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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."

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MALARIOUS FEVERS.

BY JOEL SHEW, M.D.

BEFORE proceeding to speak of REMITTENT FEVER, I will remark, that when I was at Graefenberg, Priessnitz gave me the following as his rules for treating AGUE, and which I have already published in the *Water-Cure Library*:

- "1. In the first or cold stage, use the rubbing wet sheet perseveringly until the paroxysm is quelled; or use the hip or sitz bath, with much rubbing of the abdomen and the whole surface with the wet hand; or the half bath, long continued, the water being somewhat tepid, may be had recourse to.
- "2. In the hot stage, the packing sheet often changed, so as to reduce sufficiently the abnormal heat, the cold half bath, or affusions of water—in short, the general means of reducing feverishness from whatever cause.
- "3. In the sweating stage employ the tepid half bath only. This may be well enough administered in a common wash-tub, the patient sitting with the feet outside of the vessel.

"The tendency of this treatment in the first stage, is to promote circulation towards the surface, thus relieving the internal organs of the abdomen, which are always congested, or, in other words, have too much blood in this stage. It also tends to either mitigate or wholly prevent the *second* and *third* stages.

"The treatment in the *second* stage reduces the fever, and thus saves the patient's strength. It also mitigates or wholly prevents the *third* stage.

"In the *third* stage, the treatment acts to prevent the debilitating sweats, thus supporting the strength, and thereby giving the individual the best opportunity for speedy recovery.

"The vapor bath, properly managed, would no doubt be an excellent means at, or probably better a little previous to, the coming on of the chill. But there is another method which would seem to be the opposite of this, and which has done good, as I have proved by actual experiment, viz., to place the patient in a cold hip or shallow bath, just before the cold paroxysm is expected. A good deal of friction should be practiced, to cause circulation toward the surface. The

chill arising from cold water is a different thing from the chill of the disease. The one strong impression takes the place of the other apparently, and with good effect. I spoke to Priessnitz of this mode which I had adopted; he thought favorably of it, and pronounced it good. But in order to determine precisely what mode would prove generally best in ague and fever, a large number of cases should be subjected to the treatment; more, probably, than any one has yet had either in this country or the old.

"Priessnitz recommends that on the 'well day' of ague and fever, the patient should have a wet sheet packing early in the morning, and a cold bath; one or two hip baths during the forenoon, and the wet sheet and plunge again in the afternoon; the wet girdle to be worn all of the time. A wet sheet, three double, worn about the trunk of the body during the night, would be well in most cases. The diet should be of the simplest possible kinds, and spare in quantity.

"Vomiting by means of warm water at the beginning of the chill, or indeed at any time during the paroxysm, would, I think, be an excellent means; certainly it would in all cases where the stomach is foul, and I think it is hardly possible to have anything but a foul stomach in this disease.

"Perfect and entire fasting from all food and drink except pure soft water, for two, three, and even five or six days, if necessary, with a moderate amount of bathing, would probably be one of the very best modes of treating ague—perhaps the *best* mode."

REMITTENT FEVER—BILIOUS FEVER—BILIOUS REMITTENT FEVER.

The term *remittent*, as applied to fever, signifies that the attack has exacerbations, or periods of increase of febrile symptoms; but these do not any time of the day wholly leave the system, as in an intermittent. In a remittent, there is only a remission of fever; in an intermittent, there is *intermission*, i. e., the fever wholly leaves the individual for a day, less or more, and then returns again.

Remittent fever has sometimes received names according to the locality in which it prevails. Thus we read of *African fever*, *Mediterranean*, *Walcheren fever*, *Southern fever*, *lake fever*, *marsh fever*, etc.

Remittent fever occurs only where marsh miasmata is generated. It is seldom known among mountains, in barren regions, or upon sandy plains. Many parts of New England, New York, and the Canadas are wholly free from it. Remittents are seen most where the soil is the most damp and fertile, and where the temperature is the most elevated. For obvious reasons it prevails principally during the hot season, par-

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ticularly the latter part, although it may occur in the winter, or at any season of the year. Bilious fever may then be called the *summer fever* of our country, while *typhoid* and *typhus* fevers belong more especially to winter.

This disease is supposed to be essentially the same as intermittent. It has the same cause or causes, and the two not unfrequently so nearly resemble each other that it is not by any means easy to determine to which the case belongs.

In many cases of remittent the febrile paroxysms occur at stated intervals; and there is the cold, hot, and sweating stage, very much after the manner of an intermittent. In other cases, however, these symptoms are less marked; in others, again, the exacerbations occur irregularly; while in a few, apparently clear cases of bilious fever, the paroxysms are scarcely discoverable at all, the fever taking on a *continued* form. It is to be observed, also, that the same case may assume several or all of these characters; the attack may begin in one way and end in another; and the remittent may also begin or end as an intermittent. Hence it will be inferred, that this disease, like all others, seldom, if ever, presents any two cases that are in all respects alike.

Remittent fever has also the same types as intermittent. It may be *quotidian*, *i. e.*, the paroxysm occurring daily—which is the most common form; or it may be *tertian*, *quartan*, etc. Sometimes, also, two exacerbations may occur in one day, and but one the next, and so on. In short, it varies as much in type as intermittents are observed to do.

Remittent also varies in grade. It may be *high* or *low*; *asthenic*, as we say, when the system is full of blood and vigor; *asthenic*, when the opposite state of things obtains. It may also be of all conceivable degrees of violence, in some cases amounting merely to an *ephemera*; in others constituting a most violent and destructive disease.

Duration.—The average duration of bilious fever under the ordinary modes of treatment has been stated to be about two weeks. It may end as early as the fourth or fifth day, and often does from the ninth to the eleventh day. In some cases it is protracted to four, five, or more weeks. In some instances it has destroyed life as early as the second or third day, although such cases are not common. That this kind of fever, as well as all others, may be materially shortened in duration and lessened in severity by appropriate treatment, there can be no possible doubt.

That form of bilious fever known in some parts as the *congestive*, is always a dangerous disease. Congestive fever is common bilious fever more intensified in its character. The attack may commence as congestive, or a common attack may at any time pass into that form. But this species of malarious disease will be fully considered in another place.

It has been a question as to how long it is necessary for the miasmatic matter to accumulate in the system before it can show itself in the form of fever. This appears to vary a good deal; in some cases where the malaria is very abundant it would seem to act immediately, causing an attack almost as soon as it is received into the system. In other cases, weeks, and even months elapse before the febrile paroxysm is experienced. In this way it may come on in the winter, several months after the exposure to the malarious influences.

Symptoms.—Often, but not always, the disease commences with chills. Usually there are pains in the back and extremities, and sometimes in the head. In some cases there is nausea and vomiting; oftener, probably, there is simple sickness at the stomach without the latter symptom. The face in the beginning is pale and the lips purple. There is a general feeling of uneasiness and discomfort. The complexion is apt to be more or less sallow. These preliminary symptoms

usually last a day or two before the accession of fever sets in. Sometimes, however, the attack commences suddenly with a considerable chill, which is soon followed by fever. After the febrile paroxysm has commenced, the pulse rises to 110, 120, or 130 in a minute, and is rather full, but not hard; the face is flushed, and headache, more or less severe, is experienced. The patient may be delirious or otherwise; if he is able, he speaks of being very weak. It need hardly be added, that as intermittent fever varies indefinitely in its severity, so, also, in its symptoms.

In ordinary treatment, as the disease progresses, nausea and vomiting are among its most frequent attendants. The matter ejected from the stomach is of a bitter, offensive taste, and of yellowish, greenish, or brownish color. It is often almost impossible to make the stomach retain anything whatever put in it. This symptom, however, changes as soon as we have reduced the fever sufficiently. The *bowels* are generally disordered with either too seldom or too frequent action, the discharges being highly bilious. The *urine* is scanty, and of dark color, yellow, brown, or brick-colored, with a thick sediment often. In the exacerbation of the attack all of the more prominent symptoms of the fever become aggravated. These exacerbations are much more marked in some cases than in others; in some instances the attack assumes very nearly the continued form.

One of the more prominent features of this disease is the yellow appearance of the skin and white of the eye. The yellowness is not always uniform over the whole body, but often so. The yellow matter is in some cases sufficient upon the surface to stain linen or other white articles that may be rubbed upon it. These appearances, however, do not occur in all cases.

Treatment.—This is to be conducted on general principles. The important object is to keep down general fever. It is also important to purify the system as fast as possible. For this purpose the wet-pack is the most useful of all known remedies. We can advantageously give three or four of these applications daily, and during the intervals have the patient almost constantly in the folded sheet. If he is able to sit up a part of the time, a large wet girdle should be employed. Frequent clysters are useful, and the patient should drink as much water as he can, without oppressing the stomach. It may be taken warm for the diluent effect, if he is at all chilly.

Under ordinary treatment, it has been found that most cases of bilious fever either begin to decline at a period somewhere from the seventh to the fifteenth day, end fatally, or take a new character. When recovery takes place, improvement in some cases goes on gradually, but in others the disease ends abruptly by a diarrhea, copious urinary discharges, or a profuse perspiration. A gradual improvement in the appearance of the tongue is one of the most favorable symptoms. If a vesicular eruption occurs upon the lips, at the beginning of convalescence, it is to be looked upon as a good omen.

By means of water-treatment, we can shorten cases of bilious fever materially, but not so much as would be inferred from the statements made in some of the hydropathic works. In spite of all that can be done by this or any other known means, the disease some times goes on for a number of weeks, the patient recovering in the end apparently as favorably as in those cases which run a much shorter course. I wish not to be understood as having too little confidence in hydropathy as a means of curing this, as all other forms, but I am desirous to state the truth simply as it is; nor do I believe that every case of fever can be cured by water, or any thing else. On the contrary, I am well satisfied that some cases can not be cured. But in the incurable attacks even, water is to be recommended above any other remedy, because it makes death more easy.

Since writing the above paragraphs, I am happy to

find several valuable authorities touching water as a remedy in this disease.

Dr. Dickson, of Charleston, South Carolina, has recommended the cold affusion in remittent fever in the following terms: "The particular indications which demand the resort to it unhesitatingly, are found in the youth and general vigor of the patient, and the heat and dryness of the surface. The local determination which it controls most promptly, is that to the brain, shown by headache, flushed face, red eye, delirium, etc., with a full, hard, bounding pulse. Seat your patient in a convenient receptacle, and pour over his head and naked body, from some elevation, a large stream of cold water; continue this until he is pale, or his pulse loses its fullness, or his skin becomes corrugated and he shivers. On being dried and placed in bed, a genial sense of comfort and refreshment will attest the benefit derived from the process, which may be repeated whenever the symptoms are renewed, which it is so well adapted to remove." Dr. Dickson also speaks in high terms of commendation of the "head-douche," in cases "where the cerebral determination is inordinately violent, dangerous, and tenacious." "Many," he observes, "who dislike all the other modes of using cold water, entreat for this operation, as the most soothing of possible indulgences; nor have I met with any ill consequences from allowing its most unlimited frequency of repetition." The well-versed hydropathic practitioner need not be told that in all these cases a *passive* cooling is even preferable to pouring water from a height, whether upon the head or other parts of the body. Cooling a part by the douche is always more liable to be attended with undue reaction than a mere pouring, not from any height, affusion, or any of the ordinary refrigerant processes.*

TO DYSPEPTICS.

BY J. C. JACKSON, M. D.

You long for *Health*. No richer boon could Heaven give. For it you who have wealth would exchange at great apparent odds. For what is wealth in the absence of health? What is gold, without the power of transmutation on your part to that which is better than gold by far—the full, uncloyed enjoyment of the powers and faculties which God gives? One may have a lump of gold as large as Solomon's temple—its value consists in his or some other's ability to appropriate it to human welfare. The half-starved and thirst-choked traveller who found a string of pearls on the Zaharan Desert gladly would have given them for what water he could drink. Dives, on the other side of that great gulf which is said to separate the contemners from the

* Concerning the treatment of remittent fever, Dr. Dunglison remarks, "Every rational practitioner of the present day admits, that of all internal refrigerants, cold water—ice cold—is the most effectual; yet occasionally, among the uninformed, we meet with apprehensions on this score—the relics of ancient belief—and with those who are afraid to employ cold as freely as it is advised by the practitioner. The dread of very cold fluids after calomel has been administered is especially entertained. This notion appears to have arisen from the fact, that when the system has been in the very impressible state, which mercury—given to such an extent as to occasion its peculiar effects—induces, irregular actions have been observed to follow exposure to cold; and hence it has been inferred that a similar result might ensue on the application of a cold fluid to the lining membrane of the stomach, after even a single dose of a mercurial has been taken. All experience, however, shows that the two agents are by no means incompatible; and did any doubt exist on the subject, and should a question arise as to whether the Mercury or the ice-water should be dispensed with, we should not hesitate, in the large majority of cases, to adhere to the latter."

obeyers of God's law, would gladly have given his wealth for a drop of water.

Health is more than wealth. You feel it to be so, do you not? I do. The health I now enjoy could not be purchased for all Golconda, accompanied with those dyspeptic conditions with which once I was afflicted. No man can have a better right to speak on the subject of your ailments than I have. For 20 years, without cessation, in its direct or remote forms, I did not know a moment's peace. Awake or asleep, the demon haunted me. His fiery, poisonous fangs penetrated my flesh, and infused disease into my blood. Ten thousand times I wished for Death, and would have embraced him as a lover his bride, would the coy old monster only have consented. *Note*, I would not part with my life for any consideration. From the rising to the setting of the sun life and labor are pleasant. In the sphere where I am at work, though my labor is hard, my duties and responsibilities arduous, my cares and vexations oftentimes very many, the balance in favor of life, with my present health, is very large. I no longer feel like cursing God, and dying. I feel like thanking God for existence, for leading me through indescribable suffering to that knowledge of the laws of my being, to that courage to obey those laws at all hazards, which, combined, insure me physical happiness.

Having thus been delivered from a group of ailments, whose name is Legion, and from a medical administration, whose agonies, as I endured them, I have no power at portrayal, may I not presume that you will, at least, listen candidly to what I am about to say, and give to my statement that measure of reflection which its intrinsic importance and your suffering conditions would seem to demand?

Dyspepsia is more common than any other disease known among the inhabitants of the United States. This will be seen to be the case, when it is remembered that the people of this country are habitually accustomed to commit outrages on their stomachs, and when it is also known that the disease may exist in its worst and most destructive form whilst the stomach is in healthy state. I need not argue the first point. You, sufferers, are too well aware that you have committed violence on your digestive organs. Let that point pass, and see if I can convince you that the second is true. Can one have dyspepsia and not know it—his stomach, to his conception, being in a most healthy order? I affirm he can.

Among the rules—organic, fundamental, or vital, as you may please to call them—which nature has for the preservation of health to her subjects, is this: the removal of disease from parts or portions of the body which can ill afford to bear derangement to parts or portions which can much better afford to be diseased. As, for instance, general disturbance of the system is not near as likely to follow inflammation of the mucous lining of the eyelids as it is to follow inflammation of the mucous membrane of the stomach. If, from any cause, there is likelihood of the appearance of inflammation of the latter, nature, unmeddled with, is sure to do one of two things, if possible: either set up direct curative action, or remove the difficulty to some organ whose derangement is comparatively of little consequence. This latter action is what physicians call *metastasis*, or change in the seat of the disease, and is common, but salutary, where the vital or protective forces of the system produce it, and is also common, but quite otherwise than salutary, where the changes are produced by drugs.

Now, it is not at all certain, that one may not have dyspepsia in its severer type, where there is not any, or almost not any, apparent irritation of the stomach. Whether it exists or not, may depend upon the appearance or existence of morbid or abnormal conditions in other parts of the body. Great mistakes are made at this point by the sick not only, but by physicians, who are called to examine them. I can give some notable cases as illustrations. A preacher applied

to me for treatment of "ministers' sore throat." I treated him for gastric derangement, and he was cured. By the way of parenthesis, let me state, that in the majority of instances where *this* disease appears, it owes its life to irritation of the mucous coats of the stomach; which irritation, in most instances, is forced on to the throat under the administration of medicines intended to cure the disease at *that* point. Another instance: A professional gentleman brought his little son to me to be cured of a sore face, ears, chin, and lips. The drug physicians had tried their best to cure by stimulating, all-healing ointment. They failed. The child, under water treatment, was perfectly cured in four weeks. The medical gentlemen who attended the boy refused to mark the indications Nature gave out, and so tried to drive back into the circulation, and on to the mucous membrane, that which she was endeavoring to force on to the skin to the relief of the general system.

Dyspepsia is curable in all cases, of whatever type it may show, unless organic lesion has taken place. It is curable, however, only by the adoption and steady pursuit of those injunctions which God imposes on physical manhood as fundamental to its well-being. I know of no means equal in virtue to Hydropathic treatment. This remark is not made because I am a practitioner of that school, but because ample observation and practice have inwrought the conviction. Cured myself, when all gave me up to die, and cured mainly through my own agency—cured of a complication of ailments which harassed my life—I commend the water treatment to your consideration, and beg leave to offer the following hints:

1st. Use *soft* water only as a drink. If your spring water is hard, procure a *filter*, and cleanse your rain water. Abstain from the use of beverages.

2d. Avoid the use of meats, milk, butter, and gravies.

3d. If you go to Water-Cures do not affix a time in which to "get well." Nature will do her best for you, provided you and the doctor help; but she will not, to please you, work a miracle.

4th. Remember that you have most probably been a long time failing—recovery cannot be had only by slow processes.

5th. The autumn and winter are better periods to treat your diseases successfully than the hot months are.

6th. Go to *Water Cures*, and not to watering places. One will lead you to life, the other to dissipation. Keep away from temptation. Many of you lack self-resource.

7th. When once located in an institution make it your *home*. Let your interests be correspondent to your duties; and as you feel it to be your duty to attend a Water Cure for your recovery, so act as if your interest lay in that direction. The poorest economy lies in taking one's body to a place and leaving it whilst one takes away the soul. Souls, with all their wills, and purposes, and ambitions, and resolutions, are needful accompaniments to bodies which are to exhibit life. One can make one's self quite at *home* in a Cure which is well conducted, or quite unhappy, and all about trifles.

8th. Do not listen to any one who proposes to ask you, or does solicit you, to violate the rules of the physician or his prescriptions.

There is hope for the worst cases, provided the patients will but be faithful and persevering in following the counsels of good, well-informed physicians. Dyspepsia, in its severe forms, breaks down the firmness and resolution of those who are its subjects, and thus renders it necessary that they should be sustained and assisted in all mental endeavors they may make to renew their health. I have cured myself of the worst type I ever saw; I have been blessed of God in very many instances to cure others. I honestly and sincerely recommend the Water-Cure treatment to

your consideration and trial, believing it more potent than any other remedial agency.—[*Gen Haven, N. Y.*]

WATER.

BY O. V. THAYER, M. D.

WATER is unquestionably the first in order of importance among the inorganic compounds found in the animal structure. Whether we look at the large proportion in bulk of the fabric which is formed by it, to the influence which its presence exerts on the physical properties of the various tissues into which it enters, or to the number and variety of purposes to which it is subservient in the chemic-vital operations of the living body, mingling with, and forming part of, all the tissues of the animal system, we can but reasonably conclude, that the operations of life are dependent upon and influenced by this fluid in an important degree.

According to the experiments of modern physiologists, the quantity of this liquid which may be evaporated from the body by complete desiccation is about *two-thirds* of its entire weight, and its predominance is by no means confined to what are accounted the "fluids" of the system—such as blood, chyle, lymph, &c.—since, as the following table will show, it is contained in nearly as large an amount in several of the so-called "solids" tissues:

PER CENTAGE OF WATER.			
Bone,	15	Artery,	55
Heart,	40	Cartilage, muscle, and glands,	70
Cuticle, (scarf skin,)	50	Blood,	80
Nerves,	97	Brain,	82
Fibrous textures,	60		

Water, in the first place, serves a purpose simply mechanical, imparting to the tissues that suppleness and extensibility which characterize them in their natural state, but are completely removed by evaporating the water. Thus a piece of muscle, tendon or cartilage, when desiccated, shrinks into a hard and nearly inflexible rod, differing materially from its natural appearance; but if allowed to absorb water again, it readily assumes its original pliancy.

The tissues in which we find least water have but little *vital* endowment, and whose functions are most purely physical: thus bone, whose sole office is to afford an inflexible support, contains only about 15 per cent. of fluid, the principal part even of this belonging to the softer tissue connected with nutrition. So in the cuticle and its appendages, whose purpose is merely protective, and which are partly desiccated by exposure to the air; the proportion of water, at least, is half. But the proportion of water in muscle is 70 per cent., and in the brain it is no less than 83 per cent.; the latter tissue being among those in which the most rapid nutritive changes take place during the state of vital activity.

The presence of water is essential to the proper performance of the processes of assimilation and disassimilation, and all other chemic-vital changes that take place in the living body, and a deficiency of this fluid soon manifests itself in a disturbance of these operations.

As a general rule, no chemical action takes place between solid substances. They must first be dissolved in water, or some other menstruum, before they will affect each other. This rule holds good constantly in the organized fabric, alike of plants and of animals.

All alimentary material must undergo the process of digestion, and solid food must pass through the digestive apparatus and be dissolved before it can be taken up by the sanguiferous and lacteal vessels. The stomach of animals answers to the rootlets of plants. This state being one of complete solution or minute division, no other liquid can thus act as a solvent for the various articles of food introduced into the stomach.

Water not only dissolves the food in the stomach, but continues to form the solvent of the nutritive materials after they have passed through the lacteal sys-

tem and found their way into the current of the circulation, and have undergone that assimilating process which prepares them for being applied to the renovation of the solid tissues, and of the "vital fluid" which courses in minute streams through the capillary vessels coming in contact with every part of the body, vivifying and renovating the tissues which it traverses. Water constitutes about 80 per cent. So, again, water not only assists, by its dissolving power, in all of the processes of vitalization, but changes the products of disintegration and decay, that they may, by a most wonderful system of sewerage, be conveyed out of the body.

It is not difficult to understand, then, how seriously the chemico-vital operations of the system must be affected by a deficiency in the normal proportions of this fluid, and we find that the demand for it, when withheld, is even more pressing than the demand for solid food, and it is supposed to be capable of sustaining life where no solid food is taken, for fifty days or more. We can readily discover, then, that a substance of so much importance in the system as water, and on the presence of which the vital action of the living body so greatly depends, is, in certain conditions of the system, a powerful therapeutical agent.

Water, when used as a remedial agent, does not act as a foreign body, producing a pathological state, but, on the contrary, it may permeate the minutest tissue, come in contact with the most delicate membrane, circulate in the smallest capillary, or in whatever part or condition we find it, its office is ever to increase the recuperative energies of the whole system.

Viewing the action of it in this light, we have no difficulty in discovering its peculiar fitness as an universal remedy for disease; and the success that has attended its application, so far as it has been used, has greatly exceeded the most sanguine expectations of its disciples. [Binghamton, N. Y.]

Pomology.

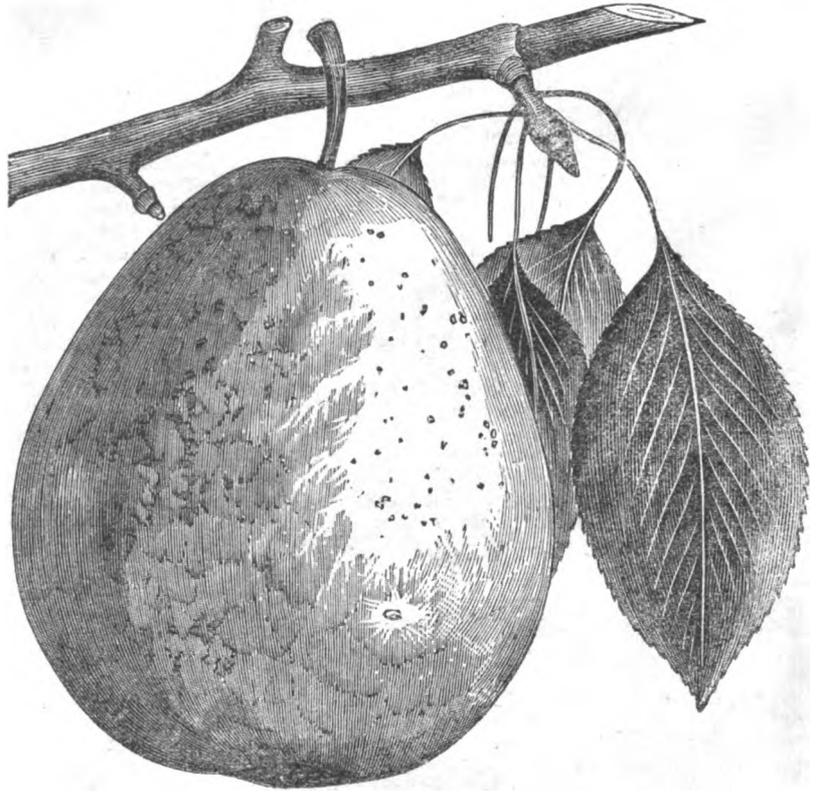
NOTES ON FRUITS AND FRUIT CULTURE.—NO. II.

THE PEAR.

THE PEAR was known and cultivated by the ancients, and is mentioned by Theophrastus, Virgil, Pliny, and others. Pliny describes the varieties in cultivation in his time as very numerous, but adds, "All pears whatsoever are but a heavy meat, unless they are well boiled or baked;" from which we infer that the pears of his day had not developed all the delicious qualities of some of our modern varieties. It is now the favorite of the fruit grower, and of the fruit-loving epicure. No fruit probably owes so much to culture and to the science and skill of the horticulturist as this. Prof. Van Mons, of Louvain, Belgium, who has devoted his whole life to pears, is our greatest benefactor in this department. Mr. Knight, of London, has contributed largely to the same end.

The pear is not a native of North America, but the high flavor of the Seckel, and other American varieties, as yet unsurpassed in that respect by any European sort, proves the adaptation of the soil and climate of our Northern States to this fruit.

