

THE WATER-CURE JOURNAL

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Physiology, Hydropathy, and the Laws of Life.

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Contents.

GENERAL ARTICLES:	PAGE	THE MONTH:	PAGE
The Hygiene and Hydropathy of the Scriptures.....	17	The Delusion of Three Thousand Years—What is Disease?—Salutary in Bread and Cake	24
The Doctors.....	18	Pimples on the Face—Our Graduates.....	25
Medical Schools, Philadelphia 18		TO CORRESPONDENTS.....	25
Water-Cure in South Carolina 19		LITERARY NOTICES.....	27
Letter from Glen Haven. No 2 19		Dr. S. Pamp's Great Liquid Restorative—The Old Way and the New—Cooking a Child—An Extra Premium.....	22
Water-Cure Dictionary.....	20		
A Word to the Ladies.....	31		
Water-Cure in Texas.....	31		
Cases of Rheumatism.....	31		
Experience of a Colporteur.....	32		
"I Intend to Enjoy Life".....	32		
My Satchel. Chapter II.....	33		

General Articles.

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

THE HYGIENE AND HYDROPATHY OF THE SCRIPTURES.

BY GEORGE W. BUNGAY.

HAVING a few leisure moments at my disposal, and the good old family Bible before me, I have determined to write a short essay on Scriptural Hydropathy. Unfortunately for the welfare of mankind, the violators of the physical laws are not so familiar with the history of the patriarchs, the prophets, and the apostles as they should be. Too many are like the poor man who, when requested by the parson to lend him a Bible, returned after a long search with only two leaves, remarking, by way of apology, "Here is all we have left; I declare I did not know we were so near out." In looking over the pages of the "Book of books" we find the fact recorded that, when the earth became corrupted by sin, God sent a flood to wash away its pollution. When the angels visited Abraham under the tree on the plains of Mamre, the wise and favorite prophet washed their feet and gave them a morsel of bread. When Hagar was sent into the wilderness, she was furnished

with a bottle of water and a loaf of bread; and when that supply of water was exhausted, "God opened her eyes, and she saw a well of water; and she went and filled the bottle with water, and gave the lad drink." I need not add that, although the boy was almost dead, he recovered his health, and afterward became a mighty man. When Abraham's chief servant went out in pursuit of a wife for Isaac, he "put up" at a well, where he found the beautiful Rebecca with a pitcher on her shoulder. When the daughter of Pharaoh went to the river to wash herself, she found Moses in the ark of bulrushes, and was instrumental in restoring a child to its mother, and training up a chief for the Hebrews. When Moses fled from Egypt he "sat down by a well," and afterward defended the seven daughters of the Midianitish priest, when the ungallant shepherds attempted to drive them away. He became the husband of one of these daughters of temperance. When the children of Israel were thirsty, the distinguished leader of the Jews smote a rock, and a stream of water rolled over the parched plain, and that emancipated people drank and were satisfied. In the fourteenth chapter of Leviticus we find the following receipt for curing the leprosy: "And he that is to be cleansed, shall wash his clothes, and shave off all his hair, and wash himself in water, that he may be clean, and shall tarry abroad out of his tent seven days." In the following chapter bathing is recommended in almost every verse. Read the following sentences as a specimen of the salutary advice given in that chapter: "When any man hath a running issue out of his flesh, because of his issue he is unclean." "And whosoever he toucheth that hath the issue, and hath not rinsed his hands in water, he shall wash his clothes, and bathe himself in water." "And when he that hath an issue is cleansed of his issue, then he shall number to himself seven days for his cleansing, and wash his clothes and bathe his flesh in running water." In the eleventh chapter of Numbers we have an account of the Jews loathing manna and lusting after flesh. "And while the flesh was yet between their teeth, ere it was chewed, the wrath of the Lord was kindled against the people, and the Lord smote the people with a very great plague." In the seventh chapter of Judges we have an interesting history of Gideon and his army. It appears that

