a rational, common sense manner? No, I think it must be he lives in Canada, and not in the States. But if so, I acknowledge myself perfectly willing to treat with him, and if we cannot agree, I trust we may at least part with respect, profited perhaps by the correspondence; and I dare presume so far as to think, without broken hearts.

I think I shall fail in some of the gentleman's requirements, but some few things I will venture to state, as it is well to start with a fair understanding.

I am not a member of your Veg. Society, (but I soon would be did I know how, when, and where.) I am, however, a vegetarian in principle and practice. Have long since abjured all narcotics, and am happy to say, I am "independent enough" to wear the Bloomer Costume just when it suits me, and that is most of the time. I too, am a reformer, and think this gentleman has commenced one of the most decided reforms.

I am in love with the happy, honorable life of the farmer, and never longed for anything half so much as a garden. My father was a farmer, and had he lived I might have been gratified.

As for my domestic knowledge, it is somewhat limited. I have been engaged in teaching and study for the last ten years, and as I found I could not learn everything, I adopted the utilitarian system as nearly as possible.

I know how to spin, but not weave—how to make butter, but not cheese—bread and plain pies, but not mince pies or hot biscuit. I can make grits, but not preserves,—soap, but not sausages,—rice preparations, but not pickles. I can make a shirt and knit socks; but I never worked a stitch of worsted work, or knit a tidy, or bead purse. I can read, but not sing; play with the broom, mop, and hoe, but not on any musical instrument. I profess to be acquainted with Chemistry and Philosophy, as applied to the practical details of life,—but not with French, or artificial flower making. The proper culture of children has occupied a large share of my attention, but I doubt not practice will be better than theory there. In reference to the laws of life and health, I profess to be well posted up. I have ever looked upon Physiology as one of the most beautiful and useful studies, have taught and practised it for years. I have applied myself diligently for the past two years to learn it, as applied to Water-Cure. I have nearly devoured your very valuable Encyclopedia, and have a library of Water-Cure and other books of which I am not ashamed. Last winter I availed myself of the teachings of two of the best W. C. physicians in our State, and listened to over 120 lectures on that subject, &c., &c. I have long been deemed very Quixotic by my friends, because I chose rather to get my own living, than be dependent on my friends, or marry because it was a funny notion. I have been styled an Old Maid these years, and have got along to twenty-six.

With these remarks I close, and leave them for your amusement or to do as you see fit. With much to you both, I remain yours for reform,

PRISILLA MINDFULNESS.

[Schaghticoke Point, Rensselaer Co., N. Y.]

P. S. You will of course apply the same rule to my name, &c. as to his.\*

May 14th, 1853.

\* Certainly. But he is hereby informed that the real name is in our confidential possession.

#### LETTER No. II.

"Heigh-ho for a husband! heigh-ho!"

DEAR EDITORS:—In this enlightened day, when the equality of the sexes is so nearly established, when matches can be made psychologically and phrenologically, must the "fair one" still sit in the chimney corner waiting till some pitying swain summons resolution enough to "pop the question?" "Most emphatically, No!" Thank you for that word of encouragement, for I confess my heart was almost in my mouth. You feel for forlorn, old bachelors—can you not extend your sympathies to the still more forlorn maidens who are destined, with all their virtues, to live and die in obscurity and neglect, like flowers—

"Born to blush unseen,

And waste their sweetness on the desert air!"

Pray, then, in all the round of your vegetarian acquaintances, can you select and recommend a suitable husband for a lady, twenty-two years of age, with a medium share of common sense, not a particle of genius, who has a "perfect horror" of Greek and Latin, and dandies; who can make sweet music from the wash-board, and talks French only to the chickens; whose chief knowledge of algebra consists in extracting (garden) roots, and working radical reforms; who is a decided favorite with children, and dresses for health and comfort?

The young lady in question "wishes a companion" who can get along without tea, coffee, tobacco, tight boots, and stitched shirt-bosoms; who is intellectual, amiable, cheerful; who would think more of his wife's happiness and mental improvement than of his own appetite; who could put up with a cold dinner, and bread and salad for supper, at least three times a week; who would either allow his better-half freely to manage her own concerns, or give her an equal share in the profits of his; who would never "my dear" her before folks, and then curtain-lecture her afterwards; nor look as black as a thunder-cloud if she chanced to see the newspaper first; nor snarl when she wished him to take care of the children long enough for her to take a promenade in her new Bloomers, or vote for Fanny Fern.

In short, I would like to know if there is a young gentleman, in your vicinity, or within the circle of your acquaintance, who knows more of the laws of life, moral and physical, than he does of champagne and nine-pins, and more of the duties of a husband and father, than he does of "isms" and humbug. If so, please speak a good word for your obliged

MARY MEADOWS.

[Quasqueton, Iowa, May 23, 1853.]

#### LETTER No. III.

Danvers, May 12, 1853.

MESSES. FOWLERS AND WELLS:—As I was perusing the pages of your WATER-CURE JOURNAL, May number, I was quite amused, as well as surprised, when I read the article respecting your bachelor friend, who, you say, is in search of a vegetarian wife.

I was surprised to hear from such a sensible man, as I take your friend to be, so particular in those valuable qualities he wishes his wife to possess; and as he says nothing relative to personal beauty, and so slight of the fashionable accomplishments, I venture to introduce myself to your notice, as a plain farmer's daughter—strong advocate of the Cold-Water System, &c., &c., and if your friend wishes to hear from me again, direct to Miss M.\*

A FRIEND OF THE CAUSE.

P. S. If this was inserted to fill your pages, as I suspect it was, the least you can do is to hunt some one up as soon as possible.

\* We have this name for those entitled to see it.

## Voices from Home.

## EXTRACTS FROM LETTERS.

FROM COLUMBUS, ILL.—[Such cases as the following are very much to the point, and their brief and straightforward statement will do more to commend Hydropathy to the people than many a long-winded dissertation.]

I was taken about the first of December with pains from my shoulders to my toes in every joint, so that I was unable to turn in my bed or walk without help. The paroxysms came on every third night, and continued from 12 to 24 hours. I suffered the most excruciating pain, particularly in my knees and ankles. I tried warm bathing and liniments for about two weeks, without receiving much, if any benefit. I then tried the cold water wash-down every night and morning, having a bucket of water out of the cistern, and taking a coarse towel or cloth and washing thoroughly, wiping dry and then going to bed. In less than one week I was free from pain, and continue so to the present time. My little daughter, six years old, was taken about the 1st of April with lung fever. Her case was a severe one. We took it in hand according to the "Hydropathic Encyclopaedia," and in a week we had her fever broken, and health returning. The wet sheet pack, and cold wet cloths upon her breast and neck, were the remedies used. Some of our neighbors have inquired if we were not afraid to try such experiments. The answer is, unequivocally, "No."

FROM MT. EATON, OHIO.—[The following letter speaks for itself. Read it.]

MESSES. FOWLERS AND WELLS:—Enclosed is one dollar, for which you will please send me the WATER-CURE JOURNAL. Through its influence I have been saved from an untimely grave. I suffered for some years with disease of the liver and kidneys; took medicines of the doctors, and of the patent kind not a few, and was finally threatened with blindness. Under the influence of drugs I continued to sink, till my case seemed to be utterly hopeless.

About one year ago a friend of mine, a reader of the Journal and a believer in its doctrines, induced me to make a trial of Hydropathic treatment. I went to Dr. Frease's Water Cure, at Sugar Creek Falls, and remained under his care for several months; then took home treatment for a time, and was restored to health. I am now able to endure as much fatigue as ever I could. Besides, have learned a lesson on the subject of health and disease which I think will keep me out of the doctors' hands for the future.

Water Cures are good schools, and what one learns during a course of treatment will more than compensate him or her for the time and money it costs. I do not know how it may be at other Cures, but Dr. Frease, while curing you of your disease, spares no pains to instruct you how to live to preserve health.

You may think me enthusiastic. So I am. And if by my enthusiasm others can be restored to health, or learn to preserve it, my object will be attained. I should be glad to have you publish this letter in the Journal, and if it meet the eye of suffering invalids, let me conjure them to try the virtues of water, in connection with a proper diet and other hygienic agencies, and they will find no use for Calomel, Quinine, Arsenic, Opium, Strychnine, &c.

Since I went to the Water-Cure I have abjured the use of meat, and am able to quiet the fears of those who think that vegetable food may do for sedentary persons, but will not do for laboring men. I have always been a laboring man—have earned my bread by cultivating the soil, and as stated before, can truly say, that I never could endure labor better than I now can; and what is particularly encouraging, am still gaining strength.

Lest this letter become too long for your columns, I must close, but the theme would allure me on. Yours truly,

JAMES STEELE.

FROM PETERSBURG, N. Y.—[Water-Cure mothers and Water-Cure babies have little need of doctors. A subscriber writes:]

My wife, a firm believer in the Water Cure, gave birth to a second child in May last. As her practice in the use of water was considered presumptuous, many prophesied a fearful result. As no Water-Cure physician was within reach, a "Regular" was called, who arrived after the birth of the child; and soon left, remarking that he "did not think it would be necessary to call again, as mother and babe were so smart."

FROM HADLEY, MASS.—Wishing to continue our subscription to your valuable W. C. JOURNAL, and hoping to aid somewhat the good cause in which you are engaged, we send you a list of 20 subscribers including *ourselves*, with the accompanying documents, which we hope may arrive safe and be satisfactory. Hope to keep the number good, and make additions even. We have derived most decided benefits from our limited acquaintance with your valuable services to suffering humanity, and to the highly-esteemed correspondents of your paper, and wish you all long life and great success in the *great work*. And though our means are limited, we would cheerfully add our co-operation as far as we may be able. The influence around us is at present rather hard in opposition. We hope to see better days. We are compelled to see people suffering and dying around, without being able to do more than to tell them that there is balm in Gilead. So strong are their prejudices and fear, that they must see what they will not permit us to show them, or they will not venture even a trial, or believe it. Respectfully yours,

WM. AND LOUISA DOUGHERTY.

[Mr. D. is a doctor of (or rather *from*) the Allopathic school, and is now upwards of seventy years of age. He is much worn, he says, in the service. He is now doing good service in a better cause.]

FROM MARIA TOWN, C. W.—[We make the following extract from the letter of a correspondent in this place.]

I have treated cases of Scrofula, Fever, Burns, Dysentery, Erysipelas, and Pleurisy, according to your directions, with the greatest success. I might state the process in each case; however, what I have said is enough. But in the case of Dysentery, I would merely say, that my child, treated on Water-Cure principles, is the only living one of thirteen who had taken the disease during the last summer, all the other cases under the other treatment terminated fatally. I would say further for the benefit of other parents, who may be placed in similar circumstances, that I persevered in the water treatment in opposition to an Allopathic Dr., who declared my child must (he thought) die, because I would not administer a dose of Calomel which he prepared for her. Unquestionably the good man thought as he spoke, but through my Water-Cure reading, I thought otherwise. Lest I should be censured by my neighbors, I called in another Allopath. You will recollect we have no other in this part of Canada, yet I hope it will not always be so. And in opposition to his partial concurrence, I still persevered. He would have mixed the two systems together, but I doubted the good effects of the amalgam, so I discarded both Laudanum and Catechu. The result you see was a complete victory over a disease which proved very fatal, in almost all cases, where the children were of the same age as mine, that is, under three years. D. R.

FROM HARBORSBURG, IND.—[Our good Hoosier friend uses strong language, but we guess he is not far from right. Hear him!]

We live in the "back-woods" of Indiana. We are all "Hoosiers," but still we are cursed with *drug stores* and *quack doctors*. We say *cursed*, and are we wrong? Is not the present system of the practice of medicine a "pestilence which wasteth at noon-day?" Our grave-yards cry *quack-victims enough!* Our orphans and widows, and bereaved friends, call loudly for a remedy. Where shall we get it? What shall it be? We will get it from FOWLERS AND WELLS. It shall be the truths taught in the WATER-CURE JOURNAL. There is a day fast approaching when truth will triumph over error, when darkness will be swallowed up in light. When the *Water-Cure System* is generally adopted, we shall consider this period in reform close at hand. J. G.

FROM KNIGHTSTOWN, IA.—[Which will you choose, dear reader, after perusing the following,—doctors and drugs, or the WATER-CURE JOURNAL and Hydropathy?]

Before I tried the efficacy of water in removing disease, I usually paid the drug doctors from ten to thirty dollars per year for drugging my wife; besides, I bought lots of patent medicine, and kept a hired girl the year round, which cost me fifty dollars more. After all this, my wife still got worse; with a constant pain in her back and breast, and every spring she would be confined to her bed from four to six weeks with the inflammatory rheumatism. But I thank God that under his providence I got hold of your WATER-CURE JOURNAL. After reading it, I consulted my wife on the subject of the Water Cure, and she agreed to try it. I then sent for the JOURNAL, and she commenced the application of wa-

ter to her case, and got immediate relief. Without giving a detailed account of the treatment, I can truly say, that the pain in her back and breast has gone "to parts unknown." the rheumatism has been driven entirely out of her system, the hired girl is dismissed, as the doctors are also, and that is not all, *she is in good health*, doing her own house-work, washing, &c., and has been for the last three years. She has also thrown off the long skirts, whalebones, &c., and adopted the Bloomer costume, which she likes much better than the old slavish fashion.

I could give you other radical cures that have been effected here by the water treatment. The good cause is gaining ground in this town and vicinity despite of the old fogies.

F. L. G.

## Poetry.

## WATER.

O, WATER! bright water!  
Thy station is high,  
Earth's beautiful daughter,  
The bride of the sky.  
The fond earth doth bless thee,  
With gentle delight,  
And soft clouds caress thee  
Embosomed in light.

Thy purling streams wander  
Mid wild blooming flowers,  
Or gently meander  
Through green shady bowers;  
Anon wildly leaping  
Adown the cascade,  
Or pensively sweeping  
Along the green glade.

Of thee, O pure water,  
Of thee do we sing,  
Wine, wine is a mocker,  
It leaveth a sting.  
Ye gay, and ye happy,  
O, fly from its thrall,  
'Twill lead you to ruin,  
'Twill mock at your fall.

Turn, turn to the fountain  
Where bright waters flow  
From hill-side and mountain,  
Wherever ye go.  
Quaff, quaff the pure nectar,  
'Tis flowing for thee;  
Health's surest protector  
It ever will be.

J. W. G.

[Dekalb Centre, Ill.]

## THE PASSAGE.

FROM THE GERMAN.

MANY a year is in its grave,  
Since I crossed this restless wave;  
And the evening, fair as ever,  
Shines on ruin, rock and river.  
Then in this same boat beside  
Sat two comrades old and tried—  
One with all a father's truth,  
One with all the fire of youth.

One on earth in silence wrought,  
And his grave in silence sought;  
But the younger, brighter form  
Passed in battle and in storm.  
But what binds us friend to friend,  
But that soul with soul can blend?  
Soul-like were those hours of yore;  
Let us walk in soul once more.

Take, O boatman, thrice thy fee;  
Take, I give it willingly:  
For invisible to thee,  
Spirits twain have crossed with me.

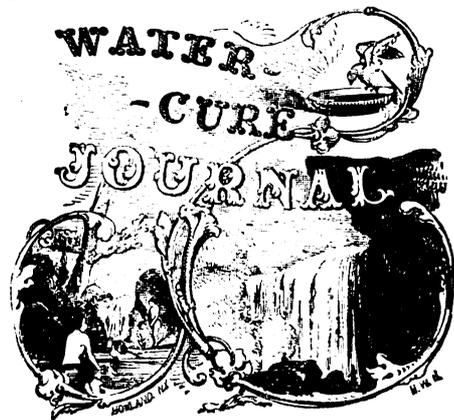
UNLAND.

## The Month.

NEW YORK, AUGUST, 1853.

TRUTH, I see, he that will but stand to the TRUTH, it will carry him out.—GEORGE FOX.

