

# WATER-CURER

## JOURNAL

AND HERALD OF REFORMS. DEVOTED TO

### Physiology, Hydropathy, and the Laws of Life.

VOL. XVIII. NO. 2.]

NEW YORK, AUGUST, 1854.

[\$1.00 A YEAR.

Published by

FWLERS and WELLS,

No. 208 Broadway, New York.

### 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 "PRIZE ALL TRUTH" and to "Hold Fast" only "THE GOOD."

#### CHOLERA.

ITS TREATMENT BY WATER.

BY JOEL SHEW, M. D.

It is a remarkable fact in the history of the existing medical art, that wherever WATER has been resorted to as a remedy for that dreaded plague, the Cholera, the success has been remarkable. This I assert on the authority of medical men themselves; and yet, notwithstanding this success, the profession generally appear to give no heed whatever to such statements, but continue on either in the practice of some routine method, or plunge only the deeper into the interminable labyrinths and uncertainties of the drug-school. I say this is remarkable; and to account satisfactorily for the fact is not so easy as might at first appear. It is a task, moreover, which I shall not in this place attempt.

I am led into these remarks by an article in a late number of Braithwaite's Retrospect of Medicine and Surgery, an English publication. According to this authority, it appears that Mr. E. M. Macpherson, late surgeon in the English army, during nine years' service in India, had several opportunities of seeing the valuable effect of cold-water-treatment. He observes:

"At Cawnpore, in June, 1845, cholera broke out in the 53d regiment, to which I belonged, with the same virulence as attended it in various localities throughout India during that and the succeeding year. Two men, the last survivors of several who had been attacked within two days, were sinking under that fatal collapse which alone, without any other symptoms, marked all the cases that had occurred in the regiment.

"Every remedy that could be devised to produce reaction had been tried in vain; they might as well have been put into the patients' breeches' pockets, or applied to the bed-post. The exhibition of the nitrous oxide gas was not only fruitless, but far from encouraging. The breathing

under its use became more oppressed and hurried; there was no pulse, nor was it rendered perceptible by the gas; and as its continual exhibition distressed the patient, it was thrown aside as worse than useless. In despair at the utter want of the most trivial effect from the remedies employed, I made trial of the cold-water affusion. I desired the water-carrier to pour water from his leathern bag over one of the patients, and as the effect was good, then over the other patient, placed naked on a bedstead in the verandah. Attendants were at the same time employed in rubbing the limbs and trunk with their palms, and afterwards with dry towels. A refreshing sensation and comparative reanimation having followed each repetition of this operation, it was had recourse to at intervals, though only with the success of having prolonged life, which was ebbing fast for some hours.

"This success, poor though it was, seemed to warrant the conclusion that, had the remedy been applied while somewhat more of life remained, recovery might have been the result. To test this conclusion by experiment, an opportunity was not long wanting.

"On the same evening, as if by some fatal blast sweeping over the barracks, several men were suddenly struck down in a state of collapse. Some retained consciousness; (*cholera asphyxia*;) a few lost it, and were in a state of complete coma, (*apoplexia*;) with stertorous breathing; in three cases, attended with convulsions; others, especially towards morning, and during the two following days, were affected by vomiting, cramps, purging, with rice-water dejections, and the usual concomitants of cholera in Europe.

"How many came under treatment at this time, I cannot now venture to affirm; but believe I am correct in stating that, of all admitted, but two died—one of apoplexy; the other, who was allowed a warm bath, of cholera. The rest, all of whom recovered from the cholera, were treated by the cold affusion.

"Since the period above alluded to, I have not had an opportunity of treating cases of epidemic cholera. Several cases, however, of endemic cholera among Europeans, while it was, as often happened, epidemic among the natives, have been treated by me in every instance with success.

"One of the most remarkable of these endemic cases occurred at Meerat, in August, 1848. A corporal of the 9th Lancers, an airbrilliant subject, was brought to the hospital at four P. M., almost pulseless, having been purged during the morning, and having passed several rice-water dejections on admission into the hospital. There were slight cramps, and occasional efforts to vomit. He was immediately placed in a hip-bath, and water was poured over him, while hospital attendants rubbed the limbs and trunk.

### Contents.

ESSAYS, . . . . .	25	N. Y. Hydropathic and Phy-	26
Cholera, . . . . .	25	siological School, . . . . .	26
Physiology and Medicine, . . . . .	28	Our New Newspaper, . . . . .	26
Mercury and the Wet Sheet, . . . . .	27	THE MONTH, . . . . .	27
Process of the Water Cure, . . . . .	28	August Items, . . . . .	27
Hydropathy for Missions, . . . . .	29	Summaring, . . . . .	27
PRACTICAL WATER-CURE, . . . . .	30	Jok ng Extraordinary, . . . . .	28
Report of Cases, . . . . .	30	Great Water-Cure Project, . . . . .	28
Water in Accidents, . . . . .	31	TO CORRESPONDENTS, . . . . .	32
Regulations for a Water-Cure	31	Professional Matters, . . . . .	32
Establishment, . . . . .	31	HOUSE VOICES, . . . . .	40
Cases Reported, . . . . .	32	Extracts from Letters, . . . . .	40
Dysentery, . . . . .	32	VARIETIES, . . . . .	40
GENERAL ARTICLES, . . . . .	33	SCIENCE, . . . . .	41
Infant Mortality, . . . . .	33	Our Books Abroad, . . . . .	41
Physical Exercise, . . . . .	33	Employment, . . . . .	41
DIETETICS, . . . . .	34	METEMPSYCHOSIS, . . . . .	41
Dietetic Reform, . . . . .	34	ADVERTISEMENTS, . . . . .	43
Dress Reform, . . . . .	34	TALK AND TOPICS, . . . . .	43
A Short Piece on Long Skirts, . . . . .	34	Ice-House, . . . . .	43
Death from Long Skirts, . . . . .	34	Bite of a Rattlesnake, . . . . .	43
LITERARY NOTICES, . . . . .	35	The True Missionary Spirit, . . . . .	43
MISCELLANY, . . . . .	35	Crystal Fountain Water Cure, . . . . .	43
The "Fourth" at our Water-	35		
Cure, . . . . .	35		

**THE DOMINICAN REPUBLIC.**—A conspiracy of a formidable extent has been discovered in Santiago, the principal town of the northern provinces of the republic. There is perhaps no country inhabited by a mixed population where, as in St. Domingo, the negroes enjoy in such a general respect the same liberties and privileges as the rest; all Government offices are open to them, and a great portion of the highest military grades are in their actual possession. Nevertheless, a few of the designing and dissatisfied of that race conceived a revolt for the massacre of the whites and colored, sparing only the young of the female sex for their lusts; and after having pillaged and burned Santiago, they proposed to carry flame and sword to the neighboring places, it being their ultimate intention to fraternize with the Haytiens, and to proclaim Emperor Souleouque their chief. The plot, which had already far advanced, was providentially revealed by a woman in whose house some of the conspirators used to meet. Martial law has been declared in Santiago, and five of the ringleaders are now before the Court, the finding not being as yet known in St. Domingo. There are upwards of forty persons that are implicated under arrest.

This was continued till he became chilly, and shivered. He was then removed from the bath, dry-rubbed, and placed in bed, much revived by the operation, as was shown by less oppression in breathing, and a more distinct pulse. After remaining in bed for about half an hour, he began to relapse; the pulse sank, vomiting, purging of rice-water, and cramps returned. He was replaced in the bath, and there was the same effect as before. Being again placed in bed, he again relapsed. The water was again had recourse to, and repeated at intervals as above, according to symptoms, until ten P. M., six hours after the first application. The respiration then became free, the pulse soft and distinct; the natural warmth was restored, and remained; and the patient slept until morning, when he awoke with a furred tongue, feeling weak and drowsy, but without that consecutive fever, so often more fatal than the disease itself, and which has always seemed to me to follow most in those cases in which brandy, opium, ammonia, or other stimulants have been freely administered."

With regard to the manner in which water was used in Mr. Macpherson's practice, it appears that what he terms the douche was the principal resort. He observes:

"The mode of applying the cold water douche merely consists in placing the patient in any convenient position, so that, while water is being poured over him, friction may be applied to the limbs. After the gasping has ceased, this process is to be continued until the depressing effect of cold, shivering, and chattering sets in, when the pulse will begin to fall. The patient is then to be placed in bed, having been well rubbed. In a short time, when warmth begins to return, relapse will take place. The water is to be repeated in the same manner as above, and persevered in as often as collapse returns. After each repetition, its effect will be found to be more palpable and more prolonged; until at length, through the agency of the imbued oxygen, the system is restored to its wonted power."

In another connection Mr. Macpherson observes, "That under the water-treatment as described the vomiting, purging, and cramps in general subside on the first application, and seldom re-appear after the third or fourth." He also remarks that, "As to internal remedies, water to drink pretty freely will be found the most agreeable to the patient's taste, less productive of nausea and depression, and not so prone to give rise to the often fatal consecutive fever."

Now, it is not pretended that water will cure all cases of cholera, as they are found in practice; the truth is, not a few are already in the jaws of death before we can have access to them; either we are sent for too late, or it is not possible to reach the patient in season, so rapid is the progress often of this monster disease. But if water could, from the very first of the attack, be employed faithfully and judiciously in every case of the cholera, I do not see how it would be possible for any one to die of it. True, an old inebriate, or other person whose body is already in a state of corruption, so to say, might sink under the effects of the shock; but as for the symptoms of cholera proper—the vomiting, the purging, and the cramps—they, doubtless, can all be subdued by a proper application of our powerful remedy, and in every case. And this surely cannot be said of any or all drug medicaments combined; for be it remembered that, from the beginning up to the present time, no course of treatment has been fixed upon by the faculty, no plan in which any general confidence is placed for the cure of this disease.

It is not my intention, in the present instance, to enter into any lengthy train of remarks on the philosophy of the action of water as a remedy for cholera; a simple statement of the facts relating to the subject is all that is necessary. In attempting this, I cannot, perhaps, do better than to quote the remarks which I have lately published in the Family Physician, adding, at the same time, every year of my experience in water-treatment only convinces me the more of its superiority and efficacy in bowel-complaints, as well as in all other curable diseases. The quotations I would make, then, are the following:

"The method of treatment adopted by the Persians, as given by Scoutetten, is a good one. The treatment commenced at the moment of the attack; from the first symptoms the patients were undressed, even in the streets, and then cold affusions were applied. The extremities, the trunk, and particularly the chest and the shoulders, were rubbed and shampooed, and the contracted limbs were extended.

"These manipulations were performed for two or three hours by a dozen persons on the same individual, while the affusion of cold water was continued. Having come home, he went to bed, and a warm tea was given him to produce perspiration; if this appeared, the patient was regarded as out of danger. A strict regimen was, however, enjoined for nine days; only light soups of rice and of tender meats were allowed, and he was recommended to take moderate exercise in the open air daily. Arrangements were made by the authorities so well, that vessels of water were placed at the corners of streets, and even on the roads. No one passed the night alone. When a person was attacked with the cholera in the street, all the bystanders attended to him; every one ran to him with vessels of water in their hands, and when one was tired of rubbing, another took his place. If a person was taken sick at his house, assistance was asked and immediately obtained."

"Priessnitz's treatment was, in effect, very similar to the one above described. In 1831 there was a good deal of the disease about Graefenberg, and he was called to treat upwards of twenty cases, all of which he cured. He commenced in the earliest stages of the disease, and treated the patients as follows: They were subjected to a rubbing with a wet linen sheet, in which the whole body was wrapped, and all the parts of the surface were energetically rubbed with it—that is, over the sheet. To counteract the violent fits of nausea, much water was drunk, so as to produce vomiting; after the rubbing, a cold-water injection and a cold hip-bath were employed to counteract the diarrhoea; and while undergoing constant rubbing of the surface, the patients remained in the water till the sickness and diarrhoea subsided. After the hip-bath and rubbing, a wet bandage or girdle was placed around the body, upon which the patients went to bed; after sleeping, they were again put into a cold bath. Cold drinks and cold food only were taken during the convalescence; and by these means the disease was overcome."

"This appears like a very simple treatment, but it may be made a most energetic one, as every physician acquainted with such applications can easily see. The dripping-sheet, with the brisk rubbing upon its surface, is, as I have before said, a powerful means of relieving spasms, arising from whatever cause. The dry-rubbing, which is not a tenth part as good as the wet, was found in Paris sufficient to render calm and quiet the poor sufferers when the terrible spasms were upon them. The water-drinking and vomiting in nausea cleanses the stomach, produces a tonic effect upon its internal surface, and thus forestalls the vomiting in cholera. It helps, moreover, to cleanse the bowels and prevent the diarrhoea. The deep, cold hip-bath (for it is such that Priessnitz uses) has a very powerful

effect in constricting the opening capillaries of the mucous membrane of the stomach and alimentary canal generally, and in arresting the vomiting and discharges from the bowels. Each and all of these applications, if energetically persevered in, tend most powerfully to keep down the inordinate burning and thirst."

"The Persian treatment, too, is admirably calculated to quell the spasms, and check the vomiting and discharges; in short, the disease. It is of the greatest importance that the treatment be commenced at the very beginning of the attack. In no disease is this more necessary. If every patient could, from the first of the vomiting and discharges, be treated with energy according to either of the plans above stated, I do not see how it would be possible for any one to die of the disease. A drunkard, with "brandy-liver," it is true, might be carried off with a low fever afterwards; but I am of the opinion that the spasms, vomiting, and discharges could in all cases be cured if taken at the earliest moment. I myself treated about fifty cases of cholera in and about the city of New York in 1849, and I could not be said to lose a single case. One old lady died of a slow fever afterwards, but not fully under my care. The cholera symptoms, although very severe, were readily subdued in her case. Others, however, who practised the treatment, were not so successful, losing almost every case, from the fact, probably, that they were called too late."

The profession generally in this country came to the conclusion that it is best to allow the cholera patient all the ice and ice-water he desired. In no disease is the thirst so great, probably, patients having sometimes drunk the urine from a chamber-vessel in their frenzy for drink. I myself preferred, in the latter part of my experience in the disease, to give tepid, or even warm water, rather than cold. It appeared to check the vomiting sooner. The same also was true of clysters. My plan was when the patient felt that vomiting was about to come on, to aid it by giving largely of water to drink. The same method also was followed in regard to clysters. Both these and the drinking always prolonged the periods. At the same time cold water was used in the most liberal manner externally."

## PHYSIOLOGY AND MEDICINE.

BY G. H. TAYLOR, M.D.

In a healthy condition of the body, its sensations are competent to settle all the questions pertaining to its needs; and when derangement occurs from any cause, or in any part, the fretting senses are loud in their monitorial appeals. The feelings, however, soon cease to point out the true sources of health or enjoyment by their perversion, much less can they indicate any mode whereby the sway of health may be reinstated.

Hence a profession, not a little cultivated as honorable and profitable, has existed in all ages, whose ostensible purpose it is to take charge of these matters. The people have confided in it, as a true repository of science, or mysteries, or an unquestionable something, having a most potent control over mortal destiny. The determination of what is the essence of this mysterious science, has furnished a constant theme for wrangling and much dogmatic folly. The universal discrepancy of ideas on this subject, and the general inharmonia prevailing among different partisans, give conclusive evidence of ignorance and error.

The medical profession, like parties, cliques, and professions generally, has been more intent on selfish purposes than in the study of God's various language, written in the nature and minutest parts of things. A trade is promised, it is profitable, their non-fulfillment is easily referred to Divine interference. Those who lack skill or knowledge, readily confide in those who have it, or profess it; and their confidence is in

inverse ratio to their ignorance, or the feeling of need that others profess to have. Hence credulity is ever ready, with gaping mouth, to drink in absurdities of every quality; and even in medical science, which professes to deal in objects of sense, dogmas are adhered to with greater pertinacity than in those departments of thought that are confessedly metaphysical and abstruse.

The only means of correcting these follies is by a diffusion of correct knowledge pertaining to this department of science. Pompous pretensions should be distrusted, till found to bear the signet of truth.

The old medical profession, long as it has lived, has failed to learn, or at least to apply, a few plain and apparent principles pertaining to the laws of matter and of life, but has chosen rather to affect the possession of mysterious things as a basis for its practice. As there is generally no intelligible relation between the drug-remedy and the diseased condition, it may be truly called empirical.

When the qualities of matter and the functions of life are better understood, and when it is seen how all its endowments flow from qualities inherent in the matter of which the living thing is composed, set in action by certain suitable relations—then it may be more easily seen that neither the possession nor restoration of health can flow from any extraneous chemical agency, but always and inflexibly from the maintenance and restoration of the necessary conditions, and these are connected with the will and the deeds of him who craves the boon. It will be seen that no matter what may be the attending accidents or medicine, the cure is but slightly connected with them.

A blind adherence to any medical faith is unworthy intelligent beings. The Water and Hygienic practice grows out of an observation of the plainest truths, and so far as it is a system, is founded in the reason and nature of things; yet it suffers, and will continue to, from the inaccurate apprehension of some of its most ardent advocates. Antiquated medical notions are often, probably mingled with the truths received, especially if one has been much sick and drugged. It would be amusing almost, to exhibit the different notions people have of the simple cure by Water and Hygiene.

Some appear to think it to be essentially a cleaning process, each successive bathing affecting the system more profoundly, till the filth of disease is quite washed away, as soiled garments are restored to pristine qualities and favor. Some think disease is diluted by aqueous potations, and its intensity and virulence counteracted, or that it is cast out, in the way that medicine professes, by increased evacuations. Some, conscious that physiological sin has brought upon their heads its measure of punishment, devote themselves to a sort of refrigeratory penance, and wait with anxious hope the time when they may experience forgiveness.

Judging from the acts of another class respectable for members, the Hydropathic faith and practice is a sort of guaranty of immunity from the usual consequences of gastronomic indulgence. Whatever be the feelings or reasons connected with the adoption of the practice, it is too apt to be regarded as a substitute for usual modes of medication, or at least, like medicine, to be a plan of reconciling physiological inconsistencies with a desire of health and enjoyment; and they even talk of sacrifices when driven by disease to the true plan of life that they have so habitually swerved from.

In the old systems, the disease is the primal object of solicitude; an incomprehensible something must be neutralized, cast out, or outwitted by some professional legerdemain. The improved plan consists in attending to the health, to all those matters concerned in the production of vital force, and to all impediments to its exhibition, and consequently attempts to fulfil nature's intentions as wisdom for members, the Hydropathic faith and practice is a sort of guaranty of immunity from the usual consequences of gastronomic indulgence. Whatever be the feelings or reasons connected with the adoption of the practice, it is too apt to be regarded as a substitute for usual modes of medication, or at least, like medicine, to be a plan of reconciling physiological inconsistencies with a desire of health and enjoyment; and they even talk of sacrifices when driven by disease to the true plan of life that they have so habitually swerved from.

cerned in vital acts, are oxygen, nutrition, temperature, rest and motion; a modification of these acts, whether they are normal or perverted, is readily effected by altering these circumstances, abating or intensifying, according to the desire of the practitioner.

The most reliable resources of the old practice are *stupefacients*, which, from their chemical relation to certain parts of organized structure, annul its function—the capacity to feel, or to notice its diseased condition; or *refebrigents*, external or internal, which divert the organic attention from those processes, while the usual functions, though embarrassed, are continued, and through them, the patient recovers. The doctor professes it to have been a curative rather than a recuperative work, and receives the heartfelt benison of grateful friends, who regard him as holding the unruly strivings of pain in abeyance, and by the touch of his magic fingers, regulating the discordant notes of life.

The physiologist, on the contrary, knows no power in the system to manufacture vitally from drug-elements, or to eliminate disease by them, but only the means whereby the system may be exhausted in a very unnecessary and wasteful manner; and he has further learned not to interfere with it, except in supplying elements for its use, and conditions for appropriating them. To manage the capricious and ignorant whims of the sick requires much tact, but little deceit, and it is generally best to supply intelligence on these matters to displace incorrect notions, as fast as there is a will to receive it. This is the only true course in case of ever-recurring vital mistakes.

The aim of physiological Hydropathy infinitely transcends that of medicine; the one proceeds from a knowledge of the reason and nature of things, and is philosophical; the other sees no connection between the disease and the drug that is applied to it, and is empirical; the one depends for its success on the intelligence of those who adopt it; the other upon the faith that is ever a concomitant of ignorance.

The physiologist generally sees in symptoms evidences of vitality, and frequently the exhibition of a strong tendency to restoration. Pain gives notice of organic wrong; cramps and vomiting, of irritation, transmitted through nerve-centres, inducing muscular movements, tending to relief by removal of the cause, as a limb involuntarily starts when suddenly pinched. When acid qualities are suddenly developed, or introduced into the blood, its containing vessels hasten to bring it into contact with the air, the calorific function is exalted, and fever ensues—a concomitant of freeing the blood rapidly of vicious qualities. Lymph is effused to circumscribe and confine local disease. Syncope puts a stop to hemorrhage—and in pure and healthy states of the body, all necessary and manifold safeguards are in action.

Matter, in the organized body or out of it, in health or in disease, acts in obedience to its inherent qualities, but several circumstances, as proximity, temperature, &c., determine its positions and motions, and are constantly varying the result. The observation of this fact is styled *law*, which only affirms that identical conditions are followed by the same result. The highest health as well as disease, is the result of affinities displayed in the minutest portions of matter; in the one ease vitality is perfectly developed, and in the other a diminished vitality is attended by a partial superseding of its force by that of ordinary crude chemistry; in either case the law of matter as respects the relation held by ultimate molecules is obeyed; these are a part of the laws of God, whom it is impossible successfully to oppose.

The direction of our investigations, then, in order to learn the science of life, and to promote the interests of health, is to study the usages of matter in the organized body, and the relation of matter endowed with life, to that which is extraneous: certain qualities of it establish a mutual affinity, and the acts of vitality are connected therewith, while all other qualities bear an antagonistic relation to the organic welfare, and are

only capable of bringing its forces out in defence of its integrity.

These laws, so intimately connected with our physical happiness, ought not to be conjectural, or of ambiguous signification. They are written out upon a scroll as broad as the face of nature, and are exemplified in all that breathes. But man has so long disregarded the true adaptation of matter to fulfil his organic wants, that one is scarcely to be found that is not embarrassed and debased by influences counter to his perfect development and highest good. Health, and the best means of promoting it, cannot be studied in the sick, but the usages of it in the most perfectly healthy, give a fair indication of normal wants. We never find such persons shrinking from the air they should breathe, nor the labor they should do, nor destroying the proportional elements of the bread they should eat, nor do they seek to obtain a fitful, sickly exaltation of their pleasures beyond the range of their real wants.