three hundred cold-water lappers were selected to fight the battles of the Lord, and while their trumpets brayed and their torches blazed these men scattered the hosts of the Midianites. In the thirteenth chapter of the same book we find that the mother of Samson was commanded to drink neither wine nor strong drink, nor eat any unclean thing. In subsequent chapters we learn that Samson had strength sufficient to tear a lion limb from limb, and fling it, a bleeding mass, upon the gory ground—that he broke the cords and ropes the Philistines bound him with, as though they had been singed flax—that he slew a thousand men with the jaw-bone of an ass—that he escaped from the hands of the sheriff of Gaza by taking away the brazen gates, bar-posts and all—that he finally shook down the temple over the heads of his enemies. In the seventeenth chapter of the first book of Kings we are furnished with an account of that eminent cold-water prophet, Elijah. When he called on the widow at Zarephath he said to her, "Fetch me, I pray thee, a little water;" and when she was going to fetch it, he called to her, and said, "Bring me, I pray thee, a morsel of bread in thine hand." This great prophet prayed that there might be no rain, and the heavens became like brass and the earth like iron; man, beast, bird, and flower suffered for lack of rain. He prayed again, and the drenching shower revived the face of nature. The streams unwound like ribbons of silver from the hills—the birds poured out their sweet songs, and the flowers breathed balm on the ambient air; while the rainbow, the autograph of God, spanned the smiling sky. When this mighty prophet ascended to heaven in a chariot of fire, his mantle fell on the shoulders of Elisha. It was Elisha who directed Naaman to go to the river Jordan and try the water-treatment for his dreadful disease. The proud Syrian was at first unwilling to take the plunge, but when his anger had been subdued by reflection, he tried the experiment. "Then went he down and dipped himself seven times in Jordan, according to the saying of the man of God; and his flesh came again like unto the flesh of a little child, and he was clean." In the thirty-fifth chapter of Jeremiah we have the pledge the Rechabites gave their father Jonadab. They ate no flesh, they drank no wine, and the Lord spake by the mouth of his prophet, and said, "Because ye have obeyed the

command of your father Jonadab, ye shall never want a man to stand before me." Daniel refused the wine and the meat the king sent to him, and although he ate pulse and drank nothing but water, he was fatter and fairer than those who sat at the king's table. John the Baptist, the "mightiest man born of woman," ate locusts and wild honey, and drank water only. The lame, the halt, the deaf, the blind who gathered at the Pool of Bethesda were cured by stepping into the pool when the angel came and troubled the waters.

THE DOCTORS.

BY T. W.

"Ah! what bitter tears shall stain
All this satin-sheet like rain!
And what towering hopes be hid
'Neath the gloomy coffin lid!"

I HAVE a friend who is never well! Isn't that strange? He can't remember the day when he did not have a pain or a bad feeling somewhere. He is thirty years old (but he's married!), and for the last eighteen years, at any rate, he has been the head-quarters of what the doctors call "a complication of disorders." He has taken all kinds of patent medicines, drank the health of his friends from a glass of *calomel water* nearly every day, visited the various watering-places, traveled north and south, but to no advantage. *That pain is there!* and seems to admonish him that shortly he will take up his abode in the city of the dead.

But what is the matter with him? That's the mystery. Some say that it is dyspepsia, some say that it is the liver complaint; he fears that it is the consumption. The doctors contradict one another; medicines never known to fail (so says the advertisement) have proved a signal failure in his case. He reads of wonderful cases, and tries renowned physicians who have done everything but raise the dead—all to no purpose; it seems there is hope, health, and happiness for all but him. He has kind friends, an idolized wife, dear children, and endearing ties to hold him to earth—how hard to die and leave them! He has wealth, notwithstanding he has spent a fortune in trying to obtain health, compared with which wealth is nothing, and he wishes to enjoy it.