The pear tree is very long-lived. Several are mentioned which are known to be nearly four hundred years old. In Herefordshire, England, there is a remarkable specimen. In 1805, it covered more than half an acre of ground, its branches bending down, taking root, and, in turn, producing others in the same way. Near Vincennes, Illinois, there is a tree, which, though it is believed to be not more than forty years old, is ten feet in circumference, one foot from the ground, and yielded in 1840 the astonishing quantity



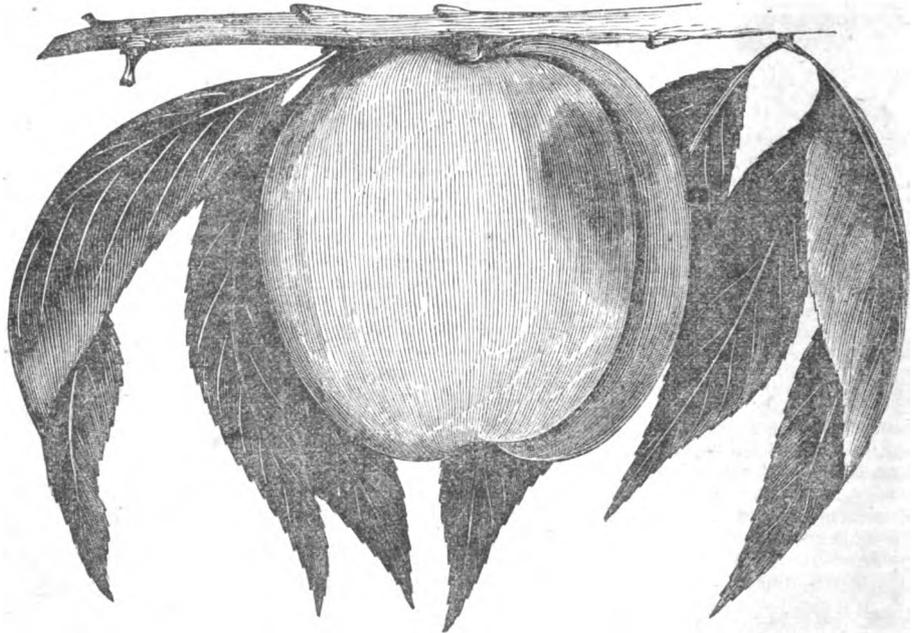
THE PEAR.

of 140 bushels of fruit. It is always enormously productive. The fruit is tolerably large, and of a good flavor. It is mentioned by Rev. H. W. Beecher, in a contribution to *Harey's Magazine*.

"The great value of the pear," says Downing, "is as a dessert fruit. Next to this, it is highly esteemed

for baking, stewing, preserving and marmalades. In France and Belgium the fruit is very generally dried in ovens, or much in the same way as we do the apple, when it is quite an important article of food.

"Dessert pears should have a melting, soft texture, and a sugary, aromatic juice. Kitchen pears, for

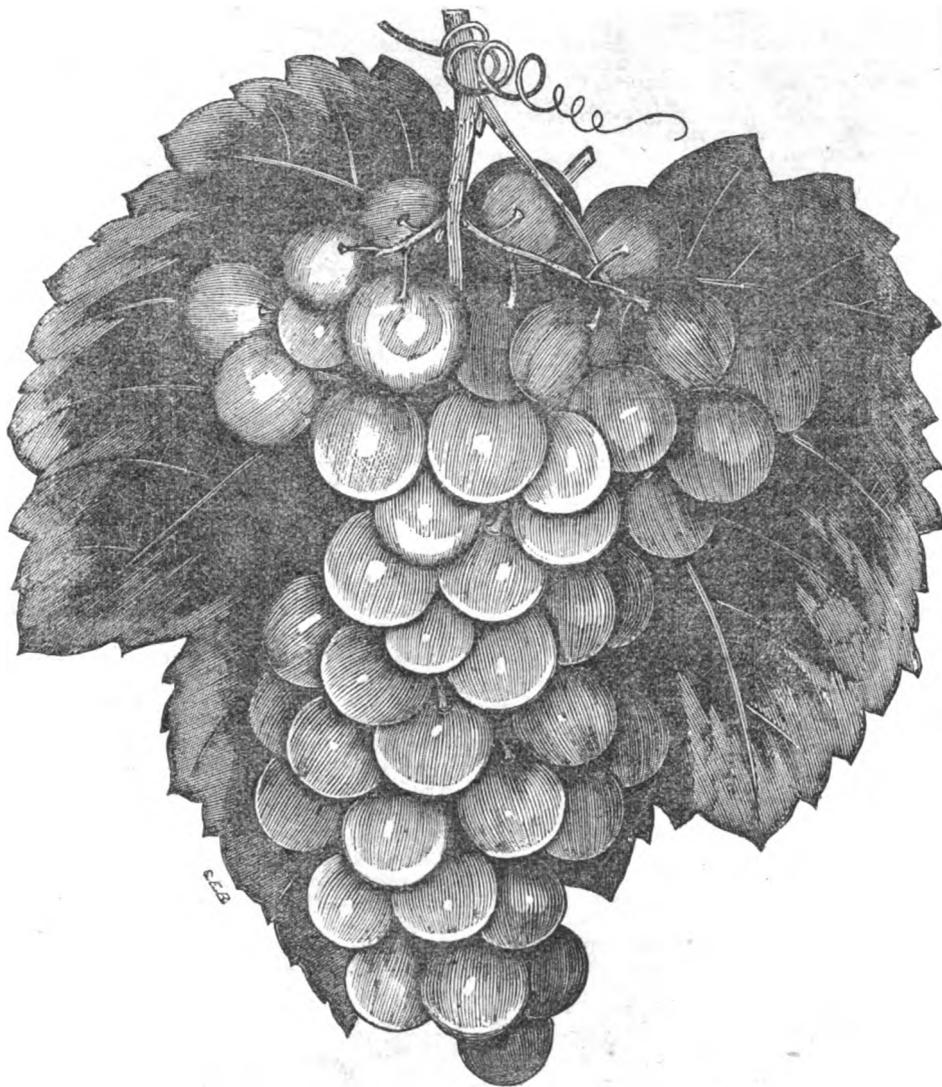


THE PEACH.

baking or stewing, should be large, with firm and crisp flesh, moderately juicy.

"The pear is a peculiar fruit in one respect, which should always be kept in mind; viz: the most varieties are much finer in flavor if picked from the tree, and ripened in the house, than if allowed to become fully

matured on the tree. There are a few exceptions to this rule, but they are very few. And, on the other hand, we know a great many varieties which are only second or third rate, when ripened on the tree, but possess the highest and richest flavor if gathered at the proper time, and allowed to mature in the house.



THE DIANA GRAPE.

Many sorts which, ripened in the sun and open air, are rather dry, when ripened within door, most abundantly melting and juicy. They will also last for a considerably longer period, if ripened in this way—maturing gradually, as wanted for use—and being thus beyond the risk of loss or injury by violent storms or high winds.

The finer sorts of pears are continued or increased, by grafting and budding, and the stocks, on which to work, are either seedlings or suckers. Sucker stocks have usually such indifferent roots, they are so liable to produce suckers, continually, themselves, and are so much less healthy than seedlings, that they are now seldom used by good cultivators; though, if quite young and thrifty, they will often make good stocks.

—*Dotening.*

A strong loam of moderate depth, on a dry subsoil, is best for the pear tree. Damp soils are entirely unfit for it. In a climate rather cold for the pear, it is well to plant on a southern slope, but in warm climates cooler situations should be sought.

The varieties of the pear are almost numberless. Of the new ones, Belgium, the paradise of pears, has produced the greatest number. Some valuable sorts have originated in this country. Which are the best kinds for universal culture, is yet quite an unsettled question, in this country, at least. The influence of climate should be taken into account in all cases. A variety which is known to be of the first quality in New England, may prove only second or third rate in Pennsylvania or Ohio.

The *Bloodgood* is the highest flavored of the early pears. It is an American variety, supposed to have originated on Long Island, and is superior to every European variety of the same season. *Dearborn's Seedling*, another American sort, is the best we know to succeed it. The former ripens from July 25th to August 10th, and the latter about the middle of August. The most popular, perhaps, of all the summer pears is the *Bartlett*. It ripens from the last of August to the last of September, in the latitude of New York. Barry, in the "Fruit Garden," describes it as "large, buttery, and melting, with a rich musky flavor; tree, a fair, erect grower; bears young and abundantly, both on pear and quince; the fruit ripens perfectly in the house, if gathered even two or three weeks before its time of ripening; this prolongs its season."

Among Autumn pears the *Duchesse d'Angouleme*, the largest of all our good pears, the *White Doyenne*, a universally esteemed variety, *Louise Bonne de Jersey*, beautiful and delicious, *Stevens' Genesee*, highly productive, and the *Flemish Beauty* may be mentioned as decidedly approved. Of the last-named, a representation of which we give, Downing, in his "Fruits and Fruit Trees," thus speaks:

"In good soils and open situations, the *Flemish Beauty* is certainly one of the most superb pears in this climate. We have seen specimens, grown on the banks of the Hudson, the past summer, which mea-

sured 12 inches in circumference, and were of the finest quality. The tree is very luxuriant, and bears early and abundantly; the young shoots upright, dark brown. It should be remarked, however, that the fruit requires to be gathered sooner than most pears, even before it parts readily from the tree. If it is then ripened in the house, it is always fine, while, if allowed to mature on the tree, it usually becomes soft, flavorless, and decays soon."

The *Beurre d'Arenberg*, a large, melting, rich, and vinous flavored pear, the *Beurre Easter*, very large and fine, the *Laurence*, a native of Long Island, and unmistakably good, the *Vicar of Wakefield*, and the *Pound*, monstrous in size, and good for stewing or baking, are among the best Winter sorts.

Downing gives the following:

"Selection of choice pears for a small garden, to ripen in succession from July to April. *Madeleine*, *Bloodgood*, *Dearborn's Seedling*, *Bartlett*, or *William's Bou Chrétien*, *Andrews*, *Summer Franc Réal*, *White Doyenne*, *Seckel*, *Fondante d'Automne*, *Surpasse Virgaleu*, *Urbaniste*, *Dunmore*, *Marie Louise*, *Van Mons Léon le Clerc*, *Beurré Bosc*, *Dix*, *Columbian*, *Winter Nellis*, *Beurré d'Arenberg*, *Knight's Monarch*, and (for deep warm soil,) *Beurré de Ranz*."

THE PEACH.

The peach tree is a native of Persia, as its name in all languages indicates—*persico*, (Italian,) *pecher*, (French,) peach. It was brought to Italy in the time of the Emperor Claudius. China and the United States are now the principal peach growing countries. In New England they do not flourish well, but in all the middle, southern, and western States they are produced in the greatest abundance. New Jersey, Delaware, and Maryland perhaps take the lead in peach culture. Orchards of from 10,000 to 20,000 trees are often seen in New Jersey. The peach, on account of the great facility with which it grows, in this country, is very carelessly cultivated, and has not, delicious as it now is, been improved to the extent of its capabilities.

"Certainly," says Downing, "no one expects us to write the praises of the peach as the most delicious of fruits. 'To gild refined gold' would be a task quite as necessary, and if any one doubts the precise rank which the peach should take among the different fruits of even that cornucopian month—September—and wishes to convince us of the higher flavor of a *Seckel* or a *Monarch* pear, we will promise to stop his mouth and his argument with a sunny cheeked and melting 'George the Fourth,' or luscious 'Rare-Ripe!' No man who lives under a warm sun will hesitate about giving a due share of his garden to peaches, if he have no orchard, and even he, who lies north of the best Indian corn limits, ought to venture on a small line of *espallier*, for the sake of the peach."

The peach tree will grow on almost any soil, but a rich, deep, sandy loam is best adapted to it. A heavy, compact clay is unfavorable.

"The peach is the most easily propagated of all fruit trees. A stone planted in the autumn will vegetate in the ensuing spring, grow three or four feet high, and may be budded in August or September. Two years from this time, if left undisturbed, it will, usually, produce a small crop of fruit, and the next season bear very abundantly, unless the growth is over-luxuriant.

"In nursery culture, it is customary to bury the peach stones, in autumn, in some exposed spot, in thick layers, covered with earth. Here they are allowed to lie all winter. As early in the spring as the ground is in fine friable condition, the stones are taken out of the ground, cracked, and the kernels sown in mellow, prepared soil, in the nursery rows, where they are to grow. They should be covered about an inch deep. Early in the following September they will be fit for budding. This is performed with great care on the peach, and grafting is therefore seldom or never resorted to in this country. The buds should be inserted quite near the ground. The next season the stock should be headed back in March, and the trees will, in good soil, grow to the height of a man's head in one year."

The following are among the most approved varieties: *Early York*, "large greenish white, covered in the sun with purplish red; flesh juicy, rich, and excel-

lent, ripens middle of August; *George the Fourth*, large, white, with a red cheek, ripens a little later than the preceding; *Jacques Rare-Ripe*, a superb yellow peach, a native of Massachusetts; *Bergen's Yellow*, large, orange, red in the sun, flesh yellow, juicy, and fine flavored; *Crawford's Early* and *Crawford's Superb*, (late *Melocoton*), both very fine; *Late Admirable*, *Cole's Early Red*, *Morris' White*, *Old Mixon Freestone*, and *Old Mixon Clingstone*.

The editor of the *New England Farmer* gives the following list of varieties as best adapted to the climate and soil of New England:

FOR THREE SORTS:	FOR TWELVE SORTS, ADD:
Early York, (separated foliage),	Grosse Mignonne,
Crawford's early,]	Bergen's Yellow,
Old Mixon Free,	Druid Hill,
	Late Admirable,
FOR SIX SORTS ADD:	Yellow Rare-Ripe,
Large Early York,	Heath Free Stone.
George Fourth,	
Crawford's Late.	

Hale's Melocoton, represented in our engraving, has been raised from seed by Col. Elisha Hale, of Stowe, Massachusetts, for more than twenty years, and it invariably produces the same fruit. It is not a very large or a very beautiful peach, but is remarkably rich and sweet, and uniformly good. It is also noted for keeping long in excellent condition, which is a very great advantage. It may not, however, be as saleable as some other kinds of inferior intrinsic value. For home consumption it is very valuable.

THOSE FRESH PEACHES were subjected to a fair trial on the 9th, and every vote was in their favor. Mr. Van Sandt, of Leon, puts them up so that they will keep any length of time, fresh and nice as when taken from the tree. He informed us that he can furnish them at fifteen cents per pound, and will teach any one the art for \$2.00. To have nice fresh peaches any month in the year is a luxury to be coveted, and if Mr. V. should be generally patronized, one could go any time "to see the folks and get some peaches."

We clip the foregoing paragraph from the *Detroit Temperance Advocate*. We know nothing of Mr. Van Sandt or his method of preserving the fruit beyond what appears in our quotation from the *Advocate*.

AMERICAN PEACHES IN LIVERPOOL.—The *Liverpool Mercury* says that "it is well known that the United States produce immense quantities of that most delicious fruit, the peach; and, so far as we have heard, none have ever been brought into this country. A gentleman on board the *Africa* has, however, made the attempt, and, with some care, has succeeded in bringing them in a perfect state. He has brought them as a present to the family and friends of a gentleman farmer in this town, and may therefore claim to be the first importer of ripe peaches from the United States to England."

THE GRAPE.

The grape, like the peach, came originally from Persia. Vineyards were extensively planted in the East, long before orchards or collections of other fruit had received any attention. The vine accompanied civilization westward, and was soon naturalized in all the middle and southern countries of Europe. The grapes of the old world are all varieties of the wine grape, but the native grapes of America are quite a distinct species.

The grape in its finest varieties, as the *Hamburg* and the *Muscat*, in flavor, delicacy and richness, is hardly surpassed by any other fruit, and few or none are more beautiful in the dessert. Dried, it forms the raisin of commerce, the most excellent of all dried fruits, and every where esteemed. And wine, the fermented juice, has always been the first of all exhilarating liquors. Some idea of the past consumption of this product may be formed from the fact that more than 500,000,000 imperial gallons have been made in France in a single year.—*Downing*.

As we hope to find room in some future number to speak at length on the cultivation of the grape, we will say nothing on that point here.

SELECT GRAPES.—*Catawba*.—This is the best flavored of all native grapes that ripen as far north as lat. 43 deg., and is considered the best yet discovered for making wine. *Clinton*.—A hardy, native variety. *Diana*.—This is a variety that originated near Boston, similar to the *Catawba*; not quite so large, but earlier, and better adapted to the north. *Isabella*.—

This is the most popular variety. It ripens well in almost every part of the country, and bears immense crops under the most ordinary management.

SELECT FOREIGN GRAPES.—*Black Cluster*.—Small, roundish oval, black, sweet, and good. *Black Prince*. Large, oval, black; bunches long, rather open; sweet, and fine, a profuse bearer. *Black Frontignan*.—Berries medium size, round, black, bunches long; flavor rich and musky; prolific. *Black Hamburg*.—A fine grape, and a general favorite of the vinery. *Chasselas de Fontainebleau*.—This is esteemed the finest table grape in France, and succeeds admirably here in vineries, and occasionally in the open air. *Grizzly Frontignan*.—This is one of the most delicious grapes when grown in the vinery, and very beautiful too. *White Frontignan*, (Muscat Blanc of the French).—One of the oldest varieties. *White Muscat of Alexandria*.—This is a most delicious variety, considered the same as the imported "Malaga." *White Sweetwater*.—This and the *Black Cluster* are the most common varieties in this country.

The *Diana* grape is named in honor of Mrs. Diana Crehore, of Milton, Massachusetts, by whom it was raised from seed of the *Catawba*. Mr. Hovey, in his *Magazine of Horticulture*, says of this grape: "Last fall we had a full crop of large, fine clusters, ripe fully a week before the *Isabella*, and so superior to that variety, that they obtained the prize at the Massachusetts Horticultural Society as the best native grape." He also remarks, "It is a most abundant bearer, and has less of the taste peculiar to our native grape than any other variety. It also possesses a peculiarity which we have not noticed in other sorts: as early as the first of September, when the berries change to a grayish tinge, they are quite sweet and agreeable to the taste; but they do not acquire the high flavor which constitutes its great excellence, until they assume their full color, when it is one of the handsomest grapes we have ever seen."

Mr. Downing remarks in the *Horticulturist*: "Every fruit-grower will be glad that a new native grape has at last been proved, which is superior to the *Isabella* or *Catawba*. Such a grape, we are now prepared to say, is the *Diana*. It has fruited abundantly for two years past, in the garden of Woodenethe, the residence of our neighbor, H. W. Sargent, Esq. After tasting it repeatedly, we do not hesitate to pronounce it the best of American grapes."

HYGIENIC QUALITIES OF THE GRAPE.—In the vineyard districts of France and Spain, the hygienic properties of the grape are well known. The free use of this fruit, as we are advised, has a most salutary effect upon the animal system, diluting the blood, removing obstructions in the liver, kidneys, spleen, and other important organs, giving a healthy tone and vigor to the circulation, and generally augmenting the strength of the entire animal economy. In diseases of the liver, and especially in that monster compound affliction, dyspepsia, the salutary and potent influence of a 'grape diet' is well known in France. The inhabitants of the vineyard districts are never afflicted with these diseases; which fact, however, alone, would not be conclusive evidence of the medicinal qualities of the fruit of which they freely partake, since peasant life is rarely marred with this class of ailments; but hundreds who are thus afflicted yearly resort to the vineyard districts for what is known as the 'grape cure,' and the result proves to be a cure, except in very long, protracted, and inveterate cases, which are beyond the reach of medicinal remedies. The invigorating influence of the ripe grape, freely eaten, upon the feeble and debilitated, is very apparent, supplying vigor and the rose hue of health in the stead of weakness and pallor, and this by its diluting property, which enables the blood to circulate in the remoter vessels of the skin, which before received only the serous or watery particles.—*New York Commercial*.

THE USE OF FRUIT.—Instead of standing in any fear of a generous consumption of ripe fruits, we regard them as positively conducive to health. The very maladies commonly assumed to have their origin in the free use of apples, peaches, cherries, melons, and wild berries have been quite as prevalent, if not equally destructive, in seasons of scarcity. There are so many erroneous notions entertained of the bad effects of fruit, that it is quite time a counteracting impression should be promulgated, having its foundation in common sense, and based on the common observation of the intelligent. We have no patience in reading the endless rules to be observed in this particular depart-

ment of physical comfort. No one, we imagine, ever lived longer or freer from the paroxysms of disease, by discarding the delicious fruits of the land in which he finds a home. On the contrary, they are necessary to the preservation of health, and are therefore caused to make their appearance at the very time when the condition of the body, operated upon by the deteriorating causes not always understood, requires their grateful, renovating influences.—*Boston Medical and Surgical Journal*.

We intend to continue this subject in future numbers, and again solicit brief communications from fruit culturists and others qualified to impart useful information in regard to the culture, use or preservation of fruits.

Practical Hydropathy.

"That's the best physic which doth cure our ills,
Without the charge of 'pothecaries' bills."

WATER-CURE AND VEGETABLE DIET IN SMALL-POX.

BY MRS. F. GALE.

I CONSIDER it but justice to the cause of hydropathy and vegetarianism that you should have a full account of six cases of small-pox which recently occurred in our family.

In the first place, I will state that we adopted the vegetable diet about ten years ago.

Being fully convinced of the great benefits resulting from that mode of living, we have strictly adhered to it for the last seven or eight years. Our children, five in number, have, without serious difficulty, passed through the contagious diseases usually incident to childhood and youth, such as measles, mumps, whooping cough and chicken pox. We make use of no medicine whatever. The only curative agent we employ is pure water.

During the cholera season, we have made free use of all kinds of good ripe fruits and vegetables, to the decided alarm of all our neighbors and acquaintance, who took good care to peep into our market basket, and then with looks of terror and affright, give to their neighbors a detailed account of its actual contents. The prognostication followed as a matter of course that we would all forthwith fall victims to the cholera, and spread the contagion throughout our neighborhood.

But to the sad disappointment of all these prophets, not one member of our family ever had the slightest symptom of cholera. The truth is, we did not mix the good fruit our Heavenly Father has prepared for our use, with beef, pork, tea, coffee, rum or tobacco.

How it pains me to see a good ripe peach or apple jammed in among three or four kinds of dead carcasses that have been unfortunately washed to their place of destination in the human stomach by copious floods of tea or coffee, and perhaps a little brandy to accelerate the process.

And then to turn, as it were, the current of affairs in a contrary direction, according to the most approved allopathic practice, in goes the quid of tobacco, or the musty end of a cigar.

I will now proceed to the cases of small-pox in our family. On the 20th of February last, our eldest boy, eleven years of age, was attacked with severe headache, pain in the back and hips, with some gastric irritation, attended with occasional fits of delirium.

These symptoms continued for three or four days. Not knowing the cause of his illness, I concluded to take the advice of the good doctor who says that when we know not what to do, we should do nothing; for in nine cases out of ten, nature, if left free to act, will effect a cure by her own native energies.

On the fourth day after the boy was first attacked,

the unmistakable marks of distinct small-pox appeared.

You may judge of my feelings when you are told that I was alone (my husband being absent) with five small children, all under twelve years of age, and no other help than that of a woman who had a child of her own to take care of. This woman, however, had fortunately had the small-pox.

The report had already gone abroad among our neighbors that we had the small-pox. Not one dared to cross our threshold, but rang the bell, and standing at a respectful distance from the door, very kindly offered to go for a *doctor*. But there being no practicing hydropathic physician in the city, I promptly declined the proffered service, and preferred taking upon myself the responsibility of the case to giving it into the hands of a drug distributor. I went to work with wet sheet packs and baths, and strict attention to diet, giving for food only porridge made of corn meal or Graham flour, with occasional use of mush made of the latter. Sometimes I gave good mellow apples, not eaten skins, cores, stems, and all, but pared nicely and scraped or sliced thin. I carried him through the different stages of that loathsome disorder with all ease.

The secondary fever, as it is usually called, did not trouble him at all. He had some swelling of the face, but not enough to close the eyes. The swelling passed off at the feet as usual.

He is now fully recovered, with no pits or permanent marks. During the progress of the disease he was a little troubled with the itching irritation so common in cases of small-pox. Whenever he did complain of the irritation, I bathed or put him in a wet sheet, which would allay it in a few moments, generally for the next twenty-four or thirty-six hours. His bowels were generally open and regular without the aid of clysters.

Our next eldest child, a daughter eight years of age, was attacked with the same disease on the 6th inst. with nearly the same symptoms as in the foregoing case, except that the gastric irritation was much greater. She had a very severe pain in the back, but no delirium. She was kept in the wet sheet pack nearly all the time until the eruption made its appearance, which was on the fourth and fifth days after the attack. The pustules were numerous. They continued to fill till the eleventh day, when they began to recede, and by the fifteenth day they were nearly all dried, and most of the scales had fallen off. In both the foregoing cases, there was a slight soreness of the throat, which lasted about twenty-four hours. Their necks were kept constantly enveloped in cold wet cloths.

I come now to speak of the third, fourth and fifth cases. It must be remembered that these children were born after their parents had become thorough vegetarians and water-cure advocates. The fifth case, our babe eight months old, was attacked on the 6th inst. with restlessness and fever, about as much as children usually have when cutting teeth. By the way, my babe was cutting teeth at that time, which led me to suppose that that was her only trouble; but the small-pox eruptions appeared on the third day—her face was nearly covered with them, but on other parts of her body they were less numerous. They began to recede and desiccate on the ninth day. On the fifteenth day, the scales had nearly all fallen off. The babe had no spasms, nursed as usual, and was generally good-natured, playing and laughing most of the time.

The third and fourth cases were attacked on the 8th inst. They had some fever with slight gastric irritation. The wet sheet was applied as before, and the eruptions appeared on the third and fourth days. There were perhaps fifteen or twenty pustules on each of their faces, with a few here and there on their bodies. On the ninth day these pustules began to desiccate, and on the fifteenth day, the scales had generally

fallen off. Neither of these two children remained in bed one whole day at a time. They would usually take short naps, and then get up and amuse themselves by drawing and cutting out figures in paper. By the twelfth day, they made about as much noise as usual by playing and romping.

They had no swelling of the face or limbs, nor soreness of the throat. On the fourteenth day they went out to play in the open air as usual.

The sixth case had the disease so lightly as hardly to be perceptible, except a slight fever and a few scattered eruptions.

Here are six cases of natural small-pox all at the same time under the care and supervision of one woman, who did not consult a physician or give the least particle of medicine whatever.

It is now the twentieth day since the disease began to manifest itself in three of the above cases, and from any outward and visible signs, you would not know that either of them had ever had the small-pox. And no doubt that in a week or two the same may be said of the other three. Now are not our children better off than they would have been had they been only vaccinated? They have had the genuine small-pox, and have not had any artificial *virus* or *poison* introduced into their systems to generate disease, and corrupt the fountain of life. [Columbus, Ohio.]