Water-Cure embraces, and seeks to embrace, truths in nature and their application, so as to embody a correct science applicable to the preservation and restoration of human health. It relies upon no favorable accident to result from manuevering the body with foreign matters. It turns physiology to the account of therapeutics, and is exultant at the range of means open to it from this source, competent to secure the highest physical good.

## MERCURY AND THE WET SHEET.

BY HENRY J. HOLMES, M. D., OF MISS.

The following *thesis* was read to the class by the author at the termination of his course of study at the New York Hydropathic School. He is the son of an eminent physician (Allopathic) in Mississippi, and a graduate of one of the Philadelphia schools. But having received an Allopathic diploma, granting him all the rights, privileges, and immunities to kill according to art, he concluded to attend the Water-Cure School, and learn to cure according to nature. The result of examining both sides of the question, is seen in his thesis.

When we consider that mercury, in its various forms, is indiscriminately administered in every disease, and for every symptom or morbid manifestation; when we consider that in every apothecary, the *Hydrargyri sub murias* of the Pharmacopœia stands out in bold relief, with *Remedium Principale* stamped upon its brow; and when we consider that medical men acknowledge their incapacity without it, we must at once ascribe to it the importance of a philosopher's stone, or the venom of a dragon's tooth; and must conclude that medical apostles have been either great philosophers or miserable dupes.

The latter, we think, is demonstrable. We know that it is one of the great obstacles in the progress of humanity, that methods are so seldom changed. Each man patterns after his father. He never suspects or questions the method he is pursuing; that he takes for granted. And this, in a large proportion of cases, is the very source of his statu-quo condition and ill success. "That which has been tried, must be right," is a maxim usually adopted, and which gives the true solution of the cause of the tardiness of invention, and the repugnance to novel methods. Paracelsus discovered in mercury a potent agent, and in practice, found he could suppress chronic hepatitis, and diarrhœa, and phrenitis, and syphilis, and a number of other maladies, by the free administration of mercury. Why? Because nature takes cognizance only of the more dangerous poison present. His considerations stop, with the cessation of the combated disease. He contemplated not the ultimate effects of his anti-

dote. He did not follow his *pytiazed* patient, with his deranged liver, his mercurialized brain, with his ulcerated stomach and shattered constitution, and see him fall in a few months subsequently a victim of some organic disease, induced by the mercurialization.

So has it been with his followers, except a few who have given the subject a thorough investigation, and with whom it has fallen into discredit. For hepatic derangements it is principally administered. The *liver* becomes torpid, and the bile fails to be secreted; its elements course through the large vessels and the minute capillaries; the conjunctiva and the skin assume the tawny tint; the brain, feeling the presence of a poison, manifests it by pain; the stomach is deranged, and nausea, and languor, and anorexia, fret the invalid. Colamel, the hepatic balm, is given, and when it comes in contact with the duodenum, by continuous sympathy, the liver is brought to know that there is an enemy present; or perhaps it is absorbed and conveyed to the liver, and its lethargy is shaken off in expelling the administered intruder.

We doubt much that mercury is so effective in exciting the liver to action as it is reputed. We believe, in most cases, those large green discharges which succeed its use to be due to a modified and morbid condition of the secretions of the alimentary canal; for autopsy upon those treated with large doses of colamel, and who incidentally die, reveals the mucous membrane to be dark-colored and greenish, frequently black and streaked by black lines of gorged vessels. And we know that castor oil, ipecua, purge, and numerous other medicines, have fallen into disrepute as hepatic remedies. So that we are forced to doubt whether mercury acts in a specific way upon the liver. See the result of giving it for a derangement of that important organ. As before noticed, it is aroused, bile is again secreted, and we confess that in the expulsion of the mercury by the skin, the kidneys, the liver, and the alimentary canal, the elements of the bile are also expelled; hence the return from the toxic stimulus to the natural hue. But to every abnormal stimulation there is a corresponding depression, as is illustrated evidently in the use of alcohol; and time shows that this struggle encraves, subsequently, the system and the patient, unless he subject himself to the decrees of Nature; unless he diet himself, and breathe pure air, and be cleanly, he is much more susceptible to a second attack, which, if treated as before, only deteriorates him the more, rendering him more and more liable to another and another attack, until chronic hepatitis supervenes, and the sufferer is maimed for life, which to him will indeed be brief.

Such is the career of the major part of those treated thus. We believe in no case where vitality is at or above par, would diet and pure air, and the griddle, and wet-sheet pack, fail to be sufficient substitutes to nature's capacity. The rest afforded by dieting and the wet-sheet would rid the system of the already accumulated elements of the bile, and the wet griddle would rouse the liver to action and her duty, without involving all the sequelae and dire results of the use of colamel. As to these diseases, we are emphatic, for we believe if there be an affliction wherein the use of colamel is justifiable, it is in an hepatic affection. But we believe they will readily succumb to Hydropathic agencies. We know it: reason and natural laws suggest and sanction it. Now in regard to the host of other diseases in which it is administered, other means are as available and far more efficacious. And if you study the history of each disease for which it has loudly been proclaimed, you will find that after a course of time it has disappointed its dupes, when it would be glorified by another rest, to be again denounced by them. For peritonitis, for cerebritis or phrenitis, for pleuritis and for pneumonitis, many have weighed it and found it wanting, and discarded it. Patients are blind, nauseated, purged and salivated, and appa-

rently recover, but permanent health is never restored. The mouth alone does not suffer in spigulation; that is but a useful expression that the core mass of blood is poisoned, that the stomach is permanently irritated, the bones, the flesh, the brain, the liver and all the tissues are impregnated, so that the patient is liable, from the least imprudence, to an attack from prevailing diseases. Trace the history of the many who die weekly in this populous city. That man's consumption can be referred back to a little fever, or liver complaint, or little derangement of the liver, for which he was bled, nauseated, or salivated, when a little dieting and the wet-sheet pack would have sufficed to restore him to his former vigor, spirits, and manhood. That man's diarrhoea, dyspepsia, or cirrhosis, can be traced back to his being salivated for some little abnormality. The lancet is said to have slain more than Horrida Bella. I think mercury, as its chief general, could not number his victims. Is there a malady in which it is given that would not find the wet-sheet pack a more potent and salutary substitute? For pleurisy and its consequent effusion, it is all-sufficient; a ready dis-culent and a potent antiphlogistic; for pneumonitis it is likewise sufficient; also for syphilis, in which mercury is given as a specific; but this has been found to be a sad mistake.

Hunter proclaimed it to be anti-syphilitic, and that venereal diseases could not get well without it, and condemned man for considering it problematical. Nothing, says he, "can show more the ungrateful and unsettled mind of man, than his treatment of this medicine. If there is such a thing as a specific, mercury is one for the venereal disease." But he was wrong in his opinion, for man is as ungrateful and unsettled about every medicine.\* Opium, which some term the "magnum donum Dei," is condemned by a host of others, equally talented and *considerate*. So with antimony, which has costed its millions, and destroyed its thousands. So with jalap, and podophyllum, and rhubarb, and iodine, and arsenic, and quinine, and others, whose name is legion. Each and all have their advocates, but each and all have their enemies, and are held in as great opprobriousness as in exaltation by those who recommend them. Again, in the last clause, he is part mistake and part in the right—mistaken if he thinks mercury is a specific for syphilis; right in saying that if that be no specific, there is no such thing: which is quite true. We believe not in specifics. Mercury has been proven to be no specific by a Rose, a Guthrie, and a Hennen, "whose names, with the immortal few, were not born to die." After long experimenting in the army, (and you may imagine their field was an extensive one, and sufficiently large,) they concluded that all kinds of primary and secondary symptoms may as well be cured by mercury. Out of 1,940 cases treated without it, 96 had secondary symptoms, and out of 2,827 treated with it, 31 had secondary symptoms; a result which, being considered abstractly, rather favors the use of mercury; but when we consider that those 2,776 who escaped secondary symptoms, did so, to meet a sadder fate; left their couches with mouths ulcerated, their teeth shattering and loose, their stomachs harassed, their livers distorted, their brain a mass of quicksilver, their bones impregnated, and every solid and fluid tainted with the dire poison, rendering them more susceptible to more obnoxious diseases.—I ask, when we thus consider it, do statistics suggest the administration of mercury? No! emphatically, no! I say, then, with Hunter,

\* The falsity of the opinion that mercury is a specific for venereal disease, has been positively demonstrated in the published analysis of various thousand cases. The method of the non-mercurial treatment has been experimentally tested in more than eighty thousand cases. And in every single instance, the patients treated with a pure water-cure have got well, have been as vigorous as before, and have been in better condition, often having been cured. Yet, in the face of this overwhelming evidence, we have seen many who have been subjected to mercury by syphilis.

if mercury be not a specific, there is none. I look upon disease, not as being a foreign entity, a subtle enemy, or a destructive poison in the system, to be exterminated, uprooted, or neutralized by another poison, but as a mere disturbance of nature's forces; a want of harmony and an irregularity in the nutritive processes, accruing from a violation of physiological laws, or perhaps from the presence of a poison, to be corrected by a submission to the decrees and instincts of nature.

Now, when we consider that for hepatic derangement mercury is recommended, and when weighed is found wanting; in fact, when we learn that it has engendered more liver distresses than impure air, highly carbonaceous food or malaria; and when we consider that in syphilis, for which it has been considered a specific, it is more injurious than useful; I ask, should we be slow to denounce it, to cry it down, and publish to the world that an infernal machine tests its argentine glossiness? See the host of diseases following the use of mercury, and wonder while you see: diarrhoea mercurialis, uvrthra mercurialis, hydrois mercurialis, eczema mercurialis, mercurialis malaria, angina mercurialis, ulcus membranae fibrosae mercuriale, ulcus glandularum mercuriale, neuralgia mercurialis, paralysis mercurialis, apoplexia mercurialis, amaurosis hypochondriasis, and cachexia mercuriale. Would it not startle the world, if they would but pause one moment and reflect, to contemplate such an array of maladies succeeding the use of but one of the numberless poisons that *Æsculapians* diffuse through the world's stomach? But now consider the proposed substitute in the wet-sheet pack. A volume could be written on its superiority and its virtues—but a few words will suffice. The skin is the great and most important emanatory, and is at once aroused and thrown into healthy action by the wet-sheet pack. The elements of the bile diffused throughout the system are thence ejected, and the torpid liver awakes, and health is restored. It is a potent subsidiary to nature's forces in expelling the syphilitic virus; it will banish pain in pleurisy, and relieve dyspnea in pneumonia; it will allay the delirium in phrenitis, and it will cool and dispel the fever in peritonitis. Is there an indication it cannot fulfil or assist to fulfil? I would write more as to the direct effect of its use; how it excites the skin to healthy activity, and through that alleviates suffering in internal organs; how it purifies the blood, partly by its action upon the skin, and partly by the principle of osmosis, and how it diminishes abnormal heat, and mitigates pain by its sedative property. But I could not do the subject justice in a number of pages. Let me conclude by trusting you will study the wet-sheet pack.

## PROCESSES OF THE WATER-CURE SYSTEM.

BY SOLOMON FREASE, M. D.

WHEN we consider the circumstances which have surrounded, and the impediments which have been thrown in the way of the introduction and development of the Water-Cure system, its success is truly remarkable, and can only be accounted for by the intrinsic merits of the system itself.

From its first introduction into the world as a distinct system of medical practice, it has, with few exceptions, met with the sneers, ridicule, and persecution (arguments they had none) of those to whom the people had been in the habit of looking for all their medical knowledge and assistance. Through their influence governmental aid was invoked to crush out the life of the rising giant, whose inherent energies they saw would one day be able to grapple with and destroy the monster called medical science, whose hideous features had, by long familiarity, become endur-

able, and whose contaminating touch had corrupted, not only the pure instinct, but the reason of the great mass of mankind. Its poisonous tendrils were wound around all the social relations of society. It held within its grasp the weak and the strong, the learned and the unlearned, the wise and the simple, with apparently irresistible firmness. But thanks to the genius of Priessnitz, the scattered rays of truth that had been shed over the world from time to time were systematized and improved, and a system of medical practice erected, founded on the relations man had with surrounding nature; which is destined in its onward march to sweep from existence the false and destructive systems that have for ages sat like an incubus on the energies of the race. Is it doubted? Look what has already been done in the short period of a quarter of a century—more, I venture to say, towards enlightening the people on the laws of life, and the conditions of health and disease, than had been done in twenty centuries before. The most enlightened countries of the world are already dotted over with Water-Cure establishments. Water-Cure publications are extensively circulated from Hindustan to California; and Water-Cure practitioners are following in their train. Some of the ablest and most conscientious physicians of other schools of practice have become converts to the system, and are laboring with zeal and energy in this glorious cause. In every part of the country its advocates are found, laboring for the overthrow of error and for the physical redemption of mankind.

But if our triumphs have been great, the next quarter of a century will witness still greater ones. Consider the circumstances under which it has attained to its present state of proud pre-eminence. A great majority of its patients have been long-standing, abandoned cases. These it has had to deal with—these are they who have flocked to its Water-Cures; generally after having gone the whole round of drug-medication; after having tried one physician after another—one system of practice after another—one box of Brandreth's pills or bottle of Thompson's serpentaria after another, till the constitution was prostrated and the system filled with drug-poisons, and about all hope of recovery abandoned. The Water-Cure is then thought of. But before resorting to an Establishment, it is recollected that some new patent medicine which had been advertised has not been used. This must first be tried. During this time some new doctor has settled in the vicinity or is heard of at a distance, who is celebrated for the cure of just such complaints as his. After continuing the use of his medicines for a longer or shorter time without benefit, he fixes up and goes to a Water-Cure.

This is a pretty fair description of a majority of the cases which Water-Cure physicians have had to treat, and with them have we achieved the most glorious results—confounding the advocates of false systems, astonishing the unthinking, and securing the confidence of the candid and enlightened. But we have not been able to cure all who thus come to us, and sometimes for the reason that a fair trial is not given even after it has been resolved upon. Many who have been sinning during the whole of a long life expect to be cured of the consequences of their transgressions in a few weeks. Others are not sufficiently convinced of the importance of some of the recommendations with regard to diet or otherwise, to carry out faithfully the prescriptions of the physician, and others have not the firmness to do so, even if they would. Under these circumstances we sometimes fail to cure our patients, and such failures are seized upon and heralded through the land to show the worthlessness of the system. But notwithstanding all these adverse influences, a great majority of those who resort to Water-Cures are partially or wholly relieved of their maladies, and they go forth as missionaries in the cause of truth, and monuments of the power of the Water-Cure system to heal.

But such is the prejudice and bigotry of some physicians and others, and so closely do they hug the chains of error that bind them, that they will wilfully refuse to believe, even though thousands are raised almost from the dead. I may here give a couple of instances in illustration of this. A gentleman came to our Cure last summer, apparently in the last stage of earthly existence. He had been under drug-treatment for three months, growing worse all the while. On writing home to his friends of his improvement and prospect of recovery under water-treatment, an old aunt of his coolly remarked that she would not believe the water-treatment did the good, even if he recovered his health, but would believe the cure was effected by the drugs taken before coming here! In another case a couple of Allopathic physicians gave up a patient to die whom they had been treating. A Hydropathic physician was then called, but the friends of the patient were assured that the application of water to the case would be instantly fatal. Water was applied nevertheless, and the patient soon improved. They were then told by the doctors that at the best she must be an invalid for life as the consequence of such rashness, such unscientific practice, even if death did not follow. The patient continued to improve, notwithstanding these ominous predictions, until complete recovery took place. It was then claimed by one of the doctors that the last blister he applied, five days before, had effected the cure!

But through all these difficulties, through these huge mountains of self-interest, prejudice, ignorance, and bigotry, the Water-Cure has been steadily making its way, gaining the confidence of the people, and through them moving forward the medical profession to see beauties heretofore unperceived, to acknowledge virtues heretofore unrecognized, in those natural agencies which go to make up the *Materia Medica* of Hydropathic physicians.

If the Water-Cure is adequate to restore health to the class of patients above described—if in the treatment of these it has won most of its triumphs heretofore, we may expect still greater and more rapid progress when we secure a greater proportion of practice in acute diseases, which will be done as Hydropathic practitioners become more numerous, and locate in cities and villages to attend to home practice, which has heretofore been almost wholly neglected; partly from the fact that there were no Water-Cure physicians to occupy the places, and partly because public sentiment had not sufficiently advanced to sustain them. But the latter condition no longer exists in many places, and the efforts now being made by earnest men and women will obviate the former. The people are considering whether, if the Water-Cure has power to heal the chronic and severe cases that have resisted for years the influence of the drug-systems, except for evil, it has not also power to heal the more recent and less severe ones, when the patient is in possession of a good constitution and high vital endowment. "If the greater can be cured, why not the less?"

The successful treatment of a case of simple bilious fever will do more for the success of Water-Cure than a case of long-standing rheumatism, neuralgia, or dyspepsia. In the former the symptoms are violent, and the patient is thought to be in imminent danger of death. The recovery is rapid, and the tidings are sounded through the land, to the honor of the physician and the system which achieved the triumph. In the latter there is generally no immediate danger of death; recovery takes place often slowly, with alternate ups and downs, and by the time the cure is effected, there is little said about it. Even the patient himself feels less enthusiastic than he would in the other case. This I know to be true, for I have had experience in the treatment of acute as well as chronic cases.

I have said that the progress of the people in this reform had made a favorable impression on the medical profession. It has done so, not only on the Allopathic, but upon other systems of

practice. We now not unfrequently see reports in Medical Journals of cases of different kinds of disease being treated almost, if not altogether, upon the Hydropathic system. They have learned that it is safe to give fever-patients water to drink when thirsty, and they do not even refuse to wet the patient all over at times. Twenty years ago this could not have been tolerated by the great mass of the profession. Many a mother on reading this article will call to mind when her child was sick with fever, how it plead for a drink of water—how her heart yearned to gratify the little sufferer, but she dare not violate the doctor's orders. Many a husband will recollect how his wife, suffering with fever, pined with all the eloquence of love for water to cool her burning lips, even though death should be the consequence. But it must not be done. The stern mandate of the doctor must be obeyed. And almost every one can remember cases where patients, becoming frantic with suffering, waited for the nurse to sleep, then stealthily crept to the water-bucket, or the nearest spring or brook, drank to satisfaction, and recovered, despite the orders and prognostications of the doctors. But these things are so no more—they are of the past. The spread of Hydropathic doctrines has so wrought upon the public mind, that patients suffering with febrile complaints will have water, and so the doctors have come to the conclusion that they may have it.

For years Hydropathic physicians have contended that water-treatment was as applicable to dysentery as to biliousness; that good effects were demonstrated in hundreds of cases, and published to the world. Note the Allopathic and other Medical Journals are beginning to consider whether water may not be used to a greater extent than it has been in dysentery, and some physicians, more bold than others, even recommend its use, and feel very sure that it may be employed with safety and advantage.

It will thus be perceived that the whole medical profession are getting forward. Whether they move themselves or not, I leave to be decided by others. I have given my opinion.

But if there has been much accomplished, there still remains much to be done. Let us not sit down supinely and wait for the onward movement of events. The world is still cursed with drugs. The laws of health are still imperfectly understood. Disease and premature death abound. One-fourth of the race die in infancy, and few of the remainder live to old age. All this must be remedied. The Water-Cure system is the means by which it must be accomplished. Let us labor then to spread a knowledge of its truths before the world, and for our reward we shall have the gratitude of the present and the blessings of succeeding generations.

Sugar Creek Falls Water-Cure, Ohio.

## HYDROPATHY FOR FOREIGN MISSIONARIES

BY MRS. J. H. HANAFORD.

In reading Dr. Wayland's "Memoir of Dr. Jndson," I was forcibly struck by one paragraph from the pen of Dr. J., which reads as follows: "He would take this opportunity of saying to the friends of the mission, that no presents would be more acceptable than medicines—those of the most common kind. He would respectfully suggest to physicians and apothecaries, that any packages or box of medicines, however small, would ever be highly prized."

To the believer in Hydropathy, methinks, this request for medicines would seem unnecessary, and the idea that such a gift would be the best possible for a pious physician to send to his brethren in heathen lands would appear preposterous. In order to benefit the sick in that far land, he believes knowledge only to be requisite;

the needed appliances being at hand wherever murmurs a rivulet or falls a cascade. To the question, What shall be sent to benefit the sick? there comes to his mind this reply: Send them the "Water-Cure Journal," the "Hydropathic Encyclopedia," and other works of a similar character. If this were done, many a valuable missionary's life might be saved, and years of labor and success be added to their otherwise short lives, which would amply repay for whatever expenditure was requisite to impart to them the principles and practice of Hydropathy. We know of no way in which money can be more profitably spent, in relation to missionary operations, than in providing those toiling servants of God, who, beneath a tropic sun, far from their native air, are peculiarly exposed to disease and early death, with the knowledge which hydropathists believe, and with reason, would prolong their days in the enjoyment of health. With "a sound mind in a sound body," missionaries could accomplish far more labor with far less expense.

A knowledge of physiology should be imparted to every person who designs to "go far hence to the Gentiles." The laws, by obedience to which health may be preserved, are as important to be known, as those methods by which it may be regained; and still more, are as important, as far as doing good is concerned, as a knowledge of any portion of that theology which they desire to impart. Dr. Judson remarks, with truth, "Beware of that indolence which leads to a neglect of bodily exercise. The poor health and premature death of most Europeans in the East must be eminently ascribed to the most wanton neglect of bodily exercise." There is much wisdom in this juncture, and we cannot fail to regret that the world-renowned missionary had not added to this knowledge that of other laws of health, for most religiously would he have obeyed them, if his obedience to the above law of exercise may be cited in proof. Says his widow, "He continued his system of morning exercise, commenced when a student in Andover, and was not satisfied with a common walk on level ground, but always chose an up-hill path, and then frequently went bounding on his way with all the exuberant activity of boyhood."

What a pity it was, to use a common expression, that Mrs. Ann H. Judson had not known the water-treatment most appropriate in her case, when attacked by a frequent disease in that country, whose debilitating effects might have been averted by timely use of the syringe and wet-compress, with an occasional sitz-bath, and a daily, or more frequent, sponge-bath of the entire surface of the body! A "Water-Cure Manual" would have been far more service to her than the bottle of laudanum which she possessed and used with so little benefit. Perhaps the valuable life of that pioneer missionary who gave Burmah the Bible might have been prolonged, at least, to the completion of his Burmese Dictionary, had he been aware of the virtues of the "wet-sheet pack" when he received that sudden chill on rising in the night to aid in taking care of his sick child, and which is supposed to have hastened his decease. Hydropathists will not doubt the fact.