By no other way can men approach nearer to the gods, than by conferring health on men.—CICERO.



## AUGUST ITEMS.

BY R. T. TRALL, M.D.

**DEATH AND HOT WEATHER.**—Our table figuratively groans beneath the ponderous accumulation of matters deserving of notice, and which we desire to notice; but, unlike disembodied beings, we are limited to space. We must, therefore, like well-dunned debtors, pay first attention to those topics which importune the hardest, leaving the more modest creditors to be served hereafter, or handed over to the "Quarterly" for future consideration. (See Prospectus of *Hydropathic Review*.)

We have had an unusual visitation from "grim-visaged" Death. The occasion of his unseasonable coming is said to have been the "excessive heat." It is true; and "pity 'tis 'tis true," that we cannot have two or three warm or even hot days without some scores of human beings dropping down dead, and some hundreds more dying indirectly from diseases which the heat induces. We say there is no necessity for this; and on this theme we propose to moralize. And if we do not treat "terror's king" with accustomed reverence, it is because, being sound and ultra hydrophatic, we neither love nor fear him.

The fourth week in June last was warmer than usual at that season by an average of ten degrees. The following paragraph, copied from a city paper of June 27th, furnishes an appropriate text for a few remarks:

The increase of deaths last week over the week before was in the extraordinary proportion of *seventy per cent.* The whole number of deaths was 561, or 232 more than for the week ending 18th inst. Of the 561 about 45 per cent. (250) were under one year of age.

We are accustomed to hear that two or three hundred children, in addition to the ordinary mortality, die weekly during the months of July and August. Then, however, the extraordinary mortality is laid to the account of "fruits and vegetables;" but in June last there were no such death-dealing commodities in market. The only exciting cause to which we can refer is simply excessive heat.

Now we assume it as a self-evident proposition that

wo or three days of the hottest weather ever known in New-York ought not, and would not of itself, kill any body. Hence there must, of necessity, be such a predisposition to disease as makes a sudden, or considerable augmentation of temperature ultimate in death. The important problem, then, is, what makes the predisposition?

A very simple statement will furnish a key to unravel this mystery. These sudden deaths are entirely unknown among those who adopt a consistent vegetable diet with regular bathing habits. Among those who live hydropathically such occurrences are unheard of also. We have no record of such an adult or infant dying from mere hot weather in this part of the world, certainly not in this city. The conclusion, hence, is clear enough that "bad living" is the whole sum and substance of the predisposition. All persons, therefore, whose living is physiologically bad, may rightfully consider themselves as the particular "shining marks" at which Death levels his arrows. And, conversely, those whose habits of life are consistent with the laws of health, may have a conscious sense of immunity, and bid the Great Destroyer bold defiance. Happy are those who can understand these things. Still more happy are they who can apply them to the life.

**SUN STROKE.**—During the three hot days in June last (22d, 23d, 24th), about sixty persons died in this city and vicinity from the effects of what is usually denominated sun stroke. The malady consists essentially in an extreme relaxation of the capillary vessels, by which the circulation of the blood is more or less impeded, and sometimes entirely arrested. A Dr. Little, of Hoboken, has, through the columns of the *Sun* newspaper, volunteered some very good and some very bad advice about the management of sun-struck patients. He says among other things:

Many, attracted by a person falling down in a state of insensibility and helplessness from the effects of sun stroke, think they ought to do something by way of promoting the recovery, but their laudable efforts are in too many instances productive of more harm than good, because they are unsuited to the circumstances of the case and the peculiar nature of the disease. For instance, the application of cold water, or iced water, is very common, but it is wrong, and calculated to make things worse, instead of better. This, at least, will be the case with nineteen persons out of twenty. Sun stroke is a sudden abstraction of nervous energy, and whatever may be the condition of particular organs, or parts of the body, in the great majority of cases it is necessary never to forget the circumstance that cold, or motion, or anything else calculated to lower the powers of life, will make things worse instead of better. There are cases where blood-letting is not only necessary, but the only thing the physician can employ that affords any hope of a favorable result. These cases, however, are rather of an apoplectic nature than the ordinary effects of sun stroke.

Some of the logic advanced in the above is exceedingly queer. The disease he is treating of is sun stroke, and in some cases bleeding is necessary, because the sun stroke resembles apoplexy more than it does itself; that is, more than it does the "ordinary effects of sun stroke." We ridicule the reasoning and abhor the practice. The patient wants rest and quiet, abundant ventilation, all the pure, fresh air, possible, cold wet cloths to the head, and if the surface or extremities are cold, bottles of hot water to the feet.

Dr. Little's theory is, that sun stroke is a "sudden abstraction of nervous energy;" so to cure it he would suddenly abstract a little more of it by means of blood-letting. If such doctors wished to deprive a well animal of all his nervous energy suddenly, they would do exactly the same thing—bleed him.

**NAPOLEON AT A WATER-CURE.**—We do not attach any more scientific importance to the hydropathic treatment of an emperor than of a tinker or cobbler; but as all the doings of great folks are subjects of gossip among little people, we may improve the facts

occurring in their history to indicate principles of universal interest. A Paris correspondent writes:

The Chief of the Empire, Louis Napoleon, is still much indisposed by the *albuminaria*; sometimes during the day-time, and other times in the night, he suffers so much that he is obliged to leave his business and his bed to retire into his private apartments and to walk or lounge. The doctors who are attending on him have recommended his Majesty to go to the water-cure establishments of Vichy or Contrexville—both excellent places for the disease of the spine.

The allopaths of France are beginning to rival our Americans in tact and cunning. Here it is becoming quite a common thing for the doctors, when they regard a disease absolutely incurable, to recommend the patient to a Water-Cure. Their idea is, if the patient dies, Hydropathy will get the credit of killing him. If the patient gets well, the allopathic doctor will get the credit of knowing exactly to what cases water-treatment is adapted!

**BILIARY PROBLEMS.**—Dr. Taggart, of the River Raisin (Mich.) Water-Cure, submits the following questions:

1. Is not the fluid we find in the human system, and call *bile*, properly a refuse?
2. Is it not the product or remnant of a transformation of tissues?
3. Has it not been, or was it not once, while in the system, a solid?
4. Is it not at such times, as when hydrogen predominates, that we find the secretion of this fluid more abundant?
5. After this fluid is conducted into the duodenum, is it not liable to be taken up by the absorbents of the ilium and jejunum, (small intestines,) and conveyed into the circulation?
6. Is it not in consequence of a lack of oxygen, and a surplus of hydrogen, that the human body emaciates?

All the above questions have an important bearing on the practice of medicine; and the errors entertained in relation thereto by the profession, are the foundation of much of the destructive practice of the allopathic school. We will reply to them in their order as briefly as possible.

1. Bile is an excrementitious or waste matter; hence all the learned "lingo" in medical books about its being auxiliary to digestion, is mere nonsense.

2. It is in part the product of a transformation of tissues, and in part the secretion from the blood of accidental impurities which have entered into the organic structures.

3. A part of the material of which bile is formed, was in the state of a solid previously.

4. The excess of hydrogen would, undoubtedly, cause an increased secretion of bile, as this is one important way of getting rid of surplus hydrogen. The secretion might also be temporarily increased by any cause which should check the action of the skin, kidneys, and bowels, as all of the excreting organs are enabled to perform vicarious duty.

5. The bile may be resorbed, to some extent; or, rather, its elements may be decomposed in the small intestines, and thus prepared for entering again into the circulation. The yellow, jaundiced, or bilious appearance of the eyes and skin, in diseases of the liver, is not, however, owing to the resorption of bile, so much as to the elements of which bile *should* be formed, remaining in the capillary vessels, because of the liver not secreting them.

6. Emaciation may result from any misproportion of either the chemical elements or proximate principles of which the body is composed. The oxygen, in this respect, plays no more important part than hydrogen, nitrogen, and carbon. An excess of oxygen would waste the body by a too rapid transformation of tissues; whilst an excess of hydrogen would produce the same result in preventing the proper preparation and assimilation of nutriment.

**THE ORDER OF HIPPOCRATES.**—Verily, our opponents are driven to the wall. The "regular profession" has been for years clamoring for protection;

but the more it clamors the more the people won't protect it. In fact, a pretty considerable portion of the people are beginning to think *they* want protection against the profession. It may be an extremely puzzling question, whether the people ought to be protected from swallowing the profession's poisons, or the profession protected against the said people's refusal to swallow them. Like most medical theories, the subject is replete with difficulty; we will not pretend to solve it. We will, however, merely notice one interesting historical fact, leaving the philosophy of the said fact to be developed hereafter.

Dr. Albert W. Ely, of New Orleans, as we are informed by the *Boston Medical Journal*, proposes to organize a secret medical association, into which only the most worthy shall be initiated. Dr. Ely thus "elaborates" his idea:

"We mean to say, that the great interests of the science of medicine require the establishment of a great medical order, having one great head, to which all others shall be subordinate. We have chosen to give this order a name—that of the *Order of Hippocrates*; but some other might perhaps be better. Our idea of the organization of this great order is as follows: it should consist of divisions, called subordinate colleges, deriving their charters from one *grand college* for the whole United States, holding its sessions quarterly, or semi-annually, in some central point of the Union. The form and ceremonies of initiation should be of the most solemn and imposing character, accompanied with oaths or obligations binding the initiated to sustain the interests of the order."

We can inform Dr. Ely, and the rest of the "worthies," that it will take something more potent than signs, and grips, and passes, and oaths, and central powers, and great heads, and imposing ceremonies, to stop the car of progress. Gentlemen, you might as well try to dam up the cataract of Niagara with a pitchfork! If you will keep up with the spirit of the age, you will not need any protection. If you do not, the people will soon "let you alone severely."

ALLOPATHIC LOGIC.—A Dr. Ramsey, of Georgia, in treating of infantile therapeutics, gives us the following specimen of reasoning, which is a fair sample of all the drug-philosophy of his school:

"The most common plan of treating this disease, [bowel complaint,] when febrile symptoms supervene, is the mercurial practice. I have found it very successful, in combination with soda and the cretaceous mixture. I have long since repudiated the idea of a mercurial in everything. I admire its virtues when properly and legitimately administered, but I have no doubt that many a child has been sent to an untimely grave by its injudicious use in this disease. It is perfectly preposterous to suppose that the liver is at fault in every case of infantile diarrhoea, and that a mercurial is therefore the remedy. I am confident many children are sacrificed to this isolated abstraction, which has its origin in error, and its end too often in death. The purgative plan is fallacious. To me it appears unphilosophical to be dosing a child with purgatives, to remedy a disease, the prominent feature of which is *too much purgation*. I usually give a mercurial or other laxative, as may suggest, to clear the track of the intestines of any effete matter."

So the doctor objects to purgatives, because there is too much purgation already; and opposes the mercurial treatment because it frequently kills; and then, presto, *purges with mercury!* Well, it is rare that a writer, whose brains are turned topsy-turvy with the vagaries of allopathic druggery, can make theory and practice hang together through a whole paragraph.

HYGIENICS OF TEMPERANCE.—Under this head Dr. Cartwright, of New Orleans, communicates some valuable statistical information to the *Boston Medical Journal*. Taking the position that nothing tends more to *preserve or disturb* the harmony of man's body than *water and alcohol*, Dr. C. remarks:

"The writer is one of three physicians, who located in Natchez thirty years ago. The new comers found only *one* practitioner in the city belonging to the same temperance school with themselves. The country and

villages within fifteen miles around afforded only *three* more. All the rest believed in the hygienic virtues of alcoholic drinks, and taught that doctrine by precept and example. Besides the practising physicians, there were ten others in the city and adjacent country who had retired from the profession. They were all temperate. Thus, including the new comers, the total number of temperance physicians, in and near Natchez, thirty years ago, consisted of seventeen. Of these, five have died.—Dr. Henry Tooley, aged about 75 years; Dr. Andrew M'Creary, aged 70; Dr. J. Ker, 60; Dr. Wm. Dunbar, 60; Dr. James A. McPheeters, 49. In 1823, the average ages of the seventeen was about 34 years. According to the Carlisle tables of mortality, and those of the Equitable Insurance Company of London, seven instead of five would have been the ratio of mortality in England. Those at present living are, Drs. D. Lattimore, W. Wren, Stephen Duncan, James Metcalf, W. N. Mercer, G. W. Grant, J. Sanderson, Benj. F. Young, T. G. Elliott, — Phoenix, Prof. A. P. Merrill, and the writer.

"On the other hand, every physician of Natchez and its vicinity thirty years ago, whether practising or retired, who was in the habit of *tippling*, as the practice of drinking alcoholic beverages is called, has long since been numbered with the dead! Only two of them, who were comparatively temperate, lived to be gray. Their average term of life did not exceed 35 years, and the average term of life of those who were in the habit of taking alcoholic drinks frequently between meals in an empty stomach, did not reach thirty years. In less than ten years after they commenced practice, the most of them died, and the whole of them have subsequently fallen, leaving not one behind in the city, country, or village, within twenty miles around.

"To fill the places of those who died or retired from the profession, sixty-two medical men settled in Natchez and its vicinity between the years 1824 and 1835, embracing a period of ten years; not counting those of 1823 already mentioned. Of the sixty-two new comers, thirty-seven were temperate, and twenty-five used alcoholic beverages between meals, though not often to the extent of producing intoxication. Of the thirty-seven who trusted to the hygienic virtues of nature's beverage—plain unadulterated water—nine have died, and twenty-eight are living. Of the twenty-five who trusted to the supposed hygienic virtues of ardent spirits, all are dead, except three! and they have retired to distant parts of the country. Peace be to their ashes! Though mostly noble fellows, misled by the deceitful syren, singing the praises of alcoholic drinks, to live too fast and to be cut off in the outset of useful manhood, it is to be hoped they have not lived in vain; as by their sacrifice science has gained additional and important proof of the fallacy of the theory, which attributes health-preserving properties, in a southern climate, to alcoholic beverages in any shape or form."

Dr. Cartwright publishes data also to prove that temperance is not only hygienic, but auriferous:

"If the property of all the temperate doctors of Natchez and its vicinity, dead and living, including those who have moved away, and including those who have retired from the profession, embracing those of 1823, and all who came in up to 1835—fifty-four in number—were equally divided, each would have upwards of a hundred thousand dollars for his share. They all began life poor, with nothing but their profession for a livelihood."

LIGHT SHINING IN DARKNESS.—Dr. Hiram Corser, in a late address before the Pennsylvania State Medical Society, took decidedly progressive ground against the employment of mercurial and alcoholic medicines. The report reads:—

"Dr. Hiram Corser, of Montgomery County, delivered the annual address. He commenced by referring to the death of the younger Parrish. He dwelt upon the great importance of a thorough knowledge of chemistry, as an indispensable qualification to entitle the graduate to a diploma. He also urged the necessity of caution in the use of mercury in combating diseases, and expressed the hope that future inquiry might lead to the discovery of some simple vegetable remedy to take the place of this mineral. He pictured the deleterious effects of the example of physicians who countenance the use of alcoholic liquors in their practice, and took the bold ground that brandy, wine, and malt beverages were never necessary in the treatment of any affection whatever, and that there were no cases in which substitutes equally efficacious could not be found. The Society ordered it printed, but would not indorse it, of course.

## Miscellany.

### THAT DISCUSSION RESUMED.

DR. WILSON TO DR. TRALL.

Airmount, Ala., May 18, 1853.

DR. TRALL: DEAR SIR:—The May number of your Journal, containing my letter of the 19th of March and your reply of the 15th of April, has been received. After a *trouty* allusion in the beginning of your letter which is not at all applicable, you go on to express the fear that I will turn a certain promise contained in my last into a subterfuge, and hereafter abandon the discussion. Now I can relieve your fears in reference to the future, by informing you that I will not even *enter* the discussion upon *any* terms that you may see fit to propose. You exhibit your generalship by endeavoring to draw me from a defensive to an offensive position, knowing well the advantages you will thus secure; but in this you will be disappointed, for I have neither time nor inclination to do more than to reply to your letters and repel your assaults. And in making this declaration, I would anticipate any caviling on your part, by reminding you that the *medical* part of my last letter was strictly defensive; being a reply to the imputations cast upon our *Materia Medica* by you.