CASE OF MEDICINE DISEASE.

BY G. H. TAYLOR, M.D.

It is impossible for people to know with their present habits and prejudices how much of their diseases are attributable directly to the use of drugs, sometimes as medicine, and often under the guise of aliment; and it cannot be too often or strongly impressed, that everything that is not strictly alimentary, and necessary to form and replace tissues, must tax, obstruct, excite, and wear unduly the delicate organs that are forced to transmit or otherwise dispose of it. How much of the physical lassitude and inefficiency, so much complained of, is owing to the immense and undue labor the bodily functions are compelled to do to sustain themselves under the burdens forced upon them! These causes are so insidious that they elude often our ken—while the sufferer has no idea but that he is doing the bidding of the Highest. In diet, no test is brought to bear but that of *perverted* instincts in medicine, that of present transient sensations—both equally illusory. Occasionally an aggravated case comes under our notice of disease *manifestly caused* by medicine, which serves as a marked illustration of our principles. The following is one:

Mrs. J. was confined in the spring of 1850, and being attended by a "Botanic," was induced to do what was least of all things necessary, viz., to take large quantities of warming and "strengthening" medicines to get up her strength—the delusion being not uncommon that *strength* actually resides in such things. The veriest horse that knows how to eat oats, knows better. Of course she didn't get strong—as she ought not to—but, on the contrary, the more the organism was fretted and worried by foolish maneuvering the weaker she grew, till, at length, the functions nearly concluded to refuse their office. She became very weak, the stomach refused food, and general anasarca supervened, and it was concluded that she had not long to live, and was consequently thought to be a fit subject for water-cure, and I was chosen as the one to transfer the opprobrium of failure in treatment from medicine to water. After getting the history of the case, there seemed sufficient cause to account for her dropsy, without referring it to organic trouble, in the absence of any signs thereof, and I had the boldness to predict a speedy cure. All that was necessary was first to leave off medicine, and next to give tone to the

circulation by the frequent application of cold, in such a way as to excite, without abstracting much heat. My medical brethren predicted the impossibility of getting rid of the enormous watery swelling of the limbs and body without some medicine, little knowing the superior efficacy of the physiological treatment. In one week, after being three months confined pretty much to the bed, she was able to walk out and visit her previous *Mediciner*, and in three she was able to do her own housework.

The lesson derivable from this case is what plainly might have been ages ago, had common sense, rather than imperfect and pretended science, been the reliance. However favorable the transient impulse given the system by infusing noxious and irritating substances into the circulation may seem to be, the tissues soon lose their susceptibility, and cease to respond to their influence. They are literally *worn out*, and are too weak to act at all, or but slightly. The result may be every namable disease—in this case a serous effusion beyond the coats of the capillaries—amounting to severe general dropy.

PHYSICAL MILLENNIUM.

BY E. M'DOWELL.

My experience in the use of water as a medicine commenced in 1840. Like many others, I was slow to learn, and am not yet, perhaps, fully indoctrinated in all the virtues of Hydropathy. I think, however, I have learned half-way down the cold water alphabet, and that my thirst for the pure element increases rather than diminishes.

As to drugs, I have had a woeful experience, not so much in my own person, as that of my family. We read of families being drugged up hill, but my family has been drugged down hill. Six of our beloved ones in their infancy received the best care of popular Allopathy, and are sleeping in the dust. My wife, through years of lingering sickness, is living, as I tell her, in spite of drugs. In several instances of mental derangement she can think of nothing that occurred so pleasant as washing in cold water.

Drug-swallowing, as well as grog-drinking, is attended with no small expense. A country doctor, for one visit to myself and wife, charged \$9.00. The bill runs thus: for seeing M'Dowell, \$2.00; for stepping across the room to see his wife, \$2.00; for advising with a doctor then present, and a resident in the family, \$5.00=\$9.00. And here I may add, that for killing six of my children in a legal and scientific manner I have had the privilege of paying \$1000.

In this new country it is all but useless to dispute a doctor's bill. The plaintiff in suit has but to call on the doctors to prove the justice of the bill. Of course the doctor is reasonable, for "great is Diana of the Ephesians." They all witness for each other, not knowing how soon they may need similar favors in return. A most legal way this of plundering the community. The people are in the hands of Allopathy, as wrecked mariners on a barbarous coast, at the mercy of savages. Algerines sometimes show favors, and so do the doctors.

Public sentiment, in many respects, operates as a generous benefactor. It elevates the morals, and leads to acts of humanity. But in respect to drugs, it binds men with iron, and then condemns them for not conquering impossibilities. Sampson could burst the new withs and rods of the Philistines until reduced by Delilah, then shorn of his hair, his eyes dug out, he is the ridicule of idol worshippers. Drugiam, as Dagon's Temple at Philistia, is destined to a terrible overthrow, and thousands, Sampson-like, will perish in the ruins.

Here are a few facts in the home water practice,

recommending it before the best drug professional treatment:

No. 1. In 1840, under a popular Allopath, I was fast sinking under a fever. On a feather bed, windows and doors closed on a hot summer day, pulse and breath nearly gone, I lay roasting. Friends stood around "looking at me die."

At this critical moment a woman called in to see me. She ordered both doors and windows thrown open, and with a pail of cold water and towels she began to wash me. As the cold water towel went over me, I could feel the fever roll off before it, and in less than five minutes I lay comfortable, pulse and breath regular, but weak, and soon got well.

No. 2. With a sore throat and fever in a cold winter day I lay wrapped in a sheet dipped in a tub of ice and water. Here, under a heavy burden of clothes, I took a good sweat for an hour, arose, washed the whole body in water, and soon became a well man. In the course of a month some ten or twelve boils came out on the back of my neck, each of which I cured with a wet cloth applied to them.

No. 3. A minister suffered a week with a disaffected tooth, in spite of the thousand-and-one remedies. He put himself one winter eve under my care, not without some reluctance, and a laugh at the absurdity of *water curing the toothache*. I had him wash and rub his feet and arms, bathe his head in a pail of water up to his shoulders. He repeated the operation several times, besides gargling cold water in his throat. Then I put a wet sheet over his head, face, and neck, over this I tied a woollen blanket, and led him to bed, promising to sleep with one eye open over him that night. He went directly to sleep, rested well, and arose with no objection to water medicine.

No. 4. My oldest son and myself, last week, cut each of us one of our feet with an axe. No doctor sewed up the wound, nor did liniment and salve find a market at the sore. A wet cloth bound up the wounds, and they are doing first-rate.

Now, amid the wide-spread devastation of disease upon mind, body, and estate, all under the scientific and legal management of doctors, I ask, *is there no balm in Gilead, no Physician there?* Am I mistaken when I see in others and feel in my own person the supremacy of water as a remedial agent, that the philosopher's stone has been found that turns all into gold?

God of the oppressed, of crushed humanity, of gibbeted, guillotined, inquisitor-tortured, bedridden, plundered millions, have mercy on man. Hast thou not made him, however low sin may have sunk him, but a little lower than the angels? By daily draughts from the crystal fount that issues "from the throne of God and the Lamb," and by a just observance of the laws of his own being, may he not enjoy health on earth, and possess immortality in heaven?

Oh! when may the day be ushered in that shall see the millions wasted in drugs spent in food, clothes, and education upon poor children? When shall the day of the world's redemption from apothecaries, saddle-bags, and pill-boxes be heralded to the islands of the sea and to the ends of the earth? When shall every man be his own doctor, and parents have courage, grace, and humanity enough to trust the offspring of their own bowels into their own parental care in the hour of sickness? When shall men walk in the light of revelation, obey the wholesome laws of health, live, dress, diet, and operate in the various spheres of life as God and nature require? [Utica, Michigan]

THE ILLUSTRATED PHRENOLOGICAL ALMANAC for 1854 furnishes a succinct and popular view of the science, by the most capable and practical phrenologists in the Union, if not in the world. Issued from the office of the brilliantly-printed and old established AMERICAN PHRENOLOGICAL JOURNAL, 131 Nassau street, New York.—Model American Courier, Philadelphia.

General Articles.

NATURE'S PERFECT GUIDE.

BY FREDERIC H. KING.

ALL physiologists agree that appetite was designed to be a perfect guide for man, as it always has been for all inferior animals which live in a natural state. They also agree that it is now so perverted that it is only a false guide, sure to lead astray all who follow it. I shall attempt to show that although man's appetite has been perverted for sixty centuries, it is now a perfect guide, provided man uses it in the way which nature points out so plainly that none need err.

As respects food, the same law governs man that governs all other creatures, viz: to eat what the appetite craves most, of Nature's compounds, and to eat of no others. Man having the power to disobey, which no other creature has—and this makes him a responsible being—disobeyed when he ate compounds of his own compounding. Here lies all the mischief. Man may cook any of Nature's compounds in Nature's liquid—pure water—and no harm is done, because the article is not adulterated by so doing.

Some may object to this, and say that Nature knows nothing about cooking. The answer is, that if a correct chemical analysis shall decide that simply boiling or baking a pure article makes it less fit to nourish man, then the ground will be taken, that all cooking is wrong, and that anything that is fit to be eaten at all, is fit to be eaten just as nature produces it. If chemistry decides against all cooking, still the fact will remain that cooking a pure article is much nearer nature than cooking an impure article is.

The pure article which we like best is best for us, and the pure article which we dislike the most is the worst for us. This is just as true of medicine as food. Nature never gave a man an appetite for one of her compounds that would injure him, or withheld an appetite for one that would do him good. When she takes away the appetite for anything, it is because he has eaten enough of it. And when she wants him to eat again, she will give him such an appetite for it, that will make him relish it better than anything else.

Nature says, "Eat of my compounds what you like best, and I will tell you when you have eaten enough. The moment hunger is appeased stop eating. If you persist in eating longer than this, then I will send you a real friend—Pain—who will compel you to stop eating before you do yourself irreparable harm, and at the same time make you suffer so much that you shall have no excuse for eating too much another time."

When we cannot enjoy eating in the highest degree, it is a command for us to fast until we can so enjoy it. We need not fear hurting ourselves by fasting. Nature is a good conservative. Before she will suffer a man to hurt himself by fasting, she will give him such an appetite that he cannot resist eating what he likes best, which will be the best thing for him to eat, provided it is a pure article. Sickness is always caused by some transgression of Nature's law. Stop transgressing and nature will cure you, if you can be cured. If you cannot be cured, she will cause death to take you from a place where you can be of no further use, to that place which your past life has best fitted you for.

All the advantages to be derived from having a perfect guide were thrown away when man—whose business it was to improve himself—attempted to improve nature, and compounded her compounds—in other words, mixed food and medicine. Strange to say, his object in mixing food was to see if he could not get something that would taste better than Nature's compounds. Did he succeed? Still stranger, his object in mixing medicine was to see if he could not get some-

thing that would cure a man, while he continued disobedient to Nature's laws. Did he succeed? A great many old doctors say no. Whenever man attempts to improve Nature's perfect work, he necessarily makes a failure. It is a task quite sufficient for man, to search out all the wonders of nature, to understand all her laws, and to gain such a mastery over himself, that he will be able to live in harmony with himself, his fellow-men, and his God.

Nature is abundantly able to make all the compounds that it is well for man to have, without any of his assistance. The cook does not think so, however. She says, food was made to be mixed, although no other creature has the power to mix it. All the inferior animals, except a few that man supplies with mixed food, do very well without it. They are all uniformly well, which is not true of any man. They never lose any of their young by sickness, while man loses more than half of his young. No matter, the cook can disobey nature, and she does it when she mixes food that man never relishes to eat alone into food that he requires for sustenance. And thus obliges nature to take what she does not want, in order to get what she does. Even the most simple things mixed together are not as well as the same things would be, were they served separately. Because when we eat mixed food, we, of course, must eat it just as it is mixed, when, if it is not mixed, we can eat of each thing separately as much or as little as appetite demands.

The doctor goes beyond the cook in this destructive art, and mixes various things, perhaps not one of which a man would relish to eat separately, and against the most urgent remonstrances of nature, forces the vile compound into the worst place it could be put—a sick man's stomach. Perhaps the man gets well, notwithstanding this unnatural treatment, because nature always does the best she can for him, under the circumstances, which is now to draw upon his constitution—or as it has been more expressively called, his fund of life—to resist the violent assaults of *unwelcome* compounds, so as to give, if possible, an energy equal to the task to be done, viz., casting out the enemy. If the man's fund of life has not been too far exhausted by excess and previous doctoring, he will get well. If it has, he must die.

When a man who has a heavy fund of life—got by inheritance, and kept by careful husbandry—gets sick, nature is able to draw a supply from it, sufficient to overcome the disease and the deleterious compounds of the doctor, and the man gets well. Men that do not know *how* he got well, say the doctor cured him. And the doctor is so sure that his wisdom saved the man, that he does not hesitate to charge a heavy sum for what he did for him.

When Hydropaths take baths they do not enjoy, they may be sure that they have done themselves harm by so doing. And if they get better at such times, it must be something else that helps them. Nature never, under any circumstances, suffers a man to dread a bath, or anything else that will do him good. Those Hydropaths that cannot admit this, must admit that drugs which a man dreads may do him good. A man who makes it a rule to take baths *only* as often, and as long as he can enjoy them, will derive benefit from so doing.

Does any one think that it will be unsafe to trust a man with a perverted appetite to eat any and as much of Nature's compounds as his appetite demands? Let him see the experiment tried.

Take a man, if such can be found, whose appetite is wholly perverted, so that he does not relish any of Nature's compounds, and confine him solely to them, who does not see that this man will be the last one to hurt himself at Nature's feast? Take another example: Tell a man who uses spice, salt, and tobacco daily, to eat all of them he can enjoy to eat separately, and he will very soon see that they are not fit to be eaten alone, if at all, and he will prefer to eat something

else, which will do him more good. Take one more case. Tell a man, who always eats too much, of even the plainer kinds of mixed food, to stop eating the moment that he ceases to enjoy pure food as highly as he did when he commenced eating it. Will he hurt himself if he obeys? If he disobeys, is nature or the man to blame? It may be well here to say that a man cannot eat mixed food, even of the most simple kind, without doing himself some injury. Because it is impossible to have food mixed exactly in those proportions that appetite would cause a man to eat it were it set before him in separate dishes.

Tell a man to kill and eat, or pluck and eat. Will he err? When a man has an appetite, so that he can enjoy to eat meat *alone*, better than he can enjoy eating anything else, who shall say that he does wrong to eat it at such times? And when he can enjoy something else better than pure meat, who shall say that he does wrong to abstain from meat altogether?

Most men value fruit more highly than they do meat. Last May, Broadway confectioners paid a dollar a basket for the first strawberries brought to New York. This is at the rate of five dollars a quart. Of course the consumers had to pay a handsome profit on this extravagant sum. In New York, grapes have been sold for a dollar a pound; peaches and pears, twenty-five cents each, and apples six dollars a half-barrel. Pure wheat crackers and choice fruit make a more delicious and healthy repast than it is possible for the most skillful cook to prepare. Men would substitute fruit for meat if they went according to their appetites. Most men eat meat not so much because they like it better than other things, as they do because they imagine it is necessary to eat it in order to keep up their strength. Meat, like tea, coffee, and liquor, is very stimulating, and pushes men ahead for a short time, but only for a short time. Meat eaters require to eat often, and they cannot omit a meal without feeling faint and "almost gone," while vegetarians can omit a meal with little or no inconvenience. Who does not know that a man can live longer on wheat than he can on meat, and that he can live longer on water than he can on tea or coffee? Does not this prove that wheat and water agree better with man than does meat, tea and coffee? Have not the poor cause for thankfulness that wheat—the best article for human sustenance—is produced so abundantly, that none, in this country at least, are too poor to get it? Meat costs five times more than wheat, and it would cost still higher were animals always fed on wholesome food, as they should be in order to make their flesh fit for food. Can it be possible that swine, which take but little exercise, wallow in the mire, and eat food that would make a man sick to eat, are healthy? If they are not healthy, will their flesh have a tendency to make man healthy when he eats it? Believe it not. Facts and common sense are against the supposition. Those that want to eat diseased meat are welcome to do so. But for one, I prefer to eat good fruit instead.

Nature says, that eggs were made to be hatched, not put into men's stomachs; that cow's milk was made to feed calves, not men—when it is thus used where is cream, butter, and cheese coming from? Besides, nature condemns them, for they are none of her compounds:—that wheat was made to be eaten in its purity, and not injured by adulteration, much less to be rotted by fermentation: that tobacco, segars, snuff, and all other things that are not fit to swallow, are not fit to put into the mouth or nose: that anything that does not relish well when it is eaten alone is not fit to be eaten at all: that pure water is the only beverage fit for all men under all circumstances. (It is impossible to conceive of the high state of excellence and happiness that the race would now have attained had man drank only pure water:;) that the reproductive system was made to perpetuate the race, and that if it is used during the most vigorous period of life, only once in two years, that will be amply suf-

ficient for natural increase. Nature, to be consistent with herself, would never give man a desire to use it oftener than this, if he ate in the proper quantity, only her compounds, and drank only her beverage. Has man gained more than he has lost by transgressing this law? Let those answer who know the cause that produces, or greatly aggravates almost all the infirmities of man.

If the doctrine is true, which has been advocated in this article, viz., that man is governed by the same law, as regards food, that all other creatures are governed by, who will be so unwise as to expect to gain more happiness in disobeying than he will in obeying it? Admitting that it is true, it shows that what the people everywhere want is not so much a bloody, or even a political, revolution, as a personal reformation.

[Williamsburg, N. Y.]

WOMAN'S PRESENT AND FUTURE.

BY DR. HARRIET N. AUSTIN.

PERHAPS there is no subject eliciting more thought and discussion in community, at the present time, than that of woman, her rights, sphere, duties and destiny. And certainly there is none upon which the line of demarcation between the sentiments of the opposing parties is more clearly drawn. There is no semblance of sympathy between them. Their hopes, expectations and faith are widely different. One class of persons consider woman in bondage, and are very solicitous that she should have her rights. The other class think she is now enjoying all the rights naturally belonging to her. One chief argument of the latter, ever resorted to, and deemed unanswerable by them, is the willingness of the majority of women to remain in the position which they now occupy. They say—with the exception of a few restless and discontented minds, who are anxious to get out of the sphere which God designed they should fill, woman desires no other privileges than those which are now granted her. And this position is irrefutable. It is not the will of man that binds woman, soul and body, to the earth. The interest of humanity is one; and man is more ready for the emancipation of woman, than is woman herself. Where there can be found one woman who would be willing to take a position which would require the vigorous exercise of all her God-given faculties, there are ten men who long to see woman free. Woman lacks ambition. This is why she is content to exist in a passive state. This is why the province of fame, and honor, and noble conquest and brave deeds is considered *man's*. I would have woman aspiring. I would have her emulous of that glory which comes by self-sacrifice and devotion to the salvation of her kind. Why do we spend our breath in speculating about *woman's sphere*? It is her sphere to do what she desires to do. When she is content to sit a mere dependent, to be petted and fawned upon, or abused and tyrannized over as caprice may dictate, that is her sphere. When woman, as a whole, wishes to vote; when she wishes to stand on an equality with man in every department of life, that will be her sphere, and it is not in the power of man, even if it were in his heart, to hinder her. And when woman, conscious of the divinity within her, and of the mightiness of her power, wishes to elevate—not her sex, but humanity, to the enjoyment of its high and holy destiny, to the perfect development of every power innately belonging to it, then this will be her sphere, and then will the kingdom of heaven have dawned upon our earth. But this work can never be accomplished while woman remains sick. Many a woman with a heart large enough to take in the world, with a philanthropy which might prompt her to labor heroically for the right, is exhausting every spark of her

physical vitality in sustaining life, which is a burden almost too heavy for her to bear. Many a one, who, had she physical energy sufficient, would lay and execute plans, which would cause her name to be engraven in the Temple of Fame, never has a thought or desire higher than the roof that shelters her, or wider than her daily round of toil for her husband and children. Her life-employment is to prepare food and drink, and dress for herself and family, while the very manner in which she eats, and drinks and dresses, is constantly tending to extinguish the life which Nature, in her kindness, is striving to give her.

I was lately conversing with a lady, the mother of three children, who says her health is good, but whose pale face shows that she does not know what good health means. She said, previous to the birth of her youngest child, she had been in the habit of walking a good deal, and thought it a great benefit to her. "But now," she says, "I have no time to walk. I cannot walk, and do justice to my children." This lady lives in a beautiful house, in elegant style, and finds time to dress herself and children fashionably. She did not know, that by denying herself the benefit of out-door exercise, and thus failing to give the highest possible tone to her bodily vigor, she was doing injustice, not only to her children, but to herself, her husband and the world. She was a professor of religion, but she did not know that by fettering the wings of her spirit, in compelling it to dwell in a tenement enfeebled, and made vile by bad living, that she was sinning against God, and that for all these things she must be brought into judgment. Thus live thousands of mothers in this land. The appetites of those to whom they have to minister have become so depraved, that none but the richest food, and that of a great variety, can satisfy their demands. The questions of greatest importance to them are, "What shall we eat? and what shall we drink? and wherewithal shall we be clothed?"

Woman's sphere cannot be very much elevated, until she learns and claims her first great right—the right to health. Then will she seek, by a righteous life, to ensure it, and all the blessings which belong to the possession of a sound mind, in a sound body, will become hers. [Glen Haven, N. Y.]

LITTLE LIZZIE.

BY MRS. J. M. HANAFORD.

"DR. WALCOTT, will you go with me this evening to see my sister's child?" asked a pleasant-looking matron of a hydropathic physician. "Certainly, madam, with pleasure," was the reply. "What is the matter with little Lizzie?" "Why, she has the measles and whooping cough combined, and the medicines of Dr. Whealden do not seem to promote her recovery."

"When did medicines ever do much good?" was the mental ejaculation of the hydropathist, who had learned a better way than that of poisoning the system, in order to make it healthier; but he said nothing aloud, and Mrs. May continued: "My sister is unacquainted with your system of medical practice, and although she discards the doses of the Old School practitioners, she has yet sufficient faith in medicine to continue employing a homeopathist. Now, however, Lizzie is so ill, that since Dr. Whealden says she can live but two days more in her present state, she wishes to try water as a last resort. I persuaded her to do so, for I cannot bear to have her lose our darling Lizzie."

Dr. Walcott and Mrs. May then left the house, in which they both resided, and hastened to the home of the suffering child. On arriving, they found her writhing, apparently, in the agony of rapidly approaching decease, gasping for breath, and uttering

unable to utter an articulate sound. After an examination of the case, Dr. Walcott said, "Mrs. Morrill, we must place Lizzie in a wet sheet pack immediately. The water may be of moderate temperature." The mother hastened to comply with his prescription, but an elderly, though ignorant, woman objected strongly to the proceeding: "It will kill the child. It will kill her!" exclaimed she, evidently supposing her knowledge of pharmacy equal to Dr. Walcott's scientific attainments. She placed more implicit confidence in a quack medicine which was flamingly puffed, than in the wisdom of one who had made the laws of health and therapeutics the business of his life. The mother and her sister, however, proceeded as if she had not been present, and before fifteen minutes had elapsed, the child was enveloped in the wet sheet, wrapped up properly, and soon was in a quiet and refreshing sleep. She slept thus for more than an hour, the physician remaining to observe the results of the treatment. "There," said the mother, with a smile of hope, as they were about to take her out, "she has not slept as well as this for ten days and nights, nor have I in that time laid aside my clothing, except to change it once, for the sake of cleanliness."

The pack was followed by the cold sponge bath and brisk rubbing. The child felt relieved when the pores were thus re-opened, and slept much through the night. The following morning the pack was again used, with even better success. The water-cure processes were thoroughly tested, and their efficacy proved, when, on the third day, "Little Lizzie" was able to walk, and soon she recovered her health entirely. Hydropathic treatment, as usual, had the effect to prevent the diseased state of the system, and those troubles with which persons are sometimes left after having apparently recovered from the measles, scarlatina, and some similar diseases. Mrs. Morrill had always been unusually careful that Lizzie's diet should be perfectly correct and healthful. It was almost strictly vegetarian. And when to this carefulness was added in illness the water treatment, we may well suppose that Lizzie's health would be equal, and perhaps superior, to that of most children of the same age. It was so; and reader, I have told you a true story, for there lives not at this time a child apparently with better health than "Little Lizzie," or a mother more in favor of hydropathy, and grateful for the benefit she has received from it, than the mother of "Little Lizzie." [Nantucket, Mass.]

A WORD TO THE DYSPEPTIC.

I do not pretend to be a physician, dear reader, or the daughter of a physician, yet, I am sorry to say, I know considerable about dyspepsia, and have also much experience in treating it; for I never could make up my mind to be quietly sick; somehow, it didn't seem right. It would be quite superfluous for me to say anything to the readers of this JOURNAL concerning WATER-CURE. What I want to write about is the "Air-Cure."

When I received the December number of the JOURNAL, I found in it several new methods for expanding the chest, and resolved that I would set at work in earnest to expand mine, without any reflection as to the probable effect it might have on certain dyspeptic symptoms which, I am ashamed to say, had been hanging around me for some years. I practised the exercises in a cold room, partly open to the fresh air, and was agreeably surprised to find my tongue clearing off, and other disagreeable symptoms abating. After these exercises, I felt as though I had been taking exhilarating gas, as, indeed, I had. In a few days, I could not go into the fresh air without yawning; when I walked out, often kept it up, involuntarily, till my chest ached. Walking a quarter of a mile in this way, did me more good than two o-

three miles in the ordinary manner. I am convinced that dyspeptics lose a great deal of the benefit they might derive from exercise, merely from neglecting to breathe freely and deeply, while engaged in it. They set off, perhaps, and take a long *exhausting* walk, and returning, find to their surprise and discouragement, that they are rather worse than better. Others tire themselves out with working in confined rooms, frying doughnuts, perhaps, or such-like, and of course they get worse, too. You see, reader, I've been through the mill, and know how it all works. If any one ever worked for health, it was me; the end of it all was, that I found myself flat on my back. If you are engaged in sedentary occupations, take a walk morning and evening—throw your arms around; crack the back of your hands together behind you, and take long and deep inspirations. Nature will revive within you, as the fresh air from heaven comes rushing in to her rescue, and you will be able to take a much longer walk without being fatigued than you otherwise could. But now, take care and not take too much of a good thing. Stop, when you begin to feel tired. If you are engaged in exercise within doors (I speak particularly to women), avoid all superfluous cooking and fusing, so that you may not expend most of your vitality in working, and leave little for Nature to do her work with. In warm weather, leave the windows open; and even in cold weather, don't be afraid of the air. It won't kill you, but is the very thing to keep you from "catching cold." Air is what you want, more than anything else, to give you new life, and unload, through your lungs, the impurities which dyspepsia has engendered in your system. The Lord has poured an ocean of it around you; don't famish or stint yourself in the midst of such abundance! If you work in the kitchen, have as little grease about your cooking as possible. It contaminates the air. Vegetables and fruit do not, however, and if our housekeepers had nothing else to cook, they would doubtless be more healthy. Save me from parboiling coffee, frying doughnuts, and boiling pickled pork and beef. Every unmarried woman, who expects to have her own work to do, and has the first idea of *comfort*, should pray for a vegetarian husband. Before I took the WATER-CURE JOURNAL, I thought I ought to keep tolerably well; now, I think it my duty to be so entirely. I am singing on the upward beat, sisters, and I want to hear all your voices along with me. Three cheers for the Water-Cure, the Air, Exercise and Diet-Cure, and let us all keep progressing in health and happiness.