Dr. Judson advised consumptives not to seek a foreign field of labor, saying, "The idea that a warm climate is favorable to persons of consumptive habit, is correct in some cases, but not where a rainy season is to be encountered every year." Yet, though this may be generally good advice, the true physiologist cannot doubt the fact, that a far larger number of students might be fortified with bodily health for the Eastern missionary field, were they to understand and rigidly observe those rules of Hygiene and Hydropathy which are all-important to prepare them for arduous and various duties in a sultry clime.

Some of the wealthier Hydropathic believers should "take hold of this matter," methinks, and place a copy of the "Water-Cure Journal" in the reading-room of every literary institution (male and female) in the land, and as far as possible place Water-Cure books in their libraries. They

would, undoubtedly, be read, and their truths being received, and practically illustrated by those who will exert a vast influence, the donors of those valuable works will thus render an essential service to the cause of God and humanity.

*Nantucket, Mass.*

## Practical Water-Cure.

FACTS are the arguments of God—the outworkings of His power. He who fights against facts fights against God.—Dr. F. LINS, F. S. A.

### REPORT OF CASES.

BY DR. H. N. AUSTIN.

THE case of Mrs. B. of this State is an excellent illustration of the value of a strict diet in nervous dyspepsia. Mrs. B. inherited the scrofulous diathesis, with fine, white skin, light blue eyes, fair hair, and a decidedly nervous temperament. Early in life her nervous system was severely tasked by hard labor, both physical and mental; but it did not yield its elasticity, making her feel that she was a confirmed invalid, till after she married and became a mother. Then, exhausted and broken down, the legion of evil spirits which ever hovers about such organizations, watching for some weak point where they may commence their riot, took possession of her physical domain.

She became an inmate of the "Glen" in the latter part of June, 1853, at the age of twenty-seven. She was subject to severe attacks of sick headache; had sour stomach, flatulence, constipation, capricious appetite, chronic inflammation of the throat, with slight cough, palpitation, painful urination, cold hands and feet, with serious involvement of the uterine system.

During the first weeks of her residence with us, she was very excitable, being constantly in a state either of exaltation or depression. At times her exhilaration of spirits was such that she could scarcely refrain from dancing about her room, when perhaps the next hour she would be prostrated under her bed, unable to move. As this wore away, and she gradually gained power to control her nervous forces, her stomach began to exhibit greater sensitiveness and irritability.

Articles of food that she could take with perfect impunity before, would now cause the greatest disturbance. One after another, she was obliged to abandon the articles on our table, till her bill of fare was reduced to Graham pudding and dried bread, and of this she could eat but a small quantity. For months she lived in this way. At the same time, her appetite was voracious, and occasionally, in defiance of resolutions of repeated, and established principles, and suffering certain to follow, she would yield to her craving for food, and go beyond the fixed quantity. But the punishment was ever sure to follow close upon the heels of the transgression, and entire abstinence for a time was the penance she had to pay. During these long months of suffering, to all the physical pains and weaknesses which nervous dyspepsies feel, was added also their mental torture. Depressed, discouraged, despairing, and irritable, no ray of light illumed her weary days or sleepless nights. But we who took care of her could see, that out of all this disturbance she was to come purified and invigorated. The torpid vessels of the skin, aroused by the baths to energetic action, cast off through its pores large quantities of morbid matter. Every pain and ache which she had suffered from childhood up, and which was really curative in its tendency, was made to suffer over again. Thin in flesh at first, she grew thinner, till she would scarce make a shadow on the wall, and her weight was considerably less than one hundred pounds.

But the food which she took being perfectly simple in its nature, small in quantity, and given at long intervals, allowed the best possible opportunity to her stomach to convert it into

healthy blood. At length she perceived that she could take a larger quantity of food with less irritation of the stomach; then her strength began gradually to increase, and her walks were extended a little farther daily; flesh began to come upon her bony form, and warm blood circulated through her hands and feet; sleep and rest came to her by night, and sunshine by day. The pains which had haunted her, one by one took their flight, and in February we thought it practicable for her to go home and pursue the treatment.

In a letter to me, dated the 26th of April, she says:—"I am very well, and enjoying myself finely. I weigh one hundred and seventeen pounds, wear the Bloomer dress, live on Graham pudding mostly; have eaten no meat or butter since I came home. Remember me to those of my fellow-patients who remain, and tell them to keep up good courage, for there is a good time coming."

It seems to me that in cases like this, too much importance cannot be attached to every thing that belongs to the diet of the patient,—as well to the time and manner of eating, as to the quality and quantity of the food. Old poisonous matters resting in the system may be dissolved and washed away, and torpid organs excited to new life, by baths; but the tissues can only be changed to sound and healthy ones, from healthy chyme manufactured in the stomach; and when this is jaded and diseased, it is doubly necessary that, in every particular, the most favorable conditions should be supplied to it.

CASE II.—Mrs. —, of Jefferson county, came to the "Glen" July 15, 1853, aged 33. On examining her, we made the following record of her case:—"Mrs. — is of consumptive family; has been out of health three years; ill health commenced by pain in the shoulders, and general giving way. Head dizzy, and aches over the root of the nose; throat sore, not quite ulcerated, but pretty near it; dry, hacking cough; pain in the right lung; stomach weak, feels as if it were pulling apart, sometimes sour, pain in it at times, also trembling and palpitation of it; heart sometimes beats badly; liver sore and painful; very costive; right hip sore and swollen; urine dark-colored and too much, painful to pass it; stranguary bad; feet and hands hot and burning; languor great; and low-spirited. Remark—a hard case; it is only possible that she can get well." And we were not alone in thinking thus. Her face and form and general bearing carried to all who saw her the impression that her resort to Water-Cure was too late.

Owing to her feebleness, our appliances had to be very light and gentle. We commenced by giving her, on going to bed at night, a dripping-sheet at 85°. This acted like a perfect charm, producing a pleasant, healthful glow on the skin, and quieting all present pains and discomforts. And thus apparent was the effect of every bath she took. Her improvement was uniform and perceptible to herself daily. From the day she entered the Institution her bowels were perfectly regular, and every organ commenced a more healthy action. As she grew strong, we added half-baths, packs and sitz-baths to her prescription. After two weeks it became necessary for her to visit home. She remained three weeks, and then returned and staid with us till the 20th September, when she left so much improved, it seemed certain that if she would pursue a wise course she might live. We have occasionally heard of her continued improvement, and in May received a letter from her, of which I give an extract:—"All hail to Water-Cure! I am well and happy. As to myself, I am getting rough and rugged. All seem obliged to give up to Water-Cure when they behold the glow of health that adorns my cheek, and the sunken features restored to their natural fulness. I have left painting and sewing for the present, and sit out in the open air, work in the garden, and play on an organ which was bought me last winter. Low spirits have taken their flight to the four winds, and left me cheerful and happy, which

causes my husband to say he has got his wife back again, and greatly to rejoice that he ever sent me to a Water-Cure. He is advocating the Water-Cure everywhere he goes, tells of his little faith, and presents his subject earnestly. I heartily thank you for your patience with me in my home-sick hours, and for persuading me to remain with you and try the effects of water-treatment, of which I was so ignorant."

## WATER IN ACCIDENTS.

BY D. W. RANNEY, M. D.

To show the superiority and availability of the Water-Cure practice in cases of accidents, which we are all liable to meet with and witness in these "fast" times, I will briefly state an example.

A few weeks since, while travelling in a stage-coach loaded with twenty-three passengers, besides children and baggage, we were upset, and three of the outside ones were seriously injured. After carrying them to a house near by, it was found that the least injured of the three had sustained a compound fracture of the ulna and radius, (the lower bones of the arm.) The others were senseless, and in a state of collapse, the result of concussion.

One, a large, elderly man, was evidently fast sinking, and the cry arose, "Was there a doctor present?" and as none answered, I proclaimed myself a Hydropathic physician.

I was immediately requested to take charge of their treatment, and as I did so, I inwardly rejoiced (though deeply regretting the unfortunate accident) that, as announced by "bleeders," &c., I could practically show the priceless value of water to restore those ready to perish.

As a first indication, after loosening body and limbs of tightened clothing, was to restore circulation, I requested quantities of hot and cold water to be immediately furnished. The man suffering from the fracture nobly refused attention while the others lay in their critical condition. One case of concussion was restored, somewhat readily, by cold affusions and friction; but it was long doubtful with the other. But very hot baths to feet, friction with hands by attendants, pure air, and continued cold affusions to head and breast, finally succeeded, after three-quarters of an hour, in restoring him to sensibility.

The murmur of applause which then went up for Water-Cure amply repaid me for the labors bestowed.

While using the cold affusions with electrical effect, a bystander asked if *whiskey* wouldn't be good? "No," said I, "water is God's best gift to man, and it will not fail the poor man in his hour of need."

An elderly lady, of old-school education and experience, often urged me to bleed; but not having time nor disposition for the perpetration of that relic and heir-loom of the past, I very modestly declined, being contented with the old adage of "doing well, leaving others to do better."

When I left, three hours after the accident, the worst sufferer from concussion could not plainly articulate a word; yet he finally recovered, and has since called upon me to personally acknowledge and reward for attention bestowed in his hour of peril.

There is a prevalent opinion that water is proper and available in the restoration of chronic, dilapidated cases, but not for acute and critical ones, as above stated. To all who cherish that error I would say, if it is safe and reliable in times of security and sunshine, it is much more so in the tempest and storm, when the pulse is scarcely perceptible, when the extremities are cold, and the eyes have assumed their fixed gaze. It is also said by some that the Water-Cure can only be applied at the Establish-

ments; that it is not like medicines, available at all times, occasions, and circumstances. The reverse is my firm conviction.

Our "medicine" is found everywhere—in the springs sparkling in the dell, in the rivulet of the wayside, and in the flowing river. Cold affusions, hot and cold local baths, fomentations, enemas, whole and half-packs, dripping, sponge, vapor, and sitz-baths, are as effectual for the Water-Cure practitioner, for the removal of disease, with due hygienic and gymnastic regulations, as those appliances are for the destruction of human life possessed by a corps of flying artillery.

Water-Cure applications are portable, and everywhere available, and a diseased world needs many a Ringold for the direction of Hydropathic batteries in acute and critical cases, to storm its strongholds of prejudice and bigotry.

## REGULATIONS

### FOR A WATER-CURE ESTABLISHMENT.

NOTHING is more important in public institutions of all kinds than system and order; and nothing more facilitates the doing of business satisfactorily and successfully. In the complicated details of the management of a large establishment for Water-Cure invalids, these considerations are especially important; as few persons can at first appreciate the many little matters which, unless duly regulated, or guarded against, tend to throw every thing into disorder, or at least into disagreeable perplexity. For the benefit of all persons concerned, we copy the following from the private circular of one of our principal city Establishments, as, with slight variations in the minor details, it will serve for all similar institutions:

**PARTICULAR NOTICE.**—The inmates of this Establishment are requested to make themselves acquainted with the regulations, immediately after registering their names.

**BATHING.**—The regular bath-rooms are from 4 to 7 A.M.; 10 A.M. to 12 M.; 4 to 5 P.M.; and 8 to 9 P.M. Baths will be prescribed at other hours whenever emergencies require.

**BATHING-ROOMS.**—These must not be used for washing, nor any except bathing purposes. When the showers and douches are used, the strings must be pulled gently, and the curtains carefully closed. No one is allowed to occupy the bath-rooms, unless by permission of the Physician or Superintendent. The douches are not to be used or disturbed after 10 P.M. Children must not play in the bathing-rooms.

**MEALS.**—Breakfast, from 6½ to 8 A.M.; dinner, 12½ and 1 P.M.; supper, 5½ and 6½ P.M. The 12½ will be strictly vegetarian. Meals are not furnished in the dining-saloon at any except the regular hours. Meals in private rooms, and at unusual hours, are matters for specific arrangement.

**THE DINING-ROOM.**—Patients and boarders will please occupy regularly the seats assigned them at the table. Whenever a change of company makes it necessary, other seats will be designated. Those who desire seats temporarily for invited friends, will please apply to the Superintendent or Head Waiter. Crockery and table furniture must never be taken from the dining-room.

**THE SITTING-ROOM.**—As order, decorum, and healthful example are especially important in such an institution, all lounging or sleeping on the sofas must be forbidden. Nor will any one be allowed two chairs at a time, nor to sit in uncouth and ridiculous attitudes, such as placing the feet on table, chairs, or sofas. When invalids are unable to sit up, they must retire to their own rooms. Those who are not invalids must sit erect or sit elsewhere. Those who have writing or private work to do must not take the parlor for it. Finally, the parlor must be used for no purpose whatever except sitting, conversation, music, and the reception of calls.

**THE NEWSPAPERS.**—The daily papers, with various periodicals, are provided for the accommodation of all; hence no one is expected to appropriate them; nor must they be taken from the sitting-room.

**THE LIBRARY.**—Each inmate of the Establishment, on the payment of one dollar, will be entitled to the use of the School and Office Libraries, during his or her sojourn.

**PATIENTS.**—All invalids under treatment are expected to be punctually in readiness for their baths at the times assigned. They are requested to report promptly to the Physician, or Assistant, any unusual effect or changes of symptoms; also, to report themselves regularly at the office as often as once a week. They will do well to avoid reiterating their manifold bad feelings to each other; and especially to refrain from seeking advice from servants, boarders, or fellow-patients. When advice or instruction is deemed necessary, they should apply directly to the Physician, or to the Assistant Physician having the case in special charge.

**BOARDERS.**—Those who desire the dietary of the Institution will be accommodated when there is room. Whatever bathing facilities they desire must be arranged for at the office, so as to avoid confusion between boarders and patients in the use of the bathing-rooms. Boarders are not allowed to draw off the hot water for bathing or other purposes without special permission. Those who do not approve the system, nor like the fare, are requested to seek accommodation elsewhere, and not remain and complain.

**CHILDREN AND SERVANTS.**—Young children can only be received on condition that they are at all times kept under the charge of their parents or nurses; and not allowed to play in the parlor, halls, or bath-rooms. The quiet indispensable to such an establishment, renders this rule imperative. Those who bring private servants should instruct them not to throw things in the bath-tubs or water-closets, as they will be accountable for all damages.

**THE OFFICE.**—All persons will please remember that the office-room is devoted exclusively to business purposes and professional consultations, and is hence strictly a private room.

**ATTENDANTS.**—The bath attendants and other servants will be under the exclusive direction of the Physician or Superintendent. Guests will please understand that the purposes of the Establishment are very different from ordinary hotel or boarding-house keeping; hence the servants cannot be called away from prescribed duties. All persons are requested to report promptly any neglect or misconduct on the part of the attendants. Those who are very helpless must provide private servants.

**PERNICIOUS HABITS.**—The use of alcohol and tobacco, in all their forms, is strictly prohibited. Profane swearing and drug-medicines must be religiously abstained from. Candies, lozenges, and similar trash, must not be brought into the house. Persons must not spit on the floors, nor in the bath-rooms nor water-closets, and thorough cleanliness in all personal habits is strictly enjoined. No patient under treatment is expected to use any form of alcoholic or medicated wash, liniment, &c., nor will any person be permitted to soil the bedding with hair oils, nor any greasy preparation applied to the hair or skin.

**REST.**—The house will be closed at 10 P.M., after which all loud talking and unnecessary noise must be avoided. Persons out later than the closing-hour must have a night-key, and, on entering, shut the door carefully and pass to their rooms as quietly as possible.

The terms will, of course, vary with the extensiveness of the locality and special accommodations. Usually there is but little difference between the city and the principal country institutions, as the former, though under higher rents, have a more steady business the year round. The scale of charges in the Establishment whose regulations we have copied above are thus stated:

**NECESSARIES.**—Each patient must provide a linen packing-sheet, two cotton sheets, six towels, one pair of flannel blankets, and two comfortable; or these may be hired at the Establishment for \$1 per week.

**PRICES.**—Each patient is charged \$5 examination or entrance fee. Full treatment, with board, \$7 to \$10.50; day-treatment, without board, \$3 to \$5. Single packing-baths, \$1. Warm-baths, 50 cts; other single baths, 25 cts. Transient boarders, \$1 per day. Permanent boarders, \$4 to \$7 per week, according to room. Meals per week, \$3; per day, 50 cts. Single meals, 25 cts. Meals sent to private rooms, 25 cts. extra, or \$1 per week. Boarders who order packing or warm-baths, will be charged 50 cts. each. Fires and lights in private rooms, \$1 to \$2 per week.

**PAYMENTS.**—All bills are payable weekly—every Saturday morning.

**SELF-TREATMENT.**—Prescription fee for self-treatment, verbal or by letter, 85.

### CASES REPORTED.

BY S. O. GLEASON, M. D.

**CASE I.**—Mr. —, age 31; a tall, slim man, with light complexion, high nervous temperament, came here last fall for treatment. He had some three months previous a very severe attack of dysentery which lasted seven weeks. This reduced him very much, and left a dull pain in the lower part of the back. It was an old complaint, for which he had taken medical treatment more or less for five years. He had also used as local applications, ointments and liniments of various kinds. He had been in the hands of as many as one dozen doctors, regulars and irregulars, and used at least one *hundred and fifty dollars' worth* of patent medicine. He suffered much all this time from pains in the back and limbs. There was great soreness and stiffness of the inferior extremities at times.

After he had been under treatment some four weeks, a crisis came out under the girdle, (wet bandage,) which was troublesome in the extreme, from the itching and pain which it occasioned. The odor emitted became almost intolerable, both to himself and others. For more than two months his girdle was stained, to use his own language, as "though it had been thrust into a tan-val." He had also a series of boils. Both forms of crisis existed at the same time. It is now four and a half months since it first came out, and it still continues. He has gained in flesh and strength, and feels free from pain. One of the doctors in his neighborhood called the crisis *crisis peltas*. Another said he had better keep it out—thought it would do him good. It is a matter of surprise to me still, that so much morbid material can be retained in the system, though I have the evidence in hundreds of cases.

**CASE II.**—Mr. —, of —, age 37, came here last fall, for the purpose of taking treatment. He had a fine constitution originally, a stout, strong frame, large, full muscles, well-developed chest, built for real service. He had been engaged in in-door business for twenty years. Some twelve years since, his health began to fail. He had taken a sea-voyage some years since, and improved some; still did not get the difficulty eradicated. He experienced oppression at the stomach; at times was gloomy and depressed. He was also costive, sometimes passing two to three days without any movement of the bowels. His head felt oppressed and full; his mind far from cheerful, and life seemed of but little value. He slept heavily, but did not wake refreshed, cheerful and invigorated. His tongue was white, throat red, pulse ninety-six. The whole digestive apparatus seemed impaired.

Soon after he began treatment, numerous boils came out, and continued for a month or more. Soon came a skin-crisis of great severity, giving

out not the most agreeable odor, and discharging freely morbid material. The crisis continued most of the time for *four months*. This patient pursued his treatment patiently and in good faith. He felt invigorated and improved in health and spirits. When he left, he expressed his entire satisfaction with the results of the treatment, and with the arrangements in the Cure.

**CASE III.**—Mr. —, age 35, a tall, slim man, spare in person, with light complexion, came here some ten months since for treatment. He had originally a good constitution, and was reared in active out-of-door habits. After he arrived at manhood, he began to study, changing his active habits for a sedentary life. He had not studied two years before he failed in health. He rose at four in the morning and did not retire until ten at night.

After he had somewhat recruited in health, he commenced teaching, and followed that employment for ten years. After he left this occupation, he became extremely drowsy; found it extremely difficult for him to keep awake in meetings and at lectures. He was so much annoyed by this feeling that he often pricked himself with a pin or penknife to keep awake when he was anxious to listen. He led the choir in church, and had often to be awaked, though he had *struggled hard* during service to overcome this disease.

His bowels were constipated for a long time, but for the last year had been inclined to a diarrhoea. He had a pain in the left side for some *fourteen years*, more or less severe and constant. His tongue was badly coated, and he had a bad taste in his mouth continually. He had a disagreeable, dull, heavy, "sickening pain" across the chest nearly all of the time; had some pain in the small of the back; a slight rash made its appearance upon the surface at times.

He had not taken treatment many weeks before two *large carbuncles* came out near the lower point of each shoulder-blade; they were the *largest ones I ever saw*. They were not less than three inches in circumference, and were raised in the centre from one to two inches above the surface surrounding them. They ulcerated, and large portions of the flesh sloughed out, leaving orifices three-fourths of an inch deep by one to two inches in diameter. They discharged (to speak within bounds) *quarts* of matter. He had some fever, and felt much reduced by the waste and drain from the system. But in a short time he began to improve, and made a most rapid recovery. He then left, and I have since learned that he is entirely restored, and that the sleepy, drowsy feeling is overcome.

**CASE IV.**—Last fall, Mr. —, aged 40, came here. He inherited a good firm constitution, and had more than an ordinary amount of muscular energy and will-power. He had, for many years, been an active, industrious man. Some years since, he had two severe attacks of bilious fever; one of them lasted many weeks. Had also the dysentery, which reduced him very much. From time to time he had been subject to acute attacks of more than ordinary severity. He had been bled and mercurialized after the most approved Western style, quite to his satisfaction. He had also been treated for an attack of jaundice, by a Botanic physician. So he had tried many doctors, and "dosed immensely," to use his language.

Some two years since, he noticed that the feces or stools were streaked with blood—thought he had the piles. Soon large quantities of mucus and blood began to pass. He took two doses of some *powerful medicine*, from which he was *promised* a cure. But the result was like what occurs in most cases where such vigorous medication is pursued; he got much worse instead of getting better.

He continued to fail after the powerful medication, showing that the congestion of the mucous surface of the intestines was aggravated instead of benefited by drugs. This is the common result of drugging in diseased states of the mucous surfaces of the stomach or intestines.

Such was the irritability of the bowels that they moved from *two to three times in an hour*. Blood and mucus constituted the most of the material evacuated, and the discharges were attended with pains and griping. There was a great quantity of gas generated in the intestines. There was no natural passage at all from the bowels. All the stools were not natural. His skin was sallow, giving his complexion a muddy hue. He got a severe crisis which lasted him many weeks. He had also a slight attack of ague while under treatment. His skin assumed a healthy aspect; the evacuations lessened in frequency from the bowels; his strength increased, his spirits rose; his flesh became more firm, and he felt like a new man. He left after some four months, feeling grateful for his relief, and thankful as well as satisfied with his care and improvement.