In accordance with the design above expressed, I now proceed to notice your last more specifically. In speaking of my spell of sickness caused by the too free application of water to my feet, you very kindly advise me to learn at least the rudiments of hygiene before I dabble in the water-cure business. Now, in reply to this, I will inform you that the feet-wetting was *purely accidental*, and at the time of the application I was not engaged in the water-cure, but in the water *crossing* business. You intimate, moreover, in this connection, that you do not expect ever to excuse yourself on account of sickness. Such language as this may do very well for your latitude, but if you will come down and inhale the malarious exhalations from the swamps of South Alabama, I venture the assertion that all your hygienic agencies will be insufficient to protect you entirely from the endemic diseases of this region. I speak advisedly, because I have availed myself diligently of all the hygienic agencies so much dwelt upon in your Journal, and have even resorted to the water-cure processes in my sickness; but notwithstanding all this, I have had frequent spells of intermittent fever. As to the antiquity of the drug system, I will only say that I do not claim any thing on that ground, *per se*; but still I think I may safely say that a system which has existed for two thousand years,—a system which has received, and is daily receiving contributions from the noblest minds the world has ever produced,—a system which has withstood a thousand assaults, and is now more vigorous than ever, is more entitled to confidence than the fleeting ephemera, Hydropathy, which in a few brief days has already reached its culminating point, and will soon no longer exist as a separate and independent system.\*

After admitting the unselfishness and benevolence of the profession (out of respect for yourself, I suppose), you make the astounding declaration that you can prove that our "system of doctoring folks is absolutely *manuslaughteous!*" Now Sir, I call on you for the proofs, and would respectfully suggest that you begin by giving a history of the *murders* committed by you, during your ten years of allopathic practice. As you have responded to but two of my answers to your interrogatories in reference to our respective *Materia Medica*, I suppose that they are satisfactory, and that you are convinced that *our leeching and your food* can be mixed,—that *your water and our scarifying* can be amalgamated,—that *ipeacac and sleep* can be made to work together,—that temperature and gamboge can be harmonized. But, while you admit these things, apparently, by your silence, you seem to demur to the answer about the blister and the Epsom salts. In speaking of the blister, you express your regret that I am not better posted upon the philosophy of respiration, and refer me to the *Hydropathic Encyclopedia*. I thank you for your extreme condescension in offering to instruct me through your *Encyclopedia*, but as I have *better* works on the philosophy of respiration, from which I have long since learnt that the muscles of the chest and abdomen perform an important part in respiration, you must excuse me for not availing myself of your kindness. But you go on to say that blisters applied to the chest and abdomen "*paralyze*" the muscles of respiration, and that a blister applied over the whole surface of the body would produce death, as surely as one applied over the whole mouth

\* Vide Jackson's letter, in the last Journal.

and nostrils. I admit that a blister applied as above stated will produce some voluntary constraint of the abdominal and thoracic muscles, but I deny that this amounts to any thing like paralysis; an even admitting this to be so, the paralysis would only be transient; and admitting again, that it remained for some days after the blister was removed, it would not interfere seriously with easy respiration, which can be carried on very well by a very slight movement of the abdominal and thoracic muscles. As to the application of a blister to the whole surface, I admit what you say; yet, while I make this admission, I would take the liberty of reminding you that patients are not often disposed of after this fashion, even in our "manslaughterous" practice, and that we could finish them much more nicely just by putting their mouths and noses under water for a few moments, which would certainly give them a quicker and easier exit than the application of a blister to their whole corpus.

I now come to your second difficulty—the Epsom salts. In your remarks upon this subject you strive to make the impression that I have been guilty of a gross blunder in promulgating the idea of acting on the moral, through the physical constitution, by means of a dose of Epsom salts. Now if I am guilty of an absurdity, you are justly entitled to its paternity; for the theory was the only plausible answer that could possibly be given to the senseless and extremely absurd question,—“How will you mingle the regulation of the passions with Epsom salts?” My opinion is that Epsom salts have nothing to do with the passions, either pro or con, and that no one besides yourself ever thought of “mingling them with the regulation of the passions.” In conclusion, allow me to say that I hold myself in readiness to reply to any other questions you may have to ask, and also to answer any objections you may have to urge against “manslaughterous” allopathy, so far as my other engagements will permit. Very respectfully, JNO. S. WILSON, M.D.

DR. TRALL TO DR. WILSON.

New York, July 4, 1853.

DR. WILSON: DEAR SIR:—I do not care two straws whether your position is offensive or defensive, so that it be allopathic. I have no manner of desire to get any “advantage” over you—save that which truth always has over error—but I must again respectfully suggest that, whether you undertake to defend allopathy, or offend hydropathy, you will probably in the end find your position a disadvantageous one.

I am not much surprised that you already evince indications of “backing out.” I feared it would be so, and for that reason tried to “fasten you” on your own proposition to discuss the merits of the systems we respectively advocate and practice. I now understand you distinctly to decline all discussion, “upon any terms;” but are still willing to “reply to my letters and repel my assaults,” or in other words, “reply to the imputations I cast upon your Materia Medica.”

Well, Sir; any thing for an opponent. Since I have succeeded in drawing one of your faith into the public prints, I will not banter about terms. I will gladly “offend” or “defend” with your system on any terms, or without any. And so, to drive my “assault” close home upon your fanciedly impregnable subterfuge, I will proceed to “fire into” your Materia Medica, on the supposition that principles and facts are bomb-shells and grape.

FIRST GUN.—All apothecary drugs are chemically incompatible with the structures, and physiologically incompatible with the functions of the human body; thus rendering them absolute poisons under all circumstances. Please reply to this as distinctly as it is stated.

SECOND GUN.—An over-dose of tartar-emetica has often, even in the hands of eminent practitioners, produced death. Ditto of colchicum. Ditto of foxglove. See Wood and Baobe's Dispensatory, and then reply.

THIRD GUN.—A few drops of a solution of tartarized antimony, and even a single drop of laudanum, have been known in many instances to destroy the lives of children. Look at Beck's Infant Therapeutics and reply.

FOURTH GUN.—The “judicious” use of chloroform has suddenly destroyed half a hundred lives within five years. Examine the allopathic periodicals and reply.

FIFTH GUN.—Every day in the year, some person dies from the wrong medicine, or an over-dose of the right one, put up at some drug store, by the prescription of some physician of your school. Read the newspapers and reply.

SIXTH GUN.—The drug-medicines of your school send more men, women, and children to untimely graves than do “war, pestilence, and famine.” Take a walk through the graveyards of countries “at peace with all the world,” and reply.

Now, Sir, I could go on, almost *ad infinitum*, with these “assaults on your Materia Medica,” but lest you should find some other “loophole of retreat,” and refuse even to “reply,” I refrain from further pursuing the subject until I hear from you again.

There are some points raised in your last communication to which I should have replied more at length had it not been for your abrupt refusal to discuss any thing. I will, however, take this occasion to remark that your “frequent spells of intermittent fever” are no evidence to me that the hygiene taught in this Journal is at fault. I attribute the “spells” to your want of knowledge on the subject, or to your disregard of that knowledge. Some men read, but do not understand; others understand, but do not apply. As to which is your dilemma, doctors might differ.

Your remarks on respiration convince me that you have not a perfectly clear idea of the nature and importance of that function, nor of the extremely injurious, yea, *manslaughterous* effects of blisters in consumptive cases. Hence I would again, most respectfully, refer you to the *Hydropathic Encyclopædia* for further enlightenment.

You admit that a blister applied to the chest and abdomen would produce some voluntary constraint of the muscles, and then, as if to stultify yourself utterly, you deny that such constraint amounts to “any thing like” paralysis!

What is paralysis? Webster's Dictionary says, “Loss of power of voluntary muscular motion.” Now it strikes my understanding with sledge-hammer force, that it will puzzle you exceedingly to show wherein the difference lies between the voluntary constraint of a muscle and a loss of voluntary muscular motion.

Then, again, your ideas of the respiratory function are almost ridiculous. At all events, they are entirely wrong. Pray, what “better books” were those which you studied so profitably? You have been taught, and you now seem to believe, and you expressly say, that a blistered surface would not interfere seriously with easy respiration, because this can be carried on by very slight movement of the abdominal and thoracic muscles. Now, Sir, this mistake is a monstrous one. Practically, and in effect, it is a *murderous* blunder; for it has sent thousands down the rapid stream of quick-consumption to that “home of the friendless,” and that refuge from doctors which is several feet below the surface of the earth.

The plain truth, my dear Doctor, is, that if the action of the muscles alluded to is restricted to very slight movements, the patient cannot breathe fully and freely. He can only half breathe; and thus is a very serious amount of the sources of vitality cut off at once! I must once more, at the hazard of being considered vain of authorship, advise you not only to read, but carefully to study the *Encyclopædia* on this subject. It may be with some of your patients a question of life or death.

In regard to Epsom salts, I must in all candor confess that you handle them much better than you do the function of respiration. Perhaps, like a thousand others of our craft, you have had vastly more experience in dosing them out than you have in thinking of the why and wherefore of so doing; and as you seem anxious to assign to me the paternity of the idea that the article acts on the moral nature through the physical, I am quite willing to assume it. It is my opinion, most decidedly, that every dose of the stuff you or I have ever administered, has injured both the

moral and bodily constitutions of those who have swallowed it.

Hoping the state of your health will not prevent an early reply to my present assaults on your system, I remain, very respectfully, R. T. TRALL, M.D.

P. S. Generally, I detest postscripts; but I did not, till after subscribing myself, notice the full import of your concluding sentence, in which you say you are ready to answer any objections I may have to urge against “manslaughterous” allopathy, so far as your other engagements will permit. For this encouragement I feel sincerely grateful, and I promise to give you just as many objections to answer as your “other engagements” will permit you to attend to.

R. T. T.

## DIARY OF A NEW ENGLAND PHYSICIAN.

NUMBER TEN.—BY NOGGS.

I PRESCRIBED for the deacon the usual remedies made and provided for his leg, viz: a solution of oxymuriate Hydrargyri—in the vernacular, corrosive sublimate, and in the vulgate, “bug pison.” I shall not soon forget the first time he ever put it on, or the face he made up, or what he said. *Jemima* said she called it swearing; but that's not at all likely, for deacons don't swear. He merely said, “Darn the stuff to darnation, it's a burning my leg up;” and told somebody to bring him some cider as quick as possible. I assured him it was all right, as it was necessary to go on the principle of “*similia similibus curantur*” in all such cases—which, duly rendered, means, a hair of the same dog will cure: remember that. Well, the medicine did do it, immediately—that is, the smart of the medicine cured the smart of the disease, by virtue of its power to overcome; in other words, it cured one smart by creating another and a bigger. And what tickled the deacon more was, that owing to its astringent power, &c., it dried the humor up in a very short time. And here again, the Pillicody medicines received new honors, and everybody in the neighborhood was advised and urged to try them.

In about a week from the time I stopped coming to the leg of the deacon, I was called again—this time to the eyes. *Jemima* told me on entering—*Jemima* was a wit in her way—that her father's “eye-openers” were like to become *shutters*, and guessed if he didn't stop the cider, the “windows of his mind” would be so stopped up that he would n't know when to call for his “night-cap.”

His eyes were pretty well “stopped up” now—he could but just see out of them, and wished “the plague had the pesky humor.”

“Well, Doctor,” said he, on my entrance, “I've sent for you agin, cause you *cured* (!) my leg up so nice and quick, to see if you can't git it out of my eyes.”

“Oh, certainly,” said I, “give yourself no uneasiness. I will soon relieve your eyes,” and at them I went with my celebrated *Humor Wash*, “known only to the Pillicody's,” and soon had the satisfaction of seeing the enemy of the deacon's constitution retreat from the position it had lately occupied, to the great gratification of the deacon,—who vowed “by George” that he never see the beat, he didn't, of that ere wash in his life, and, in addition to my regular fees, made me a present of a peck of winter apples,—“small and speckled a little,” the Deacon said, “but powerful good eating apples.” The Deacon's taste and my pig didn't agree, for the latter, to whom I emptied them as soon as I got home, merely tossed them over with his nose a few times, and then looked up as much as to say, “no you don't,” “you're joking,” &c.

The week after I was called again to the leg—and so it was, week after week, first in the eye, then in the leg, and yet the poor Deacon never dreamed that there was any relation between his eyes and leg, or that by “curing” the leg the eyes were made sore, till at length the stomach—which must have been lined with sheet zinc to stand the nonsense it had, in the way of cider and medicine—began to give out, and to turn up its nose, as it were, to its oldest and most intimate acquaintance. “What on airth ails my stomach, Doctor,” said he, “you'd scarce believe it, but even cider—which all us agreed with me ever since I was a boy—makes a fuss every time I drink any, just as if it didn't want to stay down there—and as for eatin', I can't begin to keep nothing down, and as for that, I don't have much appetite. Now, doctor, will you be so good as to tell me what I shall do?”

Things had now got to such a pitch, I was forced to insinuate gently, that even Deacons were mortal, and

that stomachs had feeling—and probably a little less cider daily would not be fatal—at least, not immediately so. In the meantime, I would give him one of my revolutionary emetics, which turn the stomach wrong side outwards, thereby producing a change of action, which must be productive of benefit to the whole alimentary canal. The Deacon didn't seem to see the connection between the emetic and the benefit, but I assured him it was just so and I never knew it fail! and he took it, remarking as he did so, that he didn't care what it did to him, if it only made his stomach take kindly to its cider again—I began to think the Deacon was emetic proof, after waiting an hour, for my revolutionizer to operate, in vain, and began to give him in addition to four grains of tartar emetic and fifteen of ipecac—dose after dose of sulphate of zinc, the fact was, the Deacon's stomach had been so completely tanned that it now resembled a leather apron more than anything else, and the reason why it rejected the cider was because it had at last ceased to make any impression—after a while, however, the combined forces began to operate, and the way they operated when they got at it, wasn't any ways slow, I assure you. The Deacon 'swow'd' his stomach would come out of his mouth if he had to vomit again—upon which Jemima ran for the swill pail—the idea of losing his stomach seemed to affect the Deacon hugely—I supposed he couldn't help thinking he shouldn't—in case he did—have any place to put his cider—poor man!—he didn't do it, though! no, no—a Pillicody would never let a man suffer like that. I gave him immediately some of my antepasmodic quieting drops and soon succeeded in stopping all upward tendencies—to be sure, the opium made him have a fit, by determining the blood to the head, the brain being already terribly excited, but I didn't mind that, for "I was death on fits."

My celebrated anti-fit mixture I had long been wanting to try on a "grown person," and here was a fine chance. I accordingly "put it to him" in short order, and in less than four hours had the satisfaction of seeing the Deacon himself again, only more so—that is, he was particularly stupid for a day or two. The usual amount of cathartics being given, and the blistering, leeching and dosing "made and provided in such cases," the Deacon was in a very comfortable fever, and all I had to do was to give a little "fever drops" once in two hours to keep down the fever, a blue pill night and morning to keep the liver in order, an opiate to make him sleep, "a dose of physis" every other day to counteract the opium, with an occasional bowl of valerian tea to quiet the nerves in the day-time, with now and then a little of my "antispasmodic mixture" to keep off the fits. These, with a few trifling "arb teas," were all he had to take! and everything went on nicely. The Deacon hadn't much time to grumble, for he had to take something to "assist nature in throwing off the fever" about once in ten minutes, and during the rest of the time was hard at work getting the taste out of his mouth. Jemima hinted to me one day that she should think father's "nature" must be a good one, or it would rebel at such "assistance." I merely remarked that her thoughts—being a woman—couldn't be worth much in the premises, and politely suggested that she had better mind her knitting, or she might possibly drop a stitch, and leave such abstrusities to the learned professions.