[Metamora, Ill.]

ANTI-DYSPEPSIA.

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.

PHILOSOPHY OF VEGETARIANISM.

[The following address was delivered at a late meeting of the New York Vegetarian Society, by Mrs. Mary A. Torbet, of Alabama. It is replete with lessons of wisdom, and is to be regarded as introductory to a series of lectures on physiological development, or, in other words, the philosophy of vegetarianism. We publish it entire, to the exclusion of a variety of miscellaneous matter, which, however, will appear in the next number.]

We open our eyes, in this state of existence, gradually; not knowing what we are, whence we came, or whither we are going. Our first consciousness is seeking for something,—perhaps we have scarcely thought of it,—and yet with what earnestness do we seek for the elements, the materials of health-happiness. At times we snatch greedily at everything we meet. Then, again, we stand still, uncertain, as though we had no means of ascertaining what

were the constituents of health-happiness; as though we had no pattern with which to compare the materials we find. And yet we have a pattern.

Yes, each divine human entity holds enshrined within the glorious pattern—a pattern, as comprehensive as incomprehensible wisdom; as beautiful as the essence of ineffable beauty.

Then why does that man, who, having toiled early and late, and grasped the object in pursuit, turn from it, sick at heart? Ah! he finds it will not compare with the pattern. Why does that woman's cheek grow pale, her eye dim, just in the apparent realization of golden dreams? The pattern is still beyond compare. Thus hundreds of human forms languish and die for want of the things that will compare, will correspond with the pattern.

Well may we ask if the materials of happiness are certainly existing, since thousands thus fail in finding them.

The glorious sun is lavish of his golden beams. The bright stars bound joyously through space, true to high attraction. The forest trees,—those majestic forms of living beauty,—are harmonic in all their varieties, true to the inherent spirit of organic life. The still more beautiful fruit trees appropriate, elaborate, and culminate the beautiful fruits that ever please the eye; that ever gratify the taste. And the flowers,—the beautiful flowers,—how lovely, how sweet! All these tell us that the elements of beauty—happiness—surround us on every side. What, then, is the difficulty?—if there is no lack of desire, no lack of that, that will gratify desire. What, then, is the cause of all the sickness, of all the sorrows we feel?

Everywhere, from every portion of our earth home, the groan of agony reaches our ears; everywhere the extorted cry of the slave pierces our hearts.

Wandering about, in search of happiness, I have visited many portions of our broad country, and everywhere I have seen sickness, slavery, premature death. The beautiful, the gifted, the strong, the hardy—all, all shed bitter tears,—all, all wear chains of coldest iron,—all close their eyes to swoon in death.

Everywhere I have seen the monopoly of wealth, the power of capital, and everywhere I have seen the young and the old crushed.

Yes, I have seen the strong man totter and fall beneath the burden of the taskmaster, leaving the little ones of his love, all helpless and hopeless, to weep and toil, drag out a few years of miserable existence, then go away to that home prepared for the homeless.

I have seen the strong man, whose daily bread depended upon his daily efforts, in times of great pressure, when every effort has proved abortive, I have seen him and his beautiful wife weep in despair; for the snow lay cold and bright on the ground, the piercing wind chilled those who were well clothed, and there, in that cheerless cellar kitchen, without wood or coal, a single stool, a kind of bedstead, a bunch of straw, and one quilt. O, my God! what a sight was that! Angels wept to behold it! They had tasted no food for several days! A small bit of bread, that a suffering and almost as destitute a neighbor had given them, lay on a plate. Each, knowing the need of the other, each was asking the other to eat it. Alas! there was so little of it, it could do either very little good. In another kitchen I saw a mother and four children; all weeping bitterly. Had had no food in two days. Poor babes, they could not understand why;—how should they know that equity was scarcely known on the earth?

But you have seen pictures such as these. You must know there are many such in this city. And what is the cause? Come with me, and I will show you. Woman, the delicate, the beautiful, the angelic,—woman, this best gift of God to man,—I will show you where she toils. Where she toils, from early dawn until midnight, bending over the garment she will get a few cents for making, and, exerting herself to the utmost, can barely pay the rent of her comfortless room, and buy some coffee, pork, and bread to support this miserable life. I will point you to her bent and wasted form, her pale cheek, and dimmed eye, the deep lines of misery on her countenance, and ask if you can recognize the Divinity there? Where is the embodiment of Heaven's deepest, fondest, purest love? Look at her wasted, withered form, and tell me where is freedom, liberty, the glorious boon you speak of? I know we may suffer.

But, come again, and I will show you in a manufacturing town, near, numbers of little children, from seven years old upward, with pale faces and tiny hands, working among cotton, wool, and spindles; the joyous bounding freedom of childhood all destroyed.

Are these the strong men that shall be; these the lovely women of the future? Alas! no. Few of all these thousands can come to maturity. Slavery and Death, these are the two words that give all of their history!

Would that I might stop here, but I cannot; for I see before me the writhing forms of those whose nights are spent in groans, their days in pain. To them the bright sunbeams are mockery. The lovely flowers shed no perfume to gladden their hearts; for disease, hydra-headed, strikes his fangs to their vitals. I see hundreds burning in the hell of fevers, of every name, and of every degree of intensity. Fathers, mothers, brothers, sisters, spending weeks yearly in this place of torment, asking in vain for water to cool their parched tongues. Fathers, mothers, sisters, brothers, every joint racked with rheumatism; neuralgia playing upon every nerve; covered with sores, and frightful ulcers and cancers; deformed; distorted; paralyzed. And I see a sight over which angels must weep—two-thirds of our children, the treasures of our hearts, the life of our lives, close their eyes in a sleep that leaves us, oh! how desolate. This surely were enough to embitter—more than that—to blight all the beauty of life. Where is Liberty? Where the happiness? Where the life? But this is not all. I will take you to that home,—no, I will not call it home,—that habitation, where all the wealth and luxury of the eternal world are congregated. Sparkling jewels from earth and sea are there. Bright birds from every clime pour forth their sweet notes in grand concert there; and flowers are there,—bright flowers, of every hue, indigenous and exotic,—while the bright sunlight tinges all with heavenly beauty. Life, liberty, happiness, angels of love, dwell ye not in sylvan bowers? Talk of physical starvation; talk of bitter draughts; talk of iron chains; what are they compared to the starvation, the bitterness, the chains, they but faintly typify? Ask me not to portray the sufferings here; words are all too weak. There is a smile on that face, but can you see the canker gnawing at the heart? Why do the lines deepen in that young face? Why does the step lose its elasticity? Why is the hair silvered as if with age? and why does reason desert her throne? and why do we even thank God for this oblivious state? Do you know how deep is that hell, compared to which insanity seems a heaven? All this we have had in the past; all this, and much more, we have in the present. Again I ask, what is the cause?

Yet, during all this time, we have been looking outward for an embodiment of Divinity which we might worship; outward for the spirit of beauty; outward for the altar on which the fire of Divine love burns. And we have listened to hear in the distance the melody of wisdom's voice, and we have not found the embodiment of Divinity; we have not seen the spirit of beauty; we have not found the altar and the fire; we have not heard the voice of wisdom.

And yet we pray,—oh, how earnestly!—and we have a pattern,—the pattern given us in the Mount,—by which to arrange all things; true to which all things must harmonize.

Let us leave the external and go into the inmost recesses of our own hearts,—into the holy of holies,—and look at this beautiful pattern.

At first it may seem dim, obscured by clouds; but as we gaze we will see more distinctly.

There is the altar, and the fire. The fire is burning dim and low; but be thankful that the flood of evil has not entirely extinguished it; and listen to the still, small voice—the voice that was not in the whirlwind,—the voice that was not in the earthquake,—the still, small voice of God in the soul. It says, that the lo! here's, and the lo! there's are not to be heeded. It says, ye are the temples of the living God; that neither in Samaria, nor yet at Jerusalem is the place where men ought to worship, but in the spirit. Yes, in the spirit. Thus each human form becomes the embodiment of Divinity. What, then, would you worship? Deity, truth, justice, love. And where, then, is the Deity? In the Temple. And where is the Temple? Ye are the Temples of the living God. Now, we will find life, liberty and happiness; for we will listen to the oracle within; we will trace the law written upon the tablets of the heart.

The first line of this law asks, that the spirit of Divine life shall have free range in us; that we shall from the idea be developed into the full expression. I will illustrate.

We have fine gardens of beautiful flowers; we bring every genial influence to our aid to bring them to a high state of perfection and beauty; we do not seek to deprive them of their characteristics,—to compel all to take the same

form, and emit the same aroma. No; that would destroy all harmony. What we ask for each species and variety is, the highest development, according to the attraction of its life. What we ask is, that each individual flower may be the expression of some distinct beautiful idea. This first line of the law is the deep, the earnest, constant prayer of our souls. This is what we mean when we say we have an inherent right to life, liberty, and the pursuit of happiness; and *this* is the law we have violated,—the oracle we have disregarded,—the God we have contemned, despised,—in seeking other temples in which to worship,—in elevating other standards;—external standards;—standards to which we have asked the Deity enshrined within us to bow;—standards to which we have compelled the thousands of earth's children to bow. Look, for example, to the Divine right of kings in the political world; to the rivers of blood, and the desolated earth. Look at the external standards in the social world, and the consequences in the poverty, disease, and slavery of the present; and yet the deep, earnest prayer of every heart is for life, liberty, happiness.

I would that I had time to look at this subject with you, in all its length and breadth. I shall hope to do so at some future time.*

And here you may ask what has all this to do with vegetarianism? I answer, everything.

Education—everything—has been brought to bear to fashion us in conformity with some external standard, until we scarcely know whether we are ourselves, or whether we are somebody else. Our habits, our tastes, are engrafted, not developed, and we dare not turn our eyes from the standard set up for us, but give our necks to the yoke, and our arms to the manacles; our feet to the stocks,—and yet we have the pattern, and we pray, in agony of soul, for life, liberty, happiness.

Let us listen for a moment to this prayer for integral liberty, in the pursuit of happiness, and, perhaps, we will grow strong enough to break the yoke, and the chain, and turn in worship to the Divinity within.

This Divinity responds to external beauty; it flies from all discord.

Educated tastes ask, that groans of agony shall fill the air; that death-struggles shall meet the eye; that the victim, reeking in gore, only can satisfy the cravings of engrafted appetite,—though often in deference to the voice within, its violent death is veiled beneath careful dressing. Thus the taste of education is contending with the inherent love of beauty, and using every possible means to silence her voice.

The engrafted taste says, "My demands are imperative. If you, Ideality, will not allow, or lend yourself to my gratification, I will call Acquisitiveness to my aid, and the engrafted love of gold will secure the end. If Acquisitiveness needs stimulation, I will bring the prayer for happiness, and persuade that the answer will be found in gold."

In some cases the love of the beautiful will be overpowered, and a few can sacrifice for the many. Those few will console themselves, that their families are thus surrounded with comforts they otherwise must be without. And yet we pray for a home of beauty; for a heaven, where there shall be no more violence or suffering.

Oh! let us break the force of external power. Let us resist the encroachments of authority; resist the measures for depressing, repressing, and compressing; and allow the spirit of truth and beauty free expression.

Is it necessary to the sustenance of these bodies that violence and carnage shall fill the earth? That our eyes should be offended by sight of slaughter-houses, and death-struggles? That our ears should be filled with the cries and groans of the bleeding victims? That our bodies should be poisoned by the exhalations of putrefying offal? or poisoned by becoming sepulchres for the interment of the disorganizing dead? Physiology, in a voice of thunder, answers, *No!* They must be deaf that cannot hear. Pathology, in death-like agony, shrieks, *No!* They must be petrified that cannot feel. The pure spirit of Divine life, on poised wing, whispers, *No!* and takes its flight to a more peaceful home.

What, then, is sustained, if not this mysterious sacred life? I will tell you what is sustained. The external standard is sustained. Discord, antagonism, deformity, disease, is sustained. Life is sacrificed; liberty crushed; happiness unattained. And yet, what we want, what we ask for, is happiness. And we have the pattern with which to compare all things; in doing which we can secure happiness.

Oh, much insulted spirit of Divine beauty! too long have we turned a deaf ear to thy heavenly voice; enough, yes, enough of sorrow and suffering has been ours in consequence. We will now purify our lives by bringing only the beautiful peace-offerings of thy love, in the wisdom of adaptation. We will purify the beautiful earth from every stain; the grape, the apple, the pear, the peach, the orange, the fig, the banana, all—all our mother's choice gifts to us, shall take the place of the field of slaughter; and health, beauty, purity, happiness;—shall be ours in the stead of sickness, deformity, impurity, and sorrow;—liberty and life shall be ours instead of slavery and death;—and earth shall be an Eden, glorious in the beauty, wisdom, and love, radiating from each individual temple of enshrined Deity.

Dress Reform.

OPPOSITION.—If I were sure of obtaining access to the pages of the *Northern Christian Advocate*, I would not trouble you with this. But as I find within the pale of my own loved church, and through her holiest members, more persecution than anywhere else, for discarding whalebones and wearing the Bloomer Costume, I despair of a hearing from that source. Then I must, as a Christian, appeal to you for courage and assistance to keep undefiled the temple which God hath given me for the Holy Spirit to dwell in. I behold the daughters of Zion fading, languishing, dying.

Our preachers' wives—O what an influence they might have for the Right!—But I hear the boding cough, see the fevered flush, and know the killing cause of all. They have good sense, are more influential, have been students in the school of Christ much longer than I. Then tell me, does it not seem strange they have not yet learned that God made their bodies firm enough to hold themselves together? I should greatly doubt the omniscience of my Maker, had I not faith to believe this. Strange, our mothers in Israel should set such examples before us who are at best but "weak in faith."

My young friends are dropping off in swift succession. Consumption preys upon the rosiest cheeks, and the fairest, roundest forms are sacrificed upon her altar. I do not know that I could find in our Church, or even town, one healthy female of American customs. The breath of the destroying Angel, Fashion, hath entered even into the vitals of professors of Christianity. How is the way of truth hedged up! How hath the light of the Spirit grown dim! The curse of God rests upon us for abusing that which he hath made and pronounced good.—I see and know this is true. What shall I do with the light given me? I have not yet worn the short dress to the Village Chapel, for fear of more deeply wounding the feelings of my brothers and sisters. And church-crials have been threatened also in consequence of such boldness. But the sacks do, and shall go; because the good Lord in his great bounty made air enough for all, and gave me lungs sufficient to consume my share of it. But I must hope, and trust, and pray for the time to hasten when my sex shall be literally "clothed with a garment of salvation."

DOLLY DELL.

GOSSIP FROM A WESTERN BLOOMER.—Again I hail your coming; you bring bright smiles to many faces, and before they all disappear I must have a little gossip with our old friend Fashion; she thinks she is playing the deuce here, but she is mistaken. In spite of her old grim face and little waist, we have adopted the short dress; yet some of old Debby Fashion's followers say we never shall get married, until we help to sweep the streets, to keep the "Beau Dandies" from getting their boots soiled with dust.

But we have duties of our own to perform. We think it quite as profitable to bake, scrub, churn, milk, and feed pigs, as it is to clean streets, for others to walk on. And if the "Beau Idols of Moustaches"

don't admire such work, we would advise them to go to the World's Fair, and exhibit themselves and draw the premium. We can live without marrying, if our dress is all that hinders the silken knot from being tied; we don't grow weary and old, before life's span is half run.

Here is my little friend just across the way, who is as charming as a new-blown rose. She has swept old lady Fashion out of doors, and, like a sensible woman, sees wherein she has done her duty to her husband and children.—*Morris, Illinois.* EXIRA.

LONG SKIRTS.—The *Richmond Republican* has the following in its local department:

"Since the developments of yesterday we shall make no more complaints against ladies wearing long skirts, for we are fully satisfied of their utility. We became a convert to long skirts while crossing Capitol street, directly in the rear of a beautiful young lady, handsomely dressed in fine silk, who to avoid sweeping a mud hole, slightly hoisted her skirts, and displayed not only a handsome pair of tiny feet and well turned ankles, but—would you believe it,—the most awful hole in the heel of her hose that our eyes ever beheld! Cracky, how we felt at that sight! But no matter—the mud being passed, the curtain was lowered; and those who knew no better, would never have dreamed that 'was the gal with the hole in her stocking.' After this we shall always suspect something, when we see a flowing skirt sweeping the sidewalk."

A SLUTTISH FASHION.—The *Boston Journal* says, the dresses of nine tenths of the ladies who promenaded our streets, or call at our fashionable shops, sweep the flag stones of the walks and the crossings at every step. Elegant silks, costly brocades, beautiful dress patterns of every shade and hue, are kicked along the side-walks by pretty feet, or are dragged after them as useless and displeasing appendages. Unnecessarily long as ladies dresses were during the past season, an extra tuck seems to have been let out this spring. Any one walking up Washington street on a pleasant afternoon, will meet crowds of fashionably dressed women with the extra ornament of a couple of inches of dust and dirt around the bottom of their dresses. Four founces of silk, and one of street dust and ashes, may be fashionable, but the latter is anything but ornamental or in accordance with good taste.

EXCELSIOR!

BY PROFESSOR SHORTEFELLOW.

The shades of night were falling fast,
When through our quiet city passed
A lass, whose summer costume nice
Reminds me of the quaint device,

Excelsior!

Her brow was glad, her skirts beneath
Unsoiled by mud, hung scant and brief;
And with a joyful murmur rung
The accents of her silver tongue,

Excelsior!

"Try not the dress!" the old folks said,
"The rabble's scornful shout we dread—
The gutter's filth we can abide;"
But firm that silver voice replied,

Excelsior!

"Oh stop!" the dry-goods merchant said,
"You'll save your dress and spoil our trade!"
A smile lurked in her bright blue eye,
But still come back the firm reply,

Excelsior!

Thus in the twilight cold and gray,
Pretty and neat she went her way;
And to the sky, serene and fair,
A gladsome shout did rend the air,
Excelsior!

Hartford Times.

Deferred Articles.

"Better late than never."

[The following articles were put in type for our August number, but, with several others, now inserted in another part of the paper, were crowded out by the press of longer and more important articles.]

TRAITS OF TRAVEL.—The Water-Cure sentiment, we are happy to say, prevails very considerably in Vermont, as well as everywhere else. We were very much pleased to learn, when there last week, that in the little town of Dover, which contains less than a thousand inhabitants, there were nearly fifty copies of the WATER-CURE JOURNAL taken! and that Water-Cure books were on sale there in the common country stores in all the towns thereabouts, just as regularly as flour! But people are wide awake up there; they know "what tree makes shingles," for "Jef." has told them!

I need not tell you, after this, that Dover is remarkable for its intelligence. There are but few towns of my acquaintance that contain so many well-read and sensible men, in proportion to its number of inhabitants, as Dover, Vt.

We had the pleasure of visiting the far-famed Institution of the late Dr. Wesselhoft, at Brattleboro, on our way home, for the first time. It is a spacious concern.

Dr. Fellerer, who is a very gentlemanly little man, leaves for "Jersey" this week. What they will do I know not; it is to be hoped that some one competent and not afraid to practise the Water-Cure idea in its purity will be selected, as we know it will be better for all concerned. This trying to please everybody, as they do in the new concern opposite to this, will meet with the fate it deserves, or we are mistaken.

We do wish folks would not "steal the livery of the court of heaven to serve the devil in."

A man sent eleven miles the other day to Brattleboro for a physician, because he was opposed to drugs: the doctor came, but he found that "Water-Cure physician" was "only the name of him," like the boy's hot corn, he never mentioned water! and the patient died in agony, literally burnt up with fever, &c. May God forgive him—the father of that darling child never will, I fear.

If doctors would only let them alone in such cases (inflammatory rheumatism), there might be some chance for them; but when they persist in giving their horrid stimulants and irritating drugs, to the exclusion of water, there is but little hope for them. There were women in the next house that could have saved her, in my opinion, if they had been allowed.

NOGGS.

A WATER-CURE WANTED.—[A correspondent, writing from Pleasant Lake, Steuben county, Indiana, says:]—I am located on Pleasant Lake, in Indiana, one of the most beautiful spots ever man beheld, and in the heart of a rich and improved country. The water of the lake is soft and pure, abounding in fish of the best quality, and duck. Plenty of wild game, such as turkeys, deer, pheasants, snipe, rabbits, &c., are found in the vicinity. The scenery about the lake is delightful, as all travellers and visitors acknowledge. There are six important travelled roads coming in on the shores of the lake, from Chicago, Cold Water, Fort Wayne, Toledo, Maumee, Defiance, &c. I have a farm of one hundred and four acres, on the shore of the lake, at the point at which these roads come in,

about forty acres improved. There is a tavern-stand—the best in the country, on the place, and a good fruit orchard, with every variety of fruit. It never fails to bear, the lake being a protection against frosts. It has pleasure grounds, the most beautiful in the State. I think it one of the best places and points in the West to establish a Water-Cure. I will sell enough for such establishment, or with others, will erect an establishment. Of course, a man must have some capital. Or I will sell my whole premises for three thousand dollars, but I would rather not dispose of it all. There is not much doubt but the air-line railroad will pass on the south shore of this lake; if so, it will make one of the largest places in this part of the West. Everything is inviting to the man who wishes to secure him a pleasant home. The country, I said, was rich; and I add, the people are generally intelligent and enterprising, and many of our ladies have adopted the Bloomer dress, which finds advocates here. This is as healthy a part of the West as can be found, and has the best of water. I never saw a more healthy country. The above facts can be relied on.

Respectfully, SIMON C. ALDRICH.

[We would call the attention of Water-Cure physicians to the above. There is abundant room in the Great West for good Hydropathsists, and the mass of the people are fast becoming indoctrinated into our views.]

NATURAL LABOR.—On the 3d of December last I was confined with my seventh child—a daughter. For something like a year previous I had taken a towel-bath nearly every day, which had a good effect. Instead of a month or two of morning sickness, at the commencement, and about as long with pain in the side at the close, I had nothing of the kind. About six weeks previous to my confinement, I commenced taking hip-baths, with a general wash-down once a day, and towards the close twice a day. At the beginning of labor I took a hip-bath, which served to cool my system and make me much more comfortable than otherwise I should have been.

My labor was not as severe as usual. I had no physician. About six hours from the birth I got up, and with the assistance of my husband took a hip-bath and general wash-down; and what a relief! No one can imagine who has not tried the virtues of water how great the relief was. I had no bandages on either myself or child; a cloth wet with cold water, laid across my bowels and changed frequently, relieved the after-pains very much. My husband remained with me one day, which was all the nursing I needed. I dressed and washed my babe after the first time. I continued to bathe for several weeks twice a day, and after that once a day. I sat up considerable the first day. The second day went into the kitchen and ate with the family, which I have continued to do since. The third day I went out doors, which I should have done sooner but that the weather was very rainy. On the fifth day I rode a mile and back, though the weather was so bad I could not ride out much for several days. When my babe was three weeks old I rode ten miles to see my mother and home again the same day. It was rainy all the way coming home, yet I took no cold.

My diet, though not strictly vegetarian, was very different from what I had formerly used. I abstained from tea and coffee, ate Graham bread, a little meat and butter, vegetables, fruit, &c.

I was as well at a week, nay, even better than at any former time at four weeks. Of course I have washed my babe every day, and a brighter, healthier child you do not often see. My constitution is slender, and previous to commencing the use of water was running down.

If you think the above, from a plain farmer's wife, will be of any service to the cause of humanity, you are at liberty to make such use of it as you please.

[*Buell, N. Y.*

T. E. A.

The Month.

NEW YORK, SEPTEMBER, 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.



NOTES FOR SEPTEMBER.

BY R. T. TRALL, M.D.

THE WHOLE WORLD IN MOTION.—“What is the world coming to?” has often been the startling exclamation and interrogation, when some superannuated old granny of a man, has been aroused from some accustomed vagary of the past, by some newly-enunciated thought of the future. We can now answer the question. *It is coming to New York.* And we hope the wife will come too. This “exordium” is suggested by the fact that a “Whole World’s Temperance Convention” is advertised to be held at Metropolitan Hall, in this city, on the 1st and 2d days of September; that a “World’s Temperance Convention”—not “half-world” as has been intimated—is announced at the same magnificent Hall on the 6th, 7th, 8th and 9th inst.; that a “Woman’s Rights Convention” is proclaimed for the 6th and 7th of the same week; and last, though not least, arrangements are now making for a “Bloomer Demonstration,” alias “Dress Reform Convention,” and also for a “Vegetarian and Floral Festival,” the last two to “come off” during the same eventful week.

If these attractions are not deemed sufficient to draw by our country friends, we will throw in the Crystal Palace, which is just fairly opened; the High Tower, which has just got to the top; Barnum’s Museum, where a female woman’s right to wear whiskers is confessed by those male men who go into hysterics if she walk in pantalettes; Fowlers and Wells’ Cabinet of Phrenological curiosities, where all sorts of heads can be examined, from those whose pericraniums are bursting with brains, to those wherein only a slight trace of the thing can be discovered; Greeley and McElrath’s Tribune Buildings, where more sound logic is printed every day in the year (except Sundays), than some folks think of in a life-time; and the Hydropathic Institutions where the healing art is reduced to a practical reality!