### D Y S E N T E R Y .

#### INTERESTING CASE.

#### WATER AND DRUG-TREATMENT CONTRASTED.

BY DR. AMELIA W. LINES,  
Of Williamsburg, L. I.

DURING the summer of 1852, the dysentery prevailed as an epidemic in the city of Cleveland, Ohio. Numbers were dying all around us, and the very air seemed to be infected by the disease. It was not without forebodings of evil that I went into the country, leaving my husband, whose business prevented his accompanying me, knowing his faith in Hydropathy was not as firm and unshaken as my own, never having experienced the powerful effects of the remedy I had so much confidence in. I feared, in case of an attack of the disease to which he was then exposed, he would resort to the use of drugs.

My fears proved too true. I had not left him but a few days when he began to experience premonitory symptoms of diarrhoea. His first thought was, "I will take some paregoric, and check these symptoms immediately." He followed these suggestions, which produced the desired effect; but it lasted only for a day, when the diarrhoea returned with increased violence, accompanied with vomiting. His friends becoming alarmed, wished to send for an Allopathic physician, to which he consented; but cautioned them not to inform me of his condition, as I would be unnecessarily alarmed and injured, being near my confinement.

When Dr. C. arrived, he prescribed a full dose of calomel, to be followed in a few hours by castor oil. He was very anxious to bleed, but my husband would not consent. He then ordered an opium pill every two hours; and that is the last my husband has much recollection of. For the ten succeeding days he was subjected to all the remedies an Allopathic nurse and doctor could devise; and then his attendants were informed by the physician that there was not much hope of his recovery, and that his wife had better be informed immediately. In a few hours I received a telegraphic despatch containing the sentence, "Your husband is very low with the dysentery." In a moment I knew why I had not heard from him during the last two weeks; and knowing his constitution to be full average, I had great faith that he could be soon cured by the judicious application of water-treatment.

In a few hours I was with him. Never can I forget his condition; it made such an impression upon me. His mental faculties much disturbed, weak pulse, tongue covered with a thick coat of the darkest brown, great heat about the head and abdomen, with cold extremities, and the dejections very frequent, attended with severe tenesmus.

My first act was to have the room thoroughly ventilated, and a stand covered with sundry bottles and papers of medicines removed. Then I bathed

his entire body with tepid water; applied warm fomentations to his abdomen, which was very tender and tympanitic; gave small cool enemata after each evacuation; warmed the extremities, and cooled the head.

When Dr. C. called, he was well pleased with what I had done; but remarked that a dose of calomel should be administered that evening.

I replied that I feared his drugs more than the disease he was trying to combat; that the means I used would produce all the good effects he wished to derive from calomel, and more; for, by exciting the skin, I should relieve the system of its impurities through its surface, and equalize the circulation; relieve the brain, if no opium was given to derange and stupefy; and, indeed, that I expected to change the symptoms entirely within twenty-four hours.

My expectations were not disappointed; but I shall never forget how, at the end of that period, he begged for just one opium pill—not that he was suffering any great local pain, but an indescribable nervous prostration produced by the opium he had been taking. A few hours' rest and a sitz-bath or two soon brought relief; and he made marked progress from that hour; the discharges changed in character, becoming free, of dark-green appearance, and gradually lengthening the time between each; until, on the fourth day of my treatment, every symptom was improved, that I decided to return immediately to P., not fearing any bad effects from riding thirty miles on the cars.

Though somewhat fatigued, he rested well all night, and in three weeks was perfectly restored, so as to attend to business, as usual. He made no use of wine or brandy bitters during his convalescence, and gained strength faster than it would have been possible with their use; wasting vitality, as is ever their effect, and only exciting its manifestation, which, by the unphilosophical observer, is ever mistaken for its increase. The sitz-bath each morning for ten minutes, and the sitz-bath in the evening for five, proved a much more efficient tonic. He ate freely of all kinds of fruit and vegetables as soon as his appetite demanded them, which was within a few days after the water-treatment was commenced.

## General Articles.

### INFANT MORTALITY.

BY MRS. FRANCES D. GAGE.

LOOKING over a newspaper this morning, I noticed the Report of Deaths for the week in one of the Eastern cities. The number is 121; of these, 101 were *infants*; the remaining 20, adults! Such statistics meet our eye almost daily, and startle us with the magnitude of the evil that is sweeping over our country, and leads us to ask: Why do children die? Why this tremendous waste of infant life? Why this agonizing outlay of woman's labor, only to fill the tomb? I have seen it estimated that one-half of all the children born, die in infancy. Yet how few of the many made to suffer in spirit ever pause to search for the causes of their sorrow and tears!

If the shepherd were to lose half the lambs of his flock, would he go on unthinking in his work, and make no effort to remedy the evil? If the balance were frail, diseased, dwarfed, and unmarketable, would he be satisfied to continue using the same food, the same pastures, the same system of culture? Certainly he would not. He would ransack creation for remedial agents, or quit the business. But the necessity of raising the children born in his household, of having them strong and healthful, perfect in form, brain and muscle, scarce enters his mind in a lifetime.

The colts and calves engross his thought; and the poor feeble mother often has no thought to

be engrossed. It is "Providence," we are told, that ordains all this, for the moral good of the parents, "and it is a vulgarism to compare human beings, even for illustration, with the brutes of the field."

Christ, the great Lawgiver, drew all his parables from humble things. It was He that bade the disciples feed his lambs, and told the people they were of more value than the flowers of the field or fowls of the air. But really in these days we think we know men who take far more pains to inform themselves on the best method of raising "Shanghais," Berkshires, Southdowns, and Durhams, than they ever dreamed of bestowing on the Anglo-Saxons in their own households.

We know more than one mother who consults the monthly fashion plate with deep, absorbing interest, and holds long and exciting interviews with Mrs. Mantelet, while Bridget takes the baby out airing, or stays with it in the nursery, feeding sweetmeats and confectionery—maybe a little paregoric or laudanum, to keep it quiet while she pleases her fancy. But does this mother ever think of searching diligently for the best interest of her child? Does she take a monthly to lead her aright in the duties of a mother, to give her the experience of others? Not a bit of it. And when the little one dies, and she looks upon its closed eyes, that answer not back her look, and kisses its cold inanimate lip, once so beautiful and warm and bright, now turning, even in its budding, back to dust, she cries out in despair, "O God, why hast thou laid this heavy affliction upon me?" and the clergyman answers, "Be resigned; whom the Lord loveth, He chasteneth."

And the mother is comforted. And turning away from the shrouded treasure, she orders another fold to her mourning-dress, another white rose to the inside of her bonnet, nor ever once entertains the thought that she has been the destroyer of her own child. Thus, one after another of the precious little ones are tortured out of life, human sacrifices to folly, ignorance, and fashion.

I sat not long since near two strange ladies who were conversing. One was a woman of forty, who had recently been brought up in the country. She was full-sized, though not large, and dressed and looked as if life was worth something besides conventionalism. The other was taller, broader, but her waist like an hour-glass, her face pale and languid, her hands white as snow, her feet cased in the most delicate slippers, her whole dress an elaborate effort of the mantua-maker; a sickly-looking child, that she would not let leave her side, hung upon her lap, while a half-dozen red checked rowdies claimed the attention of the first one.

"How many children have you?" languidly asked the sickly mother.

"Ten," was the prompt reply.

"Have you ever lost any?"

"Not one."

"You have been greatly blessed," said the tall lady, while a deep sigh heaved with emotion the rich lace and brocade, that covered evidently an aching heart.

"I have had ten; but it has pleased my Heavenly Father, for His own wise purposes, to take all but this one from me; and I tremble at every step lest this one should go also, for she seems very delicate. I can't let her out at all, she takes cold so easily; she has had a cough all winter. I have had three doctors, and she is taking medicine constantly, but it don't seem to help her. Dr. B— of — recommended us to go to New Orleans with her, but the first day we came on board she took an awful cold, and has not been out on the guards since. I most wish we hadn't started."

"Las-a-me!" said the hearty woman, "my children would die to be shut up so." The strong mother spoke truth. Her children would die if shut up from the sunshine and air, and fed on drugs and confectionery. But this mother, who had spent all the best years of her existence preparing her nine loaves for the torture and the tomb, had not learned one lesson of wisdom.

God took them from the servant who had been so untrue to her holy trust; not because He loved her more than others; not because He wished by punishing these little ones to bring the mother higher unto himself; but because His wise and immutable laws had been violated, and the cause had produced its effect. Oh! when shall we learn the true wisdom of our Heavenly Father, and the love which "doeth all things well?"

St. Louis, Mo.

### PHYSICAL EXERCISE

IN EARLY LIFE.

BY MRS. H. H. THAYER.

To fetter the active motions of children, as soon as they have acquired the use of their limbs, is a barbarous opposition to nature; and to do so under a pretence of more perfectly improving their minds and manners, and to enable them to appear *precocious* and *smart*, is an insult to common sense, and shows an entire disregard of the laws which govern our physical existence.

It may indeed be the way to train up enervated puppets, or short-lived prodigies of learning, but never to form healthy, robust, well-informed and accomplished men and women.

Every feeling person must behold, with much heartfelt concern, poor little puny creatures of eight, ten, or twelve years of age, exhibited by their silly parents as proficient in learning and wisdom, or as distinguished for their early proficiency in languages, elocution, music, drawing, or some frivolous acquirement.

Their physical training having been grossly neglected, the strength of the mind as well as the body suffers from this neglect; and both are exhausted, and their natural growth checked by such untimely exertions.

We are not inclined to discourage the early introduction of youth into the sweet and even-moralizing society of the Muses and the Graces, but we would have them pay their court also to the Goddess of Health, and to spend the larger portion of their time in innocent exercises and amusements, such as will tend to develop and mature the physical system.

Many parents neglect the physical education of their children, not so much from any carelessness in regard to the welfare of the latter, as from an actual misconception of the effect such education, when properly conducted, is calculated to produce, and from an ignorance of the signs by which perfect health and vigor are indicated.

Thus, by one class, excessive fatness in an infant is looked upon as the perfection of health; by another, the amount of strong food it craves and consumes; others, again, can conceive of no more certain indication of health than the absence of positive disease, the early appearance of the teeth, or the premature efforts of the child to walk.

To correct such erroneous notions, and to exhibit the important results to be anticipated from a judicious attention to cleanliness, diet, exercise in the open air, and clothing during infancy and childhood, we present the following picture, not drawn from imagination, but in strict accordance with facts, and with the experience of every enlightened observer.

The body of a child whose physical education has been properly conducted, is straight and robust; its limbs are uniformly covered with flesh, and well proportioned.

The texture of his flesh is firm, the color of the surface fresh and rosy, and the body appears neither overloaded with fat, tumid and spongy, nor parched and haggard, or strikingly meagre. The skin is soft and flexible, and the complexion lively and fresh. The stages of growth or development in the different organs take place in regular succession; no power, no capacity outstrips another; the teeth do not appear so soon, nor at in-

regular periods; the child does not begin to walk too early or too late; and the same is observable with regard to speaking. Even the mental faculties expand themselves more slowly—in other words, not until after the most important bodily changes have been effected. Every period from infancy to manhood, proceeds in a natural and gradual manner, so that the child, in a physical point of view, remains longer a child. He does not mature into manhood before he has completed the proper term of youth; and thus every stage, as well as the whole career of his existence, will be considerably prolonged.

The constitution, under such circumstances, becomes more hardy, and is less liable to be affected by the ordinary vicissitudes of climate and weather; and by its being possessed of a great degree of inherent vigor, the assaults of disease are more certainly repelled, the mental powers are enabled to assume their greatest development.

Parents have it in their power, in almost every instance, to realize, in their own children, the preceding picture, or by their neglect or ignorance, to present in them its opposite.

In conclusion, then, permit me to urge upon parents and guardians the great necessity of looking closely to the physical training of infancy and childhood. Let this be the most important aim and object, and all other acquirements can be easily added after a robust and healthy constitution has been established. (*Mt. Prospect Water-Cure, Binghamton, N. Y.*)

## Dietetics.

### DIETETIC REFORM.

#### ART. II.—MEAT-EATING.

##### — BY A VEGETARIAN.

“Give us this day our daily bread.”

PROGRESS is an indelible characteristic of the age. New inventions, improvements and reforms are always rife, and from the nature of the human mind, they must constantly occur. No era of the world's history can be cited where man has arrived at the ultimate perfection of his existence. Nor will the human mind rest satisfied with what has been achieved. Having a standard of infinite perfection constantly before him in the works of the Divine Architect, man is constantly and commendably incited to new exertion of his powers, and in new directions. The field is vast, the variety endless. “The noblest work of God is man” himself. And “we are fearfully and wonderfully made.” To study man, his nature, powers, destiny, and the relation which he sustains to his fellow-man and to his Creator, becomes our primary duty. His present condition is certainly a mixture of happiness and misery, disease and health, strength and weakness, sin and virtue. He has fallen from the high estate in which he was originally created. But under all circumstances man is capable of improvement. He is never sunk so low as to be incapable of reformation, and he never in this world arrives at such a stage of perfection as to be beyond further improvement. In view of man's physical organization, not the least important subject concerning him is his dietetic character and habits. From time immemorial, the sense of appetite has been a prolific source of disease, misery and crime. It was indeed, according to the Mosiac history, the instrumental cause of the fall of Adam. Of all animate nature, man seems to be comparatively the most frail and weak, and the most liable to disease and premature death. Why is this? It was undoubtedly designed by nature that every person should, unavoidable accidents excepted, live to at least

“threescore and ten.” Then why do we not fulfil our destiny? Sickness or premature death is *not natural*. It is a *violation of nature*. It is caused by gross infringement of the organic laws of our being.

Experience and observation afford abundant evidence that habitual meat-eating was not designed by nature. In emergencies, such as journeying through wilderness and forming new settlements, meat-eating may become temporarily necessary. But when the country becomes settled, the soil cultivated, society organized and civilization advanced, it is then unnecessary and inexcusable. In view of the great diversity of farinacea, fruits and vegetables which the soil abundantly affords, furnishing, as is proved by analysis, all the necessary elements of nutrition, and all the variety that can be desired by a healthy appetite, man is not satisfied, but is prone to neglect simple vegetable food and pure cold water, which alone have a healthy, refining, elevating influence, and he degrades himself by indulging in the *gross, the stimulating and the sensuizing*. Travellers in civilized countries sometimes fall short of provisions, and they are obliged to eat their horses. Now, suppose that after having thus formed the habit, they should continue to eat horses from choice after having arrived at their destination in “a land flowing with milk and honey.” So it is with the meat-eating world at present. It is an analogous case. It is maintained that meat-eating is necessary to sustain physical strength and endurance of fatigue and cold. But the peasants of Europe, who live principally upon simple vegetable food, are far healthier as a class than the Americans, who are proverbially a nation of dyspeptics and a prey to fevers, which are caused in a great measure by our bad dietetic habits. Then compare the immense strength, patient endurance, docility and intelligence of the vegetable-eating horse, ox, elephant, man, deer, &c., with the fitful, spasmodic, soon-exhausted strength and unmitigated ferocity of the lion, tiger, panther, hyena, and other beasts of prey. Dogs, when fed principally upon meat, become more ferocious, ungovernable, less intelligent, and more apt to kill sheep. Patients with either chronic or inflammatory diseases, who have been habituated to eating meat and high-seasoned food, drinking tea and coffee, or using tobacco, liquors, &c., are much harder to cure than those who have been accustomed to a temperate vegetable diet.

No benevolent person of refined feelings and cultivated mind could be induced, except in a case of necessity, to butcher animals to eat, when enough food and to spare can be procured without bloodshed, by tilling the ground. Every one that eats meat does not butcher, but the task is devolved upon a few who follow it as a profession; and although the majority are thus saved the disagreeable task, yet they participate in the spoils, after the fact, by eating the carcasses. The butcher is not expected to become otherwise than comparatively coarse and unfeeling. He is not allowed in many countries to act as jurymen in a case of life or death. This fact alone, from analogy, would suggest serious doubts as to whether meat-eating was designed by nature, because nature's laws never conflict with each other. It is absurd to suppose, while the soil affords a superabundance of food, that nature should require man to be under the necessity of brutalizing himself and blunting all his finer feelings by habitually killing animals to supply himself with other and more stimulating food to indulge a depraved appetite! Then what are the moral effects of slaughter-houses upon the community? Do they not constantly familiarize and suggest to the mind, especially of children, scenes of violence, cruelty and bloodshed? And is not human life cheapened thereby as a natural consequence? Does not meat-eating naturally encourage and foster those brutal and revolting scenes which generally disgrace the festivities attending the holidays, such as cock-fights, and the wilful shooting and torturing of tame, unresisting ani-

mals, turkeys, geese, &c.? The vegetarian finds himself become instinctively very sensitive upon this point, and very properly so, unless it will be contended that violence, cruelty, and bloodshed are useful (?) in their way, and that the world has never been cursed enough with them!

Vegetables are sometimes abused. Sourkroot—a disgusting, putrid concoction, a perversion of innocent cabbages—is a dish fit only for hogs, and starved ones at that. Its effects upon the human system cannot be otherwise than hurtful, degrading and demoralizing.

Before the world is a half century older, the fact will be more generally recognized and admitted, that there is a close and intimate connection between man's physical, moral, and religious advancement and—dietetic reform. But few, comparatively, ever give this subject a thorough practical investigation. We are prone to follow established habits and customs, without asking any questions.

Marietta, Ohio, Dec., 1853.

H. C. F.

## Dress Reform.

### A SHORT PIECE

#### ON LONG SKIRTS.

It was my fortune to be in the city of New York on the 14th May last. The mud and mud did not prevent me, did not prevent many others of the ladies even, from attending church. A little after noon the rain ceased, and towards night there was considerable promenading.

The beauty (?) of long skirts was very manifest. It seems the fashion now is to have “the skirts long and sweeping.” Some ladies made a faint and altogether unsuccessful attempt to keep their skirts out of the mud. If they lifted them before, their fullness caused them to trail deeper in the filth behind. If they raised one side, the other was still dragging in the nastiness. Many seemed to consider it indelicate to hold them up at all, except where the mud was the deepest. When they did raise them, what disgusting revelations of street-mud were to be seen on clothes and stockings! And such sights belong to the class which one will look at, just because they are disgusting.

How many constitutions were weakened by mopping through the mire those heavy skirts, and by the dampness they gathered upon feet and ankles! What a mean waste and spoiling of costly garments took place on that one day! What moral debasement, from the attention of the whole street being directed to see how ladies would manage with their lower extremities in a different case! Oh! how long will women be so infatuated in relation to dress? How long will manufacturers, merchants, and milliners enslave and befool them? How long will respectable publishing-houses furnish villainous fashion-plates for them to look at? If I were publishing a periodical or sheet of any kind, I would as soon advise a drinking-saloon or house of ill-fame, as to herald one of the customary fashion-plates.

Too True.

DEATH FROM LONG SKIRTS.—A few days since, as the persons employed in the Union Steam Factory, corner of Twenty-second street and Second Avenue, were about leaving off work, Miss Catherine Nolan, of No. 31 City Hall Place, engaged in the establishment, as she was coming down stairs, was tripped up by a portion of her gown. She was precipitated thence through the hatchways, which were, as usual, open at the time, and falling from the fourth story to the ground, she was dashed with such violence against each loft that she expired in four or five minutes after the occurrence. —*N. Y. Tribune.*

## Literary Notices.

ALL Works noticed in this department of the JOURNAL, together with any others published in America, may be procured at our Office, at the Publishers' prices. EUROPEAN Works will be imported to order by every steamer. Books sent by mail on receipt of the cost of the work. All letters and orders should be postpaid, and directed as follows: FOWLETS AND WELLS, 308 Broadway, New York.

**SMITH'S FRUITS AND FARINACEA.** With Notes and Illustrations, by DR. TRAILL. [Price, prepaid, \$1 25.]

This invaluable work has been issued by FOWLETS AND WELLS. It is, in the language of the author, "An attempt to prove, from History, Anatomy, Physiology, and Chemistry, that the original, natural, and best diet of man is derived from the vegetable kingdom." The Scripture argument or evidence is candidly stated and critically examined, and the whole subject of vegetarianism is thoroughly discussed in all its scientific and experimental aspects.

The work is published in beautiful style; and if the subject itself is not attractive, it is only because man's appetites have become perverted, and their natural sensibilities have gone astray. It is, however, embellished with a superbly engraved and colored "Vegetable and Fruit Piece," representing a combination of cereals, grains, esculent roots, and luscious fruits—things "good for food"—a single look at which ought to raise a presumption, at least, in the mind of the lover of the beautiful, "that feasting on the carcases of dead animals is no part of man's duty or destiny, except under circumstances of extraordinary necessity."

The pictorial illustrations not only exhibit the anatomical relations of the digestive organs of the carnivorous, omnivorous, herbivorous, and feroivorous animals—their similarities and discrepancies—but demonstrate the relations which the entire organization of all these classes of animals bears to their natural dietetic character.

It will be difficult, we think, for the opponents of an exclusively vegetable diet to resist, much more to gainsay, the inferences deducible from the considerations here presented. However, the whole subject is now fairly before the world. Let us examine all things, and hold fast to whatever is satisfactorily proven. Address FOWLETS AND WELLS, 308 Broadway, New York.

**FARM IMPLEMENTS, AND THE PRINCIPLES OF THEIR CONSTRUCTION AND USE.** With 200 engraved illustrations. By JOHN J. THOMAS. New York: Harper & Brothers. Cloth, pp. 287. 87 cents.

How many farmers are there who ever think whether there is any such thing as a principle connected with their agricultural implements? They never stop to see why Jones' plough is any better than Smith's, but they really believe it works easier. If they would read this work, they would learn more about every-day affairs than they could imagine. It is here shown that there is not a principle in natural philosophy but is applied every day on every farm; and if the laborer but knew how to apply it to the best advantage, it would save him both time and hard work. We learned enough from it in five minutes to repay twice the cost of it, and are sure if you buy it you never will be sorry.

**YOUTH'S MANUAL OF GEOGRAPHY COMBINED WITH HISTORY AND ASTRONOMY.** By JAMES MONTEITH. New York: A. S. Barnes & Co.

If the books for children, in our school-boy days, had been got up in a stylo half as pretty as they now are, we verily believe we should have learned more. This Geography is full of brightly-colored maps, and has a fine picture on almost every page to present attractions to the eyes of the little folks. The matter is judiciously arranged, and the whole well adapted to the purpose intended.