Everything went on well, I say, till about the tenth day of the fever, when, as luck would have it, the blue pills, which were only designed to quicken, or touch up the liver, took a turn, and touched the mouth; that is, made the mouth sore. This alarmed me at first, for I well knew, that in the Deacon's terrible cider-ated condition, salivation would be anything but the "salvation" that Mrs. P. called it; and I feared me that if it was known to be the effect of those dear innocent looking pills, there would certainly be a touse. I, therefore—like the pills—"kept dark," and let the notion prevail that it was the "canker," which, owing to the "pesky humor," had now got into the mouth!

Poor deacon! Whatever his private opinion might be, he couldn't, if he would, dissent from the one adopted, as by common consent, by us all,—for the simple reason, that he couldn't speak his tongue being swollen, by the canker, to twice its natural size, and so covered with what the Macbeths would have called the "damning spots," or sores—"canker sores"—that he had, poor fellow, as much as he could possibly do to get his mouth open sufficiently wide to let the saliva run out, which formed at a fearful rate, especially for "canker!"

The Deacon lingered along, for three or four weeks, and then died; but, poor man, he might as well have been a common man as a deacon!—for he couldn't enjoy himself in the least, since he lost his ability to retain cider on his stomach. Oh, that was a loss to him—for, as I have hinted before, the Deacon did love

cider, ay, better than anything earthly; "Jef." used to say, "better than anything high or low." but "Jef." was a wicked man, and knew not the full value, of religion—in fact, drinking cider was a part of the Deacon's religion—he used to say that "it was downright wickedness to let the small apples be wasted, which the Lord had so bountifully bestowed on his children," and he always felt when drinking it, that he was "not one of those who despise the gifts of God, and was very thankful for it; the least he could do, he thought, was to show his appreciation by freely partaking of his bounty, and for his part, he could truly say it was a pleasure to him thus to perform his duty!" In short, "Jordan was (not) the hard road to travel," with the Deacon, as it is said to be in more modern times. "Jef.," who used to be opposed to "good folks" in general, and deacons in particular, used to remark, when the Deacon's ways were alluded to, that "if the juicy part was taken out of the Deacon's religion, he guessed he wouldn't be quite so much in love with it."

The Deacon had always been a man who held on with tenacious grip upon life, though somewhat advanced, but now he expressed himself as "perfectly willing to go, as there was nothing now worth his living for!" "Jef.," who not only hated deacons, but physis, gave it as his decided opinion, "that the old man might have lived to save a great many more apples from rotting, if he hadn't been such a ternal fool—besides being a deacon, which was about enough, he should think, for one man to be!—as to go to taking pisen stuff, and drive all the humor in, which nature had had the good sense to drive out; for his part, he'd rather have sore shins and eyes, or anything else external, than to have such a humor as he had, inside."

"But, Mr. Hall," said I, "would not you, in such a case, like to be cured of your humor?"

"Yes, sir," he replied.

"Well, sir," said I, triumphantly, "didn't I cure his humor?"

"No, sir-ee, not by a—jug full. You made it leave his eyes and legs for a time, but you know very well, or ought to, that a humor, generated by a gross violation of the 'laws of health,' as you call 'em, can't be cured by poisonous drugs! I know better than that by experience, which is better than book-learning sometimes,—that it only makes a bad matter worse. When my eyes begin to look red, and feel full of grit, and I feel ashamed to look a decent man in the face, I just say to myself, this won't do, Jefferson Hall, you must haul in a bit, keep a little more shady, and lie lower; and when I have the courage to do so, I find my eyes grow better at once; and if you, Pillicody, had only reflected a moment, or hadn't been wedded to your old musty creeds, or hadn't been afraid of hurting the Deacon's feelings by telling him plainly that too much cider was enough even for a deacon, and that the Lord didn't mean to have him drink all the apple juice in Hardscrabble, or was not anxious over much to visit where Jemima was, to say nothing of having several, or more, good fat fees! you would have said on your first visit to him, Deacon P.—, you must give up your cider or your breath! even deacons' stomachs are human, and can't stand everything! and made him realize that he was killing himself, you would have then performed a duty worthy of your high calling, and the deacon might have lived to be a man for once in his life; but no, you doctors, all of you, think that when a man sends for you, it is your duty to give 'em lots of medicine, not because you believe it will do 'em good in the long run, but because they expect it! Now, Pillicody, you know me, and I want you to remember what I say; I am a fool, that is I live like a fool, but I ain't such a darned fool as to take drug poisons, thinking to remedy the bad effects of alcoholic ones. Now, mind, I tell you, that if, in any of my tantrums, anybody sends for you, don't you go to pouring your devilish dye-stuff down my throat, for I won't have it; if you do serve me as you have the Deacon, I'll hannt you as long as you live, let me be wherever I may,—one's enough to be killed in a family. My poor wife's story you have not forgotten."

"Mr. Hall," said I, "how facetious you are."

LIVER DISEASE WITH HEMORRHOIDS.—In reading your valuable JOURNAL, especially the reports of cases treated at various Water-Cures, I have often felt that, could the general facts, revealed at the different establishments in this country, be brought home to the business and bosoms of the community in general, and invalids in particular, there would at once occur a most discouraging lack of business in the department of drug medication.

So far from this, however, not one in a hundred of those cases which should be reported, ever find their way into the WATER-CURE JOURNAL, or any other publication.

Over a hundred and fifty such cases have been treated at the Castile Cure, but not one of them has ever been reported for publication. As notes of a large number of these have been preserved, I propose now to report a few instances, at least, selecting those where time has been allowed to test the permanency of the benefits conferred by the water treatment, and also such as differ from all I have seen reported in the JOURNAL. No medicine has ever been administered, from the belief, strongly held, that drugs, like alcohol, are foreign substances, and in their very nature antagonistic to the water treatment.

Case 1.—Mr. —, aged 54, diseased action of the liver of many years' standing; nearly all that time had been troubled with piles; digestive organs much impaired, with gradually increasing diseased action. For four years had suffered much from hemorrhoidal tumors and prolapsus of rectum upon every slight exertion. The patient was corpulent and much troubled with shortness of breath; flesh soft and spongy; skin sallow and lifeless. To this patient re-adjustment by mechanical means after every alvine evacuation had for more than two years been an absolute necessity. And for a still longer period he was able to take very little exercise, and he had fallen into a state of great and habitual mental depression and despondency.

There was no lack of medical advice and attendance, but nothing was done to arrest the progress of his complicated disease.

Treatment began with frequent rubbing, wet sheets, shallow and foot-baths, with much wet friction, wet sheet packs, daily sitz-baths, gentle perspirations, varying in frequency according to symptoms, falling douche of different degrees of force, the flowing sitz after a time was used, and also the rising douche. This last application, designed to act upon the local difficulty, deserves a more particular description. The ascending douche has a head and fall of nineteen feet; the temperature of the water, at the point where it is used, is, at all seasons, between 48 and 40 deg. It is forced upwards through a very fine strainer—has power sufficient to overcome the resistance of any sphincter muscle, but was always entirely under the control of the patient, when being used, by a graduating valve. After the first three weeks of treatment he commenced the daily use of the ascending douche, during the remaining time of his sojourn at the Cure, some fourteen weeks. Under its action he was rarely conscious of any alvine evacuations, which, together with the invigorating influence of the active general treatment, enabled him to extend gradually the amount of his daily exercise, until he found himself able to, and did actually walk fifteen miles per day, without inconvenience from the local difficulty, which had heretofore prevented his taking any active exercise.

This patient had, while under treatment, a most interesting exhibition of critical action, which lasted for three weeks; it appeared in the form of a humid and rather severe cough. He expectorated largely. His night rest was somewhat broken by it, but had throughout a normal pulse, a first rate appetite and good digestion, great cheerfulness and confidence through the course of treatment, although some very kind medical friends had advised him that the water treatment was in all probability hurrying him into a pulmonary consumption.

This seemed probable from the fact that he had no cough whatever when he began treatment. When, at last, the cough subsided, he could, to use his own emphatic language; "breathe deeper and freer than he had been able to do for several years before." Thus proving it to be an effort of the system which nature's own sweet and cunning hand had wrought.

It is now over two and a half years since he left the

Cure, and time has shown the improvement to be permanent. When he left the Cure he repaired at once to his own hay and harvest fields, and has continued to labor upon his farm ever since without one single day of sickness. Last winter we heard of him cutting and hauling saw-logs to the mill.

And great and durable as has been the change in his physical condition, his mental improvement in vivacity and habitual cheerfulness is equally great. An ample bathing-room, supplied with spring-water and many of the appurtenances of a Water-Cure, has been added to his dwelling; his table is furnished in true Hydropathic style, and he not only declares his belief in the vast superiority of Hydropathy, in all diseases and forms of disease, but avers that no man can form a just estimate of the true nature and tendency of the drug treatment until he has acquired a correct knowledge of the water treatment.

This patient has kindly consented to answer any inquiries which may be useful to others similarly afflicted, and accordingly I will give his name and address to any candid inquirer who shall address me, post-paid, for that purpose. JABEZ GREENE.

[Castile Water-Cure.

"THE DOCTOR KNOWS."—If there is an assurance replete with comfort to suffering mortals, this must be the one—this, the blessed antidote for "all the evils flesh is heir to." How thankful ought I to be that I ever heard it, for this simple fact is worth all the world to me. Now, I shall not spend my time, shan't waste my youth over medical works—that's so. What folly for me to study Physiology, Pathology, Therapeutics, and what not, just for the sake of learning about my own system!

The doctor knows; and if I'm sick he will be extremely glad to cure me for a few (?) dollars. If I should feel a little worse after taking his medicine, he knows what is best for me, and I must trust him. If I should die, I have sufficient confidence in my friends to believe they will regard it as a "dispensation of Providence"—strange indeed, but righteous, that they will give him, and take to themselves, the credit of doing all that could be done for me.

They tell about Hydropathic cookery—what won't they have next? If I ever take kitchen lessons, (but what lady would?) that will be one of the things I shall not learn. I will learn how to bake pigs, roast turkeys, and cook lobsters alive; and, though I am a strong advocate of temperance, shall not make puddings, mince-pies, and all these nice things, without brandy. What if they are not healthy? do you suppose I am going to make myself singular, everybody's laughing stock, be called stingy, and all just for the sake of saving myself a few aches and pains which the doctor knows how to cure? I want to enjoy life as I go along, and believe in using the good things of God for our own comfort.

Of all the superb fooleries of the age, the grandest is the fuss made about woman's dress! It is good enough now; we don't want any better; I like whale-bones because they keep one so straight; and long dresses are just the things. What if they will drag in the mud, we can hold them up. I can't bear to walk without something in my hands; or, if they do wipe up the dirt, it ought to be wiped up; if they do sweep the walks, they ought to be swept; and then they hide our feet and keep us from walking too easy. And to give up all these great advantages, to put on those indelicate, unpretty, short dresses, for the sake of being healthy! why, a woman needn't think of that; she was made to be sick! They are ignorant people, too, who talk of such things in this age of refinement, for all real ladies know it is vulgar to be well.

The doctor, good, kind man, purest specimen of disinterested benevolence the world affords, has given me leave to eat anything, drink anything, wear anything I choose, and if I'm sick, how quickly he comes

to my relief! I worship him—(wonder if he is married)—wouldn't it be well to have more like him?

"The doctor knows" "Knowledge is power," and if he knows all about disease he has all power over it. I only wonder why there is any disease in the world, and that any but old, worn-out people die, but I suppose I am ignorant. EMMA.

Mexico, N. Y.

[We commend the pretty rhetoric, and the conclusive logic of our fair correspondent, "to whom it may concern." Nothing is better than a little playful irony now and then. We shall be glad to hear from EMMA again.]

## Reviews.

ERRORS OF PHYSICIANS AND OTHERS IN THE PRACTICE OF THE WATER-CURE.—By J. H. RAUSSE. Translated by C. H. MEEKER. New York: FOWLERS AND WELLS. Price, prepaid by mail, 30 cents.

This little work, by the author of "Water-cure in every known Disease," (Fowlers and Wells; price, prepaid by mail, 62 cents) should be in the hands of every person who desires to practise with safety and success the Hydropathic System. We commend it both to physicians and to those desiring to pursue a course of home treatment—to all, indeed, who have occasion to apply any water-cure process. That frequent and sometimes dangerous errors are committed in the application of water, cannot be denied. That the system has suffered, in some measure, in public estimation, through the results of these errors, is equally certain. This work is intended to point out the most common errors committed, and to free the system from any misconceptions which may have arisen from them. We copy the heads of the various chapters, which will show the reader what topics are discussed:

Errors of Physicians and Others; Failures in the Discrimination of the Applicability of Strengthening Cures and Radical Cures; Articles of Diet Injurious in the Water-Cure; Prejudicial Occupations in the Water-cure; Employment of a False Degree of Temperature in the Water; Errors in Regard to the Number and Length of Baths, as in regard to the Quantity of Drinks; Errors in regard to Clothing and Temperature of the Room; Everything.

The following extracts will serve as specimens of the author's style of treating his subject, and at the same time, afford useful hints to those who need them. We copy only a small portion of the author's remarks on the various baths. The whole chapter is a very useful one:

THE NUMBER AND DURATION OF BATHS must be regulated proportionably to the strength of the patient. Whatsoever general rules can be given in regard to this precept, I will briefly adduce.

No kind of bath should be taken, before perfect reaction has been reinstated after the previous bath. In many water-cure establishments, errors are daily committed against this rule. When the time before dinner or supper is too short, many patients take a sitz bath, and go immediately afterward under the douche; or they take a sitz bath, and immediately afterward a foot bath; that is under most circumstances directly injurious; under other circumstances, such a concentration of the baths destroys their whole effect.

The full baths cannot be taken without danger, by such patients as suffer severely of congestions of blood. The cold full bath must never last but for a very short time, and indeed not longer than is requisite to wet the whole body, about a quarter of a minute, except when the patient feels comfortable therein; then it may be extended to several minutes' duration. Sad mistakes do not unfrequently occur with these baths, particularly under the hands of drug-physicians, when they, without acquaintance with the water-cure, still endeavor to employ it.

The bathing of the whole body in the half bath, and also by affusion, by ablution, and in the shower bath, may always last longer than the full baths; one must, however, here also impress the principle, that the bathers should guard rather against doing too much than doing too little.

The sitz baths, according to their different objects, must have different periods of duration, and different degrees of temperature. The tonic, or stomach strengthening sitz-bath, combined with hand-rubbing of the abdomen, must not last longer than from ten to fifteen minutes. The sitz bath, administered for hemorrhoidal complaints, and for chronic affections of the genital parts, must last from fifteen to thirty minutes. The sitz bath, for deriving blood from the head and chest, must, under circumstances, be extended to an hour and a half. In regard to the latter sitz bath, which we will call the derivative, particular modes of proceeding must be prescribed. When there is severe plethora (fulness of blood) in the head and breast, as is often the case in inflammations of the brain and lungs, as also sometimes occurs after excessive sweating in the packing, or in the intermitting fever, the patient must be placed in a tepid sitz bath of from 78° to 88°, so that the first shock will not endanger the rupture of a blood-vessel. Then, by abstraction of the tepid and addition of cold water, the sitz bath must be reduced to from 42° to 50°, and in ten minutes after, when the water has acquired a higher degree of temperature from the elevated heat of the body, the patient is placed in a cold, fresh sitz bath, in which he remains till the object of derivation of blood is attained.

Foot baths.—With these baths it is of the utmost importance to inculcate the precept, that nervous patients, who suffer much of coldness of feet, must not apply them immediately on commencing the cure, but such patients must rather first wash and apply wet friction constantly for a number of weeks to the feet, preparatory to regular foot baths. I am acquainted with several cases, where patients of this kind have taken to the use of foot baths, through the inconsiderate persuasion of water-cure friends, and have thereby done themselves injury.