What to him are the wild, exciting scenes of honor's grand array, or the "boast of heraldry, the pomp of power," when the chill scepter of Death is winding its bony fingers about his neck, and disengage with its pangs fastened in his vitals is severing the silver cord? When the golden bowl is broken, or the wheel at the cistern broken, and the bleak winds of autumn are sweeping over the hallowed spot "where sleeps the loved and lost, but never dream," what to him will be the "glare and the glitter and the tinsel of time?"

His case is a wretched one. He forgets it sometimes in the excitement of an hour's amusement, but it returns, and a corresponding degree of melancholy follows. He is gloomy, sour, and morose, hated by some and pitied by others. He has been dying this long while, but the vital flame has not yet burned down in the golden candlestick. He eats heartily and drinks heartily, has as large an arm as any man of his size, and a good degree of bodily strength, yet he is sadly diseased!

There are thousands around us just in the un-

happy condition of my friend. The fact is, in my humble opinion, there is nothing ails them! They are as well and as hearty as you or I; they have worked themselves into the belief that they are diseased, and now live a life of misery in consequence. The old conviction that some fatal disease is working on them has been indulged until it has become a settled fact immovable with them. But if I or you were to tell them that, they would call us "unfeeling brutes," or some other hard name. Shrewd quacks belonging to some dismal *ism* take advantage of their delusion, and cure them by gradually convincing them that they are well, giving them a little colored water and bread pills to conceal the game they are playing, and thus acquire a great name. Hence the proverbial saying, "If you wish the undertakers to starve, let the doctors alone."

Nevertheless, I am sorry to say, pecuniary interest often makes the best physicians false to their noble calling. If a person thinks he is diseased, it is their interest not to dissipate the illusion in order to get a fee, and thus often a soul is covered with despondency, a heart buried in gloom, and the affections embittered by a word from one who, had he been true to humanity, might have dispelled the dark cloud with a breath, and raised a drooping spirit and filled it with gratitude forever. The pleasure of such a noble deed must be great! How much better it must pay an honest man than a few paltry dollars! How sweetly its memory would soften a dying pillow! Doctors, we all must die; there is full enough sorrow and sadness in the world without adding more. In the end, I assure you that you will lose nothing by cheering the timid, undeceiving the hypochondriac, and being ever true to your brother mortals, and true to your God.

I know that the ranks of the medical profession are rapidly swelling; I know that there are thousands depending upon the practice of their art for a livelihood, for more—wealth and fame. But charge *more*, if you must charge, but charge rightly. As you value our common interest as the human family, be too true to manhood, and too just and noble to tamper with anything half so important, half so dignified as life and human happiness. There is already too much traffic, without making a staple commodity out of the vital principle that animates the frail temple of the soul.—*Albany Evening Transcript.*

MEDICAL SCHOOLS OF PHILADELPHIA.

DR. TRALL: *Dear Sir*—On the 15th of October last I came to this city, to pursue still further my medical studies. After visiting the various schools, and hearing the lectures of the various professors, I was compelled to think Magendie's opinion, "that medicine is a great humbug," was not far from the truth. Indeed, I may safely say that the professors themselves, if we are to judge from their public teachings, have but little faith in medicine. When I came here I was expecting to find *men*, as teachers in the schools, of gigantic intellect and profound attainments. But as "distance lends enchantment to the view," I am able to understand how it is that we are disappointed in our expectations in men of reputation. I do not intend to convey the idea that none of the

professors here are really eminent; but I can truthfully affirm that even in the Faculty of the University of Pennsylvania, the Jefferson Medical College, and the Pennsylvania College, there are only two or three men in each college who are anything remarkable for talent or ability as lecturers.

The Homeopathic College is tolerably well attended. The teachers are men who have left the conservative ranks of Allopathy, and wedded themselves to the fine-spun theories of Hahnemann. While controlled by that medical innovator, they at the same time adopt the use of hydropathic appliances quite extensively, so that Homeopathy after all is but little more than Hydropathy, with the addition of some few sugar pellets to answer as a *placebo*.