**THE COUNTRY GENTLEMAN.**—Readers are referred to the Prospects of this sterling agricultural paper, advertised in our columns. The Country Gentleman is edited and published by the proprietors of the Albany Cultivator, known so well throughout the States. May success attend the publishers as it surely will the readers, of the Country Gentleman.

**DANIEL BOONE AND THE HUNTERS OF KENTUCKY.** By W. H. BOGART. Auburn and Buffalo: Derby, Orton, & Mulligan. New York: R. T. Young, 140 Fulton street. 12mo, cloth, 400 pp. \$1 25.

Who that has read the history of the Western portion of our country has not been astonished and amused by the anecdotal of this remarkable man? We have heard of his success as a hunter and an Indian-fighter, his daring adventures and hair-breadth escapes; but never before has an opportunity been given to know him as he was. In the work before us, it has been the object of the compiler to give us a sketch of the man, his career as a pioneer, and his connection with the first settlement of Kentucky and the adjoining States. The work is neatly got up, and embellished with several illustrative engravings.

**FARMINGDALE.** By CAROLINE THOMAS. New York: D. Appleton & Co. 1854. [Price, prepaid by mail, \$1 25.]

This is said to be a story of great interest, quite equal in its delineations of character to the "Wide, Wide World." We have not found time to give it the examination it deserves. The name of its fair author is a sufficient guaranty for the purity of its literary style and moral tone.

**FAQUELLE'S COLOQUIAL FRENCH READER.** New York: Irvion & Pinney. 1854. [Price, prepaid by mail, \$1.]

This is an excellent work, both in plan and in execution. It is accompanied with idiomatic and grammatical references to Faquelle's New French Method, but may be used with any other grammar.

**PERSONAL NARRATIVE OF EXPLORATIONS AND INCIDENTS IN TEXAS, NEW MEXICO, CALIFORNIA, SONORA, AND CHILINAHO.** By JOHN R. BARTLET, U. S. Commissioner. 2 vols. 8vo. With map and illustrations.

We have been favored by the publishers, D. Appleton & Co., with a copy of this truly valuable work. Among such a number of histories, sketches, travels, and notes, relative to the conquest and settlement of this portion of our country, with which the market is flooded, it is truly gratifying to find something one can read with a feeling of confidence in the truth of the statements it contains. Such a work we have in the volumes under notice. It is written in an easy, instructive style, containing much important information, occasionally interspersed with a lively anecdote, and is beautifully illustrated with lithographic and wood engravings. It is by far the best work we have seen.

**SABBATH MORNING READINGS ON THE OLD TESTAMENT.** By Rev. JOHN CUMMING, D. D. Boston: John P. Jewett & Co. 1854. [Price, prepaid by mail, \$1 25.]

The reputation of Dr. Cumming, both as a writer and as a Christian, is too well established to need our endorsement, and his name will be a sufficient commendation of the book before us. The design of the work is to give brief popular expositions of Scripture passages as an aid to the ordinary Christian reader. It is a capital work for those for whose use it is intended—Scripture-readers, city missionaries, and saloon men of business and hard work.

**THE TENT AND THE ALTAR, or Scenes from Patriarchal Life.** By Rev. JOHN CUMMING, D. D. Boston: John P. Jewett & Co. 1854. [Price, prepaid by mail, \$1 25.]

This is a companion to a former volume noticed by us, unfolding Christianity before the Flood. In the work now before us, the distingu shed author sets forth the same glorious faith as developed under the shining and irradiating of the holy altars which the world's gray fathers raised in the desert. It is written in Dr. Cumming's usual glowing and eloquent style.

We have received from Bunce & Brother "THE DEEREST WIFE," by EMMA D. E. N. SCOTTSMITH, published by T. B. Peterson, Philadelphia; and "A YEAR AFTER MARRIAGE," by T. S. ARNOLD, published by the same.

From Partridge & Bidlan we have "NEW TESTAMENT MIRACLES AND MODERN MIRACLES," by J. H. FOWLER, published by Bela Marsh, Boston.

## Miscellany.

**THE GLORIOUS FOURTH AT OUR WATER-CURES!**—The Glorious Fourth was gloriously celebrated at many of our Water-Cures. Desponding patients forgot their pains and entered into the spirit of the occasion. Rational amusements were provided, and men and women diverted from themselves to enjoy that ever-living, never-ceasing theme, LIBERTY, FREEDOM, INDEPENDENCE, PATRIOTISM, and—less the objections—Our Glorious Country! The day was duly celebrated by the guests and patients at Glen Haven, N. Y., Orange Mountain, N. J., and at Oyster Bay, L. I. We have received a report of the proceedings at the latter place, as follows:

Ms. S. R. WELLS—Dear Sir:—It may be interesting to your readers to hear that the Fourth was duly celebrated at Dr. Shew's Water-Cure Home, Oyster Bay, Long Island, by a most unique entertainment.

Scarcely any preparations had been made until Monday morning when one and all went to work right earnestly. It was proposed and agreed that a dinner be given in a shady orchard, in close proximity to the bay, and that every one contribute in such manner as best pleased him, something towards enhancing the interest and happiness of the occasion. Notwithstanding the extremely warm weather, Invited, boarders, and patients, in the evening, exerted themselves, in anticipation of the event.

On the morning of the Fourth, "old Sol" rose in unclouded splendor, and made his felt sensibly his presence. Save the report of fire-crackers, a pleasing stillness pervaded the large, rendered delightful by the unceasing warbling of the birds in the leafy trees.

At 1 P. M. the company repaired to the orchard, and the exercises commenced by singing the National Hymn, "America," accompanied on the melodeon by Mr. White, of Indianapolis, late student at the "Water-Cure Home," New York. In order to obviate the necessity of a repast at the house, and observe due regularity of time as to eating, on account of the patients, they then sat down to dinner. There were two long tables spread with cloths of immaculate white, bordered with myrtle, and laden with Hydropathic viands and beverages, with vases of odorous flowers, while in the centre stood a towering pyramid of beautiful roses, intertwined with wild flowers, and surrounded at the base with myrtle. The elegant manner in which the table was arranged, reflected no little credit on the artistic taste of Mrs. and the Misses Shew.

The dinner was discussed with a great deal of gusto, all vivaciously joining in conversation, while one genial spirit perfused the assembly. Salutes of welcome and remarks were made, and at the close of the dinner, Mr. Bloom, of New York, the chairman of the Committee of Arrangements, rose, and remarked that it is his duty to thank Dr. Shew, who had provided this delightful repast, and of those hospitable Water-Cure Home they were sojourning, was not among them. Owing to his recent recovery from a severe attack of sickness, and wishing to avoid all excitement, he had thought best not to be present. However, though the Doctor was absent in body, he was with them in spirit. And now he wished to present the following sentiment:

"JOEL STEW—The father of Hydropathy in America, a hard worker and a whole-souled man; laboring prostrated by disease, but now convalescent, we congratulate him on his recovery. May he live long to proclaim and practise the blessed principles of the Water-Cure, and witness the fruits of his labors. And when at last his mission shall have been fulfilled, may he be received among those to whom it shall be said, 'Well done, thou good and faithful servant, enter thou into the joy of everlasting peace!'"

Hearty applause followed the presentation of this sentiment. The company now withdrew from the table, and Miss Gunderson, of Canton, N. Y., read the following Declaration of Independence; after which the chairman gave this sentiment:

"THE FOURTH OF JULY, 1776!—A day ever to be remembered by Americans—an epoch from which dated the dis-enthralment of our forefathers and the establishment of a republic, whose national flag—the star-spangled banner—floats in all waters and in all lands, everywhere respected; whose progress is unprecedented in the annals of history. May all sectional differences be amicably adjusted, and may the Union ever be one, and Onward and Upward its never-ending motto!"

Mrs. Bloom then sang "Come where the Violets blow," accompanying herself on the melodeon; and was succeeded by Miss Stearns, who thought she could do no better than to read an article from the New York *Tribune*, of July 1st, on the Fourth of July. Miss Gunderson then read, for the amusement of the company, a Cantata, written, which was rendered in a very artistic style, and produced much laughter.

Here an intermission ensued, and the chairman gave a recitation, "My Mother's Voice;" preceded by some very feeling remarks; after which was sung, "Wait for the Wagon." We were then diverted with one of the much-provoking scientific discourses of Julius C. Green, Lambert, of one of the company. Miss Gunderson now favored us with the beautiful recitation of "Samson," which was followed by Miss Stearns, who sang "The Battle Field," by Mr. Wheeler, of Brooklyn; and succeeded by the pleasing recitation of "Man and Woman," by Mr. McGarry, of Louisiana.

The company here engaged in more dancing, which was continued some time, but finally ceased, when pre-

sently the chairman rose and addressed the assemblage, in substance, as follows:

"LADIES AND GENTLEMEN: I have a sentiment to offer which I wish to preface with a few remarks. My theme is Woman. Much has been said and written in praise of woman, and generally, as our catalogues also has been catalogued and tested, and one would suppose that gentlemen really honored her. But, Ladies and Gentlemen, while she has thus been praised and flattered, she has been kept within certain narrow bounds, and beyond which, if she dared go, she was looked upon with suspicion by the gentlemen, and frowned upon by even her own sex. I love and respect woman, and I would honor her not by flattery, but by placing her on an equal footing with man, by extending to her all the rights and privileges to which she is entitled.

"Referring to biblical history, and going back to the period of Mother Eve, we find it recorded that woman was made to be the companion of man—not his ruler nor his slave. And to those who reject the claims of the Bible, I would say that I think there are other strong enough evidences out of that book to corroborate this statement. But woman has not been treated as the companion or equal of man. On the contrary, she has been treated as his inferior, and subjected to many wrongs. Man is governed by reason; woman by affection. Hence, she has patiently borne her wrongs and endured her sufferings in silence. Read history and behold how universally the character of woman is noted for affection; while man, the world over, is known to be ruled by reason. Hence, when he is wronged, he is filled with feeling, he has ignored her as a companion and an equal, and treated her as a mere assistant, who must come and go at his bidding. Hence, when he is wronged, he is filled with feeling. She has been silent long enough—the time has come for her to speak and to act. And she has spoken and is now acting.

"I rejoice that her voice is heard and her action felt. And all honor be to her who has thus spoken and acted. I would say upon the poet's motto, 'Who would be free, himself must strike the blow'; and have unfurled a banner on which is emblazoned the motto of 'Woman's Enfranchisement.' Entering upon a new and untried field of action, they will be liable to run into extremes; indeed, they have already done so, in permitting their reason to exert an undue weight in their proceedings. And hence, they have wronged many women; whereas, we want strong-minded, *all-seeing* women, who, while they speak and act, will ever avoid harshness and speak the truth in love, realizing that truth, when spoken and acted in love, is an all-potent agent.

"Neither the time nor the occasion will admit of my entering upon any extensive remarks about woman's rights. But as there are husbands and wives here, I am disposed to mention an instance in which woman, as a wife, is wronged. Notwithstanding the great hue and cry that ninety-nine marriages out of a hundred are unhappy ones, and that the majority of husbands and wives love each other. And when first married, the husband converses with his wife on any thing save the duties of matrimony, and finally, husband and wife become accustomed to exclusiveness, and he leaves her to enjoy himself in his own selfish way, while she remains at home and grieves over the change that has taken place. She is still expected to know his every wish and anticipate all his wants; and is blamed for not doing this thing that way and that thing this way. And yet she uncompromisingly essays to please him, although saddest broods over her spirit, when but one approving smile or an affectionate kiss would relieve her heart and illumine her countenance with joy. Now this is all wrong. Husbands should seek to keep their wives on an equal footing with themselves, and what they don't know, why, teach them. Then would wives be happy and better prepared for all the emergencies of life. Don't think that wives, because they do not menstruate, are satisfied with being left alone and debarred from the society and confidance of their husbands. Did husbands know how keenly their wives suffer from these causes, and how sore a trial it is to suppress their grief and wear a smiling countenance in the presence of their husbands, they would love them more dearly, and seek to make them truly companions, and thereby supremely happy. Well it is for you, husbands, that I would send you to the mountains, to the endurance and self-sacrificing love; for, were she not, you would have been roused to your duty by her positive demands of her rights. But shall we take advantage of her endurance and faithful love, and enslave her? No! gentlemen and husband, let us look on woman as our companion, having equal rights with us, and entitled to all those prerogatives which her nature and her position demand.

"To woman I say, Go on in your efforts to obtain your rights; but avoid all harsh wrangling and mere intellectual pugilism. While you proclaim your wrongs and demand and insist upon your rights, do not, I beseech you, throw aside your own weapons and take up man's, and thereby unsex yourself. But be wise—ever speak and act from the heart in love of God, and you will be heard, and your wrongs will be convinced, and God will speed your cause. To you belongs, not only your own redemption, but that of many—yes, the world must be redeemed through you.

"Here permit me to address you in the language of one of our poets:

"O thou sweet being! bright'st charm of life!  
The living stir, the mind, the mother, wife!  
And all that thou art—Woman!—in one we call  
Which bids us rise and break the selfish thrall!  
Man's wrongs his own—Woman's wrongs his love!  
The God of Love's aid, his help, his love!  
Ere thou'st end, thy strength, thy love, prove  
The might of love, the majesty of love!  
We wish to see thee, and to see thee free,  
Direct man's heart to thee, and the way

"Here I draw my remarks to a close, and I now present my sentiment:

"WOMAN—the companion of man, sharer of all his joys and a never-failing sympathizer in his troubles. May her wrongs be righted, and she be elevated to that position which God designs she should occupy. And there entered, which she has an angel of mercy and love, go forth, and by an ever-active life of universal love, seek to redeem the world."

"Owing to the excessive heat, it was now proposed and agreed to, that the assemblage adjourn till the evening, and meet in the parlor at half-past seven o'clock."

"The evening was passed, by some, in sociable conversation, while others entertained themselves with vocal and instrumental music. At a seasonable hour, all sought repose, highly pleased with the manner in which the day had been spent. M. L. B.

**NEW YORK HYDROPATHIC AND PHYSIOLOGICAL SCHOOL.**—The following testimonial has been handed us for publication, with the assurance that it was the unqualified and unanimous expression of the Medical Class, at the closing of the second term:

*Resolved,* That we, members of the second term of the New York Hydropathic and Physiological School, tender to Dr. FRANK and his associate professors our heartfelt thanks for their able and persevering endeavors to instruct us in true medical science.

*Resolved,* That this School is no longer an experiment, but a fixed fact, founded in the wants of the people, and supported by the people.

*Resolved,* That this School affords unsurpassed facilities for moral and intellectual improvement and refinement, and for the acquisition of true medical science; and we earnestly recommend those (especially females) who are seeking to qualify themselves as preachers and practitioners of the laws of life and health, and of the healing art, to avail themselves of its advantages.

*Resolved,* That the history of this School proves that our sisters are equal to their brothers in the acquisition of medical knowledge.

*Resolved,* That the Secretary of this meeting be requested to present to each member of the Faculty a copy of this expression of our regard.

A. SMITH,  
C. C. CHASE,  
FINETTE E. SCOTT, Committee.

By order of the meeting:

FINETTE E. SCOTT, Secretary.

We are reminded by the above resolves of a few grave errors in the names of the graduates, as reported in our last. Thus, Mrs. Amelia W. Lines, who is now engaged in a successful and rapidly increasing business at 50 South Eighth street, Williamsburg, L. I., was printed Mrs. M. D. Lines; and Miss Finette E. Scott was typographically transposed to Miss Finette Smith. There was also an omission of the name of Miss Joanna Fisher, who was one of the graduates, and whose thesis, "Female Physicians," was an admirable argument for the capabilities of her sex to discharge the responsibilities of a physician, and a defence of her against the charge of "inecapacity," so often preferred by the "old fogey" Allopaths.

The "commencement," which took place on the afternoon and evening of June 23, was one of the most agreeable and rational, intellectual and moral treats—a "feast of reason and a flow of ideas"—that we have ever attended. The afternoon was devoted to hearing the theses, and electing the candidates for "M. D." Several members of the Junior Class, who were not candidates for the "degrees," also presented theses which would have been creditable to the graduates.

In the evening, the teachers and pupils, with a select party of friends, partook of a Hydropathic supper in the dining-saloon of the Institute, where sentiments were drunk in sparkling Croton, and responses made over strawberries and "bread bread."

After a repeat, whereof stimulating viands, irritating seasonings, and enervating beverages formed no part, the parties adjourned to the Lyceum Hall, where a large company of ladies and gentlemen had assembled. Some of the theses, selected for the occasion, were read by their authors, and commented on by the professors and other friends of the cause, and the diplomas conferred in the form of Dr. Trail. Addresses were also made by Drs. Taylor and Snodgrass, Prof. L. N. Fowler, Mrs. Lydia F. Fowler, M. D., Rev. W. L. Parsons, and others.

The following were the most prominent subjects of the theses:

Encos Stevens, "The Two Systems."  
Mrs. Jane A. Stevens, "The Female Medical Student."  
Mrs. Amelia W. Lines, "Variola, or Small-Pox."

Aaron Smith, "Consumption and its Treatment."  
Mrs. H. F. Field, "A Glance at Anatomy and Physiology."  
Miss Finette E. Scott, "Ourselves, or what we are as Physicians."

— Wise, "Sound Minds in Sound Bodies."  
Miss Joanna Fisher, "Propriety of the Female Physicians."  
Henry J. Holmes, "Mercury and the Wet-Sheet."  
Mrs. E. B. Howard, "Its Causes, Rational, and Care."  
C. C. Chase, "Dissae, Its Causes, Rational, and Care."  
Darius M. Hall, "Thoughts for a Physician."  
Miss A. S. Cogswell, "Valedictory."

It is neither flattery nor exaggeration to say that the majority of the above compositions evinced a degree of talent and an earnestness of purpose which may be taken as "premonitory symptoms" that the world will, ere long, hear more from the same source.

## LIFE ILLUSTRATED.

OUR NEW NEWSPAPER.

WITH the present number we issue a Prospectus for a NEW WEEKLY NEWSPAPER.

It is not our purpose that this shall take the place of our Monthly Journals. Those have become intimately connected with our special business, and too much beloved by our subscribers to be dispensed with. But in these days of railroads and telegraphs, monthly visits seem insufficiently frequent. Our noble ocean steamers cross the Atlantic and return between every issue. Besides, we have not sufficient space in these Journals to convey information of the doings of the world. We therefore have concluded, in addition to our Monthlies, to make *weekly* visits to those who may desire it.

In these more frequent calls we shall not confine ourselves so strictly to professional matters; but will talk of the crops, the markets, schools, lectures, amusements, &c., and try to make our visits as agreeable as possible.

"The world moves"; life is ever active, ever struggling—onward and upward. It shall be our endeavor to direct the steps of the traveller by the light of science.

Our contributors, stationed at all the important places—at every point of the compass—will keep us "posted up" upon all important subjects.

New inventions in mechanics, improvements in agriculture, horticulture, architecture, commerce, and in all the industrial arts, will be served up promptly and in the most desirable manner.

The various movements of societies, corporations and individuals will be recorded, and every thing of interest having a good tendency will be laid before our readers.

The initial number will be published in October next. Subscription books have already been opened. Agents, Postmasters, and others, who may be interested, are solicited to cooperate with us and procure subscriptions. A more complete statement of the plan of this new enterprise may be found in our Prospectus in the advertising department.

FOWLERS AND WELLS,  
No. 306 Broadway, New York.

# The Month.

NEW YORK, AUGUST, 1854.

"HYGIENARY is not a reform, nor an improvement, but a REVOLUTION."

Dr. TRALL.

No other way can man approach nearer to the gods, than by conferring health on men.—CRICKS.

## AUGUST ITEMS.

BY R. T. TRALL, M. D.

**CHOLERA REMEDIES.**—The "blue disease" is now prevailing more generally over the country than it did in 1849 or 1852. Though the number of cases is much less than in the former cholera seasons, owing doubtless to the less abundant supply of cholera material, the ratio of mortality is just about the same.

The medical profession does not seem to have become wiser, nor Boards of Health more enlightened in respect to the nature, cause and cure of cholera, from the extended and lengthened experience they have had in relation to its phenomena and management. And our newspapers are, as usual, full of ridiculous theories concerning its character, and worse than ridiculous remedies—*alias*, combinations of counter-poisons—for its treatment. One fact, however, seems clearly enough deducible from all that has been said and done in the way of drug-doctoring, viz., those physicians have had the best success who have done the least.

There is but a single measure of medication in which there is any thing like a general agreement; which is, that occasional sips of iced water, or bits of ice swallowed occasionally, are refreshing, and *don't do any harm*. Nothing positively remedial has yet been discovered.

One of the latest medical scribblers has revived the doctrine of "negative electricity," and proposes to envelop the whole body in non-conducting plasters; a "remedy" we would deprecate more than we would the disease itself.

Another set of panic stricken paragraphists make a terrible hue and cry about the streets, as though it was the duty of the "corporation" instead of their own to keep the cholera from them. 'Tis true the streets are dirty, shamefully so; and 'tis true the "authorities" ought to keep them clean; but it is the business of individuals, each for himself, to have the cholera or be let alone by it. Filthy streets are bad, but filthy

stomachs are much worse; foul gutters are eminently disease-producing, but foul blood is preëminently so. And herein lies the great secret of life or death with us. Be the streets and gutters clean or foul, if we keep ourselves clean internally and externally, no cholera will ever trouble us.

But thousands there are, exceedingly neat and cleanly externally, who are full of corruption within.

One of our papers says:

**THE CHOLERA.**—This terrible disease has manifested itself in a new manner this summer, but not in a new type, for its symptoms are the same as they were on its first appearance, and it is hardly less rapid and fatal in its effects. But the new aspect of the disease is its universality. There is not a section of the whole country in which it has not appeared, and the telegraphs are reporting to us cases from places where it had never been heard of before. It is no use attempting to move away from the disease, for the cleanest and quietest folk in the country appear to be as subject to it as the most crowded parts of the city. From the East, West, North and South, there come reports of the cholera, and mountains, plains, sea-slides, and rivers are alike subject to its fearful visitation.

But *why* are the "cleanest and quietest people in the country" so subject to this pestilence? We have known dysentery, diarrhoea, cholera infantum, and typhus fevers prevail extensively in the most salubrious localities in this country, or in the world; where the people, in fact, were apparently surrounded with all the circumstances which would conduce to uniform and vigorous health, and afford exemption from disease. Indeed, this is the history of every season. But why?

The physiologist has only to sit down to their tables for a single day, to find a full exposition of the mystery. While fastidiously careful to prevent external cleanliness, the people were full of rotteness within, from constipating food, or the flesh of unhealthy animals.