A second precept in the use of foot baths is, that one must never take these baths when the feet are cold; one must rather select a time when the feet are warm, which with the most of such patients, does not occur until the afternoon or evening.

A third rule is, that after the foot bath the patient must either walk, or when it is late in the evening, lay himself in bed; in general, however, the former is to be preferred.

Fourthly, one must understand to discriminate between the foot bath for the purpose of warming the feet, and the foot bath for derivation of congestions, the feet being otherwise warm, and especially to proportion the duration of the bath in accordance therewith. It is a misuse, when one prolongs the foot bath for warming of the feet beyond ten minutes; in most cases it should only last a few minutes; while, on the contrary, the derivative foot bath must last from ten to twenty minutes.

The douche baths, together with the fever-exciting half-baths (whose employment is extremely rare), and dry packings, are among the most exciting procedures of the water-cure. Hence it follows, that but few patients comparatively can make use of them.

The dry packings are wholly inadmissible in all acute diseases, and in chronic diseases they must be used only by those patients who are of robust and full habit of body, and still more, who have good nerves and good digestive organs, and do not suffer of any congestions of blood.

The wet packings, as is already evident from the foregoing, find a much more general application than the dry. In most of the acute diseases, which are attended with high fever, the wet packings must be employed, if the fever will not yield to the simple half bath, or the ablutions with wet towels. With such patients as suffer of congestions of blood, or of organic defects in the viscera of the chest, or of a strong disposition to cramps, the wet packings are also frequently not admissible; furthermore, in acute diseases, whose seat is in the digestive organs, if at the same time the fever is subordinate to the symptoms of disease in the digestive organs, as frequently in the dysentery and cholera, etc., they must not be used.

With the wet packings, especially in acute diseases, the most erroneous blunders are still frequently committed. It may be premised as a leading rule, that in these packings no perspiration must be COMPELLED, and that the patient is to be immediately unpacked and bathed, if he experiences in the packing a disquieting or stifling warmth or heat. If the patient, however, falls either asleep, or easily and without excitation into perspiration, he may continue in it as long as he feels COMFORTABLE therein; he must not be awakened out of sleep. When the patient is taken out of the wet packing, he is bathed, and always in acute diseases in tepid water.

The application of the wet packing in the improper place, as also the immoderate protraction of the envelopment, is dangerous, and may cause death if the abuse reaches the highest degree.

The WATER-CURE ALMANAC for 1854. With numerous illustrations. New York: Fowlers & Wells. [Price 6 cents per copy; twenty-five copies for \$1.00.]

Here, "ahead of time," we have an almanac for 1854. Before the year for which it is made, and to which its astronomical calculations are adapted, shall have opened, it will have found its way into every nook and corner of North America—indeed into every part of the world where the English language is spoken.

An almanac is a humble little book, in its appearance and in its pretensions, but exerts a wider and more powerful influence than many an elaborate and elegant volume. It goes into all homes, from the proudest to the lowliest, and there, commending itself by its usefulness—by its necessity, in fact, has a place assigned, and ceases not, through the whole twelve months, to impart its lessons to all who seek them; and the wisest and most learned do not scorn to consult the *Almanac*. There are Almanacs of all kinds, in uncounted numbers—good, bad, and indifferent. Let each pass for what it is worth. We venture to say, however, that there are none more truly useful than the one named at the head of this article, or that will command a more extensive sale. Its astronomical calculations are adapted to the meridians of Boston, New York, Philadelphia, Washington, Chicago, and San Francisco, and its reading matter is suited to all longitudes and latitudes alike—to everybody, and "the rest of mankind." The following are the titles of a few of the articles contained in it.

Philosophy of Water-Cure; The Rubbing Wet-Sheet; Run for the Doctor; Swimming; Accidents and Emergencies; Influence of Water-Cure Books; Scarlet Fever; Water-Cure Processes; Physician, Heal Thyself; Hints to Women; How to Sit; How to Stand; Napoleon's Opinion of Medicine; Water-Cure Diet, &c., &c.

The articles on "The Rubbing Wet-Sheet," by Dr. Shew, and the "Scarlet Fever," by Dr. Trall, are alone worth twice the cost of the work. It is entertaining as well as useful, abounding in anecdotes and pleasant paragraphs, and illustrated with numerous engravings. A copy of it should be found in every family.

THE PHRENOLOGICAL ALMANAC for 1854 is also just published. It contains among other articles the following:

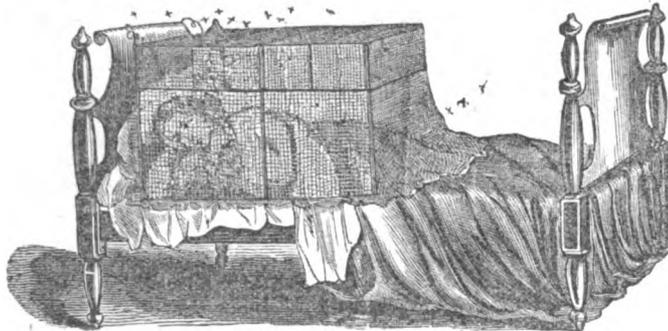
Phrenology and its Opponents; Lucretia Mott, (with a portrait); Mind; The Teeth, (with a cut); Love; Joseph Mazzini, (with a portrait); Hosea Ballou, (with a portrait); Animal Temperaments, (with cuts); Woman's Rights; Thomas F. Meagher, (with a portrait); Old Hunkerism; P. T. Barnum, (with a portrait); King Bomba; Caleb Cushing, (with a portrait); Definition of the Faculties, &c., &c.

Published by Fowlers and Wells, New York, and Boston. Price 6 cents per copy, or twenty-five copies for \$1.00.

THE DRUNKARD'S REPLY.—We lecture the drunkard day after day and year after year, but seldom think of lecturing ourselves. We have thirty-and-nine lashes for him, and none for ourselves. We have a thousand-and-one good-for-nothing practices, while he has one, just one, of which we complain.

I have often thought that if I was a drunkard, I would lecture back to these good people who talk so loudly of his intemperance, and so little of their own. I would tell them of their teas, and coffees, and tobacco; of their beers, and sodas, and sarsaparillas; of their peppers, spices, and condiments; of their greases, gravies, and indigestible fixings; of their hot rolls, and heavy rolls, and pound rolls; of their tables that groan, and their stomachs that groan worse; of the innocent animals they kill and eat, and of the animals they make of themselves; of the way they live and labor, to eat and live and suffer after they do eat; of the gout, rheumatism, fevers, tumors, cancers, scrofulas, dyspepsias, diarrheas, and thousand-and-one miserable diseases they produce by their miserable intemperance.—*Hopes and Hints.*

## Generalities.



### MOSQUITOES.

The little mosquito, the blood-sucking scamp,  
How demurely he sits till you blow out the lamp;  
Then he stretches his wings and lights on your nose,  
And does all he can to disturb your repose;  
And if he can't bleed you with ginlet or blade,  
He will try the effect of his sweet serenade.  
This last is the worst. How often I've sworn  
That the locusts of Egypt were not half the bore  
Of these little tormentors let loose in the night,  
Who will sing you a song before taking a bite.  
Now welcome, cold winter—the north wind may blow—  
I would welcome the rain, the sleet and the snow,  
I would e'en welcome St. Patrick to this our fair land,  
If in killing these wing'd doctors he would lend us a hand. [Boston Post.]

"The Philistines are upon thee."  
Who cares? let them come. [Anon.]

It has hitherto been found more difficult to defend one's person against the attacks of the diminutive, but most indefatigable foe to human comfort, mentioned above, than against almost any other enemy. But the mosquito fraternity has seen its best days. A remedy has been discovered, in the Mosquito Screen represented in our engraving. It is the invention of Mrs. J. A. Willard, of Alton, Ill., who has taken measures to secure a patent. It is made of Tinned Wire, in panels hinged together, so that it can be folded up and put in a trunk, or valise, for a journey, or it can be spread out over the bed, and the web spread over it as in the figure. The top is made of extension wires, for beds of different widths, like the cases of a telescope. They are made of all sizes, and of prices ranging from \$1.00 to \$5.00 or more, and adapted to various places and circumstances. There are some just fitted for the full size of a French bedstead, others, like the one represented in the cut, intended to protect the face, shoulders and arms, while smaller ones still serve to protect the infant in its cradle. Another form of this invention is that of a canopy or tent, designed for protection during the day or evening. It is large enough for several persons to sit under, to read, write, or work. Those who have tried to write with a thousand mosquitoes making constant assaults upon face and hands and singing their delectable serenades in their ears, will appreciate this invention. The same structure with a roof of oiled silk, and fastenings to secure it to the ground, will serve admirably for a tent, under which to sleep while travelling in new and wild countries. We particularly recommend it to all Californians and prospective gold diggers.

Throughout the South and South-West, this invention needs but to be known to find at once thousands of purchasers. We know by experience how much something of the kind is needed there.

Another thing should be mentioned here—the adaptation of this ingenious invention to promote the comfort of the sick. This needs only to be mentioned to be appreciated. Only think of being "in pack," a mosquito or a fly on your nose, and no attendant near to drive the insect off! We recommend Water-Cure physicians to examine Mrs. Willard's invention.

Sold at wholesale at Doremus & Nixon's, No. 21 Park Place. General information can be had of B. E. & Ira Buckman, Jr., 94 Fulton street, N. Y.

THE HYGIENIC ASSOCIATION.—[The following persons will be happy to be communicated with in regard to the proposed Hygienic and Industrial Association.]

"I have been for some time agitating the subject of community, and am in communication with persons representing several hundreds, and think we shall probably commence practical operation in a small and safe way this fall. We should be glad to extend the communication with all such as are desirous of acting on the subject, and if through your medium we can find each other, we shall be gratified for the favor. Address, post paid, Augustus Fuller, Hastings, Barry Co., Mich."

W. H. NORTHROP, West Oneonta, Otsego Co., N. Y., is interested in the movement, and is willing to receive communications on the subject.

ALFRED CRIGER, a sketch of whose plan for an Association we published in the June number of this JOURNAL, may be addressed at Hopedale, Milford, Mass.

## To Correspondents.

Be brief, clear, and definite, and speak always directly to the point. Waste no words.

## Professional Matters.

QUESTIONS which come under this head should be written on a separate slip of paper, and will be answered by Dr. TRALL.

NERVOUS DYSPEPSIA.—C. H. Lasalle, Ill. It is barely possible that you can treat yourself successfully at home, by direction of the Encyclopædia and other works; but as your case is a very complicated and somewhat unusual one, you had better, if practicable, go to an establishment for a few weeks.

LONG FASTING.—S. H., New Lebanon, O. We are often asked, in view of the pro'longed abstinence from food, which most hydropaths advise in fevers, how long a patient can survive without any food at all. The case related by the above correspondent will serve somewhat to allay the fears of those who apprehend starvation, if a fever-patient does not eat every few hours, or few days:

"A woman of our acquaintance, 55 years of age, had been sick a long time, and her stomach became so irritable that she could bear no food at all; and for thirty-six days she took nothing but pure water. After this her appetite and digestive power returned; she began to recover, and is now quite well."

FLANNEL.—J. O. B., Baltimore: "I complain of giddiness in the head, and general debility of my lower limbs. I wish you to inform me how to wear flannel, as I think it indisputably necessary for my constitution; because, when I leave it off, I feel very nervous about the stomach, &c. I also wear flannel drawers, as, I think, to attract the blood from my head. Also inform me what garments to sleep in." Your theory is all wrong, and practice ditto. The only "how" to wear flannel is, not to wear it at all. Tone up the skin by rubbing it with wet towels, and draw the blood down from the head by hip-baths and foot-baths. Sleep in nothing but a cotton or linen shirt.

IRRITATION OF THE URETHRA.—R. B. J., Cuba. You require, firstly, a very plain vegetable diet,—brown bread, cracked wheat, wheat-meal crackers, potatoes, apples, &c.,—with warm hip-baths daily, gradually reduced to cool, and then cold; and a daily wet-sheet pack for an hour, followed by the tepid half-bath, or dripping-sheet.

BRONCHITIS.—C. G. O. Abbot, and F. W. Clinton, Wis. The treatment of this disease is fully detailed in the Hydropathic Encyclopædia.

MOMENTARY FITS.—Mrs. A. E. P., New Prospect, N. J.

Your child ought to go to an establishment. It is impossible to tell what precise cause induces the "spells" without a personal examination. It may be some of his personal habits need correction. Look well to his eating, drinking, and sleeping habits. New Graefenberg is near Utica, in this State.

**SALT RHEUM.**—E. S. M., Indiana: "Under what head, in the Encyclopædia of Dr. Trall, will I find the disease called Salt Rheum? Is cold or tepid water best in its treatment?" Various forms of *impetigo*, or running scall, some kinds of *herpes*, and occasionally different manifestations of *psoriasis*, are, in common parlance, denominated Salt Rheum. It is not, therefore, mentioned in the Encyclopædia as a distinct disease. Tepid water is usually indicated in its treatment.

**ENLARGEMENT OF THE LIVER.**—M. S., Erie, Pa. Your case is evidently an enlarged liver, and probably complicated with piles. Frequent hip-baths, a wet-sheet pack for an hour, two or three times a week, and a plain, vegetable diet, are the remedies.

**INJURED SPINE.**—E. G., Ashland, Miss. Your plan of bathing is about right. An occasional wet sheet pack would be of service. You must pay more strict attention to diet.

**PALPITATION, &c.**—N. V. E., Leopold, Ind. You had better adhere closely to a plain vegetable diet; take a daily towel-wash, and one or two hip-baths. You call yourself a "living wonder," because you have endured four doctors for four years. We can name to you doctors of that school who would have finished you off in half that time, tough subject as you are.

**RHEUMATISM, OYSTERS, CLAMS, AND LOBSTERS.**—S. N. T., Port Chester. "What should be the hydropathic treatment for a lameness of one knee, (generally thought to be rheumatism,) of several years' standing, in a man of sixty? Are clams, oysters, and lobsters more or less injurious than other meats?" Both of the above questions are so awkwardly stated that a direct reply is impossible. We do wish those for whose benefit we take the trouble to answer questions, would themselves take the trouble to ask them properly. We cannot answer the first question, because we have no particulars from which to judge of the nature of the malady. As to shell-fish, they are worse than beef and mutton, but not so bad as hog-meat fatted on the offals of distilleries, &c., &c., &c. "Other meats" is a very loose phrase.

**PHTHISIC.**—R. E. H., Griggsville, Ill. "For several weeks past I have been much troubled with the phthisic. It is not hereditary, nor am I inclined to pulmonary disease. I use no narcotics, live on a plain vegetable diet, and bathe often. My general health is good, but I am troubled with this difficulty of breathing every day, particularly mornings." Obstruction, or a congestion of the liver, may cause the kind of asthmatic affection you describe. And this may arise from too concentrated a diet, or from hard water, or marsh miasmata; or, perchance, it may come from contracted abdominal muscles, which may be owing to crooked bodily positions. Be all this as it may, eat very slowly, and rather abstemiously; take one or two daily hip-baths, and practise the method described in the Encyclopædia for expanding the chest, and invigorating the external muscles of the loins and abdomen.

**CUTANEOUS ERUPTION.**—J. P., Auburn, Ala. Your internal ailments are probably caused by the remedies you employed to repel the external one. You should take a wet-sheet pack daily, followed by a tepid half-bath, or dripping-sheet, and live almost wholly on wheat-meal unfermented bread, with a little good fruit.

**NERVOUS DYSPEPSIA.**—J. M. E., Fayette, Miss. Your daughter requires a daily partial or half-pack, followed by the tepid half-bath; and one or two hip-baths about 70°. The diet should be mainly unleavened bread, of wheat-meal, with a moderate proportion of the best fruits and vegetables.