The *Whole World’s Convention* is called by such names as Rev. T. W. Higginson, of Mass., Horace Greeley, of N. Y., Rev. Theodore Parker, of Mass., Rev. Antoinette L. Brown, of N. Y., Lucretia Mott, of Penn., Paulina Wright Davis, of R. I., Rev. O. C. Wheeler, Cal., Frances D. Gage, Mo., and nearly a hundred others. They represent the life-principle, the

heart and soul of the cause, the working, progressive, reforming spirit of the age. Their separate call was issued on the sole ground of the recognition of woman, as in all respects entitled to equal privileges with man, on the temperance platform.

The World’s call is signed by twenty or thirty names whose owners represent the conservative, or in slang parlance, the “old foggy” portion of the temperance army. At the preliminary meeting the *gentlemen* present, by a small majority, refused to admit the delegates from a Woman’s State Temperance Society, for no other reason than because they were women—a fact the women themselves could not possibly have helped. Hence the split.

But good will come out of this proceeding, mean and contemptible as it was. Competition may give life to the reform movements as well as to other enterprises. Now there are two parties in the field, both sincerely desirous to promote, in some way, the cause of temperance; and the emulation will be, to see which party can do the most for the advancement of the cause—a strife worthy of the best champions on either side. Let it be understood abroad, that there is no whit of difference or matter of quarrel between the great body of men and women who will compose these two conventions. Between them we believe the utmost harmony and good feeling will prevail. That little leaven of bigotry which infected a few small-souled individuals at the preliminary meeting, we do not believe has extended very far into the lump of Society. We say then, to our friends, to the friends of any and every reform, come to the *Whole World’s Convention*, and then attend the *World’s Convention*.

Of the other Conventions we need only remark, that the best talent the country affords will be present and advocate the special reforms indicated.

NEW YORK HORTICULTURAL SOCIETY.—Among the many Institutions of which our city may justly be proud, this society holds a high rank; and should be encouraged and supported by every lover of a better diet, higher health, and greater happiness. Who ever saw a very vile, or very sensual, or very degraded and low-souled human being, who was fond of cultivating beautiful flowers, and luscious fruits? A man may be foolish, and vain, and frivolous in ornamenting his grounds or bedecking his person with elegant flowers. But we have the authority of Henry Ward Beecher for saying that, if one must be foolish, this is the best kind of foolishness in the world.

A vast amount of good is to come of these Societies. A better method of raising the best kinds of fruits, roots, and green vegetables for our tables, must be promulgated abroad, before we can show to the world conclusively, that the Epicurean argument is in favor of an exclusively vegetarian diet.

The Fall Exhibition of the New York Horticultural Society will be held at Niblo’s Garden on the 20th, 21st, and 22d of the present month, at which a large list of prizes are to be awarded for the best apples, pears, peaches, quinces, plums, grapes, melons, cranberries, roses, dahlias, varbanus, philoxes, anturhinums, cut flowers, bouquet-baskets, hot-house plants, green-house plants, adarmeans, orchids, curifera, potatoes, beets, carrots, parsnips, salsify, cabbage, cauliflowers, brocoli, onions, celery, tomatoes, egg-plants, beans, corn, turnips, squashes pumpkins, &c.

YELLOW FEVER AT NEW ORLEANS.—We turn from the contemplation of a pleasing theme to one of horror. During the month of August, that scourge of the Crescent City, the yellow fever, has made terrible ravages. The deaths have reached very nearly two hundred per day, which, with the present population of the city—some twenty or thirty thousand being now absent—is an unparalleled mortality for any city in this country. We do not learn that any special causes are assigned by the physicians or Board of Health for this awful visitation of the epidemic at this time. It is true there has been an unusual amount of rain, and

this has no doubt favored the development of whatever predisposition might have existed. There is too, as there always is in all cities on similar occasions, much said about the filthiness of the streets. One physician, however—of the most eminent of the school to which he belongs—has expressed the opinion that filthy streets, so far from tending to induce the epidemic, tend to protect the people from it. The *Crescent* says:

“Dr. McFarlane, the old-war horse of physicians, who has had great experience for the last thirty years, has addressed a letter to the Mayor, through *The Delta* of this morning, in which he boldly asserts, that ‘so far from believing that the filth and impurities in our streets, yards and suburbs, have anything to do with the creation of a Yellow Fever atmosphere, I believe that, to a certain extent, they are calculated to retard its formation.’”

This is astounding doctrine! Talk of Judge Edmonds believing in rapping and writing spirits, because he has seen a table dance fantastic tricks around the room, over head, *slanting-diculary* “forty-five degrees,” without upsetting the decanter! Why such faith on such evidence is very logic compared with this doctor’s hallucination, who sees filth and impurities in the streets, and death all around, and thence deduces the inference that the nuisance has nothing to do with the pestilence—*except to prevent it!*

We do not believe for a moment that filthy streets are the sole, nor even the principal cause of the epidemic, but that they exert some influence in favor of the disease is a matter of simple common sense; and that they tend to contract it is a strangely ridiculous vagary. Dr. McFarlane, says again, in a letter to the Mayor:

“I ask, Sir, how long would it take for one half of a Board of Medical Theorists, conscientiously believing that the nuisances enumerated above are the cause of yellow fever, to harmonize with the other half, who, like myself, might equally conscientiously believe, that all the filth in and around New Orleans has never created one single case of yellow fever, and cannot create one, but, on the contrary, that the local *malaria* arising from these and other causes, is calculated to retard the existence of that disease—and that it has done so, and held it in abeyance to such an extent as to have exempted us from yellow fever, as an epidemic, for five or six years past?”

If these, Sir, my opinions, be of any value, or have any real foundation—and I am bound to continue to entertain them until they are demonstrated to be erroneous, of what earthly use can a Board of Health be to our city at an outlay of ten, fifteen, or twenty thousand dollars?”

We can draw a very different conclusion from the facts above presented. Instead of saying that the filth in and around New Orleans had kept the disease in abeyance for five or six years, we should argue that the *malaria* which had been accumulating for five or six years,—during which time there was little or no yellow fever—at length became strong and rank enough to induce the disease of itself, or to assist other predisposing circumstances in developing it. We are tired and sick, and ashamed, and disgusted with the name of medical science, when its professors teach the silly nonsense that the poisonous exhalations arising from foul gutters are a preventive of any pestilence, or any epidemic!

As usual, in all epidemics, in all places and of all ages, the doctors disagree on all important matters of theory, and about all essential points in practice. Dr. McFarlane says of the New Orleans doctors in the present instance:

“I cannot fail to rejoice that we have not got a Board of Health consisting altogether of physicians. Why, sir, two physicians can hardly be brought to agree upon the diagnosis, *modus operandi* and prognosis of a single case of disease, and when, think you, would

twelve, fifteen or twenty doctors arrive at satisfactory conclusions about the proper management of our City during an epidemic?

"And here I am again reluctantly constrained to differ with my friend Dr. Dalton. He is again *theoretically right*, but practically wrong. To theorize is, indeed, to think; but not to theorize is not to be a fool. To theorize is to speculate, and speculation is abstraction often without any practical utility, and a man, a physician, or a dozen physicians—enough to constitute a Board of Health—may, like Dean Swift's philosopher, theorize or dream away a whole lifetime in abstract speculations on the feasibility of extracting sunbeams from cucumbers, without accomplishing a single object of real utility.

But leaving the doctors to settle their own "theoretically right, but practically wrong" notions, we would like to say to the people of New Orleans—for the doctors we believe are all wrong, theoretically and practically—that, bad as filthy streets may be, there are worse sources of infection still. What is it that gives local miasma, damp weather, sudden alternations of temperature, noxious winds from slaughter-houses, cow-stables, distilleries, &c., such dreadful power to kill? It is because the people have filthy viens, impure blood, foul secretions, putrescent fluids, and rotting, corroding, decomposing nuisances looked up in their flesh, and blood, and bones, and viscera.

Here is the key to unravel all the mysteries of epidemics.

The exciting causes may and do, to a great extent, exist external to the human body. But within is the nucleus on which it fastens, the foul element on which it feeds, the morbid material on which the external malaria operates as a ferment, and turns the life-blood and nervous power to putrefaction and decomposition.

A few words as to its treatment. There never was an epidemic since the world was made, in which allopathic drugging did not make a bad matter worse. The usual remedies resorted to are bleeding, blistering, calomel, antimony, and quinine. A worse medley of manslaughterous missiles can hardly be contrived.

We have not had an opportunity in this city of treating yellow fever hydropathically; but we can have no manner of doubt that nine out of ten could be saved by it. We have treated the worst forms of ship fever, nervous typhus, putrid typhus, &c., and always successfully. And as yellow fever is clearly a species, or rather, variety of typhus, we should have the utmost confidence in the success of judicious water-treatment. It is at least certain that drugs do more hurt than good; and just as certain that water will do more good than hurt.

We have seen, in scores of cases, the worst forms of typhus managed with very mild and simple treatment. For example, sponging the whole body frequently with tepid or cool water, just of the temperature to feel most agreeable and refreshing to the patient, whenever the heat is above the natural standard: applying cold cloths to the head, often changed, whenever there is much distress there; hot bottles to the feet whenever they are inclined to coldness; the wet girdle or wet cloths frequently renewed to any part affected with disproportionate heat or pain; the drinking of cold water in moderate draughts at a time to the extent of thirst; entire abstinence from all food save a little wheat meal or Indian gruel, until the violence of the fever has materially abated; the drinking of warm water freely to induce gentle vomiting, provided there is much sickness at the stomach in the early stage of the disease; and free injections of tepid water, if the bowels are constipated. To this plan we would trust ten thousand lives if we had them, asking one only boon of drug-doctors—to be let alone.

BREAD-AND-BUTTER-PATHY.—Soon after cod-liver oil became the fashion, it was found that *whale oil* answered the same purpose; and then soon followed the discovery that *any common fish oil* was just as good; since then it has appeared that *any sort of grease* would do well enough; and now, lastly, it turns out that *butter*, eaten on bread, even "*bread and butter*" works admirably. Of course it must be *apothecaried* a little to keep up confidence. The Dublin Medical Press says:

"**BUTTER AS A SUBSTITUTE FOR COD LIVER OIL.**—Cod-liver oil is an aliment which restores and reconstitutes the tissues; in a word, it is an analeptic medicine, by the aid of which the disorganizing action of tubercle is combated. The only inconvenience attending its use is that it is sometimes difficult of digestion. In this case, M. Trousseau substitutes, with advantage for it, the following compound: 'Fresh butter, ℥iv.; iodide of potassium, gr. ʒ; bromide of potassium, gr. iij.; common salt, ʒss. This butter is eaten during the day on very thin slices of bread.'"

AN IMPORTANT QUESTION.—Does it relieve alcoholic liquor of the quality of intoxicating drink, and make a medicinal beverage of it, by calling "first-rate" Dutch Holland gin, Wolfe's Aromatic Scheidam Schnapps? None of the medical journals, which are advertising and puffing the stuff all over the country, seem to think it does. We sort o' think it don't. However, we would like to have the question argued. What says the New York Medical Gazette? Does the M. D. editorial continue to "go it" for the schnapps?

By the way, this Medical Gazette, of August, contains, among other questions, the following, which the propounder says he is "prepared to defend, if he can find a respectable antagonist:"

"All practical men know that multitudes of human lives are saved by alcoholic medication, not merely in sudden emergencies but in low fevers and other protracted disorders, and often when no other known remedy would answer.

"If any body denies either of these postulates, let him now speak or for ever hereafter hold his peace.

PLAIN TRUTH."

Here! We deny *all* of those postulates. If Plain Truth, M.D., considers us sufficiently "respectable," he will please "come on."

ICE PILLS IN CHOLERA MORBUS.—Dr. Snodgrass, who happens to be a medical gentleman after the way of the allopathic school, communicates to the *Tribune* his experience in the use of this stomachic refrigerator:

"SIR,—Guided more by personal experience, as an annual victim of that very common though very worrying and prostrating malady, *Cholera Morbus*, the season for which is now open upon us, rather than any observation of it, of late years, during which I have had but little to do with general practice, I have come to the conclusion that *the* remedy for it is *Ice*. Not "ice water," nor even ice taken into the mouth to melt and find its way into the stomach as water, but crushed ice swallowed, or Ice Pills, if you please.

"The primary seat of this disease is the stomach. There the intense thirst and disagreeable bitterness, characteristic of cholera morbus, originate, although experienced in the mouth. There the ice should be applied, with the view to absorbing the morbid excess of caloric, or heat. Iced water, by its greater bulk, distresses the stomach, while the ice itself, applied directly to the part affected—swallowed in small lumps, not suffered to trickle down—relieves it, almost certainly.

"Persons taking these *Ice Pills*, as I have called them, to indicate that the secret of the remedy proposed lies in the form and mode of its administration, rather than in the remedy itself, which is really nothing new, are sometimes alarmed at the "shock" experienced in the stomach. This is produced by

the rapid loss of morbid heat, and is therefore nothing to be alarmed at, but is favorable, to the contrary. There need be no fear. Let the ice be taken freely, and it will scarcely ever fail to give relief, without the aid of any other medicine whatever.

"I am aware that advice unasked is, too usually, advice uthanked; but I felt that the above fact should be generally known, and therefore I make no apology for taking up the brief space required for its statement."

Now, doctor, where did you get that icy idea, in the first place? Have you been peeping into a hydropathic book? As you have discovered ice to be the remedy for cholera morbus, just pursue your investigations one step further, and you will find that *liquid ice—agua pura*—will cure those diseases which you cannot so conveniently get at with the pills.

Miscellany.

THE WATER-CURE JOURNAL is published on the first of each month, on the following

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FOWLERS AND WELLS,
Clinton Hall, 131 Nassau street,
New York.

CRITICISM.—In an article by J. C. Jackson, M.D., published in the May number of the JOURNAL, there appear, among others, the following most singular statements:

1st. It is affirmed that the springs of Glen Haven have long been "celebrated" for their "purity, softness, and healing power."

2d. It is also said that these springs are "unmedicinal."

3d. It is asserted that "all soft water is not equally good, by reason of its lack of carbonic acid."

4th. It is declared that the springs of Glen Haven are "largely charged with this element," (carbonic acid.)

I know not, Mr. Editor, how these remarks strike other minds; but without, at present, entering into a consideration of the philosophy involved, or insinuating, on the part of J. C. J. an intention to mislead the public, I pronounce them, in their bearing upon hydropathy, erroneous.

As negatives to his affirmations, I offer for his consideration, the following propositions:

1st. Water "largely charged with carbonic acid" is *not* pure.

2d. Water "largely charged with carbonic acid" is medicinal.

3d. For the successful treatment of disease, therefore, water "largely charged with carbonic acid" is both unnecessary and improper.

4th. The *principle* involved in the remarks of J. C. J., in his advocacy of the use of water "largely charged with carbonic acid," is essentially allopathic, and as such, opposed to hydropathy. G. O. HOYT.

Worcester, Mass., June, 1853.

A DOCTORED INDIVIDUAL.—*Gentlemen:* Your bundle of back number is received and read, and I find my old hereditary prejudices slipping away like butter from a warm knife. I have now lain upon this bed for a year, shut up in a tight room, panting like a lizard

on a hot log, "stuffed" with drugs, dieting upon *spoon victuals*, (pills and syrups,) and have spent a fortune, to obtain the assurance of the "regulars" that *my case is hopeless*.

I have been a perfect drug shop for the doctors (am ashamed to own it) ever since I was old enough to count the "filthy lucre" demanded by them for their still more filthy *doses*.

I have been given up to die *certain* five times within the last fifteen years by their *wise* counsels, and it is a wonder that I am not dead. A friend of mine once said "he should have died, but the doctors did not leave him strength enough to draw his *last breath*." They have been more liberal with me, but I have been obliged to be assisted in my breathing for hours together with a fan by my attendant. Like St. Paul, I have been in "perils oft." "In perils" by fevers; "in perils" by inflammations; "in perils" by cholera; "in perils" by "throat-ails and "black tongue;" "in perils" by *poisons*; "in perils" among doctors, and "in perils among false brethren," who now call me *crazy*, that I am talking of being moved to some Water-Cure establishment.

I have spit out my last dose of "ipecac and calomel," washed out my mouth, and am turning my back (all covered with blisters and issues) upon the "regulars," and my face, by way of an experiment, cold-water-wise, the credit or censure of which must be given to your JOURNAL, as I should never have thought of such a thing, if I had not first, to gratify curiosity, become one of your subscribers. A. H. N.

WATER VS. THE DOCTOR.—A lad, aged about 13 years, was taken very ill with what has been, and is still, to some extent, the prevailing type of disease in this section of our country—typhoid fever. A learned allopathic physician was summoned to his aid, who treated him in the usual way, with the usual results. He grew worse, day by day, until about the fifteenth day, when the doctor informed his parents there was no more hope of their boy. The patient during his whole illness had a burning thirst, for which Nature indicated fresh, cold water, but Art being consulted, advised warm drug teas instead. Nature would show great dissatisfaction and continually crave cold water, which was positively denied until, on the fifteenth day, there appearing no hope of recovery, the boy was allowed to have whatever he wished. Accordingly, when the doctor had left the house, the little patient seemed to be in a deep study, till at last, as some new idea brightened his countenance, he addressed his father:—"The doctor says I may have whatever I want; now, will you give your boy all the water he wants?" The water was brought, and he drank to satiety. After waiting some half hour, he asked his father to hold him, naked, under the eaves (it was raining at the time) till he cooled his fever. How natural! His father feared, and objected, lest it might end his life. The boy then pleaded to be wrapt in a blanket and laid on the floor, and that water be poured all over him. It was done, till the boy's feelings dictated enough. He was then, at his own request, laid in a dry bed, and well covered. From that day he commenced recovering, and is now a living monument to progressive medical science. He recovered without any drugs or drug doctors.

We learn from this case how decidedly superior to the drug-practice are the simple appliances of water, even in the hands of the ignorant and unskilful; although the drugs may be administered by the ablest and most experienced, as they were in this case. If a little boy, unskilled in the use of water, could with nature effect such brilliant results, when allopathic skill had said "Thou must die," how much easier could the same have been done before the system had been loaded with loathsome drugs? And if typhoid fever can be cured so readily and certainly, when it baffles the skill of the drug doctors, need any one deny that water will cure all other diseases which are at-

tended with such dreadful fatality with the use of drugs? L. HUBBELL, M. D.

AN INTERESTING CASE.—About three years ago, I had a severe attack of inflammation of the bowels, which terminated in chronic diarrhoea, and from which I suffered about a year. During this time I had the advice and attendance of the most skilful Allopathic physicians, and, as might be expected, the disease and the drugs which I took during so long a time debilitated me very much. In addition to this, I was taken with inflammation of the tissues above my knee. At this time I applied to one of the most celebrated medical professors in this city, who prescribed fomentations to wash the parts with, and some medicine to be taken internally; but instead of getting relief, I got worse every hour. At last my leg became very much heated and swollen, and the doctor was very fearful that an abscess would be formed, and told me that I might suffer a great while if I did not take proper care of myself. I took his medicines according to his prescriptions, but suffered excruciating pain for three or four days. At last the pain became intolerable, and I put the doctor's medicines aside, ordered a tub of cold water, in which I immersed the parts affected. In a few minutes the pain ceased almost entirely; I kept the part immersed in the water about three-quarters of an hour, and then wrapped up with wet bandages, and went to bed. Previous to this I had not slept for three days; but I now soon fell asleep, and slept soundly about an hour. When I awoke I repeated the bath and bandages, and continued to do so as soon as the parts became heated and painful, and to the utter astonishment of all, in about four days my leg was perfectly well!

Finding that water acted almost like a charm upon my leg, I concluded to try its effects on my disordered bowels, and in less than a month I was entirely well. The disease, and the drugs which I took, had reduced me in weight from one hundred and fifty-six to one hundred and twenty pounds. In a month after I commenced the Water-Cure I had gained fifteen pounds.

I give publicity to my case, so that others who are afflicted may be similarly blessed. It seems necessary to give such facts to the people, for they cannot believe that there is such efficacy in water, after being drugged so long by powerful medicines, unless they are convinced by facts. It was the experience of others that induced me to try the Water-Cure in my case, for I did not then understand its philosophy.

[Philadelphia.

AMOS EBERT.

A FIRST CASE IN HOME PRACTICE.—MESSRS. EDITORS: As I see a great number of extraordinary cases of "Home Practice" in "the" JOURNAL, will you allow me to add my first case of Home Practice to the number, hoping that some of your numerous readers may be benefited in like manner? We have bid "Good-bye" to coffee, poor health, and the doctors, and *pork* has become an abomination; and I can assure you we are wonderfully benefited by the change.

My little son, now four years old, was in apparently good health till he was a year old. One day he had a high fever, and about noon took a hard fit; this was the first of his long sickness. About once a month, for a year, he had a fit, and each one severer than the preceding. The doctors said worms caused them, and doctored him accordingly, but to no purpose. Up to last May, six doctors had worked on him, and at last he was about dying, sure enough, and no wonder!!! All the time his abdomen was enormously swollen, the flesh almost disappeared from his bones, and what was left was soft and flabby; his lungs were badly affected, and at last his voice failed entirely. His head was filled with a bran-like scurf, and became sore, and at last his *whole* body broke out in sores.

In February of last year he was so bad that a doctor was with him a whole night and part of a day. He

could not get anything to have an effect on him. He applied "aqua ammonia" and "Croton oil" to his abdomen; it did not even color the skin. At length he gave him a large dose of the "said" Croton oil. It produced a slight action, and he got a little better. In March (last year) we moved from Tennessee to this State; here I employed another doctor, but to no purpose. Then, to please my father, I tried a course of Dr. Jayne's "Medosin" without one particle of good effect; he grew worse *all* the time, his voice *failed entirely*, he had a terrible cough, his eyes were so sore that for *one month* (last April) they were not opened, only as I would pull them open with my fingers, and sometimes then the water would spurt out some distance; there were large spots on the eye-balls, one of which was nearly covered with a spot, the lids were covered with red pimples, and his eyes were fiery red; he had a fever nearly the whole time. I did not expect him to live a week. Another "celebrated" doctor wanted the case now, but fortunately I began to open my eyes and to *think*. The first of last May I bought Dr. Shew's Manual and went to work. I doctored him for scrofula, and let the worms take care of themselves. At the end of *three* days he could open his eyes in a darkened room; in one week his lungs were so much relieved that he could use his voice; in about three weeks he could go out doors with his *eyes open*, the sores left his head and body, in about four weeks the spots were gone from his eyes, (although at this time I can see a *dingy* place where one of them *was*.) When I began the water-treatment his abdomen was twice as large as it should be. *That* was the hardest to overcome; in two months from the first the swelling was all gone, and he was then as hearty as any child. He began to gain flesh from the start, although his diet was light, and purely vegetable; all I used was a full bath two and three times a day, the wet sheet, wet bandages, and copious cool injections. As soon as he got well I quit all the treatment except a morning shower-bath, which all of us take the year round. Now, my other little son (18 months old) early showed symptoms of scrofula, but as soon as we all began bathing those symptoms entirely left, and at present I don't know whether you could find as healthy looking children in the county as they both are. We owe the life of my boy, and our good health at present, entirely to the Water-Cure. H. C. VAN L.

[New Woodview, O.

PHYSIC.—Many unfortunate persons have a sad propensity for amateur physicking, and labor to improve nature by the addition of pestilential drugs. How delightful! It is said that David Hartley took two hundred pounds of soap to cure the stone. Bishop Berkeley drank a butt of tar-water. Meyer, in the course of chemical neutralization, swallowed 1,200 crabs' eyes. One person took so much of elixir of vitriol that the keys were rusted in his pocket by the transudation of the acid through his skin; and another turned blue from the quantity of argentum nitratum which had been administered to him. Well might the poet say to his black boy, "Take physic, Pomp."

[What a beautiful system is this Allopathy! Take physic, by all means, if you wish to have the pleasure of—*taking it again!*]

HOME PRACTICE.—Permit a friend to say through your valuable JOURNAL, that pure water has been an agent in the hands of the "Great Physician," of restoring me to a very comfortable state of health.

Four years ago last May, having taken a severe cold, I was attacked with a cough. I made use of the usual remedies for removing a cold until the following March.

During the winter my cough and expectoration increased very alarmingly. Having symptoms of a seated consumption, I was induced to call upon a homoeopathist; I followed his directions about two months, gradually losing strength, while the hectic fever increased. Hearing of a botanical physician who was

said to be very good in diseases of the lungs, my husband sent thirty miles to consult and obtain medicine from him. He called to see me, and pronounced my disease pulmonary consumption, but said he could help me. After taking his medicine a few days, I began to feel better; I continued to make use of pulverized roots for about eighteen months. I coughed less and recovered my strength, so as to be able to walk half a mile.

One year ago, last March, I was taken with a violent pain across the abdomen; the agony I endured I cannot describe. For two nights and one day I was too feeble to have my dress taken off. In the meantime an allopathist was called, but my lungs being so much diseased, he dared give me but little medicine. The third day hemorrhage of the uterus commenced, and continued about six months, with the exception of seven or eight days. I was confined to my bed most of the time. My cough and expectoration returning more violent than ever, I thought my work was about done, and the weary wheels of life would soon cease.

My husband having occasion to visit the city of New York, called on a very celebrated allopathist; he recommended sitz baths in cold salt and water. He did not give him any encouragement in regard to my cough. I made use of this bath a few days, without any good effect.

My mother being with me on a visit at the time, urged me to make use of cold fresh water. As a last resort I commenced, with but little, if any, hopes of its doing me good. I first made use of the head bath, wet and dry friction; from that to the wet bandage around me; wet compress on my chest, and sitz bath and foot bath; exercising my own judgment when I needed them most. I tried to be particular about my diet. In a few days, to my great astonishment, I began to feel that there was a healing balm for my fevered and pain-racked system. (I heard of the WATER-CURE JOURNAL and subscribed for it; shall continue to take it.) In a few days I could walk about the room. As soon as I recovered strength sufficient, commenced walking out in the fresh air. I am now able to walk two miles with but very little fatigue. I never was more cheerful, and feel as though I was renovated.

My friends consider my recovery almost a miracle; some say that water was just what I needed; but think it will not do for every one to use as a remedy. I endeavor to use my influence in favor of the system, whenever an opportunity offers.

L. D.

NEW YORK HYDROPATHIC AND PHYSIOLOGICAL SCHOOL.—In consequence of more extensive arrangements than were at first contemplated, the School Department of Dr. Trall's Institute, at No. 15 Laight st., will not open until Nov. 1st. Circulars will be sent to any person requesting them.