Another city paper more rationally comments on the appeals of our citizens to be protected from the cholera:

In the mean time, the people have something themselves to do. Foul gutters and heaps of garbage are bad enough; but extraneous filth never killed one man where recklessness in eating and drinking has slain its thousands. Personal cleanliness, moderation of appetite, and the exercise of common sense in selecting food, are of more importance and value than the best of city government, backed by armies of leashed doctors. The regular poisoners of children are now in full operation, and every public corner has its vender of the emigrants thrown upon our shores, let us not forget the victims to late suppers, heavy dinners, ardent spirits, and suffocation in hot garrets, who make so large a proportion in the records of mortality.

Our Health Commissioners have as yet issued but a single officially advisory document, which is as follows:

**THE CHOLERA.**—In view of the progress of the cholera, the following official recommendations have been promulgated.

The Commissioners of Health, in their efforts to mitigate the evils, and if possible to prevent the cholera, deem it proper to suggest to their fellow-citizens the importance of caution in regard to diet, and the avoidance of all unusual ex-

citement or excess. The observation of the Commissioners of Health has convinced them that in almost every case that has occurred, the exciting cause may be directly traced to excess in eating, drinking, or unusual fatigue, exposure, or excitement. With such conclusions, we most earnestly request the citizens of New York to avoid these exciting causes. We are most confident that with these simple precautions no one has cause for alarm. The Commissioners of Health therefore hope and trust that these conclusions and facts may have their proper influence and effect in this community.

JACOB A. WYSTERVELL, Mayor.

NATHAN C. ELY, Presd. Board of Aldermen,

EDWIN J. BROWN, Board of Councilmen,

WILLIAM ROCKWELL, M. D., Res. Physician,

JEREMIAH MILES, Health Comm.

THOMAS K. DOWNING, City Inspector.

Health Commissioners.

New York, July 6, 1854.

The only idea about dietetic errors with our Health Commissioners seems to be "excess"—eating or drinking, or being exercised or excited *too much*. There is vastly more danger in kind or quality of food, or drink, or exercise, or excitement, than in quantity; for if the former be correct, the latter will rarely be dangerously wrong. Good fruits, unbolted and unfermented bread, and ripe vegetables, constitute a dietary in itself infallible in the way of prevention. When such a "vegetarian" dies of cholera, we will confess that our views of its "cause, nature, and treatment," are as egregiously wrong as are those of the medical profession and its "Boards of Health."

**STAMMERING.**—At length something new and useful has been developed for the relief of this class of sufferers. Hardly any affliction costs the victim more of mental agony than an impediment in the speech. We have been written to recently by several persons whose inquiries we were not then able to satisfy. But we have since been made acquainted with an improvement on all previous plans of treating these affections, which seems well calculated to effect a radical cure in the very worst cases of stammering. We allude to the mechanical instruments invented by Mr. Bates, late of Philadelphia.

Mr. B. had been an inveterate "stutterer" for thirty years, and after expending a small fortune unavailingly, he applied his mind to the study of the subject philosophically, and the result was, a cure in his own case and the means of curing others.

One of the teachers of our Hydropathic School, being personally acquainted with Mr. Bates, invited him to deliver a lecture before the medical class, in explanation of his theory of the cause and cure of stammering. He did so, and illustrated satisfactorily to a large audience the utility of his instruments.

But other doctors of stammering happened to be present, and one of them—"Professor French"—challenged the lecturer to a trial

of skill in the application of their respective methods of treatment. The result was, a committee, consisting of Dr. Trall, Dr. Snodgrass, Dr. Briggs, C. B. Le Baron, Mrs. II. F. Field, and Miss A. S. Cogswell, were appointed to investigate the whole subject, and report.

The committee accordingly, after having given a public invitation to all persons interested as patients or professors of stammering, met in the Lyceum Hall, and found "Professors" Bates and French present, with their testimonials.

Mr. Bates explained his system and exhibited his instruments. He showed that stammering essentially depends on one of three conditions, or on all of them together. In attempting to pronounce the labial sounds, the lips spasmodically close; in an attempt to utter the linguals, the tongue spasmodically cleaves to the roof of the mouth; and in attempting to enunciate the gutturals, the glottis closes spasmodically. And to remedy these conditions, he has invented instruments which, placed in the mouth, effectually prevent the spasm by allowing the air to escape through a tube whenever the spasmodic effort commences. They thus compel the stammerer to speak properly or not speak at all; and, of course, will in time overcome the spasmodic or stammering tendency.

"Professor" French produced certificates of cures he had made, but refused to explain his theory. The committee, however, easily satisfied themselves, after witnessing one of his cures, of the *modus operandi*. It is a modification of the plan adopted, and sometimes successfully, by many other professors in the same line; and consists mainly in fixing the patient's mind (by counting, beating time, &c.) on some object or subject, whilst he is speaking or reading. He employs an instrument to press upon the glottis, somewhat similar to one of those employed by Mr. Bates.

The objection to the method of Mr. French is, that the success depends very much on the intensity of the mental effort; hence many patients will sooner or later relapse more or less completely into the stammering habit, after having been nearly or quite cured.

But with the method of Mr. Bates, there is no tendency to relapse; and the relief which comes gradually by practice, would naturally be permanent. With the aid of all these measures, which are neither expensive (necessarily) nor difficult, we are

of opinion the worst impediments of speech known (provided there is no organic or structural defect) can be permanently and completely relieved.

**JOKING EXTRAORDINARY.**—An eminent divine of our city, in a recent sermon on the "nature, cause and cure" of sin, remarked that it was now pretended by some, that "the Hydropathic treatment of diseases and a vegetable diet," were to reform the world altogether. Of course, the utterance was intended as a pleasant witticism at the expense of the Water-Cure and vegetarian fanatics. But, good Mr. Minister, there is a thousand times as much truth in this jest as was ever dreamed of in your philosophy!

There is also a serious as well as a joking aspect to this matter. It is a serious truth that the reformatory influence exercised by the clergy and the Church bears no reasonable comparison to the immense means at their disposal, and the immense power they wield over public sentiment. It is a serious truth, too, that a clergyman, full of aches and pains, tormented with dyspepsia and constipation, laboring under bronchial and rheumatic affections, and manifesting in every organ and function disease and infirmity, is not the *best* representative of the All-Perfect that the case admits of. He is not the best teacher of God's moral laws who lives in continual violation of God's physical laws, nor is he the best exponent of eternal truth who is himself ignorant of the simple laws of his own existence.

It is very easy to demonstrate that more than one half of the mental energies, labor, and wealth of these United States, are devoted to flesh-eating, liquor-drinking, and tobacco-using, neither of which is essential to health or strength. The waste of moral power, the sensualization of the whole nature, and the stupefaction of the moral sense, consequent on these habits, is beyond all power of computation.

Now, if these premises are sound, is there any thing very extravagant, Dr. A., in putting forward the "Hydropathic system of treating diseases," which sweeps away all the aches, and pains, and diseases, and infirmities of the race, and the "vegetable diet," which at once purifies society from the grossness of riotous living, and exterminates from earth those maddening and depraving agencies, liquor and tobacco, as the true basis or starting-point of all the reforms contemplated by good men, whether medical or clerical?

**A TRUANT ANTAGONIST.**—Where is Dr. Wilson, of Airmount, Alabama? For six long months we have waited in expectation of his promised continuation of "the discussion." We have always replied to his articles as soon as received; and with his last communication we had the assurance that he would "go on." And besides, all that has passed between us thus far has been merely preliminary; we had just reached the merits of the questions in issue; and now for him to dodge, or back out, or run away, or take a dose of calomel, or get a spell of intermittent, or in any way subject our readers, who have borne with us patiently through the uninteresting skirmishes which brought us "face to face" in the argument, to disappointment—it is too bad. Will not some of his Allopathic brethren help him; or take up the subject where he has left it? We pause for a reply, but in great fear that we shall never get it!

**THE GREAT WATER-CURE PROJECT.**—We are not disappointed that our article in the May number has elicited many responses and suggestions. That an institution on the plan there shadowed forth is one of the demands of the age, we well know. And if a proper location can be agreed upon, we can hardly doubt that capital can be had, and professional force enough enlisted to construct and conduct what the world has yet to know—a model Water-Cure."

A number of places have been suggested to us by friends of the cause, and by land-proprietors. Among them are Glen Cove and Glenwood, on Long Island; Wassaic, on the Harlem Railroad; Biddle's Grove, Staten Island; Perth Amboy, N. J.; and Glenn Park, Westchester Co., N. Y. A correspondent in the July number gave satisfactory reasons why Elk county, Pa., was an excellent point for a large institution. But the whole country is large enough for two or three or a dozen; and one of them we of course desire to see near this city.

If any of our friends contemplate embarking in this enterprise near the city, we would recommend them to take a thorough survey of Glenn Park. It is sixteen miles from the City Hall on the Harlem Railroad; and but two miles from the Hudson River Railroad, at Yonkers. Besides, it is contemplated to connect all the city railroads with this section of country by a track running through or near Glenn Park itself.

The proprietor, George J. Mankin, Esq., has laid out 363 acres in building-lots and

avenues, parks, groves, lawns, meadows, promenades, lakes, ponds, cascades, a botanic garden, &c., so that whoever buys a lot and builds a cottage thereon, has the benefit of all the improvements, which are to be public. They are planned on a magnificent scale, and will cost altogether \$200,000 or \$300,000. There are on the premises two or three building-sites of eight or ten acres, which would answer for a summer boarding-house or Water-Cure, and there ought to be both establishments there.

Perhaps there are other places still more desirable. Several others have been named to us, and we shall visit them and report progress, whenever we can find time. It is also possible that some owner of a good location will put in a tract of land at a reduced rate, for the sake of the benefit it will be to his remaining property, or take the amount of the land in the stock of the institution.

## To Correspondents.

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

### Professional Matters.

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

**PAINTED PAILS.**—A correspondent sends us the following slip from the *Scientific American*, and asks us what kind of vessels may be used instead of the common painted pails.

**DANGER OF PAINTED PAILS.**—I would desire to direct the attention of the readers to the danger of using pails which are painted inside for containing water for domestic purposes. The oxide of lead with which they are painted is a dangerous poison, and I know that it is productive of evil in many cases. Last week, having occasion to drink of water from a painted pail, which had been in use for some months, I was convinced, from the taste of the water, that it had taken up a portion of the paint; and having analyzed the water, I found it to contain a very minute quantity of it, sufficient, however, if a large quantity of the water were taken, to produce those fearful diseases peculiar to lead poisoning.

Where water is allowed to stand in a pail painted on the inside, it should never be drunk. Earthen or stone pitchers, glass, or even wooden vessels when not painted, are suitable for containing water that is to be drunk.

**DEBILITY WITH MENTAL DESPONDENCY.**—H. N. C., Bayville, Ind. Write us a full account of your history, with a full description of your habits of life and symptoms, and we will advise you what to do.

**CHANGING CLOTHES DURING MENSTRUATION.**—T. J. E., of N. C. "As people in this section of country regard your Journal as the only reliable authority in all that relates to health, you will oblige us by stating whether there is any physiological reason against changing the dress during the menstrual period. The notion is quite prevalent here that it is injurious." The same notion prevails elsewhere. It is, however, a mere *schim*. The clothing or dress may be changed then as usual, without the least regard to menstruation.

**GELATINE.**—W. S., Milton, Mass., sends us a sample of Swinborn's gelatine, and asks us if it is a good diet for dyspepsia, to which we answer No.

**PLEGGING TEETH AND SALTING CATTLE.**—D. F. D., Lefroyville, Pa. "Would you advise (as a preventive of decay) plugging the teeth when they commence decaying? Do you think persons with tolerably good constitutions may always have good sound teeth if properly attended to? How can you condemn salt? Do not cattle do better, (keep fatter), when fed regularly on salt than without it? If cattle, sheep, and other domestic animals and wild game, fat on salt, why shouldn't human beings?" 1st question. Yes. 2. Yes, if the constitution be tolerably good in a tolerably strong sense. 3. Because it isn't healthy. 4. It is no sign that cattle do well because they grow fat; besides, they will get remarkably and healthfully fat without it. 5. Human beings should, provided their chief end and aim were to get fat. But we apprehend that there is a higher destiny and better condition for either man or beast than just to swell up with adipose accumulations. We do not think a fat creature or fat person has either strength, beauty, or utility because of its fatness.

**STAMMERING.**—Two or three correspondents, whose address we cannot now recollect, have written us for advice on this subject. We have lately seen some mechanical contrivances, the invention of Mr. Bates, which are better adapted to overcome the difficulties of the worst cases of stammering than any thing we have hitherto seen. We recommend bad stammerers to come to the city and try them.

**COUGH, WITH URINARY DISEASE.**—R. B. J., Cuba, O. The cough and viscid expectoration indicate a diseased liver, as also does the acidity of the stomach. The urinary difficulties arise from gravel or chronic inflammation, or both. Use tepid hip-baths, the wet-girdle, and occasional packs; drink only pure soft water, and adopt a very plain vegetable diet. The details of all these things you will find in our standard books.

**HEART DISEASE.**—A. S., Bytown, C. W. The young lady whose symptoms you describe has not, probably, any organic affection of the heart. She is severely dyspeptic, and doubtless has the complication of some uterine difficulty. She should go under full treatment, or rather management, at a Water-Cure.

**EXCESSIVE SALIVARY SECRETION.**—J. M. H. "What is the cause of the secretion of a profuse amount of saliva or spittle, and what will diminish or cure it?" It may arise from bad bile, acid stomach, the use of narcotics, the habit of chewing tobacco, or other stuff; and is to be cured by a simple, rather dry vegetable diet, with such bathing appliances as the general health indicates.

**RUSH OF BLOOD TO THE HEAD.**—W. S. "Is nose-bleeding beneficial or otherwise in cases of tendency of blood to the head?" Otherwise. The remedy is found in a proper diet, and free excretions.

**ENLARGED TONSILS.**—S. H. M., Painsville. A strict vegetable diet, with due attention to bathing and the general health, will generally overcome this affection in time, or the glands will cease to be troublesome.

**LEPROSY.**—M. S. "In 1852 I had an attack of dysentery, which lasted two months. The doctor said there was ulceration of the intestine. Since I have got about costiveness has troubled me, with pain in the bowels. Some strict months since, the skin on my neck began to turn dark, and spread to my stomach, and frequently it peels off. Now there are white spots appearing on the neck, like leprosy. What is the cause, and how can it be cured?" The causes are a diseased liver, in connection with the poisonous effects of some drug or drugs. You ought to have Hydropathic treatment; of which the wet-sheet packings and a plain unconcentrated vegetable diet, with a good proportion of ripe fresh fruit, are the leading measures.

**BRONCHITIS.**—J. L. B., Conn. "I have been troubled with the bronchitis for about one year. Please inform me through the JOURNAL what I must do for it." Treat it Hydropathically, of course. Describe your symptoms and condition, and we will answer any distinct questions you may ask. We cannot here go into a general treatise; you will find that in our books.

**WEAK EYES.**—J. N., Omar. The case of your wife is evidently one of nervous debility, connected with or caused by a diseased liver. She must bathe the eyes occasionally in tepid water, wear the wet-girdle, and live on a plain, opening fruit and vegetable diet.

**SCROFULOUS SORE EYES.**—J. W., Boston. "Is cold water good for all cases of sore eyes? My mother has applied it for some time, but her eyes are now worse." Cold water is not proper in all cases. Perhaps the patient you speak of used it too cold. In scrofulous affections of the eyes, water is of little service unless the general regimen, the diet particularly, is well attended to.

**INTESTINAL WORMS.**—S. A. W., Androscooggin, Me. "I read in a newspaper, not long since, that patients who abstain from the use of salt are apt to be troubled with intestinal worms. Will Dr. Trail say if this is so?" No. Did you never see salted hams full of worms?

**GOOD BREAD.**—P. H. J., South Hadley. The *Hydrophatic Cook Book* contains a variety of recipes for making this article.

**HARD WATER.**—A. S., East Douglass. "I learn that in what is termed hard water there is a quantity of lime, or earthy matter. Now, if one wishes to avoid taking these ingredients into his system, and yet is obliged to use hard water, what can he use as a corrective?" Nothing. There is no "correcting" what one is obliged to do. The only way to avoid the bad effects of hard water is not to drink it. Your other questions are too diffuse to admit of a definite answer.

**HEAD BATHS, &c.**—A. E., S. Framingham, Mass. "In cases of sores in the head discharging at the ear, do frequent tepid injections of soft water into the ear endanger the hearing either in children or adults? Is it advisable to wet the entire head, hair and all, in the ordinary daily bath?" To the first question we say No; to the second Yes.

**CURLY HAIR.**—E. G. P., of Conn., informs us that he is afflicted with a remorseless desire to have his hair curl; but the hair being straight and stiff, refuses to curl, or be curled. Accordingly he wants us to prescribe him. We can assure him, with the utmost confidence, that if he will adopt the vegetarian system, with Hydropathic accompaniments, his malady will in due time disappear; for either his hair will curl exactly right, or he will outgrow all desire to have a curly head. Jonathan will be older one of these days.

**GENESIS AND GEOLOGY.**—T. N. A. "I would refer Dr. Gleason to the first chapter of Genesis, when he may correct an error which he set forth in the July number of the WATER-CURE JOURNAL, in asserting that 'an untold period of time passed away before the earth on which we live was made a suitable habitation for man, &c.'" Without intending the least disparagement to Genesis, we are inclined to think Dr. Gleason is already correct. The evidence is found in geological science. How long were the periods of time which the Bible calls "days" of creation, is not yet settled by geologists or theologians. If you can settle it, do so.

**SWINE AS FOOD.**—T. N., Indiana. The enemies of the vegetarian system urge that every thing was made for man, and ask, "What were hogs made for, if not for food?" The question is too silly for serious refutation. No one who has ever entertained two thoughts on the subject, would ever bring forward such arguments; and one who has never had two thoughts on the subject, we should only spill our ink unavailingly. Every thing made for man, indeed! A rook, a tree, a horse, an elephant, a tiger, a rhinoceros, a whale, a sea-serpent, a dog, a hog, a woodchuck, and even a woman, were created for man. But must he eat 'em all up?

**SORE LEG.**—M. S., Erie, Pa. The "fever sore" you mention is no doubt a caries or ulceration of the bone. If the patient adopts a simple vegetable diet, bathes daily, and wears wet bandages on the leg, the diseased bone will eventually be cast off, and the part heal; otherwise we cannot tell what will become of his lower extremity.

**CALOMEL STATISTICS.**—J. D. Vincennes, Ind. "Have you any authentic reports as to the amount of misery entailed upon the human family by the use or abuse of calomel?" Those who cannot measure the calamity by the rotting bones of the living and the decomposing bodies of the prematurely dead, will find ample testimony in all the standard Allopathic works on Materia Medica. The latest author, Pereira, mentions nearly two scores of diseases which calomel induces.

**CATARH IN THE HEAD.**—M. S. The Encyclopaedia, which you say you have ordered, will give you the plan of managing such cases. Here, again, the diet is the most important part of the treatment. They must abandon meat, tea, coffee, and warm bread.

**WEAK EYES.**—M. G. You are managing the eyes very well. They should be freely exposed to the light every morning, and that sun-banned discontinued. She ought to use no animal food, unless it be milk or cream. The moderate use of sugar or molasses is not objectionable. If she is scrofulous, the bread she eats ought to be unfermented.

**E. W.** You will find your queries answered in full in the **FAMILY PHYSICIAN**. [Price, prepaid, \$2 50.]

**STRAWBERRY SEED.**—J. G. K. These berries can be raised either from the seed or plant. The seed can be had in this city, and may be conveniently forwarded by mail. The price is twenty-five cents per very small paper.

**S. M. H., Franklin, O.** We have a supply of July numbers of both the **PHRENOLOGICAL** and **WATER-CURE JOURNALS**. We printed an extra edition for the purpose of supplying new subscribers that wished to commence with the volume in July.

The book named has been mailed.

## Home Voices.

### EXTRACTS FROM LETTERS.

**Miss L. E. H., South Reading, Mass.**—I am a reader of the **WATER-CURE** and **PHRENOLOGICAL JOURNALS**, and can truly say, there are no papers or periodicals in the world that I value so highly; they are full of practical instruction. I have read your works on Religion, Self-culture, Memory, Matrimony, Love and Parentage, Maternity, &c., &c., and the amount of benefit that I have gained from them is not to be computed; indeed, there are no books in my library that I love so well, and of which I am more choosy. Please accept my heartfelt thanks for all your good books.

**J. J. D., Raymond, Miss.**, writes us as follows: "Though I am not usually styled a reformer, I am a warm admirer of your valuable Journal, and earnestly desire more light on that subject which, I think, is soon destined to supersede all others in the cure and prevention of disease. It is already beginning to command some attention with us; but its advancement will necessarily be slow the people of our State having been so long the dupes of the venders of quack nostrums, wooden nutmegs, and other Yankee notions, they are slow to lay hold of any new theory. If we had some thorough practical man, who is well posted up in the theory and practice, he would do more than all your books and Journals towards arousing people's minds."

I must acknowledge I had little or no faith in Hydrophobia until I had suffered eight or ten months with diarrhoea, and was treated most of the time by my family physician, and part of the time by a Botanical doctor. I grew no better; the doctor said it had become chronic, and advised starving as a demerl resort, and said, if that did not help me, death was inevitable. One of my neighbors who had read some works on Water-Cure, and felt the good effects of it himself, advised me to make a trial of it. I laughed at him, and asked him if he, too, had invented some humbug, and told him he was quite crazy, and would be in a strait-jacket in a little while. I thought, however, it would not hurt me much to wash and bat a little water after the directions. I did so, and found immediate relief, and in two months had

gained twenty pounds in weight. My little boy, an only child, was affected in the same way. I lost my wife when he was at breast, and a change of food brought on the disease. I used the same treatment with him. He had become so feeble, I had despaired of raising him; but he commenced to mend immediately, and he is now as fine a three-years-old chap as any father can boast. We continue the morning bath regularly; it has become a considerable luxury.

**FROM Z. W., Grass Valley, Cal.**—By chance, one of the **WATER-CURE JOURNALS** has strayed away into this part of the world, and we are determined to know more about it. Having suffered almost every thing but death, (from drugs, &c.), my wife has taken up the "Cold Water-Cure," or "treatment," as it is called, and is now in better health than she has been for nearly two years. And nothing will do but sending for the "Cold Water-Cure and Journal." Having seen one number, I judge from that, it must be one of the best family papers in the world.