**GENERAL DEBILITY.**—B. T. S., Ottawa, Ill. As you do not ask specific questions, but call for general information, you will find that in detail in the Encyclopædia, which is sent you.

**PRESERVING PEACHES.**—W. W. R., Metropolis City, Ill. The most successful method which has yet been resorted to, as far as we are informed, to preserve this fruit perfectly fresh for the longest period of time, is to keep it excluded from the air, in bottles from which the air has been mostly expelled by heat. The fruit is first divested of its skin and cut into quarters. We cannot say how long it may be preserved in this way, as experiments have been, so far, but limited; but, probably, several months—certainly it may be several weeks.

**A DRUGOPATHIC HYDRO.**—W. W. R. writes that, being sick and unable to treat himself successfully, he applied to a Hydropathic doctor; but he could do nothing without using medicine! Of course he wants our opinion in the premises, and he shall have it. We think the patient made a blundering business of his self-treatment, and that his doctor is a blunderhead any way. We have never had any difficulty in such cases. The trouble with the patient was, that he took too much cold treatment; and the difficulty of the doctor was, that he didn't understand the system he undertook to dabble with.

**PALPITATION.**—L. P., Leopold, Ind. An "Eclectic" asks: "What would be the proper treatment in case of palpitation, connected with painful and irregular menstruation?" Why, sir, just cure the primary malady, *alias*, restore the general health, by the means explained in hydropathic books, and the secondary ailment, the palpitation, will "avaunt."

**ERRORS IN WATER-CURE.**—W. C. W., Manlius, gives us the detail of a somewhat "savage" course of treatment he was "put through" at a small country Establishment, and asks us to decide, officially, whether it was right or wrong. We are not properly invested with such authority. If the inquirer will examine carefully the general rules of bathing, as laid down in the Encyclopædia, and the treatment there recommended, for his particular disease, and then apply them to the circumstances attending his case, he will be able to infer about what we think of the whole matter.

**A NONDESCRIBT.**—Wm. T. Greene, who has spent his all in doctoring to no purpose, and who forgets to date his letter or give his P. O. address, asks us to give him some information as to management of the case of his wife. All he tells us about is, that "she has been sick a long time." That is rather indefinite. Please tell us what ails her, or at least, her history and symptoms, and then, if we can do anything for you, we will say so.

**GOING TO CALIFORNIA.**—Mrs. O., Pike, N. Y. Will you please tell me, in one of your valuable JOURNALS, whether you would consider it safe for a lady, four months *enroute*, twenty-five years old, with a good constitution, favorable temperament, and hydropathic habits, fearless of danger, and somewhat accustomed to travelling, to start alone for California? I rely upon your judgment, as I am alone in my Hydropathic views, in my own family, and starting under such circumstances would astound the "good ladies" in our community who know nothing of Water-Cure.

[Perfectly safe, madam, "perils by sea and perils by land" excepted. Folks who live hydropathically have nothing to fear because of the circumstances to which you allude.]

**POISONS VERSUS MEDICINES.**—DR. TRALL: Please answer the following question—Are all poisons medicines, and, *vice versa*, all medicines poisons? [Yes, verily.]

**EGGOLGY.**—J. A., Ohio. Are eggs included in the category of animal food? [Technically and properly they are. The vegetarians having, in general, only excluded from their dietetic system such food as requires the killing of animals to procure.]

**A QUAKER CANADIAN.**—L. V. G. asks us to give him a considerable amount of information in a round-about way, without naming the subject, &c., &c. Can't do nothing of the sort. Such matters should be attended to by private correspondence with a scientific man. The subject has no interest whatever except to the individual.

**DYSPEPSIA.**—J. L. Take a towel-wash every morning, one or two hip-baths daily, and confine your diet to unfermented

wheat-meal bread, with a very moderate proportion of ripe fruits and fresh vegetables.

**Business Matters.**

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

**FOWLERS AND WELLS,**  
No. 131 Nassau street, New York.

**BACK VOLUMES.**—Only a very few copies for 1862 can now be had. The price for a full set is \$1, and, considering the quantity of reading matter, and its great value, it will be found to be a very cheap work. Those who have not read the last year's volume, will do well to obtain it while they may. Sample numbers of the JOURNALS will be cheerfully sent for specimens to those who may wish to form clubs, or to introduce the same where it is not now taken. How many numbers can you circulate to advantage? To whom shall we send?

**THE STUDENT.**—We have repeatedly mentioned this monthly, published by Fowlers and Wells, and edited by N. A. Calkins, Esq. It is a family miscellany, devoted to physical, moral and intellectual improvement. Having had occasion to consult the bound volumes for some information, we have been struck with their richness and useful variety. They would form a most valuable addition to the library of any Young Men's Association or village Lyceum. We invite attention to them, as most excellent works for those who have a taste for reading yet to acquire. The subscription terms are only One Dollar a year. Young men should not lose sight of this monthly friend.—*N. Y. Evening Mirror.*

The Postmaster General has decided that there is nothing either in the laws or regulations of the Post-Office Department which prevents the sending of periodicals or papers to "actual or bona fide subscribers" by agents or dealers, the same as if they were mailed directly from the office of publication.—*Exchange.*

[Thus, if our AGENTS in New Orleans, San Francisco, or any other place choose to receive the WATER-CURE JOURNAL by express, in large packages, they are at liberty to mail the same, from their agency office, to such subscribers as they may procure, in any part of the country.]

R. B. B., Reading, Pa. We are unable to answer either of your questions.

**THE WOOL-GROWER AND STOCK REGISTER.**—In our advertising department may be found the prospectus of this cheap, popular, and useful serial. Our farmer friends who are engaged in these great interests, will find *The Wool-Grower* full of valuable information. Published monthly. By D. D. T. Moore, Rochester, New York.

OUR JULY NUMBER was sent to press on the first of June. Several advertisements were received for that number which were necessarily laid over. We shall be glad to accommodate our friends, when they send in advertisements in time.

Winter Establishments should be announced in September or October, to give patients ample time to get ready.

The large edition which we print compels us to go to press early in the month preceding the date. Thus, our September number will be put in type on the first of August; hence, all copy designed for that number should be sent in at once.

**STANDARD MEDICAL BOOKS.**—What particular medical works shall I study, in order to prepare myself for graduation and practice?

A question put to us almost daily, which we are politely requested to answer by letter or through the JOURNAL. We therefore condense, from several catalogues, the following list, with the prices annexed, also the postage, for the accommodation of those who may desire to obtain them by mail. Besides our HYDROPATHIC, or WATER-CURE WORKS, we deem the following sufficient, at least for a commencement. When several copies are wanted it will be best to have them go by express, or as freight, rather than by mail. They may all be ordered direct from FOWLERS AND WELLS, Clinton Hall, 131 Nassau-street, New York.

Chailly's Practical Treatise on Midwifery; translated from the French, and edited by GUNNING S. BEDFORD, A. M.,

M. D. With 216 Engravings. 8vo. Price \$1 75. Postage 82 cents.

Copland's Dictionary of Practical Medicine; comprising General Pathology, the Nature and Treatment of Diseases, Morbid Structures, and the Disorders especially Incidental to Climates, to the Sex, and to the different Epochs of Life; with numerous Prescriptions for the Medicines recommended. A Classification of Diseases according to Pathological Principles; a copious Bibliography, and an Appendix of approved Formulae. The whole forming a Library of Pathology and Practical Medicine, and a Digest of Medical Literature. Edited, with Notes and large Additions, by CHARLES A. LEE, M.D. To be completed in 3 large 8vo. volumes. Vols. 1 and 2 now ready. Price \$11 00 for 2 vols.; postage \$1 20.

Kane's Elements of Chemistry, including the most recent Discoveries, and Applications of the Science to Medicine and Pharmacy, and to the Arts. Edited by JOHN W. DRAPER, M. D. With about 260 Wood-cuts. 8vo. Price \$1 75; postage 38 cts.

Essays on the Puerperal Fever, and other Diseases peculiar to Women. By F. CHURCHILL. 1 vol. 8vo. Price \$2 50; postage 23 cts.

The Diseases of Females, including those of Pregnancy and Childbed. By F. CHURCHILL. With the Notes of R. M. HUSTON. 1 vol. 8vo. Price \$3 00; postage 38 cts.

On the Diseases of Infants and Children. By F. CHURCHILL. 1 vol. 8vo. Price \$3 00; postage 38 cts.

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Cyclopaedia of Practical Medicine; comprising Treatises on the Nature and Treatment of Diseases, Materia Medica and Therapeutics, Medical Jurisprudence, &c., &c. Edited by JOHN FORBES, ALEXANDER TWEDDIE, and JOHN CONOLLY. Revised, with numerous Additions, by Robley Dunglison, M.D. 4 vols. 8vo. Price \$12 00; postage \$1 68.

Good's Study of Medicine; Improved from the Author's Manuscripts, and by reference to the latest Advances in Physiology, Pathology, and Practice. By SAMUEL COOPER, M.D. With Notes, by A. S. DOANE, A.M., M.D. To which is prefixed a sketch of the History of Medicine from its origin to the commencement of the nineteenth century. By J. BOERHAAVE, M.D., F. R. S. 2 vols. Price \$3 00; postage 80 cts.

Dictionary of Medical Science, containing a concise Explanation of the various Subjects and Terms; with the French and other Synonyms; Notices of Climate and of celebrated Mineral Waters; Formulae for various Official and Empirical Preparations, &c. By R. DUNGLISON. 1 vol. 8vo. Price \$4 00; postage 48 cts.

Special Anatomy and Histology. By W. E. HORNER. Eighth edition. 2 vols. 8vo. Price \$6 00; postage 64 cts.

The Dissector; or, Practical and Surgical Anatomy. By E. WILSON. Edited by P. B. GODDARD. 1 vol. 12mo. Price \$1 50; postage 21 cts.

Principles of Human Physiology, with their chief applications to Pathology, Hygiene, and Forensic Medicine. Especially designed for the use of Students. By W. B. CARPENTER. With Notes by Meredith Clymer, M.D. 216 engravings. 8vo. Price \$4 80; postage 64 cts.

Elements of Chemistry, in which the recent Discoveries in the Science are included, and its Doctrines familiarly explained. By J. L. COMSTOCK. 76 engravings. 12mo. Price \$1 00; postage 20 cts.

The First Lines of the Theory and Practice of Surgery; including the Principal Operations. By SAMUEL COOPER. With Notes and Additions, by Willard Parker, M.D. 2 vols. 8vo. Price \$4 00; postage 60 cts.

Dictionary of Practical Surgery, with an account of instruments and remedies employed in Surgery. By SAMUEL COOPER. With Supplementary Index, by D. M. REECE, M.D. 1 vol. 8vo. Price \$3 00; postage 51 cts.

The New Illustrated Hydropathic Encyclopaedia. A complete system of Hydropathy and Hygiene. An illustrated work, with over 300 engravings, embracing Outlines of Anatomy; Physiology of the Human Body; Hygienic Agencies, and the Preservation of Health; Diets and Hydropathic Cookery; Theory and Practice of Water-Treatment; Special Pathology and Hydro-Therapeutics, including the nature, causes, symptoms, and treatment of all known diseases; Application to Surgical Diseases; Application of Hydropathy to Midwifery and the Nursery; with a complete Index. By R. T. TRALL, M.D. Two 12mo volumes, substan-

tially bound, price \$2 50. Published by FOWLERS AND WELLS, 131 Nassau street, New York.

For popular reference, we know of no work which can fill its place. Without any parade of technical terms, it is strictly scientific; the language is plain and simple; the points explained are of great importance; devoted to progress, the editor is no slave to theory; he does not shock the general reader by medical ultraisms; while he forcibly demonstrates the benefits of modern improvements. Of all the numerous publications which have obtained such a wide popularity, as issued by Fowlers and Wells, perhaps none are more adapted to general utility, than this rich, comprehensive, and well-arranged Encyclopaedia.—New York Tribune.

[For a list of PHYSIOLOGICAL and ANATOMICAL DRAWINGS, with prices, see advertising department.]

IN SAVANNAH, Georgia, our various publications may be obtained at the Book and Stationery Store of Mr. S. S. SIBERT, at New York prices.

IN CINCINNATI, of F. BLY; in Chicago, of JOSEPH KEENE & BROTHER; in St. Paul, and St. Anthony Falls, Minnesota, LA DUC & ROHRER; in St. Louis, S. M. WIGGINS; in San Francisco, MARTIN & HITCHCOCK; in New Orleans, by J. C. MORGAN; in Mobile, BOULEMONT; in Bank County, Alabama, by N. PLEMS; in Halifax, E. G. FULLER; in Toronto, J. LESLIE; in Baltimore, of J. W. BOND & Co.; in Philadelphia, STOKES & BROTHER; in Peoria and Muscatine, BURNETTS; in Pontiac, D. C. DEAN; in Houston, J. S. TAFT; in London, JOHN CHAPMAN, and by most sensible reformatory and enterprising Booksellers, by many Agents and Co-Workers. A supply should be kept in every neighborhood. For wholesale terms, address the Publishers as follows: FOWLERS AND WELLS, Clinton Hall, 131 Nassau-street, New York.

## Talk and Copies.

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

PHILOSOPHY OF VEGETARIANISM.—We regret that we are compelled to postpone a Lecture on this topic, delivered before the New York Vegetarian Society, by Mrs. Mary A. Torbet, of Alabama. It is on file for the September number. Our readers may safely anticipate both pleasure and profit from the perusal.

DRESS REFORM.—This department is wholly crowded out by a press of other matter. We have some good things under this head for our next number.

MR. BENNETT, the editor of the New York Herald, is at Weisbaden, trying the effects of the baths upon the bronchitis, a complaint with which he is considerably troubled.—New York Tribune, May, 1853.

TOBACCO.—A HINT.—N. P. Willis, in one of his delightful rural sketches, published in a late number of the Home Journal, has the following suggestive paragraph:

"Strangers will tie their horses to the trees from which I can least spare the bark they eat off while their masters are rambling about, and I had just been washing the trunks of two or three evergreens with tobacco-juice, (said to be a six-months' disgust for the worst kind of crib-biter,) when neighbor S—, with his white locks flowing over his shoulders, and his calmly genial face beaming from under his broad-brimmed hat, drove down the avenue—a moving picture among the beautiful cedars and hemlocks that made them more beautiful than before. As it was one of those inspiring days of May, with adolescence in the leaf-coaxing breeze, I thought it a good time to tax my friend's knees of fourscore with a scramble to my hidden bridge, the path to which opened from the thicket near by. He readily assented. We tied his horse to one of the tobaccoed cedars, (which the fine animal, a splendid bay, opened teeth upon, and immediately backed off to the length of his halter, taking an attitude of repugnance in which we found him on our return,) and then successfully made our winding descent to the chasm."

"MY COUNTRYWOMEN."—Dr. Jackson's article with this title, and the criticism of "A Congregational Clergyman" on it, have drawn out several other writers on each side of the question. We give them our thanks for their favors, but are obliged to decline publishing them, as we think a continuance of the discussion would be less profitable to our readers than the space it would occupy, otherwise filled.

We have received several Water-Cure Enigmas, for which the authors have our thanks, though we cannot often print anything of the kind. We may find room for one occasionally.

WATER-CURE AND TOBACCO.—A correspondent mentions the case of a lecturer on Hydropathy, who, "on going to his lodgings (from the lecture-room) showed himself a slave to both chewing and smoking tobacco." Our opinions in regard to the "weed" are too well known to our readers to require any exposition here. How a Hydropathist can be at the same time a tobacco user, is what we are not able to comprehend.

A. F.—We hope to publish, in the September number of the AMERICAN PNEUMOLOGICAL JOURNAL, an article giving a sketch of the "Protective Union" of New England, and such information as you need for the organization of a Union Store.