THE ELMIRA WATER-CURE.—*Messrs. Editors:* On a pleasant afternoon, a few days since, feeling a desire to escape from the turmoil and din of our busy mart, and to breathe the pure air of Heaven, I thought I could gratify an inclination that I have had to see the internal arrangements of the Water-Cure Establishment, which appears so conspicuously on the hill east of our village. On arriving at the Cure I was kindly received by Dr. S. O. GLEASON, and made familiar with the paraphernalia of the Establishment. I was surprised at finding so many patients (some sixty or seventy) under the doctor's care, and a more cheerful company of invalids I never saw; and their joy appeared to arise from the consciousness that they *felt* that they were regaining the best of earth's blessings—health. During the afternoon the patients assembled in the romantic glen, near the Cure, for a picnic. I received an invitation to join them, which I gladly accepted. After viewing the charming scenery of the place, being comfortably seated, we were sup-

plied by fairy hands with an abundance of ice-cream, lemonade, and other edibles suitable for the occasion, and everything passed off most agreeably.—*Elmira Republican.*

WATER-CURE IN ALABAMA.—Since my recent establishment here as a Hydropathic Physician, I have successfully treated several interesting cases of disease. One of which was the most extreme case of cellular dropsy I ever saw or recollect to have read of. Three other physicians had treated the case before I was called to see it. I was to some extent discouraged, because I found the patient bloated to (apparently) the very extreme; he had had convulsions, and it seemed that there was but little hope of his recovery under any treatment. But I remarked, that I could benefit him—after which I commenced treatment: my treatment consisted first the *dripping sheet*, for about a day, then the wet pack and dripping sheet, for two or three days; by this time I had regulated the action of the digestive organs, which I found very much impaired, but the effusion, or swelling had not diminished sufficient to be perceivable. I then gave (what I call) a *steaming*—by means of a tub with some water in it, placed beside the bed, the patient placed over it with blankets drawn around his neck, so as to cover the tub, and then placed hot rocks in it until the steam became sufficiently warm; after a few minutes (say 15 or 20) the patient was rubbed down with the wet sheet, and placed in bed. The dripping sheet and wet sheet pack was kept up for a few days, when *this same steaming process* was administered again, for a longer duration, after which the regular treatment of wet sheets, packs and compresses were kept up. It is pleasing to say, that after 2 or 3 days the digestive organs were regulated, and in 3 or 4 days more the urinary organs were regulated, and in a few weeks the effusion was scarcely to be noticed, and now the patient (with the exception of lost flesh) seems to be as healthy as he ever was. I was called to see this case about the 3d of March last, which gives ample time from that date until now, to fairly test the permanency of the cure. This is merely a glance, the correctness of which can be established by a great many persons who were as familiar with the circumstances as I am. The individual alluded to is the son of Mr. S. Wright, of this vicinity, about ten years old.

Rockford, Casa Co., Ala. JOHN S. BENTLEY.

WATER-CURE IN CANADA WEST.—I have made a short tour in Canada West, for the purpose of inducting as many of that people as possible into the strait and narrow way of health, prosperity and long life. I lectured some on Hydropathy and in several places to good houses, considering the unfavorableness of the season. Hydropathical Lectures, properly delivered, are certainly very beneficial, yet there is no way so successful in the explosion of *drugism* and its *murderous accomplices*, as the *faithful* application of *Hydropathy* upon the unfortunate victims of *medical science*.

It has been my pleasure to make this application to a goodly number in my travels, and of seeing its happy effect without any exception whatever. I have frequently been complimented thus: Dr. we shall never forget your visit, for you leave us not only healthier than we have been for many years, but in a pecuniary sense, we will realize much—from \$50 to \$100 per year. A *medical gentleman*, on my way, insinuated that the design of my lectures was to make money! It was exactly so, but not in my own pocket only; I had an eye to the interest of others; being confident that the consistent Hydropathist lives not only *healthier*, but *better, happier* and absolutely *cheaper*, than any other class.

WM. D. PORTS.

HYDROPATHY IN THE SOUTH.—Water-Cure principles are spreading rapidly through the South and Southwest, and Hydropathic "establishments" are

springing up in various parts. A correspondent, writing from Florida, thus describes a location for a "Cure," and specifies the wants of the people:

Orange Hill, Fla., is a great natural curiosity. The country around is moderately level, generally poor pine woods. Orange Hill rises some, probably, 150 feet above the surrounding country; is four to six miles long, a mile or a mile and a half wide, is level on top, and is a rich hammock land, very productive! Besides this, there are a great many of the most beautiful, clear, cool, fresh, free stone springs that I have ever seen, gushing and gurgling out all around the "Hill," some 50 to 75 feet from the top. Not only is this Hill noted as one of the most healthy places in the south, but invalids have repaired to this place for health with entire success. The people here are intelligent, benevolent, pious, and are, almost without exception, not only in favor of the water-cure, but are anxious to have an establishment here. An individual, or individuals, who would set up here, *must* be decidedly of an excellent moral character—persons who are pious are much preferred. And as the people here are Baptists, they would *somewhat* prefer those of their own order. A person, or persons, who would *establish* here should have some means, so as to be able to put up a good boarding-house, as there is not an individual on the Hill that would be willing to take the trouble of a boarding-house. This place, also, would be a very pleasant summer retreat for the people of Apalachicola, and other places within reach.

J. R. H.

Talk and Topics.

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.

PHYSIOLOGICAL LECTURERS.—It gives us pleasure to announce, prospectively, several old and new Lecturers, who are about to enter upon the duties of public Teachers, in this department of Human development, health and elevation. Let every public hall, lecture room, and school house, be opened and occupied at proper times and seasons, for this purpose. "The people" will be glad to hear, and receive instruction, whenever, and wherever an opportunity is offered. Then let those, who have light, not "put it under a bushel," but let it shine! Let truth and knowledge pervade the world. In no other way can new ideas, and new truths, be disseminated with greater rapidity and acceptance, than by public lectures.

In New York, we may name the following, as now preparing courses of lectures, for the coming season. Dr. Geo. H. Taylor, W. F. Baldwin, Mrs. E. L. Baldwin, Joel Shew, M.D., O. S. Fowler, L. N. Fowler, Mrs. L. N. Fowler.

We presume most of the Hydropathic Physicians in all parts of the country will, when professional duties permit, engage in delivering lectures to the public.

In Boston, E. A. Kittredge, M. D., and D. P. Butler, are well known as Lecturers, throughout New England.

In Western New York, we may name Dr. S. O. Gleason, and Mrs. R. B. Gleason of Elmira. Dr. J. C. Jackson of Glen Haven, Dr. P. H. Hayes of Wyoming, Dr. N. Bedortha of Saratoga—Dr. O. V. Thayer of Binghamton, Wm. D. Potts, and Mrs. Henrietta D. Potts of North Ridge, N. Y.

EXHIBITION OF THE INDUSTRY OF ALL NATIONS.—The Crystal Palace and its contents are now attracting a large share of public attention, and our city is thronged with strangers from all parts of our country and of the earth, who have come here to get a glimpse of the world and its works and ways as here represented. All the daily and weekly papers abound in detailed accounts of the Exhibition, and it does not come within the scope of our JOURNAL to speak at length on the subject. We can do no less, however, than to advise all our readers who can do so, to pay it a visit. Whatever interested parties, out of New York, may affirm, we consider the Crystal Palace itself, to say nothing of the wonders of Industry and Art collected within its walls, better worth seeing than anything else now existing in America.

THE "ILLUSTRATED WATER-CURE ALMANAC" for 1854 takes "Time by the forelock," and gives him a good sousing in all the peculiar ways which the water-cure doctors have so good an opinion of.—*Model American Courier, Philadelphia.*

THE NEW HYDROPATHIC QUARTERLY REVIEW.—The time necessary to execute the engravings required to illustrate the first number, compels us to postpone its publication till the first of October, when it will appear without fail. Several articles of great interest and value have been already prepared for it. We trust that all who desire to see such a work established and sustained, will exert themselves to procure subscribers for it, that we may be able to commence with an assurance of entire success.

WATER-CURE AND PNEUMOLOGICAL ALMANACS.—These Almanacs contain more useful information than any we have ever seen, and should be in every family.—*Winchester (Ill.) Unionist.*

This may seem rather an exaggerated statement, but we venture to say that an examination of the little works in question will convince any candid person of its truth. See in another column what others have said of them.

AMERICAN INSTITUTE FAIR.—The following is the programme for the Fair of the American Institute in October next:

Oct. 1st, 3d, 4th, 5th, Castle Garden, New York, will be open for the reception of Goods and Specimens.

Oct. 6th, Castle Garden will be open for the admission of visitors, from 9 A. M. until 10 P. M., and continue the same each day (Sundays excepted) until the close, [probably for twenty days.]

Oct. 29th, Testing of Ploughs, near Fry's Hotel, Flatbush, on the plank road to Coney Island, at 11 o'clock, A. M.

Oct. 11th, Ploughing and Spading Matches, same place, 11 o'clock, A. M.

Oct. 18th, Special Exhibition of Roses and Cut Flowers at 12 o'clock, M.

Oct. 10th, 20th, and 21st, Cattle Show at Hamilton Square.

Oct. 20th, Anniversary Address, by the Hon. Win. H. Seaward, at Metropolitan Hall, at 7 P. M.

CINCINNATI WATER-CURE.—MESSRS. EDITORS:—Will you do me the favor to say to the friends of the Cincinnati Water-Cure, that it took fire on the afternoon of the 5th of July, and the bath-rooms, kitchen, wash-room and out-buildings, were entirely consumed, with considerable damage to the main buildings? This was a serious misfortune, as there was a large number of patients there at the time. It is, however, being rebuilt, and when finished, will be much more extensive and complete than it originally was—and will be ready for the reception of patients about the first of September.

Cincinnati, Ohio.

D. A. FRANK.

WATER-CURE IN WATERVILLE, MAINE.—Our friend E. D. informs us that a Water-Cure physician would find a good opening at this place. THE SAMARITAN HOUSE may be easily converted into a "first-rate" Water-Cure Establishment. Who will occupy this Hydropathic ground? The people are ready, and a good physician called for.

TO "WAKING UP THE WRONG PASSENGER."—MESSRS. EDITORS.—To promote success, while aiding my husband to procure a copy of subscribers for your much valued WATER-CURE JOURNAL, I gave each the privilege of retaining the \$1 till the delivery of the first numbers. All promptly took them when brought, till calling at the house of an influential physician, whose lady had subscribed, when the following incident occurred, illustrative of the old adage, "It is the palled jade that winces."

I was politely received by his Honor; who, on my inquiring for his Lady, and announcing the object of my call, spiritedly replied—"I am a regular physician! I belong to the regular profession! and am bound to protect it from all innovations of Hydropathy, Homeopathy, or anything else, and I don't allow anything of this kind in my house."

"But, sir," said I, "your Lady has subscribed for it—I have advanced the money, and here are the papers, according to order."

Said he, "It makes no difference, I cannot have it in the house." I inquired, do you not allow yourself or Lady to examine any system of treatment not in accordance with your own? "No," he replied, "we are pledged to sustain the profession. If you choose to collect the pay, proceed according to law."

I then left him, to glory in the honors of a profession that is doomed to dishonor, when truth shall be victorious.

[St. Louis, Mo.]

A CO-WORKER.

It's no matter, "the people" take the JOURNAL, and will soon dispense with both the services and the pure cod-liver oil of this wise one, so never mind.

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.

GENERAL DEHLITY.—P. B. S. wants to know what we think of a sea voyage in his case? We would recommend it. A long sail on the Pacific would be the best. Enlist on board some merchant vessel trading with China. A whaling voyage would be the next best adventure. We cannot inform you as to details of living on board, expenses, what you could do to pay your way, &c. Any news agent would ascertain all such particulars for you on receiving pay for his time and trouble.

COLD WATER FOR THE EYES.—Somebody, somewhere, sends us the following, copied from an exchange, and desires to know what we think in the premises:

"There is a popular notion sanctioned even by medical men who ought to know better, that the eyes are preserved by opening them every morning in a basin of cold water. Some of the worst cases of pterygium, or film on the surface of the eye, have been witnessed in those who boasted of this practice. When a drop of water gets into the wind-pipe, the nostril, or the ear, irritation is produced, and when the eyes are opened under water the sensation is anything but agreeable. The eye is lubricated by a secretion admirably adapted to facilitate the motions of the lid over its surface, and as this secretion is partially soluble in water, it is as inconsistent with common sense to wash it away as it is to remove the oil from the wheels of machinery."—*An Exchange.*

Well, we think the perpetrator of the above is either a big, blundering booby, or an ill-grown, illiterate ignoramus; and we don't care which. Some two years ago the *Boston Medical Journal* undertook to make folks believe that it was dangerous to apply much water to the surface of the body, for fear of washing off the grease which was necessary to enable the skin to act. But it made itself so ridiculous in the attempt, that it will never try that kind of nonsense again.

PAIN IN THE SIDE.—E. P. E., Rockport. Wear the wet girdle a part of each day; and employ sitz baths occasionally. The diet must be very plain and mostly vegetable.

HIP DISEASE.—M. D. P., Elmore. Your lameness is probably occasioned by a partial luxation of the joint. You can never restore the displacement, but may diminish the pain and lameness by invigorating the muscles. A moderate douche to the part is the best local appliance.

WEAK EYES.—M. E. G., Wisconsin. Attend to the general health strictly, particularly in all matters of diet, and leave the eyes pretty much to themselves. Holding them for a minute or two in tepid water once or twice a day, may benefit them somewhat, and will do no harm.

PIMPLES ON THE FACE.—J. F., Hutsonville, Wis. Take a thorough towel wash each morning on rising, and live on a plain fruit and farinaceous diet. All greasy things must be particularly let alone.

ENLARGED TONSILS.—W. H., Boston. "What is the cause and remedy for enlarged tonsils? Has the wearing of the beard any connection with the prevention or cure?" Frequent colds, in connection with bad eating and drinking habits, are frequent causes. Mineral drugs so generally fed to children in candies, lozenges, cough syrups, &c., sometimes produce them in children. Bathe the neck daily in cold water, and gargle with iced water, or hold bits of ice in the mouth. Wearing the beard is most unquestionably a preventive of all throat diseases.

FITS, SPASMS, CONVULSIONS, &c.—D. A. B., Benton, Ill. You will find the information you desire in the *Encyclopaedia*, the price of which you will see in the catalogue.

HEART DISEASE, BRONCHITIS, &c.—A. L. D., New London, sends a long account of his multitudinous ailments, remarking: "Our allopathic doctor scared me almost to death by telling me I had enlargement of the heart." We have known many persons almost killed by the same false opin-

ions. Your case is purely one of dyspepsia, and the irregular action of the heart is entirely sympathetic. Adopt a strict vegetable diet, mostly farinaceous, and take a very mild course of water-treatment. A daily towel wash, and one or two hip-baths not very cold, will probably be sufficient.

RHEUMATISM AND DYSPEPSIA.—S. K. Park, Ind. You are on about the right plan; persevere, avoid hard water, and wear the wet girdle a part of each day.

TWO MEALS A DAY.—D. C., Medina, is informed that, in our opinion, there is very little to choose between two or three meals a day, provided the times of eating, the quality and quantity of food, &c., are duly regulated.

DISEASED KNEE-JOINT.—C. A. J., Orland, Ill. "Scrofula" and "Fever-sore" are substantially the same thing in the case you describe; for the ulcer is the manifestation of the scrofulous disease. The reason it is so long in healing is because the bony structure (whose changes are very slow) is affected. Continue the same general plan of treatment, and the patient will come out right.

DRUG DYSPEPSIA AND MERCURIAL LIVER COMPLAINT.—J. W. J., Franklin, Ky., informs us that, after the way of all over-bedrugged men, his stomach has become a very miserable apothecary shop, &c., and wants to know how to get rid of both disease and drugs. 1. Take no more drugs. If you get sick trust to nature instead of drug doctors. 2. Take a half-bath once or twice a day, for ten minutes, about 85°. Those who have been pretty well "peppered" with calomel must not use water too cold. 3. Take a wet sheet pack twice a week for an hour, followed by the dripping-sheet. 4. Adopt a plain vegetable diet.

THRUSH, &c.—A lady of Genesee, after detailing her symptoms, propounds: "Is it the thrush principally which causes my present debility and feverishness? If so, will it be apt to assume the chronic form? Would it be best to nurse my babe the usual time? What causes my feet to burn so; and how can I remove the difficulty? And what diet is best for me?" In the order of the above questioning we answer: no; yes; yes; don't know; by restoring the general health; vegetable. Your whole system is disordered and your nerves shattered; and the causes are still operating to perpetuate your many maladies. We might as well talk geometry to a maple tree as to tell you hydropathic prescriptions, unless you will get books and inform yourself in the way of managing the processes.

A PUZZLE.—W. D. F., Grand Rapids, Michigan, gives the history of a woman, who, through pregnancy, childbirth, and convalescence, had various ailments and distresses, and dabbled at different times with a little hydropathy, and a little allopathy, and a little homeopathy, and asks us to explain why it was that on a particular occasion a bath failed to relieve a particular symptom? &c. Now, we acknowledge that we ought to know everything; but we are quite sure we don't. We do, however, know this much: that in the above a proper diet was the most essential part of the medicinal course; and that in giving a long description of the case, the writer has not said a syllable about this matter. How could you have read the *Encyclopaedia* so carelessly?

CATARRH.—S. M. L., Gowanda, N. Y. "I have eagerly perused your Journal lately to find directions adapted to my case, the catarrh. The allopaths recommend me to adopt the disgusting practice of taking snuff! But as we here in the "backwoods" have learned many sublime lessons of wisdom from the Journal, we would like information on this matter also." You should get the best books on water-cure, as they treat fully on that and all other diseases. The general plan of treatment is one full bath daily, and one or two hip and foot baths, at the same time adhering to a very simple diet.

NOISE IN THE EAR.—C. J. R., Springfield. Attend strictly to the general health; be especially careful in the diet; which should be rather abstemious, as well as plain, and syringe the ear frequently with moderately warm water.

WORMS.—J. M. M., Trenton Falls. Give the child coarse plain vegetable food, and let "pink and senna" take care of itself.

SORE LIPS.—A. H., St. Joseph's. The causes are high-seasoned food, over-eating, hot drinks, too much salt, animal oils, a greasy food, saleratus, green tea, concentrated or binding diet, hard water, mercurial drugging, &c. Eat plain, simple food; drink nothing but water, and no more of that than thirst demands; bathe once or twice a day, and the cure will come sooner or later.

CAMPHOR.—A correspondent asks us whether camphor injures the nerves, digestive organs, generative functions? &c. &c. Yes; it injures the whole organism in general, and hence damages each part and function in particular.

NOSE BLEEDING.—W. B., Iowa. "Please inform me how to prevent bleeding at the nose? I have been subject to it from childhood, having attacks once in about six weeks." Adopt a plain farinaceous and fruit diet; take a towel wash every morning, and two or three hip and foot baths daily.

TUMOR.—R. B. W., Leoni, Mich. "Can a gelatinous tumor be cured hydropathically, and if so, how?" Most certainly it can; and by cutting it out with a scalpel. That's *hydro-chirurgopathy*.

SWELLED FEET, &c.—D. W. B., Colebrook, Ct. You do not speak of your present dietetic habits, which may have much to do with the heat, and burning sensations you are troubled with. Avoid salt, grease, flesh, and condiments, and take the wet sheet pack once or twice a week.

FLANNEL.—C. H. T., Ulster. "Is it beneficial for a person who is employed about a very hot furnace to wear flannel next to the skin?" No, sir.

Business Matters.

TO PREVENT MISARRIAGES, 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.

OUR NEW ILLUSTRATED ALMANAC FOR 1854! Now ready for distribution throughout the States, Territories, Provinces, and the Canadas.

THE ILLUSTRATED WATER-CURE ALMANAC FOR 1854 contains forty-eight large 12 mo. pages, with calendars adapted to all the meridians above mentioned, together with a variety of interesting and useful reading matter for men, women and children, besides a complete list of all WATER-CURE works, published at the office of this JOURNAL, and is worth, to every one who reads it, many times its cost, which is *only six cents a copy, or fifty cents a dozen*. The publishers will send them by mail, and *prepay* the postage to any post office in the UNITED STATES.

THE ILLUSTRATED PHRENOLOGICAL ALMANAC FOR 1854. Same size and price; contains a rich variety of matter pertaining to the SCIENCE OF PHRENOLOGY; amply illustrated, with portraits of distinguished personages, animals, etc., etc., with a definition of the PHRENOLOGICAL ORGANS, according to their numbers, including the SELFISH PROPENSITIES, MORAL SENTIMENTS, SEMI-INTELLECTUAL SENTIMENTS, and INTELLECTUAL ORGANS, REFLECTIVE FACULTIES, TEMPERAMENTS, etc., etc., and is worthy a place in the parlor, the office, the shop, the kitchen, or the chimney corner of every family. Who can keep house without an almanac? And when about it, why not get the two best? Say the Phrenological for the men and boys, and the Water-Cure for the women and girls. Then, after reading, the almanacs may be changed by the parties, the one for the other, and so each get the reading and benefit of both. The two cost but a York shilling—i. e. four letter stamps, added delivered free of postage at your own post office.

We clip a few notices relating to these new almanacs, from

THE NEWSPAPER PRESS.

The publishers of these Almanacs are doing a great work for human progress—a work greater, perhaps, than they themselves are conscious of. The works of Fowlers and Wells are strongly marked with utilitarianism, but they come in such a popular style that their readers are numbered by hundreds of thousands. These Almanacs are crowded with useful hydropathic and phrenological facts, which ought to be known and remembered by every human being.

[*Rhode Island Freeman.*]

THE PHRENOLOGICAL ALMANAC for 1854 is a large and neatly

printed pamphlet. Besides the usual calendar, Astronomical and Chronological tables, it contains reading matter relating to Phrenology, Physiology and kindred sciences, the whole illustrated with neat and appropriate engravings. Those wishing to obtain a knowledge of the science of Phrenology will find this Almanac a valuable guide and assistant. The WATER-CURE ALMANAC contains articles explaining and illustrating the merits and efficacy of Hydropathy, and furnishing many valuable hints concerning the preservation of health and the cure of disease. Buy and read.

[*Whitehall, N. Y., Chronicle.*]

We find each filled with much interesting and valuable information, besides the usual astronomical calculations. The publishers are indefatigable in spreading useful knowledge before the people, and not the least effectual way is the publication of these excellent Annals. [The N. Y. Radii.]

It is needless to say that they are well filled with choice matter. The above firm issue no trashy, catch-penny works, but such as have an elevating and progressive tendency.

[*Schoharie N. Y. Republican.*]

They contain a large fund of valuable information with regard to Phrenology and Water-Cure, and should be in every family. [Weekly Transcript, Mass.]

They furnish a succinct and popular view of the sciences by the most capable and practicable phrenologists and advocates of the Water-Cure in the Union, if not in the world. [Aurora of the Valley, Vt.]

They are neat, cheap, and useful Almanacs, full of valuable and instructive reading. [Racine Advocate, Wis.]

They are fine publications, which should be found in every family, in place of those deleterious patent medicine advertisers, labelled "Almanacs," and which are given away by our druggists. [Conneaut Courier, Pa.]

They contain near 50 pages each of interesting matter of no ordinary value to the family. Single copies 6 cents each. [Mirror of Temperance, N. Y.]

Besides being good Almanacs, they contain much valuable and interesting matter, and are fully "up with the age." [Jonesville Telegraph, Mich.]

The Publishers are certainly "ahead of the times" in some things. [North Bridgewater Gazette, Mass.]

They contain a great amount of valuable matter, are of large size, and furnished at the low price of 6 cents per copy. [Rainbow, Ct.]

We call this "taking time by the foretop." [Cold Water Sentinel, Mich.]

They are valuable works, and cannot be too attentively considered. [Baltimore Co. Advocate.]

No family should be without them. [Saturday Visitor, N. Y.]

We might extend these commendatory notices, and embrace more than a thousand newspapers, but our space will not permit; besides, the above are enough to show the universal public sentiment in regard to these ILLUSTRATED ALMANACS for 1854. Let every friend of Human Progress and Reform aid in their world-wide circulation. Orders for ONE, a DOZEN, a HUNDRED, or a THOUSAND promptly filled. Book-sellers, pedlars, and agents will do well to obtain a good stock for the coming year in season.

THE SIZE, PRICE, and CIRCULATION of the WATER-CURE JOURNAL render it a desirable medium for ADVERTISING. Business and professional men in all parts of the country who seek publicity solicit the use of our columns for this purpose.

Hitherto we have declined publishing, even in the advertising department, every thing of the "patent medicine" order, and shall in future keep our pages unpolluted and free from such abominations. We may, however, with profit to the advertiser and reader, publish in that department matters of general utility and of public interest—such, for example, as Water-Cure establishments, New or improved machines, agricultural implements, fruit trees, or nurseries, schools, public and private, academies, colleges, etc., daguerreotype galleries, railways, steamships, and other modes of conveyance for passengers or freight, with distances, terms, etc., hotels and boarding-houses, booksellers and stationers, builders and manufacturers generally. In short, all the leading interests in the business world may here be profitably represented, the market extended, and all parties, manufacturer, dealer, and purchaser, permanently benefited. The very large circulation which the Journal has obtained will, we feel confident, prove eminently serviceable to all who patronize it.

Our terms for advertising, and other particulars, may be found at the head of the advertising department.

"WANTED."—From Europe and various parts of our own country the publishers of the WATER-CURE JOURNAL are receiving inquiries with regard to the most suitable places in the UNITED STATES for first class Water-Cure establishments. They call for particulars—such as location, the quality of water, scenery, timber, fruit, latitude and longitude, conveyance, and distance from the principal American seaports, etc., etc., and the terms per acre at which land may be bought, with or without improvements. These, and other questions, compel us to review our studies of the geography, geology, botany, and agriculture of the States and Territories. But so rapid are the changes going on in all parts of the land, that we can scarcely keep ourselves thoroughly "posted up" on all these points. We therefore solicit information covering these questions from our subscribers and correspondents in all the States and counties.

The time is not far distant when all the desirable situations will be taken up and appropriated for these purposes. Will our friends point out the crystal fountains and living springs?

THE AMERICAN PHRENOLOGICAL JOURNAL for September, just published, by Fowlers and Wells, 131 Nassau street, New York, (Terms \$1 a year,) presents the following attractive table of contents:

CONTENTS OF THE PHRENOLOGICAL FOR SEPTEMBER.