The Philadelphia College of Medicine is said to be well *officered* at present; it is called by some, "Dr. James McClintock's shop," because it was established by that physician, whose recent election to the position of Resident Physician in Blockley Hospital has been the cause of a great deal of tumult among the regulars. The Lords of Allopathy called together their *Sichems*, and in solemn deliberation declared Dr. McClintock to be a quack; and the young sprouts from the Esculapian stock, consisting of six Resident Assistant Physicians, retired in disgust from the hospital when Dr. McClintock took his position in the institution. But neither the wrath of the sires nor the fire of the young aristocrats could frighten the *Doctor* from his position; so that Allopathy has the pleasing reflection that now, if never before, it can not enforce its ethical bombast and dogmatic rules upon the electors of physicians to the greatest hospital on this continent. The day has passed for the conservative physician to undertake to give laws to govern the ideas of a free people; and this blow, which has been dealt with Herculean force upon the back of Allopathy, will doubtless cause the subsequent respirations of the decaying old gentleman to be more and more feeble until his expiring groan shall become the harbinger of that "good time coming," when common sense, and reason, and true science shall guide in the prescription of certain remedies.

At the Female Medical College the professors are allopathic in teaching, but are not very successful in obtaining patronage. In short, the doctrines taught in the Female College are of such a nature as to make it of little avail. In the female department of the Penn Medical University the teachings are much more in accordance with the progressive spirit of the age.

In going through the streets we occasionally see a sign out, "Cupping, Bleeding, and Leeching done here, by Mrs. —;" so that the females as well as the males are engaged in the work of depleting us.

In view of these things I am not a little gratified to learn of your successful organization of a medical college in New York for educating both sexes in the progressive doctrines of diseases and remedies; and if by my influence I can induce ladies to matriculate at your school I shall be pleased to do so. The Eclectic Medical College I regard as the best in this city, for the reason that the professors are much more liberal and progressive than in any other school, and at the same time are equally scientific and far more practical. This school is well organized, with an excellent

faculty, and with good facilities for teaching in every department. Its patronage is steadily increasing, and it is destined soon to become the leading eclectic school in this country. The doctrines of this class of progressive physicians are briefly set forth in a new work entitled, "An Epitome of the American Eclectic Practice of Medicine," by Wm. Paine, M.D., teacher of Theory and Practice in this college.

A new edition of Professor Calkins' work on Thoracic Diseases is likewise in press. Professor Calkins, in his public lectures and private teachings, is among the most reformatory physicians of the age.

Dr. Wood still gives his clinical lectures in the Pennsylvania Hospital, advocating the use of the lancet and mercury. This institution, notwithstanding the hard times, is well attended, more on account of the surgical operations than of the liberality of its teachings. In view of what I have seen I can not but feel more confidence than ever in the superiority of hydropathic and hygienic influences in the treatment of disease, and less in the curative effects of poisonous drugs, administered with such *killing* effect by the allopaths.

ROBERT HAMILTON.

WATER-CURE IN S. CAROLINA.

BY JOHN A. ROBINSON, M.D.

Messrs. Editors—We have often seen in your excellent journals a request to your patrons and correspondents to tell what they know as matter of fact—what they have seen and heard that would be of benefit to suffering humanity, and to those who are inquiring after truth generally. Now, as a physician who has been bred and taught Allopathy, who has been forced to adopt that most dangerous of all modes of practice until I had the scales fall from my eyes, I will venture to give a few cases, the particulars of which will be proof to many minds of the superiority of the hygieio-therapeutic practice over the old allopathic system.