BEAUTIES OF THE "REGULAR" PRACTICE.—Dr. Watson, of Boston, stated in the course of a discussion with Dr. Draper of the same city, that he has, in the course of four years and a half, taken from the citizens of Boston and vicinity, one hundred barrels of blood! and has administered forty-nine pounds of mercury! in the same time.

THE FEMALE MEDICAL COLLEGE OF PENNSYLVANIA has issued its fourth annual announcement; by it we see there are three Ladies connected with the professional department.

We are glad to see woman stepping forward in this good work, developing the powers God has given her for the relief of those of her fellow-beings who have suffered long for want of female physicians.

We have the pleasure of knowing some of the graduates of this school, and they are quite successful in their practice. Ladies who wish to secure a medical education will find the course at this school a thorough and efficient one.

SAVE YOUR APPLE SEEDS.—The publishers of THE WATER-CURE JOURNAL received an order, some weeks ago, for one bushel of apple seeds, to be sent by express to Oregon. The sum of \$20 per bushel was offered, but none could be found in the New York market. Seeds were wanted—to plant a nursery—in that glorious and magnificent territory, now being settled so rapidly. It is almost impossible to transport trees from the East in sufficient quantities to supply the present demand. Hence the necessity of obtaining plants from the seed. We can hardly do our Western friends a greater favor than to send them packages of choice seeds. They may be sent in packages weighing from an ounce to a pound or more with safety, and at a small cost for postage by mail; or, they may be sent by express. Then save your seeds. It will "pay."

ANNUAL REPORTS.—We are glad to find our various Water-Cure Establishments issuing annual reports of cases treated at each "Cure." They afford the only means by which the public may know the true condition of each particular Establishment.

It is not a difficult matter for a systematic physician to keep a record of all the cases treated, and of the mode practiced in each case. Such reports would inspire confidence in those yet unacquainted with the system, and tend greatly to the increase of the Hydropathic mode, and to the discontinuance of the old drug practice. Give your annual reports to the world. If truthfully presented they will forward the cause and do great good.

WRITE FOR THE PRESS.—A SUGGESTION.—Among our Fifty Thousand subscribers, and Hundred Thousand readers, there are hundreds of men and women who have had important experiences and revelations, which, if published to the world, through the numerous NEWSPAPERS of the land, would be of great service to the living. THE WATER-CURE JOURNAL, "when filled to the brim," will hold much, but not a tenth of the good thoughts which ought to be given to the world. We therefore suggest, that our friends every where, who have applied successfully the Hydropathic principles, to relate, through their own local newspapers, the results of their practice. Have you removed pain or disease? Have you prevented premature death, and prolonged human life? Tell the world how. Have you found in the Water-Cure a remedy more potent, and less dangerous, than in your former practice of drug-taking? State the fact for the benefit of

others yet in the dark who seek the light. Call attention to the subject, on all proper occasions. Speak of it at your social gatherings, at meetings, at home and abroad. When you write letters to distant friends, speak of the merits of the "new and better way to live." Do you know of a poor, sick, bed-ridden woman? a young mother, perhaps, who has been dosed almost to death, whom the physician pronounces incurable, speak to her of the WATER-CURE; whisper hope in her ear; apply the cooling, invigorating liquid to her parched skin; give her to drink from the "living spring," and in due time receive the heartfelt thanks from one who may be likened to a "brand snatched from the burning." Oh! how thankful are they who have thus, "without money and without price," been lifted up from a bed of utter hopelessness to LIFE, HEALTH, and HAPPINESS. Then, in her turn, will this rescued mother administer, with her own willing hands, to other sufferers, these simple, efficient, and all-pervading remedial agencies.

Is there a decrepit, middle-aged man, or a prostrated young man, who by accident has been brought nigh unto death, and whose stomach has already become the receptacle of poisonous drugs, and who feels that it would be a relief to die, without the further torment of bleeding, blistering, and vomiting? speak of the genial and renovating WATER-CURE to him! Observe in his sunken, and almost lifeless eye, a gleam of renewed hope!! His first question is, "Will it relieve my aching temples, my palpitating brain?" Yes, poor soul, it will relieve you; it will save you. "Well," he replies, still doubting and hoping, "it cannot make me worse—it may make me better." Then the medicine bottles, the pill-boxes, the blister-plasters, are removed. A pitcher of clear, cool water, is brought in. He sips a little at first, then drinks a hearty draught, and, like a wilted plant, revives. His body is gently bathed with a clean linen towel. He drinks again. His feverish pain subsides; he falls asleep and rests; when he awakes, no stifling dizziness, no painful blindness is upon him, but he calls for "water, more water." He drinks and bathes, alternately, till his appetite for food returns; when, in place of the filthy drugs, he partakes of wholesome food, ripe, luscious fruits. He recovers his strength, and, save the damage done by the never-to-be-got-rid-of drug poisons which linger in his very bones, he passes for a WELL MAN.

Report and publish these every-day cases, in all the newspapers, and how long, think you, the medical delusion, the greatest delusion of the age, would be practised on a civilized community? Then "write for the press," ye cured and converted.

**HYDROPATHIC QUARTERLY REVIEW.**—It is with much pleasure that we call the attention of our readers to the Prospectus of the new QUARTERLY, which we publish in another column. A work of the kind proposed has long been needed, and it is in compliance with the earnest solicitations of a large number of the leading Hydropathic practitioners that we now engage in its publication. An outline of its plan will be found in the Prospectus referred to. It will take and sustain a high stand, both in a professional and in a scientific and literary point of view, and will, we are confident, meet fully the wants of the practitioner and the student, together with those of that large and increasing class of men and women who, without any intention of making the healing art a profession, yet desire thoroughly to master the subjects of health and disease, and the application of remedies, with a view to home practice.

We now appeal to our friends, and the friends of Medical and Health Reform in general, to come forward and aid us in giving the work a circulation worthy of its high character and usefulness, and we appeal in the fullest assurance of a hearty response. To Water-Cure Physicians, and to our noble co-workers, the agents and volunteer friends of the WATER-CURE JOURNAL, in an especial manner do we look for aid in bringing into notice the HYDROPATHIC QUARTERLY REVIEW. It is desirable that returns should be made at as early a day as possible. Address FOWLERS AND WELLS, Clinton Hall, 131 Nassau Street, New York.

**SOON CREEK FALLS WATER-CURE.**—This is a beautifully situated and well-conducted Establishment, and merits the good success which, we are happy to learn, has attended it. It has been opened but little more than a year, during which time over one hundred cases (mostly chronic, and severe,) have been treated, of which only three failed to receive benefit. We bespeak for it a share of public patronage. See advertisement.

## NEW YORK HYDROPATHIC AND PHYSIOLOGICAL SCHOOL.

THE undersigned and associates have made arrangements to open, on the 1st October, 1853, a department of the extensive Hydropathic and Hygienic Institute, No. 15 Lighthouse Street, as a general educational and medical school. It will afford unexampled facilities in the attainment of a useful and practical education for three classes of persons: 1. Those who desire, in addition to the usual branches taught in High Schools and Academies, a better knowledge of the Theory and an exemplification of the Practice of the Laws of Life and Health. 2. Those who wish to become Physiological and Health Reform Teachers. 3. Those who seek to qualify themselves for Hydropathic Physicians.

In each sub-department competent and experienced teachers have been engaged; and in each the educational course will give especial prominence to those subjects which are most intimately connected with the actual duties of life. And whilst the rudiments of all the branches of an ordinary collegiate education are thoroughly taught, each student will be enabled to devote particular attention to those subjects most essential to the success of his or her prospective avocations.

The first class, in addition to Natural Philosophy, Mathematics, Rhetoric, French, Drawing, Music, &c., will be instructed in Phonetics, Chemistry, Hygiene, Dietetics, and Calisthenics. The second class will more particularly investigate Phrenology, Physiology, Psychology, Magnetism, Natural History, Organic Chemistry, Elocution, and Logic. To the third class will more especially appertain Astronomy, Pathology, Surgery, Obstetrics, Therapeutics, and Medical Jurisprudence, which together constitute the Theory and Practice of the Healing Art.

The provision of food and cooking arrangements of the establishment will afford ample opportunity for all who wish to learn "Domestic Economy," or the "Art of Living" on physiological principles. Medical students will be enabled to witness the treatment of nearly all forms of chronic diseases amongst the patients of the institution; whilst the out-door practice will demonstrate the applicability of water-treatment to acute diseases. A *clinique* will be held weekly or oftener, at which all who desire can become proficient in diagnosing diseases and indicating the remedial course. Those who wish to attend dissections and surgical operations, will be provided with all requisite facilities at a trifling additional cost. And those who intend to become hydropathic practitioners can attend, also, without charge, the *cliniques* of all the other medical schools in the city, where every variety of diseased and deformed humanity can be seen.

All necessary Philosophical, Mechanical, Chemical, and Scientific apparatus will be provided. Astronomy, Physiology, and Obstetrics will be amply illustrated by preparations, colored plates, skeletons, manikins, &c.

The educational exercises will not pattern after the usual routine. Several lectures and lessons will be given daily; but the grand idea of self-education will always be kept in view; hence examinations, in which all will be alternately scholars and teachers; readings, recitations, conversational parties, debates, &c., under the personal direction of the professors, calculated to lead the mind to think for itself, rather than imitate from others, will constitute a leading part of the programme.

**TERMS.**—Each year will be divided into three terms of fourteen weeks each. The terms will commence respectively October 1st, February 1st, and July 1st. The summer term will probably be held in the country near the city, to which end negotiations are now in progress.

**CHARGES.**—First class, per term, \$30; second class, \$40; third class, \$50. Tickets for anatomical dissections, \$5 to \$10. Tuition fees payable in advance. Medical students will be entitled to the use of the office library, with private professional instruction and examinations.

As many boarders as there are rooms for in the establishment unoccupied by patients, will be accommodated at the lowest boarding prices. Lodging rooms can be had in the neighborhood, with meals at the establishment, the whole expense not exceeding \$3 to \$4 per week.

A liberal discount will be made to those who attend two or more terms.

Address R. T. TRALL, M.D., Principal.

**LITERARY NOTICES.**—We regret that a pressure of other matter has compelled us to omit a large number of Literary Notices prepared for this number.

## The New Quarterly.

### PROSPECTUS

OF THE

### HYDROPATHIC QUARTERLY REVIEW.

At the solicitation of many of the leading practitioners and prominent friends of Water-Cure, the subscribers will commence, on the first of September next, the publication of a Quarterly Magazine, with the above title. It will be more strictly scientific and professional than the WATER-CURE JOURNAL; and more especially the medium through which the professors and physicians of the Hydropathic School can communicate with each other, and the public their views in relation to all departments of the Healing Art, and the results of their investigations on all subjects pertaining to Health, Reform and Medical Improvement. Its matter will be arranged under the following general heads:

#### 1. ESSAYS.

The most learned and experienced writers in America and Europe will furnish articles on Anatomy, Physiology, Pathology, Surgery, Therapeutics, Midwifery, the Laws of Health, Philosophy of Water-Cure, &c., which will be amply illustrated by the most accurate and beautifully executed engravings we can procure.

#### 2. REPORTS.

Remarkable cases in Surgery, Obstetrics, and in General Practice, treated on Hydropathic principles, will be reported in detail, by the most eminent and scientific practitioners and teachers of our system. An interesting and instructive feature, also, will be the reports of the most important cases presented at the *clinique* of the new school of the Hydropathic and Hygienic Institute, which is soon to go into operation at 15 Lighthouse Street, in this City.

#### 3. CRITICISMS.

In this department the cases treated by physicians of those systems we oppose, will be noticed fairly, and commented on with unlimited freedom. Their errors in theory will be exposed; their fallacies in practice explained; and the better way indicated by a contrast of results with those of Hydropathic practice.

#### 4. REVIEWS.

New Publications, whether books or periodicals, of all actual schools or pretended systems of medicine—Allopathic, Homeopathic, Eclectic, Mesmeric, Botanic, &c., will be closely but candidly examined, and severely but impartially criticised. The good or bad—the truth or falsity—of all their teachings, will be plainly pointed out without regard to fear or favor.

#### 5. RECORDS.

Here will be noted the triumphs, of our system, and the progress of Health Reform in its Medical, Social, Hygienic, and Dietetic aspects. Our readers will be kept posted up on all these topics, compiled from all the authentic sources of information in this country and Europe.

Each number will contain 140 pages; and each volume of four numbers will make an invaluable addition to the library of every person interested in medical and health reform.

TERMS: TWO DOLLARS A YEAR, IN ADVANCE.

Address, post-paid:

FOWLERS AND WELLS,

Clinton Hall, 131 Nassau Street, New York.

**LECTURES TO THE LADIES IN WISCONSIN.**—Mrs. L. F. Fowler, M.D., is lecturing and about to lecture in Chicago, Racine, Milwaukee, and other towns in that vicinity, on Physiology as applied to health and disease, amply illustrated with Manikin Models and Drawings.

Mrs. F. is well qualified, by long experience, to do the subject justice, and impart valuable information.

**CASTLE WATER-CURE.**—This Establishment has a fine location, at an elevation of 600 feet above the level of Lake Erie, an abundance of soft water, and other advantages, which render it a desirable resort for the health-seeker. The reader will find Dr. Greene's Card in our advertising department.

**MERCER WATER-CURE.**—An error occurred in our notice of this Establishment, in the July number. It should read:—The proprietors of this "Cure," Messrs. Hanna and Stephenson, have secured the services of Dr. James Catlin and Lady. A similar error occurred in the advertisement of the Establishment.

Advertisements.

A LIMITED space of this Journal will be given to advertisements, on the following terms: for a full page, one month, \$75. For one column, \$30. For half a column, \$12. For less than half a column, twenty-five cents a line.

All Advertisements for this Journal should be sent to the publishers by the first of the month preceding that in which they are expected to appear.

Water-Cure Establishments.

**HYDROPATHIC AND HYGIENIC INSTITUTE.**—Dr. TRALL receives patients at his commodious establishment, 15 Laight-street, New York, (the oldest and most extensive City Water-Cure in the United States), one door from the beautiful promenade grounds of St John's Park. The establishment has recently been enlarged by the erection of a rear building, and the addition of the spacious double house adjoining, so that nearly one hundred patients can now be accommodated. The buildings are warmed throughout by steam-pipes, thus securing any required degree of temperature, and obviating the annoyance of dust and smoke from grates and stoves. In addition to the usual appliances for full Water treatment, he has, with the assistance of Dr. J. L. HOSFORD, established a department for the special management of those female diseases which are incurable without peculiar mechanical and surgical treatment. Consultations and city practice attended to as heretofore.

**DR. SHEW**, being under the necessity of leaving for a time the arduous duties of his city practice, will spend the summer at Lebanon Springs, Columbia County, New York, where, in connection with Mr. DAVID CAMPBELL, proprietor of the Water-Cure Establishment at that place, he will receive patients for board and treatment. Address as above. The establishment is now open, and Dr. Shew will be there early in May.

**CLEVELAND WATER-CURE ESTABLISHMENT.**—The above establishment still continues in successful operation; having already entered upon its sixth season. The largely increased number of patients treated at the Establishment the past year, over any previous year, and the increased rapidity and proportion of cures, induce the subscriber to believe that his enlarged experience and opportunities for treatment, give facilities to the invalid rarely equaled. Diseases peculiar to females are treated with a success and RAPIDITY of cure believed to be unsurpassed by none. May, if. T. T. SHELLEY, M. D., Proprietor.