Alex. Campbell and Phrenology, The Apparatus of Motion, The Natural History of Man, Miscellaneous Psychologia, The New England Protective Union, The Position of the Phonetic Movement,	William Gilmore Simms, Charles Caldwell, Farm Work for September, Miscellany, Reviews, Chit-Chat, Literary Notices, Notes and Queries, etc., etc.,
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REPORTERS' MANUAL.—The phonographers who read our Journal are informed that the Editor of the Universal Phonographer, Mr. Andrew J. Graham, is now preparing a work which is designed to be a complete and thorough text-book in the reporting style of phonography. This work will be on sale about the first of November. Particulars as to size and price in our next.

GOLD MINING.—We are now receiving at this port upwards of sixty millions of gold per annum from California, and whatever cavillers may say, the amounts are steadily increasing. It is from the quartz mines that we must ultimately look for our supply of the precious metals. In this connection, we would call attention to the advertisement of the Lafayette Gold Mining Company, which may be found in this number of the JOURNAL. It presents the most satisfactory claims to those seeking investment of any that we have yet seen.

O. D. PAINE, M.D., has entered upon the Hydropathic practice in Youngstown, Mahoning county, Ohio.

Literary Notices.

THE WATER-CURE ALMANAC for 1854, published by Fowlers and Wells of New York, contains a variety of articles on the water-cure processes for the treatment of diseases, and some cuts representing Dr. Calomel in the practice of his profession, etc., etc. [Westfield News Letter.]

[The Westfield editor alludes to the Illustrations, in which Dr. C. is represented in the act of "Bloodletting," and of that cruel process called "cupping." But they will soon be regarded as curiosities, among the things that were. The WATER-CURE will banish both those "arts" of the regular profession.]

PHILOSOPHY OF HEALTH; Natural Principles of Health and Cure: or Cure without Drugs. Also the Moral Bearings of Erroneous Appetites. By L. B. COLES, M.D., Fellow of the Massachusetts Medical Society, and Member of the Boston Medical Association. Boston: Ticknor, Reed & Fields. 1853. [Price 75 cents.]

One of the most hopeful signs of the times is the large sales which are now made of works on Physiology, the Laws of Health, Water-Cure, and kindred topics, and the steadily increasing interest in Physical Education. The importance of the subject is far from being fully appreciated even now, but the tendency in the right direction is unmis-

takable. The copy of Dr. Coles' work now before us, as we are informed on the title-page, from the *thirty-fifth thousand*. It is a truly valuable work, and deserves all the success it has obtained. It has been, and will continue to be, a useful agent in the great work of Health Reform. This we say, though we cannot endorse all its doctrines. For instance, Dr. Coles, though he thinks that "more damage than good is done with medicine," still advocates its use "sometimes;" but says, "it is never to be given when any other practical method of cure is at hand." In this he is only *almost* right. But let this pass. The book is a good one, and the reader is neither obliged to swallow the medicine nor subscribe to any doctrines the book contains which he does not like. G. C. Rand, 3 Cornhill, Boston, Mass., is the wholesale agent for the work.

ONE YEAR: A Tale of Wedlock. By EMILY F. CARLEN. From the original Swedish, by ALIX. L. KRAUSE and ELBERT PERCK. New York: Charles Scribner. 1853.

One of the first things which strikes the reader of Madame Carlen's books, is the tone of tender affectionateness which pervades them. They could come from none but a kind, pure, and warm heart. Love of kindred and of the domestic circle, is a marked characteristic of the Swedes. In this trait Madame Carlen well represents her country. She loves family, friends, home, native land, and fellow countrymen, and delights to picture home life. This she does admirably.

This is, in our estimation, one of the happiest of her efforts, both in the choice of a theme and in its treatment. The English of the translators is not always quite correct, but is generally very creditable to them as foreigners.

THE WORKS OF SHAKESPEARE. New York: Redfield, 1853.

We are glad to be assured, as we are by the reception of the first number, that we are now to have an edition of Shakespeare with the twenty thousand manuscript corrections discovered by J. Payne Collier. It will be completed in sixteen parts, at 25 cents each, and will comprise an introduction to each play, a life of the poet, &c., by J. Payne Collier, F.S.A., to which are added, glossarial and other notes, the readings of former editions, a portrait after that by Martin Droeshout, a vignette title on steel, and a facsimile of the Old Folio, with the manuscript corrections.

This is an *American Copyright Edition*, the notes being expressly prepared for the work. The English edition contains simply the text, without a single note or indication of the changes made in the text. In the present, the variations from old copies are noted by reference of all changes to former editions, and every indication and explanation is given essential to a clear understanding of the author. There are several thousand of these annotations. The preface, matter, Life, &c., will be fuller than in any American edition now published. It will be issued in weekly numbers until the whole is completed.

THE ATTORNEY: or the Correspondence of John Quod. New and Revised Edition, with Illustrations. New York: Samuel Huestis. 1853.

The copy before us is from the third edition of this popular book. The "Quod Correspondence," as originally published in the *Knickerbocker Magazine*, attracted a good deal of attention. In book form it has been equally successful. It is a work of the Dickens class, in a certain sense, though not an imitation. As a picture, or rather a series of pictures, of New York life, it cannot be surpassed. In the portrayal of character it is not less happy. The author has evidently studied human nature in its manifold manifestations, and has profited by the study. His style is graphic, easy, and vivacious, and his work contains touches of rare pathos and the most genuine humor.

THE OLD FOREST RANGER; or, Wild Sports of India on the Neilgherry Hills, in the Jungles, and on the Plains. By MAJOR WALTER CAMPBELL. Edited by FRANK FORRESTER. New York: Stringer and Townsend. 1853.

This is a beautiful romance of sporting and adventure in the gorgeous land of the Orient, and will be read with avidity by all classes of readers. The sportsman, the naturalist, the lover of Nature, the curious investigator of manners and customs, the lover of excitement, will each find his favorite mental stimulant in its highest and purest form. Splendid pagodas, marvellous rock temples, tiger-haunted jungles, hunters' camps in the wild forest, turbaned soldier-huntmen, voluptuous natch girls, all find an appropriate place in

our author's delightful word pictures. It is one of the pleasant books of the season, and the reading public has cause to be thankful to the enterprising publishers who have issued it in such beautiful style, for the rich treat which has thus been placed within reach. This is a facsimile of the English edition, with its spirited illustrations, each of which is a story in itself, and is very gracefully introduced by Frank Forrester, whose endorsement of such a work is a sufficient recommendation with all who know him as a sportsman and as a writer.

FATHER GAVAZZI'S LECTURES IN NEW YORK, with a Life of Father Gavazzi. Corrected and authorized by himself. New York: De Witt and Davenport. 1853.

The accuracy of the reports of the Lectures contained in this volume is avouched by the testimony of many of the leading clergymen of New York. The Rev. Dr. W. R. Gordon, of the Seventh Avenue Dutch Reformed Church, says:—"Having heard most of the Lectures, as they came over the falls of the noble Italian's eloquence, I am gratified that memory recognizes in every sentence a much greater accuracy than I had a right to expect." Besides the Lectures, this volume contains a carefully prepared "Life" of the Father, revised and authorized by himself; and reports of addresses in Italian to his countrymen in New York, translated by Madame Julia de Marguerites. The work is handsomely got up in the same style as "Beatrice."

TWELVE YEARS A SLAVE. Narrative of Solomon Northup, a citizen of New York, kidnapped in Washington City in 1841, and rescued in 1853, from a Cotton Plantation near Red River in Louisiana. Auburn: Derby and Miller. 1853.

The title-page copied above indicates sufficiently the nature of the work. It is dedicated to Mrs. Stowe, as another "Key" to "Uncle Tom's Cabin." The editor, Mr. David Wilson, says in his preface:—

"It is believed that the following account of his experience on Bayou Beuf presents a correct picture of Slavery in all its lights and shadows, as it now exists in that locality. Unbiased, as he conceives, by any prepossessions or prejudices, the only object of the editor has been to give a faithful history of Solomon Northup's life, as he received it from his lips."

WONDERS OF THE INSECT WORLD, with Illustrative Engravings. By FRANCIS C. WOODWORTH. New York: D. A. Woodworth. 1853.

Mr. Woodworth well understands the wishes and wants of the juveniles, and knows how to amuse and instruct them at the same time. "Wonders of the Insect World" is a very handsome little volume, filled with descriptions, anecdotes, and pictures of insects, and will, we are sure, be a great favorite with the boys and girls. It is a useful book as well as an instructive one. Buy it and see.

THE LIFE OF REV. JOHN WESLEY, A. M., Founder of the Methodist Societies. By RICHARD WATSON. New York: Carlton and Phillips.

This is the first American Official Edition of this Biography of the pious, talented, and indefatigable founder of the Methodist denomination. Various memoirs of Mr. Wesley have already been before the public, but some of them have been scarcely reliable, while others have been too voluminous, and have contained too much that is void of interest, except to the sect whose founder he was, to obtain a general circulation. The work before us has been prepared with more special reference to general readers. It is a well written work, and forms a valuable addition to our biographical literature.

THE SUCCESSFUL MERCHANT. Sketches of the Life of Mr. Samuel Budgett, late of Kingswood Hill. By WILLIAM ARTHUR, A. M. New York: Carlton and Phillips. 1853.

This is a real biography of a successful business man, and is designed to trace an actual and remarkable life in relation to commerce—to be a friendly familiar book for the busy, to which men from the counting-house and shop might turn, feeling that it concerned them, and for which they might possibly be better here and hereafter. The author has admirably performed his task. We are glad to see an American edition, and hope it will have a large circulation.

THE VILLAGE BLACKSMITH; or Piety and Usefulness Exemplified in a Memoir of the Life of Samuel Hick. By JAMES EVERITT. New York: Carlton and Phillips. 1853.

This is another biographical sketch, illustrative of important principles and rules of conduct in life, and is full of interest and rich in salutary lessons.

THE PILGRIM'S PROGRESS from this World to that which is to come, &c. By JOHN BURTAN. New York: Lane and Scott. 1853.

The edition of this English classic now before us is one of the best ever published. The text is divided into chapters, with an Introduction, Index, Notes chiefly selected from Bunyan's own writings, and a Life of the Author. By Stephen B. Wickers.

RECUIMENTS OF PUBLIC SPEAKING and Debate, or Hints on the Application of Logic. By S. J. HOLYOAKE. New York: McElrath and Barker. 1853.

We have not found time to examine this work as thoroughly as we could wish, but our impressions of it from a rapid glance are quite favorable. The design is certainly excellent, and the execution appears to be equally so. It is intended for a truly popular manual, and is written to be read and studied, and not to display the author's scholarship and skill in *fine writing*.

PUTNAM'S MONTHLY for August opens with a well-written article on "Our Crystal Palace;" "Acadia, and the Birth-Place of Evangeline;" "Keeping School in Texas;" "Rejected Manuscripts;" and the continuation of Wensley, are capital articles. If you want a fresh, racy, original, American magazine, take *Putnam's Monthly*. G. P. Putnam & Co., New York. Terms \$3.00 a year.

Our Exchanges.

In looking over our numerous and valued EXCHANGES, we frequently make MARKS, and sometimes REMARKS. Here we give, as far as our limited space will permit, the results.

SINGULAR ACCIDENT.—A girl at Newbury, 14 years of age, recently broke her arm trying to kill a mosquito. This extraordinary feat was accomplished as follows: The mosquito aforesaid had been making himself "very familiar on short acquaintance," so much so that her slumbers were any thing but sweet, sound, or refreshing. At length, being fully awakened to the necessity of relieving herself from the annoyance, she made a desperate grasp in the dark at her little tormentor, and being very near the edge of the bed, the sudden movement destroyed her balance, and she fell upon the floor, breaking her arm in two places. Whether the bloodthirsty cause of this misfortune suffered and damage in the encounter, remains vexatiously uncertain.

[St. Johnsbury (Vt.) Caledonian.]

[Had this girl! been protected, as she should have been, and as all persons should, by "mosquito nets," a new, cheap, and simple invention, recently made by Mrs. Willard, of Alton, Illinois. It should be introduced into every family.]

WATER-CURE.—Dr. J. Rhine, Water-Cure physician, has located himself in this city, with a view to offer his professional services to our fellow-citizens. This system of medical treatment has many zealous advocates in different parts of the United States; but, we believe, has never before been introduced here. [Alton Telegraph.]

LECTURES ON WATER-CURE.—The Mount Vernon Gazette, Ind., announces a course of Lectures in that place, by Dr. Wood, to be delivered in the Christian Church.

MRS. ELIZA CARSON has been appointed post-mistress at Mercersburg, Pa., in place of Mrs. Sarah Findley, removed. We presume, from this, that Mrs. Sarah entertained political opinions opposed to the present administration. Well—"Straws show which way the wind blows." We hope it will not be long before all our post-offices will be supplied with women, be they whig or democrat. But we reckon most of them would be Bloomers.

THREE CHECKS FOR SHELBY COUNTY!—Two days since, the consort of Mr. James Ligon, a young man living on Big Creek, in this county, presented him with two boys and a girl, at one birth! The two parents, together, we understand, weigh 200 pounds. Is there any comity, or any couple of the same size, in the Union, that can 'hold a priming' to this?—*Memphis Eagle*.

[And all because they are, and have been for some time past, subscribers to the WATER-CURE JOURNAL.]

NATIONAL POST-MORTEM.—Rev. Thomas Starr King, in his admirable lecture on "Show and Substance," holds a post-

mortem examination over the remains of ancient nations, and finds they did not perish by the might of foreign conquerors, but by their own innate corruption. Such would be their verdict: "Babylon died of delirium tremens; Nineveh, apoplexy; Persia, weakness of the spine; Greece, quick consumption; Rome, paralysis." The present characteristics of nations was hit off happily thus: "Ireland was hungry and dirty; France was troubled with neuralgia and St. Vitus's dance; Spain had the scurvy; Austria was bad off with colics and cramps that required the utmost nursing skill of the Russian Czar; Germany was subject to the gout and headache; England had a plethora—while even in our youthful nation signs of a great black cancer might be seen on our lower limbs."—*Auburn Advertiser.*

VIRGINIA GIRLS.—A correspondent of the *Richmond Dispatch*, writing from Hanover Co., Virginia, says:

I see from the *Savannah News*, that the Georgia girls are felling trees and getting out shingles. We have in this county two girls following the same occupation. I send you a sample of their workmanship. They get out six thousand shingles per week, by their own hands, at \$4 50 per thousand. They supply the whole demand in that region of country, and many are sold in the Richmond market. They have, by dint of industry, purchased an excellent piano, and they are most excellent performers. Their task is six thousand per week. They shorten their task by working evenings, in the fishing season, thereby gaining a day, Saturday, which they devote to pleasure. They go to the Pamunky River and haul the seine, regardless of the depth of water. They can dive deeper, stay under longer and come out dryer than any other girls in the United States. Now let the Georgia girls cut and come again.

[That's rather tall bragging, we reckon. Wonder if the Georgia men ever saw a Bloomer? We'll venture there are ten thousand New England girls, who take the WATER-CURE JOURNAL, that can teach those shingling girls their A B C's.]

THE WATER-CURE, A MEDIATOR.—Two draymen who were watering their horses yesterday in the river just above the steamer David White, got into a dispute about the respective merits of their horses. One of them called the horse of the other a crowbait, which was more than human flesh could bear, and the result was they got into an angry scuffle and fell into the river where the water was up to their noses. The cool water seemed to make them non-combatants, and as one became strangled and could not swim, the other was obliged to help him out. They reached the shore the best friends in the world.—*Cincinnati Enquirer.*

[Wish we could get our allopathic opponents "into the drink," we wouldn't hold 'em under long. Then, wouldn't we be good friends?]

Varieties.

IMPORTANT "STRIKE."—We have information to the effect that the *wood-choppers* of Maine have had a *strike*. A portion of them demanded more *wedges*. Should their wishes not be acceded to, they threaten an untimely *split*. After considerable *log rolling* and *barking on both hands*, the employers were at last compelled, in some of the more *knotty cases*, to yield to their demands.

THE REMEDY WORSE THAN THE DISEASE.—A man who had recently joined the Sons of Temperance went on business to Mobile, where he was taken sick. The physician finding him in a dangerous situation, prescribed brandy, which the sick man refused to take. The doctor told him that he must, or he would have spasms. "Well," said the temperance man, "I will try a couple of spasms first." He kept his pledge and had no spasm.

STATE OF MATRIMONY.—The "State of Matrimony" has, at last, been bounded and described by some out West Student, who says:

It is one of the United States. It is bounded by hugging and kissing on one side, and cradles and babies on the other. Its chief productions are population, broomsticks and staying out late o' nights. It was discovered by Adam and Eve, while trying to find a northwest passage out of Paradise. The climate is sultry till you pass the tropics of house-keeping, when squally weather sets in with such power as to keep all hands as cool as cucumbers. For the principal roads leading to this interesting State, consult the first pair of blue eyes you run against.

CALLING NAMES.—We notice, says the *Boston Mail*, that, in a slander suit recently brought in New York city, against a person for calling the plaintiff a "rogue, thief, and liar," the jury gave damages in the sum of forty-five dollars—just \$15 for each defamatory expression. We presume this may be considered, in future, the price of the luxury. The plaintiff, however, had previously called defendant's wife a "cat." But a cat is a respectable and domestic creature, with many good points, while her bad ones are purely hypothetical. So the term "cat" went for nothing as a set-off in the damages, and women may be denominated *mousers* with impunity.

These legal facts are worth remembering, for all of us use hard words when out of humor, and it is safer to know exactly how far we can afford to go, in the expense, before we indulge in certain portions of our vocabulary!

HOW CAME YOU SO.—From the *New England Farmer* we gather the following list of words and phrases, which have been in popular use, at one time and another, to signify some stage of inebriation. The list was published a few years ago, and the *Farmer* very sagely concludes that the word *drunk* is incomparably richer in synonyms than any other word in our language. Our readers may not be equally well versed in the vocabulary of the rummerics, and the list may enable them in a great many different ways, to say the same thing:—Over the lay, half seas over, hot, high, corned, cut, cocked, half-cocked, shaved, disguised, jammed, damaged, sleepy, tired, discouraged, snuffy, whipped, how came ye so, breezy, smoked, top heavy, fuddled, groggy, tipsy, smashed, swipy, slewd, crank, salted down, how fare ye, on the lee-lurch, all sails set, three sheets in the wind, well under way, battering, blowing, boozy, sawed, snubbed, bruised, screwed, stewed, soaked, comfortable, stimulated, jug-steamed, tangle-legged, fogmatic, blue-eyed, a passenger in the Cape Ann stage, stripped, faint, shot in the neck, bamboozled, weak-jointed, tight, got a brick in his hat. To this formidable list we may add, sprung, steaming it, collapsed, caved in, balmy, O-be-joyful, exhilarated, elevated, slightly inebriated, &c.

VARIOUS DISEASES.—"Diseases is very various," said Mrs. Partington, as she returned from a street-door conversation with Dr. Bolus. "The doctor tells me that poor old Mrs. Haze has got two buckles in her lungs. It is dreadful to think of, I declare. The disease is so various. One day we hear of people's dying of hermitage of the lungs, another of brown creatures; here they tell us of the elementary canal being out of order, and there about tonsors of the throat; here we hear of neurology in the head, there of an embargo; one side of us we hear of men being killed by getting a pound of tough beef in the sarcofagus, and there another kills himself by discovering his jocular vein. Things change so that I declare I don't know how to subscribe for any disease now-a-days. New names and new nostrils take the place of the old, and I might as well throw my old herb-bag away." Fifteen minutes afterwards Isaac had that herb-bag for a target, and broke three squares of glass in the kitchen window trying to hit it, before the old lady knew what he was about. She didn't mean exactly what she said.

ARAB ACCOUNT OF DEBTOR AND CREDITOR.—Corporal punishments are unknown among the Arabs. Pecuniary fines are awarded, whatever may be the nature of the crime of which a man is accused. Every offence has its fine ascertained in the court of justice, and the nature and amount of those graduated fines are well known to the Arabs. All insulting expressions, all acts of violence, a blow however slight, (and a blow may differ in its degree of insult according to the part struck,) and the infliction of a wound, from which even a single drop of blood flows, all have their respective fines fixed. The judge's sentence is sometimes to this effect:—(Bokhyt and Djolan are two Arabs who have quarrelled and fought.)

Bokhyt called Djolan "a dog." Djolan returned the insult by a blow upon Bokhyt's arm; then Bokhyt cut Djolan's shoulder with a knife. Bokhyt therefore owes to Djolan—

For the insulting expression..... 1 sheep
For wounding him in the shoulder..... 3 camels

Djolan owes to Bokhyt—

For the blow upon his arm 1 camel
Remain due to Djolan, 2 camels and 1 sheep.

[*Burchard's Notes on the Bedouins and Wahabys.*]

Brevities.

"Brevity is the soul of wit."

TO CURE THE DYSPEPSIA.—Give a hungry dog a piece of meat, and then chase him till he drops it. You will find this superior to any "flummix mixture" that has yet been concocted.

The man who put a sixpence in the contribution plate, when he had a three cent piece in his pocket, left in the Southern train on learning that Barnum was after him.

PARADOXICAL.—Rivers run all the faster for an occasional fall.

SOMETHING more rare than poetry for the people:—People for the poetry.—*Diogenes.*

A GENTLEMAN, who advertises for a room, concludes by announcing that he has "no objection to breakfast." We know quite a number of young gentlemen who are equally reasonable and unexacting on this point.

AN independent country editor very piquantly remarks:

"We do not belong to our patrons,
Our paper is wholly our own—
Whoever may like it can take it;
Who don't, can just let it alone."

BEAUTIES OF ENGLISH SPELLING.—S-a-c-h-p-t—Shot. Authority—s is sh in sugar; ach is the vowel sound of shot in yacht; and pt is t in ptarmigan.

THE young ladies in Vermont, it is said, though we don't believe it, still continue to kiss the lips of young temperance men, to see whether they have been tampering with toddy.

SOME queer fellow has defined love as "a prokigal desire on the part of a young man to pay some young woman's board."

THERE are 124,783 children in Wisconsin who go to school; or, nearly one-third of the whole population.

SCM FOR THE BOYS.—If a newspaper editor "stops the press to announce," what would he do if it was a pound?

MOSQUITOES begin to luxuriate now on the rich blood of young maidens and half-developed infants. Great red blotches on the face, arms, and hands, letothen sleepless nights, and rolling over in bed, and violent motions of hands, to annihilate the airy tormentor. [See the engraving representing a new "net," in our last number.]

A WESTERN orator, in a late slang-wang address to the unterrified voters of Cornopolis, said, that to save his country, a patriot should be willing to die, even if it took his life. It is unnecessary to say that "them" sentiments met with a "triumphant echo" from the assembled multitude.

THE Philadelphia *Sunday Dispatch* thinks it strange that Lucy Stone can consider a marriage *wrong*, when the church pronounces it a solemn *rile*; and concludes that nobody will chose *her* for a wife, because no man's heart will readily turn to *Stone*! [Not so fast. *Mr. Dispatch*, or you will get "stoned." Miss Lucy is able to defend herself.]

AN Irishman was asked at dinner if he would take some apple pie? "Is it houldsome?" inquired Teddy. "Because," said Teddy, "I once had an uncle that was killed with apple-plexy, and, sure enough, I thought it might be something of the same sort!"

A CORRESPONDENT tells of a lazy genius up his way, who, being asked, as he lay sunning himself on the grass, what was the height of his ambition, replied, "To marry a rich widow that's got a cough!" Cute chap, that. [He is, doubtless, the same person who would rather have the "fever and ager" than to work.]

IN Paris, a woman named Maria Rosa has been sentenced to four months' imprisonment, and to pay a fine of 200 francs, for putting water in the milk she sold. How lucky for some of our milkmen they don't live in France!

"HELLO, I say, what did you say your medicine would cure?" "O, it'll cure everything, heal everything." "Ah, well, I'll take a bottle. May be it'll heal my boots; they need it bad enough."

Advertisements.

A LIMITED space of this Journal will be given to advertisements, on the following terms: For a full page, one month, \$ 75 00 For one column, one month, 20 00 For half a column, one month, 12 00 For a card of four lines, or less, one month, 1 00

At these prices the smallest advertisement amounts to 125-TH ONE CENT A LINE FOR EVERY THOUSAND COPIES, our edition being never less than 40,000 copies.

Payment in advance for transient advertisements, or for a single insertion, at the rates above-named, should be remitted.

All Advertisements for the WATER-CURE 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 INSTITUTIONS.—DR. TRALL receives patients at his commodious establishment, 15 Light-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.

In addition to the small 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.

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 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.

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 blended every facility to answer the wants of both body and mind.

CONCORD WATER-CURE, CONCORD, N. H.—DR. VAIL'S ESTABLISHMENT, at the Capital of the "Granite State," will be found in winter and summer. No place affords to the invalid superior advantages for treatment. The building is undergoing improvements, and the Dr. will spare no pains for the health and comfort of his patients.

DR. WEDER'S COLD SPRING WATER-CURE, is just opened for the reception of patients. It is situated on the Upper Harrowgate Lane, 3/4 miles north from Philadelphia. In the advantages of Water, Air, and Situation, this is unsurpassed by any institution in the United States.

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.

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

DR. R. WENSELHOFF'S WATER-CURE, at BRATTLEBORO, Vt., will be conducted for the coming season by Mrs. F. WENSELHOFF, assisted by the administrators of her late husband.

HIGHLAND HOME WATER-CURE, at Fishkill Landing, Dutchess Co., N. Y. O. W. MAY, M. D., Proprietor. The pure air and water, beautiful scenery, fine large addition, an easy access from every direction, combine to render this a desirable place for those who need Hydropathic treatment.

FORESTVILLE WATER-CURE, at Forestville, Chataque Co., N. Y., eight miles from Dunkirk, on the New York and Erie Rail Road. The house is new, commodious, and the room pleasant and airy. Every facility will be afforded the patient to make the stay pleasant, and favor the restoration of lost health.

GREENWOOD SPRINGS WATER-CURE.—This establishment, in Cabell County, 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.

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.

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.

GRANVILLE WATER-CURE.—FOR the treatment of Diseases of Females. Address—W. W. BANCROFT, M. D., Granville, Licking Co., Ohio.

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

ALBURN WATER-CURE, ALBURN, MAJOR Co., Ala. DR. WM. G. REED, Miss L. A. ELY, Physicians. April, if.