**FROM D. P. C., Wisconsin.**—My boy, ten years old, had whooping-cough four years ago; has had bronchitis every winter since; has taken some bloodroot, one bottle of Jayne's Expectant. But the past winter he has taken nothing; has adopted a vegetable diet, a towel-wash on rising, and for about three weeks a hip-bath in the evening and a chest-wrappor part or all of the day. His cough is gone, and soreness of the pipes and throat, and his general health is improving. Others of my family are improving in health under moderate water-treatment. We have paid about thirty dollars for doctors and patent medicines for three years past, but we have had little use for either in six months past. Success to Water-Cure!

**FROM A. H. B., McGrawville.**—There's a dollar for your **WATER-CURE JOURNAL**, for the present year. Last year I had it cheaper, because I went with the crowd; but this will never do. Your Journal is worth a dollar, the world over. By the way, I have lent my last number to so many of my neighbors, (and our neighborhood is pretty large, extending to measure it by the circulation of said number of the Journal, to the distance of six miles), that it is not in a fit condition to be bound with the others. Now, if you can procure me the January number, please do; and I'll keep the old one in circulation as long as it shall hang together.

I trust you will prosecute the war vigorously against the fearfully increasing practice of tobacco-using. I can have no patience with the man that claims to be an advocate of temperance, and yet indulges in the filthy, cursed, abominable, barbarian usage of smoking or chewing. We must keep the subject before the people, and, in time, get a statute enacted prohibiting the horrible nuisance.

**FROM J. H., Lebanon, O.**—I have no disposition to do without your valuable "WATER-CURE JOURNAL." I find it better by far than any other investment that I can make. Since I have read the Journal and Dr. Trall's Encyclopaedia, our expense for physician's fees has fallen off "badly," and the consequence is better health by far.

## Varieties.

**THE CHIEF EVIL OF WAR.**—What distinguishes war, is not that a man is slain, but he is slain, spoiled, crushed by the cruelty, the injustice, the treachery, the murderous hand of man. The evil is moral evil. War is the concentration of all human crimes. Here is its distinguishing accursed brand; under its standard gather violence, malignity, rage, fraud, perfidy, rapacity, and lust. If it only slew man, it would do little. It turns man into a beast of prey. Here is the evil of war—that man, made to be the brother, becomes the deadly foe of his kind—that man, whose duty it is to mitigate suffering, makes the infliction of suffering his study and end—that man, whose office it is to avert and heal the wounds which came from nature's powers, makes research in nature's laws, and arms himself with her most awful forces, that he may become the destroyer of his race. Nor is this all. There is also found in war a cold-hearted indifference to human miseries and wrongs, perhaps more shocking than the bad passions it calls forth. To my mind this contempt of human nature is singularly offensive.—*Channing.*

**ELECTRIC CLOCKS.**—It is stated that there are already fifty-one public electric clocks in the city of Ghent, and that the number will be considerably increased. Most of these clocks are placed on the lamp-posts in the streets, so that they are very useful to persons who are out during the night. In a few days we may expect to see an electric dial at every railway station in Great Britain, and every town in the United Kingdom will be enabled to have all its public dial kept in unison with each other by means of electricity.

**MUSK.**—The Empress Josephine was very fond of perfumes, and, above all, of musk. Her dressing-room at Malmaison was filled with it, in spite of Napoleon's frequent remonstrances. Forty years have elapsed since her death, and the present owner of Malmaison has had the walls of that dressing-room repeatedly washed and painted; but neither scrubbing, aquafortis, nor paint has been able to remove the smell of the good Empress's musk, which continues as strong as if the bottle which contained it had been but yesterday removed.

**FRUIT CROP IN THE WEST.**—The citizens of Wisconsin are interested in the fruit crop of Eastern States while the supply for consumption must principally come from that direction. Probably no State of the Union does more to supply fruit for Wisconsin than Ohio, and therefore, an abundant crop is considered fortunate for the consumers of this State as well as for the producers of that. From all the information we can gather from our exchanges, the crop this year will be abundant.—*Fond du Lac Union.*

It is a source of congratulation that fruit promises to be abundant this season, in most of all the States. This will encourage the planting of fruit trees more widely than ever before. Wisconsin will yet become a fruit-growing State, especially of all the more hardy varieties. Apples and pears, cherries, plums, &c., &c., will thrive abundantly there.

**BEAUTIFUL WINDOW-SHADES.**—Those of our readers who may wish to obtain neat, cheap, and durable shades, may find the most tasty and elegant patterns at Washburn and Company's, No. 4 East Broadway, New York. These cheerful, ornamental, and exceedingly beautiful shades are made after patterns and designs "from nature" by our old friend and fellow-citizen, D. L. P. WELLY, who is an artist every way competent to suit the tastes of the most fastidious.

**EXPRESSIVE.**—A tavern-keeper out West advertises a young lawyer, who has left his house without paying his bill, under the following expressive caption: "Absqueultatum damnus et Swartwoutandibus in transitu, non est inventus ad libitum scegeantam, non comestibus in swamp."

**MOLIERE'S PHYSICIAN.**—Though an habitual valetudinarian, Moliere relied always on the temperance of his diet for the establishment of his health.

"What use do you make of your physician?" said the King to him one day.

"We chat together, Sir," said the poet. "He gives me his prescriptions; I never follow them; so I get well."

**TWO OF A FAMILY.**—"How well he plays for one so young," said Mrs. Partington, as the organ boy and his monkey performed near her door; "and how much his little brother looks like him, to be sure!"

**OUR d—l** (young satan) is a good deal of an imp. "In speaking of the late eclipse, he said it was a very good one, but he could see nothing to brag of.—*Barry County Pioneer.*

The young "Icehouse" representative should have been supplied with "a glass." It would have improved his vision.

A LADY well known in the fashionable circles of New York, was seriously injured, day before yesterday, by the accidental discharge of—her duty.

A "BEARD UNION" is in course of formation at Edinburgh, its object being "to forward by all legitimate means the cause of the beard, and by a union to overcome the prejudice against that manly ornament."



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, 30 00 For half a column, one month, 15 00 For a card of four or five lines, one month, 1 00 At these prices the smallest advertisement amounts to LESS THAN HALF A CENT A LINE, or forty cents a column for SEVEN TRIENNIAL COPIES, our edition being 45,000 copies.

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

Copies of this JOURNAL are kept in file at all the principal Hotels in New York City, Boston, Philadelphia, and on the STRAITS.

ALL ADVERTISEMENTS for this Journal should be sent to the Publishers by the first of the month preceding in which they are expected to appear.

Water-Cure Establishments.

HYDROPATHIC AND HYGIENIC INSTITUTE. R. T. HALL, M. D., Proprietor. This most modern establishment, in Light St., can now accommodate one hundred or more persons. Its business engagements comprise:

- 1. GENERAL PRACTICE, in which Dr. G. H. Taylor and Miss A. S. Cogswell assist.
2. OFFICE CONSULTATIONS, by Dr. TRAIL, personally.
3. DEPARTMENT FOR THE DISEASES, assisted by Dr. Taylor and Holford.
4. SCHOOL DEPARTMENT, for the education of physical teachers and lecturers, and Hydrophobic Physicians.
5. REGULAR term of Lectures, from November 1 to May 1, of each year.
6. BOARDING, for those who desire the situation of the Institution.

A CARD—It being a well-known fact that the hot season in the whole, the least favorable for water-treatment, the part of wisdom for those who would regain health is to pursue the Hydrophobic course much longer than the majority of patients are in the habit of doing.

DR. HAYES' WATER-CURE INSTITUTE, at WYOMING, N. Y.—For a full advertisement of this Institution, see April number of the Water-Cure Journal. A report on the arrangements of this establishment will be sent free to all post-paid applicants. Address: WYOMING, N. Y.

DR. TAYLOR'S WATER-CURE, SIXTH AVENUE, CORNER 7th Street, New York. This Hygienic resort combines, as far as is possible, the advantages of a city. It is readily reached by most of the uptown ferries. We have ample accommodations for transient as well as permanent and valid boardings. Address: G. H. TAYLOR, M. D., 605 SIXTH AVENUE.

GLEN HAVEN.—Persons wishing to consult us for medical advice will please observe—Our Fees are as follows: For a visit, as to the propriety of water-treatment. Examination at our office, and prescription for non-treatment, 2.00 Prescription by letter for home-treatment, 4.00 No examination for 1.00 Circulars sent free to all who wish for them. All letters are answered. 7. Fees never enclosed, or good reasons given for not doing so.

Address: South, Cortland Co., N. Y. J. C. JACKSON, M. D., Proprietor. Mrs. L. J. JACKSON, Physician. Miss HARRIET N. ADGINS, A. P.

NEW MALVERN WATER-CURE.—This new Institution is now completed and ready for the reception of patients, with accommodations for treating every variety of disease. It is situated in Westbury, Mass., twelve miles from Lowell. The proprietors are determined to make it a first-class Institution, in the full sense of the term. From fifty to sixty patients can be accommodated. Those wishing for further information, by forwarding a post-paid card, will receive a circular giving particulars in full.—Dr. J. H. HAZO and Prof. DWIGHT BRANTON, M. D., Proprietors. Westbury, Mass., March 14, 1884. Aug 21

MOTORPATHIC CURD.

Dr. H. HALSTED, formerly of Halsted Hill, Rochester, N. Y., will have as the author of the System of Motorpathy, and by his great success in the cure of Chronic Rheumatism, Gout, and Gravel, been invited and removed to the celebrated ROUND HILL WATER-CURE ESTABLISHMENT, where, with improved facilities, he will continue the professional peculiar System, in connection with the Hydrophobic treatment.

Dr. H. was one of the earliest advocates, and has long been and still is, one of the most successful practitioners of the Water-Cure System. Nevertheless, in the treatment of Chronic Rheumatism, Gout, and Gravel, he has been invited and removed to the celebrated ROUND HILL WATER-CURE ESTABLISHMENT, where, with improved facilities, he will continue the professional peculiar System, in connection with the Hydrophobic treatment.

Dr. H. is confident to assure that in many long-continued diseases, Motorpathy is the only available remedy. More than seven thousand persons have been successfully treated at his former Institution; and with the improved facilities of Round Hill, Dr. H. looks forward to increased success. Patients are invited to consult with him, or to test for themselves the merits of his System.

At a summer retreat for the friends of the Water-Cure, and other seeking relaxation and pleasure, Round Hill stands alone and unrivalled. Its immediate air, limpid water, and delightful scenery have given it a world-wide reputation.

His former Institution at Rochester is his work. His work at Motorpathy can be obtained by remitting ten postage stamps.

Address: H. HALSTED, M. D., Round Hill, Northampton County, Mass.

CLEVELAND WATER-CURE ESTABLISHMENT.—The above Establishment is now commencing its seventh season. The number of patients treated at this Institution, during the past season, from year to year, for the past six years, until the present season, has been as follows: 1877, 1878, 1879, 1880, 1881, 1882, 1883, 1884, 1885, 1886, 1887, 1888, 1889, 1890, 1891, 1892, 1893, 1894, 1895, 1896, 1897, 1898, 1899, 1900, 1901, 1902, 1903, 1904, 1905, 1906, 1907, 1908, 1909, 1910, 1911, 1912, 1913, 1914, 1915, 1916, 1917, 1918, 1919, 1920, 1921, 1922, 1923, 1924, 1925, 1926, 1927, 1928, 1929, 1930, 1931, 1932, 1933, 1934, 1935, 1936, 1937, 1938, 1939, 1940, 1941, 1942, 1943, 1944, 1945, 1946, 1947, 1948, 1949, 1950, 1951, 1952, 1953, 1954, 1955, 1956, 1957, 1958, 1959, 1960, 1961, 1962, 1963, 1964, 1965, 1966, 1967, 1968, 1969, 1970, 1971, 1972, 1973, 1974, 1975, 1976, 1977, 1978, 1979, 1980, 1981, 1982, 1983, 1984, 1985, 1986, 1987, 1988, 1989, 1990, 1991, 1992, 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 2681, 2682, 2683, 2684, 2685, 2686, 2687, 2688, 2689, 2690, 2691, 2692, 2693, 2694, 2695, 2696, 2697, 2698, 2699, 2700, 2701, 2702, 2703, 2704, 2705, 2706, 2707, 2708, 2709, 2710, 2711, 2712, 2713, 2714, 2715, 2716, 2717, 2718, 2719, 2720, 2721, 2722, 2723, 2724, 2725, 2726, 2727, 2728, 2729, 2730, 2731, 2732, 2733, 2734, 2735, 2736, 2737, 2738, 2739, 2740, 2741, 2742, 2743, 2744, 2745, 2746, 2747, 2748, 2749, 2750, 2751, 2752, 2753, 2754, 2755, 2756, 2757, 2758, 2759, 2760, 2761, 2762, 2763, 2764, 2765, 2766, 2767, 2768, 2769, 2770, 2771, 2772, 2773, 2774, 2775, 2776, 2777, 2778, 2779, 2780, 2781, 2782, 2783, 2784, 2785, 2786, 2787, 2788, 2789, 2790, 2791, 2792, 2793, 2794, 2795, 2796, 2797, 2798, 2799, 2800, 2801, 2802, 2803, 2804, 2805, 2806, 2807, 2808, 2809, 2810, 2811, 2812, 2813, 2814, 2815, 2816, 2817, 2818, 2819, 2820, 2821, 2822, 2823, 2824, 2825, 2826, 2827, 2828, 2829, 2830, 2831, 2832, 2833, 2834, 2835, 2836, 2837, 2838, 2839, 2840, 2841, 2842, 2843, 2844, 2845, 2846, 2847, 2848, 2849, 2850, 2851, 2852, 2853, 2854, 2855, 2856, 2857, 2858, 2859, 2860, 2861, 2862, 2863, 2864, 2865, 2866, 2867, 2868, 2869, 2870, 2871, 2872, 2873, 2874, 2875, 2876, 2877, 2878, 2879, 2880, 2881, 2882, 2883, 2884, 2885, 2886, 2887, 2888, 2889, 2890, 2891, 2892, 2893, 2894, 2895, 2896, 2897, 2898, 2899, 2900, 2901, 2902, 2903, 2904, 2905, 2906, 2907, 2908, 2909, 2910, 2911, 2912, 2913, 2914, 2915, 2916, 2917, 2918, 2919, 2920, 2921, 2922, 2923, 2924, 2925, 2926, 2927, 2928, 2929, 2930, 2931, 2932, 2933, 2934, 2935, 2936, 2937, 2938, 2939, 2940, 2941, 2942, 2943, 2944, 2945, 2946, 2947, 2948, 2949, 2950, 2951, 2952, 2953, 2954, 2955, 2956, 2957, 2958, 2959, 2960, 2961, 2962, 2963, 2964, 2965, 2966, 2967, 2968, 2969, 2970, 2971, 2972, 2973, 2974, 2975, 2976, 2977, 2978, 2979, 2980, 2981, 2982, 2983, 2984, 2985, 2986, 2987, 2988, 2989, 2990, 2991, 2992, 2993, 2994, 2995, 2996, 2997, 2998, 2999, 3000, 3001, 3002, 3003, 3004, 3005, 3006, 3007, 3008, 3009, 3010, 3011, 3012, 3013, 3014, 3015, 3016, 3017, 3018, 3019, 3020, 3021, 3022, 3023, 3024, 3025, 3026, 3027, 3028, 3029, 3030, 3031, 3032, 3033, 3034, 3035, 3036, 3037, 3038, 3039, 3040, 3041, 3042, 3043, 3044, 3045, 3046, 3047, 3048, 3049, 3050, 3051, 3052, 3053, 3054, 3055, 3056, 3057, 3058, 3059, 3060, 3061, 3062, 3063, 3064, 3065, 3066, 3067, 3068, 3069, 3070, 3071, 3072, 3073, 3074, 3075, 3076, 3077, 3078, 3079, 3080, 3081, 3082, 3083, 3084, 3085, 3086, 3087, 3088, 3089, 3090, 3091, 3092, 3093, 3094, 3095, 3096, 3097, 3098, 3099, 3100, 3101, 3102, 3103, 3104, 3105, 3106, 3107, 3108, 3109, 3110, 3111, 3112, 3113, 3114, 3115, 3116, 3117, 3118, 3119, 3120, 3121, 3122, 3123, 3124, 3125, 3126, 3127, 3128, 3129, 3130, 3131, 3132, 3133, 3134, 3135, 3136, 3137, 3138, 3139, 3140, 3141, 3142, 3143, 3144, 3145, 3146, 3147, 3148, 3149, 3150, 3151, 3152, 3153, 3154, 3155, 3156, 3157, 3158, 3159, 3160, 3161, 3162, 3163, 3164, 3165, 3166, 3167, 3168, 3169, 3170, 3171, 3172, 3173, 3174, 3175, 3176, 3177, 3178, 3179, 3180, 3181, 3182, 3183, 3184, 3185, 3186, 3187, 3188, 3189, 3190, 3191, 3192, 3193, 3194, 3195, 3196, 3197, 3198, 3199, 3200, 3201, 3202, 3203, 3204, 3205, 3206, 3207, 3208, 3209, 3210, 3211, 3212, 3213, 3214, 3215, 3216, 3217, 3218, 3219, 3220, 3221, 3222, 3223, 3224, 3225, 3226, 3227, 3228, 3229, 3230, 3231, 3232, 3233, 3234, 3235, 3236, 3237, 3238, 3239, 3240, 3241, 3242, 3243, 3244, 3245, 3246, 3247, 3248, 3249, 3250, 3251, 3252, 3253, 3254, 3255, 3256, 3257, 3258, 3259, 3260, 3261, 3262, 3263, 3264, 3265, 3266, 3267, 3268, 3269, 3270, 3271, 3272, 3273, 3274, 3275, 3276, 3277, 3278, 3279, 3280, 3281, 3282, 3283, 3284, 3285, 3286, 3287, 3288, 3289, 3290, 3291, 3292, 3293, 3294, 3295, 3296, 3297, 3298, 3299, 3300, 3301, 3302, 3303, 3304, 3305, 3306, 3307, 3308, 3309, 3310, 3311, 3312, 3313, 3314, 3315, 3316, 3317, 3318, 3319, 3320, 3321, 3322, 3323, 3324, 3325, 3326, 3327, 3328, 3329, 3330, 3331, 3332, 3333, 3334, 3335, 3336, 3337, 3338, 3339, 3340, 3341, 3342, 3343, 3344, 3345, 3346, 3347, 3348, 3349, 3350, 3351, 3352, 3353, 3354, 3355, 3356, 3357, 3358, 3359, 3360, 3361, 3362, 3363, 3364, 3365, 3366, 3367, 3368, 3369, 3370, 3371, 3372, 3373, 3374, 3375, 3376, 3377, 3378, 3379, 3380, 3381, 3382, 3383, 3384, 3385, 3386, 3387, 3388, 3389, 3390, 3391, 3392, 3393, 3394, 3395, 3396, 3397, 3398, 3399, 3400, 3401, 3402, 3403, 3404, 3405, 3406, 3407, 3408, 3409, 3410, 3411, 3412, 3413, 3414, 3415, 3416, 3417, 3418, 3419, 3420, 3421, 3422, 3423, 3424, 3425, 3426, 3427, 3428, 3429, 3430, 3431, 3432, 3433, 3434, 3435, 3436, 3437, 3438, 3439, 3440, 3441, 3442, 3443, 3444, 3445, 3446, 3447, 3448, 3449, 3450, 3451, 3452, 3453, 3454, 3455, 3456, 3457, 3458, 3459, 3460, 3461, 3462, 3463, 3464, 3465, 3466, 3467, 3468, 3469, 3470, 3471, 3472, 3473, 3474, 3475, 3476, 3477, 3478, 3479, 3480, 3481, 3482, 3483, 3484, 3485, 3486, 3487, 3488, 3489, 3490, 3491, 3492, 3493, 3494, 3495, 3496, 3497, 3498, 3499, 3500, 3501, 3502, 3503, 3504, 3505, 3506, 3507, 3508, 3509, 3510, 3511, 3512, 3513, 3514, 3515, 3516, 3517, 3518, 3519, 3520, 3521, 3522, 3523, 3524, 3525, 3526, 3527, 3528, 3529, 3530, 3531, 3532, 3533, 3534, 3535, 3536, 3537, 3538, 3539, 3540, 3541, 3542, 3543, 3544, 3545, 3546, 3547, 3548, 3549, 3550, 3551, 3552, 3553, 3554, 3555, 3556, 3557, 3558, 3559, 3560, 3561, 3562, 3563, 3564, 3565, 3566, 3567, 3568, 3569, 3570, 3571, 3572, 3573, 3574, 3575, 3576, 3577, 3578, 3579, 3580, 3581, 3582, 3583, 3584, 3585, 3



JUST PUBLISHED. NA MOTU;

REEF ROVINGS IN THE SOUTH SEAS.

With Maps of the Sandwich and Society Islands, AND TWELVE ELEGANT ILLUSTRATIONS.

This work comprises the personal adventures of the author in the Pacific, which extend over a period of five years. It is divided into Three Parts, to which is prefixed a valuable and interesting Appendix.

Part I., which may be regarded as introductory to the narrative that follows, records a six months' experience on board an American whaler, detailing which, the details of ship duty, naturally interesting, have been studiously avoided; while a combination of interesting and humorous presentations in an attractive form, impart an air of romance to the otherwise monotonous shadows of the fore-castle.

Part II. and III., containing the more material subjects of this narrative, give a graphic description of a free-and-easy life at the Sandwich, the Georgian and Society Islands, showing the most romantic scenery, ramble through palm-forests, visit among the most beautiful of reefs and lagoons, evergreen valleys, snow-capped mountains and volcanoes, traverse, in imagination, the route to the azure skies and sweet-voiced notes of the tropics. Points of view have been sketched in the bold outline, and the lights and shadows of Polynesian life a vividly portrayed; embracing the habits and pastimes of the natives, their history, mythology, and all the more prominent features of semibarbaric life. In fact, it would be difficult to find presented in a familiar form, what the whole plot is presented in a familiar form, what the whole plot is presented in a familiar form, what the whole plot is presented in a familiar form.

With respect to the Appendix, its first portion is "A Glance at the Present Condition of Polynesia," exhibiting in a comparative manner, the geography and classification of groups—their structure—metastatic production—physical appearance and intellectual capacity of the natives—their habits and language—government and social condition—resources and industries of the civilized world, and steam navigation of the Pacific—in short, every thing of interest pertaining to the Pacific Oceanic.