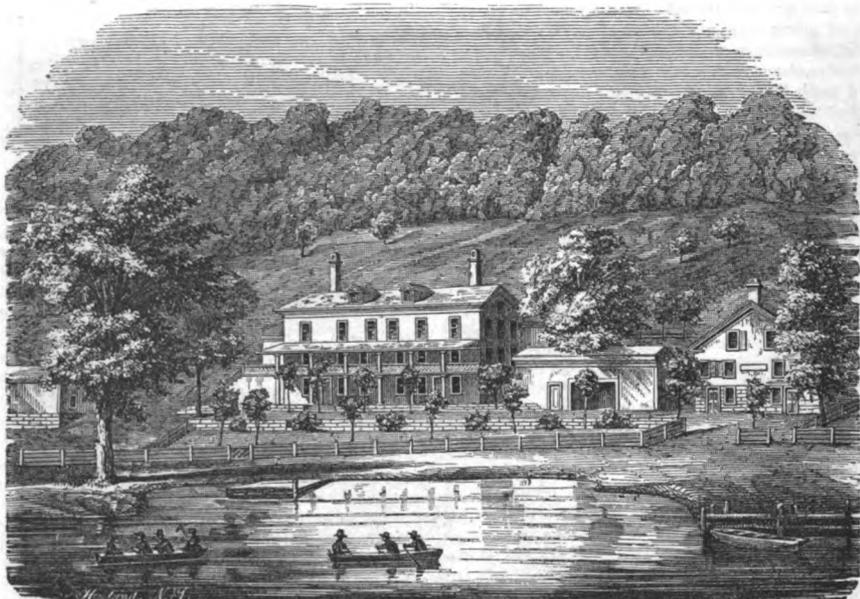
**CONCORD WATER-CURE, CONCORD, N. H.**—Dr. VAN'S ESTABLISHMENT, at the Capital of the Granite State, will be found open winter and summer. No place affords to the invalid superior advantages for treatment. The treatment is undergoing improvements, and the Dr. will spare no pains for the health and comfort of his patients. Letters of inquiry will be answered without charge. If a prescription for home treatment is desired, a fee of \$2 will be expected. The charges for treatment will be moderate. Patients must furnish two comfortable, two woollen blankets, three coarse sheets, towels, &c., or hire them at the Establishment. April, if.

**HIGHLAND HOME WATER-CURE,** at Flahkill Landing, Duches Co., N. Y. O. W. MAY, M.D., Proprietor. The pure air and water, beautiful scenery, fine large edifice, an easy access from every direction, combine to render this a desirable place for those who need Hydropathic treatment. This establishment is intended more particularly for the cure of Female diseases; but all other remediable diseases are here treated successfully. if.

**NEWPORT WATER-CURE.**—This Establishment at Newport, R. I., will be open for the reception of patients on the first of April. It is situated on Narragansett Bay, in one of the loveliest parts of the town, on what is called "The Point." The healthfulness of this climate at all seasons, its coolness in summer and mildness in winter, are celebrated. On this account it is, during the summer, frequented by thousands of visitors, and is one of the most fashionable watering-places in the Union. The Establishment is being fitted up with particular regard to the comfort and convenience of patients. Each one will have his bath in his room, and the physician of the establishment, who lives in the house, will do all in his power to make patients feel at home. Applications should be made as early as possible. Terms: From \$10 to \$12 per week; to be paid weekly. Each patient should supply himself with one pair of blankets, and one pair of coarse linen sheets. All letters should be addressed to DR. WILLIAM F. REE, Newport, R. I., who will give any further particulars that may be needed. July 21.

**FOR SALE, THE WATER-CURE ESTABLISHMENT AT PHILLIPSBURG, BEAVER COUNTY, PA.**—Family circumstances induce the undersigned to offer for sale his well-frequented and favorably-known HYDROPATHIC ESTABLISHMENT. Phillipsburg is a healthy and beautifully situated village on the east side of the Ohio River, 25 miles below Pittsburg, and opposite the village of Rochester, the Depot of the Ohio and Pennsylvania Railroad, with a good steamboat landing, and telegraph office, &c. The Establishment has accommodations for 25 patients. The main building is surrounded by one and a half acre of ground, with shrubbery, ornamental and fruit trees, a bowling alley, saloon, and other requisites. The water is clear and abundant. For particulars, address Dr. EDWARD ACKER, Rochester P. O., Beaver County, Pennsylvania.

**AUBURN WATER-CURE, Auburn, Madison Co., Ala.** Dr. WM. G. REED, Mrs. M. A. Torbet Physicians. April, if.



GLEN HAVEN WATER-CURE.

Since the representation above was taken, we have purchased, and fitted up nicely, an additional building, quite as large as this described. We have also erected a new Bath-house, 30 by 50 feet, with a Dressing-room attached, 12 by 30 feet. We have, at this date, (June 20th, 1853,) 66 persons under our care—though, at the time we write this notice, the season has hardly opened. We have now, in our Care, people congregated from 16 different States and the Canada, and applications on file for admission from 10 more—making 26 States, which, at least, we hope to have actually represented in our Establishment. Let the readers of this advertisement judge, whether Water-Cure without drug-accompaniments is a falsehood or a truth. We do not hesitate to say, that we can cure any disease which has not involved organic changes, though we will not be limited as to time. If the readers of this visit us, they will find—

- 1st. Water—as pure as that which rippled through Eden.
  - 2d. Air free from fogs, and scenery unsurpassed for beauty.
  - 3d. Quiet.
  - 4th. Intelligent help—we keep no other—and sufficient to give most devoted care and attention.
  - 5th. Ourselves—ready to struggle for the lives of our guests. We mean to make Glen Haven by far the best Water-Cure in the Union.
- Circulars sent to all who apply, free of charge  
Those who wish advice must enclose ONE DOLLAR. Address, J. C. JACKSON, M.D., M.A. L. E. JACKSON, Physicians, Scott, Cortland Co., N. Y.

**CASTLE WATER-CURE.**—DR. GREENE having, for the purpose of extending his knowledge in the complicated details of the treatment, devoted the past season to visiting a large number of Water-Cures in the different States of the Union, has again resumed the charge of the above Establishment. With combined facilities for successful treatment believed to be unsurpassed, and with a practical experience in Water-Cure, which dates back to the opening of the Brattleborough Cure, in 1845, he hopes to be able to satisfy the sick that they can pursue treatment here under favorable auspices for the removal of disease. Terms—From \$5 to \$8 per week. For further information address, post-paid, J. GREENE, Castle, Wyoming Co., N. Y. Cure located near the Buffalo and New York City Railroad. Aug if.

**SUGAR-CREEK FALLS WATER-CURE** is 12 miles south of Massillon, O. It is supplied with pure SOFT SPRING WATER, which should be remembered by invalids. To the purity and softness of the water, as much as to the skill of the physicians, do we attribute the remarkable, and in some cases seemingly miraculous success that has attended our efforts. Terms \$5 per week, in ordinary cases, payable weekly. Address DR. HOR. S. FARRAR, Deardoff, Sus. Co., O. Aug if.

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

**JAMESTOWN WATER-CURE, located in the beautiful and thriving village of Jamestown, at the foot of Chataque Lake, Chataque County, N. Y., is now completed and open for the reception of patients. It appears that Nature, in this locality, has delighted to facility to answer the wants of both body and mind; an abundance of water of dew softness and crystal transparency to cleanse, renovate and rejuvenate the disease-worn and dilapidated system; and to please the artistic eye of idealists, and to charm the lovers of nature, a natural scenery of surpassing beauty presents itself to view. Here lies the lucid Lake of Chataque, reflecting as a mirror the royal hills that rise on either side, and the roar of the water-fall, caused by the outlet of the lake leaping the rock-ribbed barriers of nature, sends up a continual anthem. Here the disciples of Walton can ply the rod and line to their heart's content in taking the fine specimens of the dainty tribe that swarm the waters of lake and stream. And the sunbeams groves and ravines in the vicinity afford a delightful retreat for those who love to gaze on nature in her wildest moods. This Establishment was constructed especially for a Cure, and planned in every particular according to the most approved model, by the proprietor, Gen. Allen. The Medical department will be under the immediate supervision of E. POTTER, M. D., and Mrs. L. M. POTTER. Dr. Potter has had much experience in the treatment of the afflicted, having practiced Allopathy six years, and the Hydropathic system during the last three years with admirable success. Dr. Potter has associated with him a young man of energy and ability, Mr. Albert Allen, who will take charge of the business department of the Cure. There will be no pains spared to render this Establishment emphatically the Home of the invalid, and to assist in his or her speedy recuperation. Patients coming from the East or West will take rail-road to Dunkirk, thence by plank-road and omnibus, three hours ride to Jamestown; from the North, by boat and stage, on the various mail routes. Terms from \$6 to \$10 per week, according to treatment and room occupied. Patients will bring the usual amount of packing clothes, towels, &c., or they can be furnished with them at the Cure. For further particulars, address E. POTTER, M. D., or ALBERT ALLEN, Jamestown, Chataque County, N. Y. July if.**

**WYOMING WATER-CURE INSTITUTE,** at Wyoming, N. Y. This establishment is delightfully situated on the western range of hills which overlook the beautiful valley and village of Wyoming, in the State of New York. Patients reach us by the Buffalo and New York City Railroad. Those coming from the West stop at LONDON, those from the East stop at WARSAW. At either place they will find both public and private conveyances to the Institution; the public conveyances leaving after the arrival of the principal morning train. The establishment is an hour's ride from either station. We will send to all post-paid applicants, desiring knowledge of the institution, our "Report," containing statistical tables of nearly 400 chronic and acute cases treated by us, together with details of treatment and other original matter relating to the symptoms, causes, and pathology of the diseases treated, and to the philosophy and practice of Water-Cure. For a notice of this Report, see Water-Cure Journal for June, 1853, page 138. Address P. H. HAYES, M.D., Wyoming, New York. Aug if.

**CHICAGO WATER-CURE RETREAT,** corner of Indiana and Rush sts., Chicago, Ill. At this establishment, pure soft water is the only medicine used. Female diseases receive special attention. J. WENZEL, A.M., M.D. Aug 21.

**LYING-IN INSTITUTE, 201 West 36th st., by Mrs. C. S. BAKER, M.D., graduate.** She will also consult with, and visit patients at their residences. Aug if.

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

**DR. WEDDER'S COLD SPRING WATER-CURE,** is just opened for the reception of patients. It is situated on the Upper Harrowgate Lane, 3 1/2 miles north from Philadelphia. In the advantages of Water, Air, and Situation, this is unsurpassed by any institution in the United States. All applications and letters addressed to Dr. WEDDER, at the Institution, or at No. 80 North Eleventh st. Philadelphia, (his City Establishment.) Dr. WEDDER is no longer connected with the Willow Grove Water-Cure. Aug 31.

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

**THE WATER-CURE ESTABLISHMENT at Danville, Ky., is still under the direction of Dr. THOMAS, and open for the reception of patients, summer and winter. Terms, \$8 per week, payable weekly. Aug 31.**

**CINCINNATI WATER-CURE, five miles from the City, on the Cincinnati & Dayton Rail Road, and but a few rods from the Carriage Depot.** This large and flourishing Institution is open Summer and Winter for the reception of patients. Terms, from \$2 to 10 dollars per week, for further particulars address D. A. FRASER, M.D. Carriage, Hamilton Co., Ohio. June, if.

**MOUNT PROSPECT WATER-CURE, BINGHAMTON, Broome Co. N. Y.** This retreat for the sick is fitted up in prime order, and in beauty of location and purity of water, this place is unrivalled. It has excellent rowing and gymnastic privileges, and fine shady mountain walks. Terms from \$4 to \$8 per week. O. V. THAYER, M.D. Resident Physician. Aug if. H. M. RANNEY, Proprietor.

**WORCESTER WATER-CURE INSTITUTE, 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. Terms usually, for full board and treatment, from \$7 to \$9 per week. For out of door treatment \$3 per week. This Institution is under the medical direction of Dr. HORT during the absence of Dr. ROBERTS. May, if.

**LAKE VIEW HYDROPATHIC AND HOMOEOPATHIC INSTITUTE, at Rochester, N. Y., is second to no other in the country, in its beautiful and healthful location, and its capacity and convenience as a cure. Department for Female Diseases. HORSEBACK RIDING forms an important part of the exercises. Full particulars had by addressing L. D. FLEMING, M.D., at Lake View, Rochester, N. Y., who has charge of the Institution. REFERENCES.—Hon. Wm. H. Seward, N. Y.; Hon. John Greig, Hon. Francis Granger, A. Worton, Esq., Concordia, N. Y.; T. B. White, Esq., and Rev. Moses Howe, New Bedford, Mass. Aug if.**

**DR. R. WESSELHOFF'S WATER-CURE, at BRATTLEBORO, Vt., will be conducted for the coming season by Mrs. F. WESSELHOFF, assisted by the administrators of her late husband. Dr. E. J. LEWENTHAL, so favorably known in New York, has been engaged as Consulting Physician of the establishment, and patients may rest assured no pains will be spared to promote their health and comfort. Mrs. F. WESSELHOFF. July, 31. L. G. MEAD, N. B. WILLISTON, Administrators.**

**DR. BEDORTA'S WATER-CURE ESTABLISHMENT** is at Saratoga Springs. Aug if.

**MRS. HESTER A. HORN, WATER-CURE PHYSICIAN, No. 9 Abingdon Place, Troy st., N. Y.** Aug if.

**DR. E. A. KITTRIDGE CONTINUES TO RECEIVE patients at his establishment, 94 Franklin Place, Boston, and visits the sick anywhere in New England.** Aug if.

**MRS. HESTER A. HORN, WATER-CURE PHYSICIAN, No. 9 Abingdon Place, Troy st., N. Y.** Aug if.

**DR. E. A. KITTRIDGE CONTINUES TO RECEIVE patients at his establishment, 94 Franklin Place, Boston, and visits the sick anywhere in New England.** Aug if.

WATER-CURE AT COLD WATER, MICH.—Beautifully situated half a mile from the village, near the Mich. S. R. All letters post paid, addressed Dr. J. B. Gully, will receive immediate attention.

FOREST CITY WATER-CURE, Forest City, Tompkins Co., N. Y. W. M. STEPHENS, Mrs. J. P. STEPHENS, Physicians. July, 11.

G. H. TAYLOR, M.D., Practitioner of Water-Cure, No. 8 Eleventh at cor. 4th Avenue. Domestic practice and office consultations particularly attended to. Also, letters for advice. July 11.

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

BATHOL WATER-CURE, MASS.—TERMS: \$6 per week. For further information, address GEO. FIELD, M. D. July 11.

BROWNVILLE WATER-CURE ESTABLISHMENT.—Dr. C. BARKS continues to treat Chronic Diseases successfully at his establishment near Brownsville, Pa. Terms: \$6 per week, payable weekly. July 11.

MISS M. H. MOWRY, PHYSICIAN, No. 22 South Main street, Providence, R. I. Mech 106.

ELMIRA WATER-CURE.—By Dr. S. O. & Mrs. S. B. GLENN, M. D. Address O. Gleason, M. D., Elmira, N. Y. May, 11.

GRANVILLE WATER-CURE.—FOR THE treatment of Diseases of Females. Address—W. W. BARSCOTT, M.D., Granville, Licking Co., Ohio. Aug. 11.

TARRYTOWN WATER-CURE.—THIS ESTABLISHMENT, which was consumed fire last year, has been rebuilt, and is now ready to receive patients. Address, F. D. PIERSON, Tarrytown, N. Y. Aug 11.

Business Advertisements.

THE WATER-CURE JOURNAL.—A NEW VOLUME commences with the July number. 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, designed to be a complete Family Guide in all cases and in all diseases.

TERMS.—Only One Dollar a Year, in advance. Please address, post-paid, FOWLERS AND WELLS, No. 181 Nassau-st., New York.

EDITORIAL NOTICES.

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Fig. E. First body of Muscles, front view, \$2 50
Fig. F. Second body of Muscles, from behind, \$2 50
Fig. G. Third body of Muscles, front view, \$2 50
Fig. H. Fourth body of Muscles, from behind, \$2 50
Fig. I. First vascular and nervous body, front view, \$3 50
Fig. K. Second Gen. view of Blood-vessels and Nerves, front view, \$3 50
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