NEWPORT, R. I., WATER-CURE.—THIS Establishment is now in successful operation, under the direction of DR. W. F. REID, whom please to address for particulars.

WANTED—A MATRON at GLEN HAVEN WATER-CURE. One perfectly competent to take the entire superintendence of the domestic department. For further particulars, address JAS. C. JACKSON, M. D., Scott, Cortland Co., N. Y. Sept 11.

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, \$2 per week, payable weekly. Aug 31.

GEORGIA WATER-CURE—At Rock Spring, near Marietta, Georgia, is open, summer and winter. C. COX, M. D., Proprietor. Sept 11.

DR. F. A. KITTREDGE continues to receive patients at his establishment, 24 Franklin Place, Boston, and visits the sick anywhere in New England. Aug 11.

BROWNSVILLE WATER-CURE ESTABLISHMENT.—DR. C. BAZEL continues to treat Chronic Diseases successfully at his establishment near Brownsville, Pa. Terms: \$2 per week, payable weekly.

G. H. TAYLOR, M. D., Practitioner of Water-Cure, No. 2 Eleventh st., 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. CAYLOR. Terms \$4 to \$6 per week. July 11.

FOREST CITY WATER-CURE, Forest City, Tenn. By Dr. J. W. M. STEPHENS, Mrs. J. P. STEPHENS, Physicians. July 11.

DR. BEDORTHA'S WATER-CURE ESTABLISHMENT is at Saratoga Springs. Aug 11.

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.

NEW GRAEFENBERG WATER-CURE.—FOR full, printed particulars, address R. HOLLAND, M. D. New Graefenberg, N. Y. Aug 11.

PHILADELPHIA WASHINGTON SQUARE WATER-CURE ESTABLISHMENT, No. 81 South Sixth street. DR. H. F. MERZ and T. D. REA, Surgery, Obstetrics, and General Practice attended to by DR. H. F. MERZ. Sept 11.

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. Ang 11. H. M. RANNEY, Proprietor.

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. FERRASS, Deardorff's Mills, Tuscarawas Co., O. Aug 11.

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. WEBSTER, A. M., M. D. Aug 11.

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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.

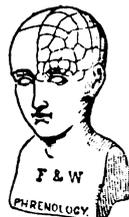
TERMS.—Only One Dollar a Year, in advance. Please address, post-paid, FOWLER AND WELLS, No. 121 Nassau-st., New York.

EDITORIAL NOTICES.

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LAWRENCE SCIENTIFIC SCHOOL, HARVARD UNIVERSITY, Cambridge, Mass. The next term of this Institution will open on the first day of September, 1853, and continue 30 weeks. Instruction by recitations, lectures, and practical exercises, according to the nature of the study, will be given in Astronomy, by Messrs. Bond. Botany, " Prof. Gray. Chemistry, Analytical and Practical " Hensford. Comparative Anatomy & Physiology " Wyman. Engineering, by " Estlin. Mathematics, " Pierce. Mineralogy, " Cooke. Physics, " Lovring. Zoology and Geology, " Agassiz. For further information concerning the School, application may be made to Prof. E. N. Hensford, Dean of the Faculty. Cambridge, July 15, 1853. Aug 31.

PRACTICAL PHRENOLOGY.—For Professional Examinations, call day or evening, at 131 Nassau-st., Clinton Hall, New York. The Museum is always open, and free to visitors.

WEBSTER'S great unabridged quarto Dictionary may be had of Fowlers and Wells, New York. Price \$5.00.

HELIVETIA AND LA FAYETTE GOLD MINING COMPANY.—In the town of Grass Valley there are twelve quartz mills, and companies formed for the erection of others. Of these the "Grass Valley Gold Mining Company" (not yet completed) possesses the most extensive buildings, and the greatest power and weight of machinery. The second in size and capacity is that of the "Helvetia and La Fayette Gold Mining Company," founded upon the celebrated La Fayette vein, though likewise at this time owning numerous claims in various other localities.

The vein on La Fayette Hill, widely reputed for the peculiar texture and quality of its ore, was first discovered by a party of eleven Frenchmen, in November, 1851. These men worked upon it during the following winter, and by shafts and tunnels so far opened the ledge as to prove the richness of its ore, also its width and dip. In the month of April, 1852, six of the original shareholders sold to Messrs. BAXTER, HOLLS, and BACON, at \$6,400 each share, and another was bought soon after for \$9,000, making a total for seven eleventh parts of \$154,000. Experiments with the La Fayette ore, &c. were made to ascertain its value more fully than is saved by the ordinary process of amalgamation now in use. From a portion of the clean washed pyrites, gathered from the "tailings," a yield equal to \$300 per ton appeared by assay.

The La Fayette vein has been opened on the outcroppings by a gallery of 300 feet, and besides numerous shafts, has several tunnels, or adits, reaching the vein at water level, and an aggregate length of about 800 feet. The Helvetia and La Fayette Company was organized under the general incorporation act of California, on the 7th of July, 1852. After the purchase of BAXTER, HOLLS, and BACON, the raising and crushing of the rock was vigorously pushed, and extensive works were commenced in opening the vein more fully. With one small mill (Dr. Bacon's), having but an eight horse engine, and capacity for the reduction of about 10 tons per week, and the employment of two other mills, a portion of the time, the yield of the La Fayette vein, from about 100 tons of ore to the 15th of August, was \$15,000, which, after deducting all expenses, left a net profit of \$5,000 in round numbers. The highest yield obtained was \$400 per ton, and the average of the whole ore has fully maintained these figures up to the present time, and so far from showing the least sign of exhaustion, the quantity of rock in sight has been increased with each day's working.

In the month of September last (1852) Messrs. Baxter and Hollis, holding a majority of the proprietors' interest in La Fayette Hill, sold to Messrs. C. Conway and O. J. FARRER, at the rate of \$10,000 for each original share. These latter gentlemen decided to situate in Boston River, together with all its valuable water-privileges, out buildings, and appurtenances, and the following additional "claims," viz.: on Gold Hill, 20 claims, 20 by 30 feet; on Massachusetts Hill, 12 by 20 claims, 20 by 30 feet. These hills are widely known for the rich veins of quartz that traverse them. By this deed the property of the Helvetia and La Fayette Company has been doubled in extent and value, while no increase in the capital was made.

(From the Mining Magazine, N. Y., for Aug., 1853.) A correspondent of the New York Tribune on July 30, under date from Grass Valley, Cal., March 27, says:

"Of the American quartz mining companies, none stand higher than the Helvetia and La Fayette. Under all the disadvantages of the season, which prevented quarrying, the mill of this company has run profitably in use two weeks per day, and these nearly worn out. The result is, from surface to rocks milled, an average profit of about \$500 per week. With new stamps, now being put in, and one or two more, the net profit will reach over \$2,000 per week, and not unlikely, as heretofore, come up to \$5,000 some weeks. The stock of this company is worth \$250,000, and will pay dividends every three months."

Later intelligence from the same company informs us that for the two months preceding the 1st inst., their workings still upon "surface rocks and tailings," had yielded \$100 per week, and were at that date putting on a double set of hands, and were about recommencing upon the vein, which was non-sufficiently freed from the water accumulated by the severe frosts to admit of working.

(From the New York Tribune, July 26, 1853.)

QUARTZ MINING IN GRASS VALLEY.—We give the following account of the operations of one of the quartz companies in Grass Valley.

The Helvetia and La Fayette Gold Mining Company was formed in July, 1852. This Company have a mill with an excellent engine, working that kind of machinery for crushing quartz and saving the gold, which is most approved in the present condition of the art. The mill has 15 stampers, each working 800 lbs., and is supplied with its quartz from claims the Company own on Gold, Massachusetts, and La Fayette Hills. The Company has expended some \$20,000 since August last in such operations as are necessary to open mines, in the way of sinking shafts and running tunnels, besides what had been previously laid out. There are two tunnels in La Fayette Hill, one two and the other four hundred feet in length. These tunnels have developed vast ledges of rock, and the workings of a great number of tons has proved it to be quartz of a most encouraging average yield.

This bill was taken up originally by Frenchmen, who realized a handsome sum from it in a short while. \$25,000 were taken out before the present Company came into its possession, and all the operations on the hill, up to this time, have but gone to prove the inexhaustible amount of wealth that is yet treasured within its limits.

(Extract of a Letter dated Grass Valley, June 28, 1853.)

"You will see from the extracts from the newspapers I send you, that confidence in quartz mining is increasing more rapidly than ever. The Helvetia and La Fayette Company took out \$100,000 worth of stock in this country. Papers like the Times and Transcript, that have been opposed to it, now confess to the brilliant prospects opening to quartz mining companies.

"There are more mills making money than since the first quartz mines were opened in the Valley. Helvetia and La Fayette Company took out \$100,000 worth of stock last with seven stamps. Last week is not cleaned up, but will be not over \$2,000, as the mill stood still for repairs nearly two days, and other time for want of a supply of rock. Had full time been made at the rate the rock yields, the product would have been \$4,000. The election of Directors, &c., takes place 7th of July,

at which time the Superintendent will be able to report the Company free of debt, and funds to a moderate amount in the treasury. Dividends will certainly be earned and declared at the regular periods of three months. I look upon this as the best company in operation in Nevada county.

These are but a portion of the reliable statements which can be produced in corroboration of the cheering prospects of the Company, were they deemed necessary—but they are not—suffice it to say, that the Company is entirely free from debt—their mills and machinery complete—their claims opened, being worked, and inexhaustible—and giving a yield that places them in the front rank in value of any yet discovered—and the affairs of the Company are conducted by careful, experienced, and responsible men, who are themselves the largest stockholders, and who confidently expect a quarterly dividend of not less than ten per cent. on the capital stock in October next, and a quarterly dividend of an equal amount on each quarterly day thereafter. Things to the value of \$100,000 each will receive all further information in detail by application to DANIEL ADER, Agent, No. 107 Fulton street, New York. Sept 31.

WILDER'S PATENT SALAMANDER SAFES.—The only Safes with Wilder's Patent and Rich's Patent combined are made by EVANS & MARVIN, 146 Water street, New York. The sole Proprietors of Rich's Patent, and joint proprietors of Wilder's Patent with Silas C. Herring.

THE CHATELAIN FIRE.—Charleston, S. C., Nov. 22, 1852. Messrs. STEARNS & MARVIN, successors to Rich & Co., New York.—On the night of the 11th instant my entire stock, consisting of oils, candles, white lead, rubber-springs and packing—also a very great quantity of other merchandise—was consumed by fire. Your letter containing my bill was in the hottest part of the fire, and an assortment of these Safes, of various sizes, always on hand, at the depot, 146 Water street, New York. (Successors to Rich & Co.) The only manufacturers of Salamander Safes, combining Wilder's and Rich's Patents.

FEMALE MEDICAL COLLEGE OF PENN SYLVANIA.—FOURTH ANNUAL SESSION.—The next course of lectures in this college will commence on Saturday, October 1st, 1853, and continue six months (twenty-one weeks), closing on the 25th of February, 1854.

FACULTY.—David J. Johnson, M. D., Professor of Chemistry and Toxicology; Edwin Harvey, M. D., Professor of the Principles and Practice of Medicine; Hilbert Darlington, M. D., Professor of Surgery; Ann Preston, M. D., Professor of Physiology; Edwin Fussell, M. D., Professor of Anatomy; George Kerr, M. D., Professor of Materia Medica and Therapeutics; Martha H. Mowry, M. D., Professor of Obstetrics and Diseases of Women and Children; Almira L. Fowler, M. D., Demonstrator of Anatomy and Chemistry.

Persons wishing further information as to terms, regulations, &c., or desiring of receiving copies of the catalogue, will please apply, personally or by letter, to the Dean of the Faculty, DAVID J. JOHNSON, M. D., 223 Arch Street, Philadelphia. July 31. A. L. F.

WEBER'S ANATOMICAL ATLAS OF THE ADULT HUMAN BODY, NATURAL SIZE.—EDINGRIFT & Co., No. 59 Beckman Street, New York, have lithographed and republished from the original German edition (the only American edition) the eleven entire figures contained in the work by Prof. M. J. WEBER, of the Royal Prussian Academy, "Frederick William," at Bonn. Figures 1, K, and L, representing the veins and arteries, are accurately colored from the original copy, and the whole work with a comprehensive "Explanation," is offered for sale in sheets, or mounted in the usual style of maps. Sets in sheet, \$16; mounted, \$25. Sept 16.

EMPLOYMENT, PLEASANT AND PROFITABLE.—Young men in every county, town and village in the United States may find a safe and profitable employment for their time and money. (See notice in this paper) For particulars, address, post-paid, FOWLER & WELLS, Clinton Hall, 131 Nassau Street, New York.

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Dr. S. B. SMITH, No. 89 Canal st., New York. All orders punctually attended to. Aug 17.

CANCERS CURED.—DR. SCHELL, late of New Orleans, is prepared to treat cancers without the knife, or any distressing surgical operation. He will also guarantee a cure in every case he undertakes. His treatment consists in strict hygienic attention to the general health, with local appliances, which are neither painful nor painful. Further information may be had of Dr. TRALL, 15 Light street, to whom application may be made.

THE WORKING FARMER; A Monthly Periodical.—Devoted to AGRICULTURE, Embracing Horticulture, Floriculture, Kitchen Gardening, management of Hot-Houses, Green Houses, &c. Edited by Prof. J. J. MAYER. Price \$1 per annum, payable in advance. This Journal has just completed its fourth year. The first four volumes may be had of the Publisher, Address, post paid, by mail, FREDK. MCCARNEY, 143 Fulton Street, N. Y.

N. E. FEMALE MEDICAL COLLEGE.—The Sixth Annual Term will commence November 2d, and continue four months. Professors—William M. Cornell, M. D., Physiology, Hygiene and Medical Jurisprudence; Enoch C. Koffe, M. D., Chemistry; Stephen Tracy, M. D., (Obstetrics and Diseases of Women and Children); John P. Litchfield, M. D., Principles of Medicine; John K. Palmer, M. D., Materia Medica and General Therapeutics; Henry M. Cobb, M. D., Anatomy and Surgery. Fee to each Professor, \$10; Graduation Fee, \$20. SAMUEL GREGORY, Secretary, 15 Cornhill, Boston. Sept 15.

S. H. & G. BURNETT, WHOLESALE AND RETAIL BOOKSELLERS, Publishers, and Stationers, 54 MADISON STREET, PHOENIX, ILL. We constantly on hand a complete Stock of Fowlers and Wells' works on Water-Cure, Phrenology, Physiology, and the Reforms of the day. 11. b.

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Travel.

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FOR BOSTON, VIA HARTFORD, SPRINGFIELD, AND WORCESTER.—At 8 A. M. and 5 P. M. The 8 A. M. stops on Hartford R. R. at Meriden, Berlin, and Middletown, Hartford and Springfield. The 5 P. M. at Hartford only.

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TRAINS TO NEW YORK. FROM NEW HAVEN.—ACCOM.—At 5.00, 6.05, 7.30, and 9.35 A. M. and 4 P. M. EXPRESSES.—At 1.10 and 9.30 P. M.

FROM NORWALK AND PORT CHESTER.—SPECIAL ACCOMMODATION TRAINS FOR NORWALK.—At 5.45 and 11.30 A. M.; from Port Chester, at 5.30 A. M. and 4 P. M.

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[We quote the following from the Introduction, by Dr. Trall.]

Since the true theory of organic transmission has become generally understood by well-educated people, the abuses of the sexual function, and the diseases of the generative organs, have assumed their just importance in the estimation of physiologists and physicians. The reproductive function not only lies at the foundation of existence itself, but its integrity is essential to the proper development of the individual, as well as to the propagation of healthy and vigorous offspring. Nor can the individual in any way more rapidly waste his or her vital energies, nor more surely induce nameless diseases and anomalous infirmities, nor more certainly hasten on the period of decrepitude and decline, than by excesses or irregularities in the indulgence of the sexual appetite.

The reason is obvious: probably to the reflecting mind self-evident. The very intensity of the sexual organ, when legitimately exercised, is sufficiently evincive that it is not to be promiscuously nor too frequently excited with impunity, while the important purpose it is ordained to accomplish in the economy of creation, is conclusive of the necessity of restraining its exercise within certain limitations.

Few persons are aware of the extent to which masturbation or self-pollution is practiced by the young of both sexes in civilized society; and none but those whose peculiar position or professional confidence brings them into advisory and intimate relations with the victims of unnatural indulgences or venereal excesses, can have an adequate conception of the evils thence resulting. None but the experienced medical man can trace the deplorable consequences to feeble, malformed, puny, and imperfectly-organized offspring; and no one but the profound physiologist can clearly see all the external marks of exhausted vitality and premature decay, stamped indelibly on thousands of our young men and maidens, otherwise in the bloom of youth, health, and beauty.

The time has come when the rising generation must be thoroughly instructed in this matter. That quack specific "ignorance," has been experimented with quite too long already. The true method of insuring all persons, young or old, against the abuse of any part, organ, function, or faculty of the wondrous machinery of life, is to teach them its use.

[The Table of Contents afford the best means by which to judge the work. We therefore quote briefly from a condensed and abbreviated Table.]

Evils resulting from Sexual Abuse—Physiological Marks—Pathological Indications—Suspicious Symptoms—Sexual Abuse in the Married Relation, Attributable to mere Habit—Premature Decay—Important Advice—Prevalence of Masturbation—Children Addicted to the Secret Vice—Premature Development of Sexuality—Its Effect on Body and Mind—Impositions of Quacks—Self-pollution, a Misfortune rather than Vice—The Rising Generation must be instructed—The True Method of Removing the Evil—Instructive Communications.

EXCESSIVE SEXUAL EXCITEMENT.—General Causes—Improper Nursing—Dosing—Drugging—Their Effects in Infancy Illustrated—Animal Food specially conducive to Morbid Amativeness—Constipation—Hardened Feces—Piles—Hemorrhoidal Tumors—Affects Girls more than Boys—Improper Drinks—Obstructed Skin—Improper Clothing—Sedentary Habits—Mental Culture, how Abused—Self-abuse in Schools—Testimony—Obscene Books—Lewd Conversation—Gross Eating and Vulgar Thinking Naturally Associated—Testimony of Dr. Paley.

GENERAL CONSEQUENCES.—Pathological Phenomena—Vital Exhaustion, usually mistaken for Specific Disease—Symptoms as described by Graham—Symptoms mentioned by Dr. Hill—External Indications—Signs of Self-abuse—Signs of Excessive Indulgence in Married Life—Cases Illustrative—Symptoms of Masturbation—Ordinary Course of Symptoms.

SEMINAL EMISSIONS.—Spermatorrhoea—Source of Constitutional Injury—Effects of Loss of Semen—Secretion

of Seminal Fluid—Prevalent Errors—Frequency of Involuntary Emissions—Morbid Sexuality transmissible.

GENERAL TREATMENT.—Moral and Mental Management—Bodily Exercises—A Desideratum—Diet—Drink—Sleep—Bathing—Wet-Sheet Packing—Half-Pack—Half-Bath—Hip, or Sitz-Bath—Foot-Bath—Rubbing Wet-Sheet—Pail-Douche—Stream-Douche—Towel or Sponge-Bath—The Wet-Girdle—The Chest-Wrapping—The Sweating-Pack—The Plunge-Bath—The Shower-Bath—Fomentations—Injections—General Bathing Rules—Mechanical Means.

PARTICULAR CONSEQUENCES.—General Debility—Weakness of the Joints—Neuralgia—Spinal Irritation—Early Distortions or Curvatures—Paralysis of the Lower Extremities—Hypochondria, or Mental Despondency—Fickleness of Temper—Irritability, etc.—Insanity—Early Superannuation—Epilepsy—Apoplexy—Tetanus and Locked-Jaw—Chorea, or St. Vitus's Dance—Hysteria—Spitting of Blood—Disordered Vision—Impaired Hearing—Sleeplessness—Pimples of the Face—Inflammation of the Eyes—Chronic Diarrhoea—Colorless Stools—Priapism—Satyriasis and Nyctomania—Loss of Sexual Appetite—Impotence—Permanent Morbid Sensibility—Shrivelling or Diminution of the Genitals—Barrenness—Abortion—Leucorrhoea—Menorrhagia—Prolapsus Uteri—Gleet—Eruptions about the Genitals—Elongation of the Testicles—Swelling of the Testicles—Enlargement of the Spermatic Cord—Irritation of the Urethra—Scalding Urination—Cancer of the Uterus—Tubercular Disease, etc., etc.

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BY MRS. F. D. GAGE.

God bless the generous kitchen girls,
With hearts so free and strong ;
Sustained by filial love and hope,
Through all their slight and wrong ;
With dark toil-sweat upon their brow,
Its colors in the hand ;
Still turning back, with longing hearts,
To friends and native land.

They gather up from hour to hour,
From labor day by day,
Their precious horde of cents and dimes
For loved ones far away—
Aye, far away on Erin's Isle,
By tyranny oppressed,
They've left a mother, sad at heart,
A sister sore distressed.

Bending 'neath unrequited toil
And bitter poverty,
They see those dear and helpless ones,
And long to set them free ;
Month after month, with cheerful hearts,
And willing, ready hand,
They work to bring them o'er the sea,
To our more favored land.

And many an aged mother there
Is waiting, hoping still,
For 'Mary sweet,' or 'Kitty dear,'
Love's mission to fulfill—
Waiting to bid a long adieu
To Erin's 'sea-girt' shore,
And cross the deep, that they may clasp
The 'darling' child once more.

Was Koscu's love for Hungary
A deeper love than this ?
Was there in Meagher's patriot soul
A truer loveliness ?
And yet this love, so pure and deep,
That through all trials burns,
Full many a proud lip coldly jeers,
And jewelled finger spurns.

Oh ! ye who pass the kitchen girls,
With stately step and pride,
Does such deep love, such strength of soul,
In your own heart abide ?
Ye who oft spend in one short hour,
In fashion's giddy maze,
The wealth it takes them months to earn,
By weary, toiling days—

Would you to a mother thus,
With buoyant heart and free,
If fate should make a 'kitchen girl,'
Perchance, proud one, of thee ?
Or would you, with a willing heart,
The meanest drudge become,
That you might give a sister dear
A better, happier home ?

Oh ! lady fair ! give heed to these,
The humble ones of earth ;
Ye little know how much a word
Of cheer to them is worth.
Oh ! pass them not so coldly by,
As if ye were above,
But give to each, as need requires,
Your sympathy and love.

And heed ye all this mighty truth,
Which ages past have told,
That generous hearts and willing hands
More precious are than gold.



THE PEOPLE'S WASHING AND BATHING ASSOCIATION.

We have received the "First Annual Report of the People's Washing and Bathing Association," in which a statement of the plan of the establishment, and the results of its operation thus far, are laid before the public. We are glad to learn that so large a measure of success has attended the commencement of the enterprise, as appears from the Report before us. But the patronage of the Association is still far from what it should be. There should, in fact, be a dozen such bathing and washing establishments in this city, and all of them fully occupied. This is not a thing of small moment. It has a direct and important bearing, not only upon the health, but upon the *morals* of our community. "Cleanliness is akin to Godliness," and it is from the ranks of the "great unwashed," that our alms-houses, penitentiaries and prisons are filled. Will not all our city editors call attention to this establishment, and thus promote the health and morals of the city and the welfare and progress of humanity? It is only necessary that this enterprise prove entirely successful, as we have no doubt it will, to lead to the establishment of others, not only in New York, but in all our cities and villages. We heartily commend the whole subject to the attention of philanthropists everywhere.

The building of the Association is situated at 141 and 143 Mott street, near Grand-st., and is thus described in the Report before us :

The building is of brick ; 45 feet wide, 85 feet deep ; two stories in height, with a high basement. The main building is entered by a flight of steps. On the first floor are, near the entrance, two desks for clerks. On either side, is a sitting room, 12 feet square. From the front to the rear of this floor, is a hall, 6 1-2 feet wide, on either side of which are bath rooms, 53 in number. One side is for males, the other for females. Near the main entrance are two flights of stairs, each 4 feet wide, leading up to the Washing Department. In the basement of the building are two Swimming Baths, one on each side ; that for males is 42 feet long, 17 feet broad ; the other, for females, is 20 1-2 feet long, and 17 feet broad.

The Washing Department occupies all the second floor, which is one room, very capacious, and airy, having twenty-nine windows on the sides and ends, with sky-lights on the roof.

RESTITUTION.—The Washington County *Post* says, a chap in a certain village, with whom he is acquainted, having had *sandal* sugar sold to him, inserted in the weekly paper the following :

Notice.—I purchased in this village a quantity of Sugar from which I obtained one POUND of SAND. If the rascal who cheated me will send to my address seven pounds of good Sugar, (scripture measure of restitution) I shall be satisfied ; if not, I shall expose him.

On the following day nine seven pound packages of Sugar were left at his residence from as many different dealers, each supposing himself the person intended.

ALCOHOL IN RELATION TO NUTRITION.—The body is the theatre of constant change, and the presence of water essential to the manifestation of life in all beings. Alcohol is antagonistic in its operations. Water is of the first necessity to life, and the first question to examine was whether alcohol cannot be used as a substitute. It is a highly inflammable substance, it expels the water, and as the latter is necessary to digestion it has the effect of producing dyspepsia, and opens the course to all sorts of diseases. Alcohol does not digest, neither does it pass from the body through the ordinary channel, but soaks through the coat of

the stomach into the entire system. Its use tends to congregate that which should remain in a liquid state, and thus establishes a class of changes that are not natural, consequently injurious to health.

A HUNTER OF KENTUCKY.—The correspondent of the *Evansville Journal* writes as follows about a Kentucky hunter :

"Wat Eckman—it would do you good to see him—has followed hunting for a livelihood since the year 1831. Since that period he says he has killed 38 bears, 884 wolves, 3847 coons, 990 foxes, 661 wild geese, 2040 pheasants, 44 ground hogs, 80 wild cats, 14 pole cats, 206 minks, besides squirrel, quail, and other small game beyond his power to calculate. The sum he has realized from his game, skins, etc., falls but little short of twelve thousand dollars."

A SPELL.—Garrick and Rigby, walking together, observed upon a board at a house by the road-side, the following inscription : "A goes kooed hear." "Heavenly powers !" said Rigby, "how is it possible that such people as these can cure agues?" "I do not know," replied Garrick, "what their prescription is ; but I am certain it is not by a spell."

To keep yourself in a state of discontent, set your heart on having every thing exactly to your mind.