Appendix III. "The French in the Pacific," commences with the conquest of the Marquesas Islands, by De Petit Thouars, in 1842, including an account of the occupation of the Georgian, Gambier, Paumotu, and Wallis Islands, the seizure of New Tahiti in 1853, this relative to which the author has written in this regard, showing the liberal policy manifested by that nation in its relation with native and foreigners, more especially the British Mission, since the dismemberment of Queen Pomare, in 1837. It includes the Post and Police regulations of Tahiti, remark upon the Naval and Land Forces, and public improvements. An appendix is also made to the lands, since the establishment of the Protectorate, as extended by comparing the former with the present condition of their resources.

Appendix IV. "American Whaling Interest in the Pacific," includes valuable statistics pertaining to this great maritime industry, and a description of what Whaling is classified, and cruising-grounds are described. Reference is also made to the relation of this fleet to that of the United States, and to the condition of American seamen in this ocean, their relations to the natives, and their wants.

In illustration of the above, it will contain a Map of the Sandwich, and one of the Georgian and Society Islands; also an account of the various adventures of scenery in the South Seas, in the execution of which, artistic merit, and a faithful delineation of the original views of the author on the spot, have been equally sought.

In connection with the letter-press of the work, the Publishers have spared no pains to render it one of the most popular and attractive books of the kind ever published.

PUDNEY & RUSSELL,

No. 19 John Street, New York.

Aug. 11. h. ss.

PHONOGRAPHIC INSTRUCTION.

A THOROUGH course of instruction in PHONOGRAPHY will be given by letter, through the mail, by the undersigned, for \$5.00, including instruction book and postage on instruction letters. Eight or ten instruction letters, together with a key will be sufficient to enable a person to read Phonography for all purposes for which long-hand is used. This is by far the very best method of receiving instruction in this delightful and useful art. Terms, in advance.

For further particulars, or for instruction letters, address, postpaid, T. J. ELLIWOOD, care of FOWLER and WELLS, 806 Broadway, New York.

NELSON BUNNELL, GENERAL COMMISSION AND MAIL NEWS AGENT.

NEW BOOKS.

THEOPHORE; The Child of the Sea. 25 CAPTAIN KIT; or the Wizard of the Sea. 50 THE SPANISH; or the Captive of the Desert. 50 THE WERENING DRESS. 50 KATE FENWICK; or Life and its Lessons. 50 GENTLEMAN JACK; or Life on the Road. 50 JACK AND HIS BROTHER; or the Highwayman's. 50 THE PATROL OF THE MOUNTAIN; or, the Days of the Mountains. 50 THE SCOUT OF THE SILVER PINE. A Tale of a Mountain. 50 JENNY DEVER; The Female Highwayman. 50 (GEMSBURY THE PROTECTOR.) 50 THE RANGER OF RAVENSTREAM. A Tale of the Mountains. 50 THE HAUNTED CHIEF; or the Female Bann. A Tale of the Mountains. 50 THE PATROL OF THE MOUNTAIN; or, the Days of the Mountains. 50

THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50

THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50

THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50

THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50

THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50

THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50

THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50

THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50

THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50

THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50 THE MOTHER OF THE SILVER PINE. A Tale of a Mountain. 50

NEW AND VALUABLE BOOKS FOR FAMILIES AND SCHOOLS.

A GUIDE TO THE SCIENTIFIC KNOWLEDGE OF THINGS FAMILIAR.

By Rev. Dr. Brewer, Head Master, King's College, Newburgh.

Carefully revised, and adapted for use in Families and Schools in the United States. 1 vol. 63 cents. Postage free.

The object of this book is to explain scientifically and in the most concise and intelligible manner, about two thousand questions of the common phenomena of life, such as these:

Why does lightning turn beer and milk sour? Why does leaves turn brown in autumn? Why is mortar adhesive? Why are coats black—snow white—leaves green—flowers blue—and roses red? It contains an amount of useful information never before collected in so convenient a shape. The Guide is designed—

I. FOR A SCHOOL CLASS-BOOK. The questions are all so familiar to every person, and should be understood by every child. Who has not been asked by a child some such questions as these which follow?

Why does a candle glow bright? Why is ice cold, and fire hot? Why does water boil and freeze? Why does the air stirily damp? &c.

And how often are we guilty of being foolish and foolish for asking such silly questions! The object of Dr. Brewer's Guide to Science is to supply answers to about 2000 such questions, in language so simple, that every child will understand it, yet so full of interest, that every child will read it.

The book may be had through any bookseller. In ordering, be careful to give the CORRECT TITLE, DR. BREWER'S GUIDE TO SCIENCE.

PUBLISHED BY C. S. FRANCIS & CO., ANG. 11. D. 212 Broadway, New York.

ILLUSTRATED JUVENILE BOOKS.

By FRANCIS C. WOODWORTH, Editor of Woodworth's Youth's Cabinet.

The following list of excellent books for Children and Youth, will be in the next week, at the office of the publisher, on receipt of the price attached to each:

- THE HISTORY OF THE ISRAELI WORLD, 50
STORIES ABOUT BIBLE, 50
STORIES ABOUT BIBLE, 50
BIBLE AND PLEASURES, 50
STORIES ABOUT BOYS AND GIRLS, 50
THE PEARL'S BOY, 50
THE PEARL'S BOY, 50
THE POOR ORPHAN, 50
THE POOR ORPHAN, 50
MINE MORGAN: HIS CHOCOLATES AND ORNITHES, 50
THE WANDERFUL LETTER-BOX OF RICHARD, 50
A BROTHER OF THE WOODS, 50
THE MILLER OF ONE VILLAGE, 50
A FEAR OF THE DARK, 50
THE SPARKLING GIRL, 50
THE LITTLE MICHIGAN MAIDS, 50
BOY'S AND GIRL'S COUNTRY BOOK, 50
UNCLE FRANK'S PAUP AT THE BRIDE, 50
THE BOY'S STORY BOOK, 50
THE BOY'S STORY BOOK, 50
THE TWO COURTES; OR, HOW TO BE LOVED, 50
THE FIGHT WAY; AND THE WAGON WAY, 50
THE HOLY BIBLE, 50
TOM BROTHERTON; OR, ALWAYS IN TROUBLE, 50
UNCLE RALPH; AND HIS BROTHER OF STORIES, 50
STORIES ABOUT HEROES AND BEASTS, 50
THE BULLDOG AND OTHER STORIES, 50
JACK MARCH; OR, THE BOY WHO WAS A BOY, 50
THE PICTURE A B C BOOK, 50
THE PICTURE A B C BOOK, 50

All of which are tastefully bound, and profusely embellished, many of them with tinted engravings.

Back orders will be filled as soon as they can be met by mail at the risk of the Publisher. STOCKS OF BOOKS will be forwarded through the mails, as they are ordered.

Address, D. A. WOODWORTH, Publisher, 118 NASSAU ST., New York.

A HANNEY, PUBLISHER, AND DEALER IN MAPS AND BOOKS, No. 185 Broadway, New York. Will respectfully inform his numerous Agents and Publishers that he has just received, amongst his list of Publications, some of the most valuable and useful works ever published, as being such as will sell rapidly, and pay the very best price. These books will be forwarded by mail, (free of postage), upon the receipt of the price set opposite the respective titles.

Dr. H. K. Root's Valuable Book, entitled "The People's Medical Light-Guide," containing the New Map of the United States, with the Boundaries of Kansas and Nebraska, Railroad Routes, &c. Sent Free. Price, 25 cents. New Boundaries of Kansas and Nebraska, Pocket Edition. Price, 12 cents. New Chart, the Constitution of the U. S., with a beautiful National Flag, &c. Size, 25 by 31 inches. New Chart containing Portraits of Presidents, with a Biography of each. Price, 25 cents. Moore's New Railroad, and Township Map of Illinois, the latest and most complete. Price, 25 cents. Catalogue containing wholesale and retail prices, sent to persons wishing to engage in the sale of Maps, Books, and Charts, (free of charge) upon request. Ang. 11. D.

ALPHABETICAL LIST OF BOOKS ON WATER-CURE,

PUBLISHED BY FOWLER & WELLS, 806 BROADWAY, N. Y.

When single copies of those works are wanted, the amount in postage-stamps, or small change, or bank-notes, may be enclosed in a letter and sent to the Publisher, who will forward the books by return of the FIRST MAIL.

The Hydropathic Family Physician.—A Ready Prescriber and Complete Domestic Assistant, with references to the Nature, Causes, and Treatment of Diseases, Accidents, and Casualties of every kind. The whole illustrated with upwards of 400 Engravings. One large volume of 800 pages. By JESSE STANLEY, M. D., prepared by JAMES S. FOWLER.

Accidents and Emergencies. By ALFRED SMEE. Notes by THOMAS H. WELLS.

Children; their Hydropathic Management in Health and Disease. By DR. STEWART. Containing a Treatise on Prevention, and Cure. By DR. STEWART. M.D. 81 cents.

Domestic Practice of Hydropathy. With fifteen engraved Illustrations of important subjects, from Drawings by Edward Johnson, M. D. 81 cents.

Errors of Physicians and Others in the Application of the Water-Cure. 30 cents.

Experience in Water Cure in Acute and other Diseases. By EDWARD JOHNSON, M. D. 81 cents.

Hydropathic Encyclopedia. A complete System of Hydropathy and Hygiene. Illustrated, by JESSE STANLEY, M. D. 7 volumes, with nearly one thousand plates. Price \$3.00.

Hydropathy for the People. The notes by Dr. TRILL. Paper, 45 cents. Mailing, 50 cents.

Hydropathic Quarterly Review; a Professional Magazine, devoted to Hygiene, Reform, &c., with Illustrations. Terms, a year in advance, \$2.00.

Hydropathy, or Water-Cure. Principles and Practice of Hydropathy. By DR. STEWART. M.D. 81 cents.

Home Treatment for Sexual Abuses, with Hydropathic Management. A Practical Treatise for the People. By DR. STEWART. M.D. 81 cents.

Hygiene and Hydropathy. Lectures on Hygiene. By R. S. HOUGHTON, M. D. 30 cents.

Introduction to the Water-Cure. With Illustrations of the Water-Cure. By DR. STEWART. M.D. 81 cents.

Midwifery and the Diseases of Women. A Practical Work. By DR. STEWART. M.D. 81 cents.

Parent's Guide, and Childbirth made Easy. By Mrs. H. PENLTON. 80 cents.

Principles of Water-Cure. By JOHN BARRIBRO, M. D. A work of importance, 20 cents.

Pregnancy and Childbirth. Water-Cure in Women. With Cases. 30 cents.

Principles of Hydropathy; Invalid's Guide to Health. By DR. STEWART. M.D. 15 cents.

Practice of Water-Cure. By Drs. Wilson and Gully. A handy, popular work. 30 cents.

Results of Hydropathy on Constipation and Indigestion. By EDWARD JOHNSON, M. D. 81 cents.

Results of Hydropathy; Treatment of Constipation and Indigestion. By EDWARD JOHNSON, M. D. 81 cents.

Science of Swimming; Giving Practical Lessons to Learners. 15 cents.

Water-Cure Library; Embracing the most important Works on the Subject. In seven large volumes. Mailing monthly, at One Dollar a year.

Water-Cure in Chronic Disease. An Exposition of the Causes, Progress and Terminations of Chronic Diseases. By DR. JAMES M. GULLY. \$1.50.

Water-Cure in America; Containing Reports of Three Hundred Cases. 31 cents.

Water and Vegetable Diet in Scrofula. Published monthly at One Dollar a year. Embracing Asthma, &c. By DR. LAMB. Notes by STANLEY, M.D. 81 cents.

Water-Cure in every known Disease. By EDWARD JOHNSON, M. D. 81 cents.

Water-Cure Manual; A Popular Work on Hydropathy. Mailing, 81 cents.

Water-Cure Journal and Herald of Reform. Devoted to Hydropathy and Medical Reform. Published monthly at One Dollar a year.

Complete Courses, embracing all works on Hydropathy, Physiology, Phrenology, Zoology, Phrenology, &c. Sent Free. Price, 25 cents. Catalogue containing wholesale and retail prices, sent to persons wishing to engage in the sale of Maps, Books, and Charts, (free of charge) upon request. Ang. 11. D.

ADOLPHUS RANNEY.

806 Broadway, New York.

BOOK ILLUSTRATIONS, Portraits, Buildings, Views, &c.

PHOTOGRAPHY, by J. H. CLARK, Chas. B. Cheek, Bill Hinds, Bascom Criss, &c.

THE LATEST AND MOST COMPLETE COLOR PRINTING, &c., engraving in the best style.

229 Broadway, New York.

One door above Astor House N. Y.







## ICE-HOUSES.

We deem no apology necessary for introducing this subject to the attention of our readers. In no other way can the expenditure of a small amount of money be made to bring its return so much real enjoyment as in the erection of a suitable building for the preservation of ice. All who appreciate well-kept meats, berries, milk, butter, and the various commodities of the table, and who like a cooling draught amid the sultry heat of summer, will need no arguments from us showing its merits and the utilitarian and economical will find after a short trial that it is more than it costs.

As in the case of all other buildings, the expense of an ice-house can be graduated according to the means and tastes of the builder. The great object to be attained in their construction being to keep the heat out, there has been considerable discussion as to whether this object was best attained by having the building above or partly below the ground; and as this matter is not conclusively settled, we will give directions for both styles of building, merely remarking that if well built, either way will serve the purpose required.

The first object aimed at is to place the ice in a position where it will be surrounded by something which is a non-conductor of caloric or the principle of heat. This property is possessed to great a degree by tan, saw-dust, straw, and, in fact, by almost any thing whose particles or parts lie so loosely together that a great quantity of air is held in them.

Another object is to secure perfect drainage; for in those houses most perfectly constructed, some water is accumulated by the condensation of the atmosphere, and by the unavoidable melting of some portion of the ice. These two ends being attained, the rest is unimportant.

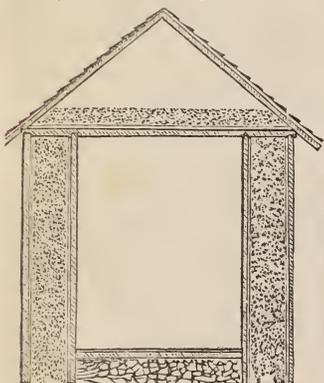


FIG. 1.

A style of ice-houses which we are told is very common in Virginia, is as cheap as any we know, and serves a good purpose. It may be described as two houses—one within the other—the distance between the walls being about twelve inches. The supports or posts are poles driven into the ground; the walls are of straw thatched. A parcel of staves covered with straw constitute the floor, and the ice is laid on the straw. The supports are driven into the ground to the dead air in the space between, prevent the admission of the heat.

A more common style of building in the Northern States is shown in Figure 1; the general plan of which is similar to the one described, but it is built more substantially. The walls are of straw thatched. A parcel of staves covered with straw constitute the floor, and the ice is laid on the straw. The supports are driven into the ground to the dead air in the space between, prevent the admission of the heat.

The frame or sides should be formed of two ranges of upright joists about six by four inches; the lower ends to be put in the ground without any sill; the upper to be morticed into the timbers which are to support the upper floor. The joists of the two ranges should be each opposite another. They should then be lined or faced with rough boarding which need not be very tight. These boards should be nailed to these edges of the joists nearest each other, so that one range of joists shall be outside the building, and the other inside the ice-house, as shown in Fig. 2. Cut out or leave out a space for a door of suitable dimensions on the north or west side, higher than the ice will come, and board up the inner sides of this opening so as to form a door-casting on each side. Two doors should be attached to this

FIG. 2.

opening—one on the inner side, and one on the outward, both opening outward. The space between these partitions should be filled with charcoal-dust, tan or saw-dust, whichever can be the most readily obtained.

The bottom of the ice vault should be filled about a foot deep with small blocks of wood or round stakes; these are levelled and covered with wood-shavings, over which a plank floor to receive the ice should be laid; some spread straw a foot thick over the floor and lay the ice on that. A door should also be laid on the beams above the vault, on which place several inches of tan or saw-dust. The roof should be perfectly tight, and it is usually best to give it considerable pitch. The space between the roof and the flooring beneath should be ventilated by means of a door or lattice window in each gable. The drain can be constructed in accordance with the situation, the only things requiring attention being to have it carry off all the water settling at the bottom, and not be so open as to allow the passage of air into the vault.

Should an underground house be preferred, the plan of building can be the same as above described; or a less expensive method may be used. A side hill having a northern exposure affords a desirable location. In such case one end of the house is usually above ground. The boards can be of the cheapest description, and the space or air-chamber filled in with straw; the floor being built with support to the whole. No less attention should be paid to draining than in the other case; and when in use, the space between the ice and the peak of the roof should be filled with straw.

A useful plan we copy from the "Hydrostatic Cook Book" by Dr. Traill. Fig. 3 shows the construction. A well

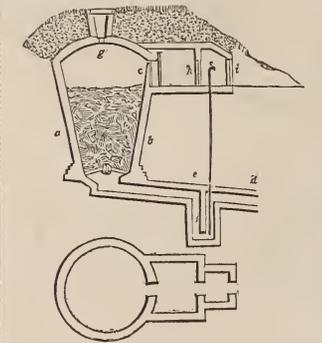


FIG. 3.

is sunk in the form of an inverted cone, *a*, *b*, which is lined with cement or brick-work of a brick and a half in thickness, and arched over. The ice is put in through the opening *g*, at the top, and taken out at the side door *c*, a drain, *d*, *e*, at the bottom, carries off the water of the melted ice. The conical form of the well is for the purpose of having the ice keep compact by sliding down as it melts. The walls of the cone should be built with good hard mortar or Roman cement; at the bottom, the ice should be supported on a thin wooden grate, or an old cart-wheel, as represented in the cut. Where the situation will not admit of a drain, the bottom of the ice-well may terminate in a small well sunk still deeper, and thus emptied by a pump. The passage of the ice-house should be divided by two or more doors, so as to keep a current of external air from reaching the ice.

In putting in a store of ice for summer use, it is advisable to have it done, and in as large masses as possible. It should be packed in the most solid manner; and if the situation is suitable, and the day sufficiently cold, buckets of water should be poured on it, so packed on, freeze the slabs together. When filled, cover with straw, close the doors, and await the warm weather to enjoy the luxury.

**BITES OF THE RATTLESNAKE.**—Some time last summer I was called to see a child, about four years old, who had been bitten in the right hand by a large rattlesnake. The bite was a slight scratch, less than the count of an inch long, but enough to make the blood start. I first saw the child twenty-four hours after it had been bitten. Its hand, arm, shoulder, and across its breast, were swelled almost to the skin's utmost tension; several blisters extended in circular rings round its arm, and one at the shoulder. These were opened, and a large amount of greenish water spouted from them. The parents had boiled cubbed burrs in sweet milk, and given it to drink, and they then bathed the swollen parts with sweet oil. They next applied a plaster of honey and flour; but all this appeared like adding fuel to the fire. The child appeared in extreme agony. With considerable difficulty, I prevailed on the parents to remove the plaster, and cleanse the parts. I then applied cloths of several plies, wet in tepid water, and in less than five minutes the patient went to sleep, which it

had not done for the last twenty-four hours. I then poured spring water slowly on all the parts. In about three hours these cloths were removed, and fresh ones applied. There was a large quantity of greenish matter on the cloths. The child slept well until morning. The cloths were again renewed, when there was nearly the same amount of matter. The swelling had greatly abated, and the dark purple color had nearly disappeared from the arm. The cloths were often changed, and kept wet with cold water; and on the sixth day the child was nearly well, with one small sore on the hand, less than a five-cent piece. Its recovery looked more like a miracle than any thing I ever saw. This can be attested to by numbers, if necessary.

In 1838, while pulling weeds in my garden, I was bitten in the first joint of my right thumb by a yearling rattlesnake. The pain was so intense that I thrust my thumb into my mouth. The thought struck me that I would injure my mouth; but when I did not feel the sensation in my mouth that I did in my thumb, I continued to suck as hard as ever did a yearling calf, for half an hour, when nearly all the pain had ceased, and I did not lose a single day. My mouth was affected with scurvy so badly, that I spit out mouthfuls of blood from my gums. There is not the least danger of sucking out the poison from any snake or insect bite. By suction and the water application, I believe the very worst cases may be cured; or by either of them alone, if judiciously applied.

If you think this will be of any use to the public, you are at liberty to use it as you think best. W. C.

Hazel Green, Ark.

**THE TRUE MISSIONARY SPIRIT.**—The following communication, addressed to a brother in Wisconsin, exhibits a spirit which argues well for the speedy triumph of our cause:

"You cannot realize how happy it makes me to hear that you have become so well acquainted with the use of water as a remedial agent. It is one of God's best gifts to man. I have not had to take to my bed a single day on account of sickness for more than two years, and I believe owe it to a knowledge of Hydropathy. I would to God that all the world understood and appreciated it. I have not yet 'stuck out my stinger,' but I might as well for I have to prescribe almost daily in Dr. E.'s [her husband's] absence, and frequently visit patients. If I am spared, I shall go North and take a course of Hydropathic lectures. That I may have more confidence in myself, and be better prepared to give instruction to others.

"We have now been in this country about three years. My husband has been very successful, both in lecturing and practicing. You are well aware, I presume, that no professional man can go into a new country, an entire stranger, and carry his reputation with him, no matter how high he may have stood in the place he left. And when a medical man has taken a position like that of Hydropathy in this country, in direct opposition to the prevailing practice of the day, and not only that, but contrary to the received opinions and experience of almost the whole world, you may be well assured that the way to fame and *bread and butter* is an uphill business. Were it to me that we feel it a duty we owe to the world to know the  *blessed news* of Hydropathy, we would to heaven that God has given them their swiftness to 'hardness of heart and reproach of mind,' and let them swallow poison to their hearts' content. But we feel convinced that we have been 'called' to be *medical missionaries* to the world; and having put our hands to the plough, we dare not look back. Our success has been beyond our most sanguine expectations in the cures we have made. We have 'bled the dead to hear, the blind to see, the lame to walk,' and have almost brought the dead to life. Almost every case my husband has had has been from this cause, and I have come to the aid of school physicians in the neighborhood. P. A. E." Hickory Creek, Coffee Co., Tenn.

**CRYSTAL FOUNTAIN WATER-CURE.**—Readers in the West will notice the advertisement of this new Establishment, situated on Bertha Heights, Erie county, Ohio. Though new, and but recently opened, we are informed that the expectations of its physicians and proprietors are more than realized. A more beautiful spot cannot be found in the county—if, indeed, in the State. Lake and land views, extending more than fifty miles, are spread out in splendid magnificence; whilst the water, air, and diet are all that can be desired. We shall look for the most favorable reports from this interesting quarter.