In the winter of '54, '55 a little girl, daughter of J. B., was burned by fire, her clothes having caught while standing near the fire-place. Before they were torn off, the skin was burned to a crisp from below the knees, up both thighs, hips, and all over the abdomen as high as the navel, excepting a small place on the back. I were sent for; but as I was then on my way to Charleston, another M.D. was called in, who, by the way, is considered good authority; he having seen the young lady, and prescribing after the usual mode, came to the conclusion, after making four visits, that it was useless to attend any longer, as there were no hopes of curing her by the mode of practice he instituted, but stating at the same time that if there was any chance for a cure, my water practice could do it, but he would not attempt it himself, as people made too much fuss about it—as they had seen very little, and heard less of it; so he quit the case. Six weeks from that time I was sent for; the father of the miserable sufferer came, requesting me to see the girl, as he knew she would die, but wanted me to see it, to know if I thought such cases could be cured at all, as all the M.D.'s around said *no*. You know what miserable treatment they give

—grease inside and outside! I saw the case, the remains of a beautiful girl, some ten or twelve years old, nothing but a frame. She had been kept in oil or hog's-lard and cotton until the parts which had healed had filled with the cotton, making a most distressing-looking sore. The ulcers had been kept discharging matter until the patient was dying of emaciation and debility. The pulse had nearly left the arm, and the distressed parents were waiting to see the last breath leave her, when I told them there was a chance, and we would waste no time; but one thing, however, they were to do, and that was, they were to make me a firm promise to follow my treatment through. They both agreed, as they were satisfied that she would die without some change.

With the assistance of the mother we sponged the patient all over, and cleansed the sores as well as we could with water milk-warm, wetting the face and head frequently with cold water when she seemed faint. We then ordered wet cloths to be kept on and changed every hour, day and night, the secretions of matter to be carefully sponged off. When the cloths were changed I dissected out all the cotton that had grown in the flesh, and ordered a general bath all over once a day; this I saw done, or, rather, did it myself, as in that case I was physician and nurse. In six weeks we had, instead of a skeleton of humanity, a beautiful little Miss, as active as ever, and almost without a scar!

After the first few days' treatment, finding the warm water to cause pain, we used cold, though in the dead of winter. We used a simple, coarse diet and plenty of fresh air, as the parents lived in an open pole-house.

Now for telling what we saw and heard: at the very same time, while we were treating our case of burn, we had a neighbor over the way who had been in the practice a long time, and had many cases of burns, many of whom died. He had under his charge a case of a burn in a negro woman, who did not have near so large a surface burned as in the case that I attended. He saw his from the beginning, and gave her all the advantages of his drug *treatment*, with very close attention, *as the pay was good!* The consequence was, she lived in a dying state for three or four months, or more, and then did die.

ORANGEBURG C. H., S. C.

LETTER NO. 2.

GLEN HAVEN, Jan. 2, 1858.

Harriet M. Austin

To ———

MY DEAR BLANK: I sat last evening—New Year's evening—in my little room at home, doing a very simple piece of work, thinking pleasant thoughts, and wishing I could communicate my thoughts to you. So to-day I seat myself to tell them to you as well as I can. I said my work was very simple—something which every woman is supposed to be able to do—and yet, as I sat there, a sort of pride, a feeling of exultation that I knew how to do it, came over me. I was *mending a pair of pantaloons* for one of my friends. He did not know how to do it, and had worn them two days after they needed mending. He is a

physician—his *profession* yields him sufficient employment—he can not give his attention to little matters like this. But so am I a physician. I can cure the sick as well as he, and my profession gives me enough to do. Still I am very glad that I can mend pantaloons.

I reasoned with myself thus—there is no kind of work which it may not be convenient, and even essential, sometimes, for a person to know how to do. No matter whether it be a man or a woman, to understand the commonest things sometimes would save one intense mortification, or add greatly to the comfort of those around him. Hence he should never lose an opportunity to learn to do anything which is right and proper for any other person to do, provided he do not neglect some other duty in learning it. For instance, I suppose it would not be right for you to be out in the field looking after the horses, if you have necessary employment which fills up *all* your time, but nothing else can justify you for neglecting to become well acquainted with the management of horses. Your father has good and gentle ones, and would be glad to have you assist in harnessing, in driving, in grooming them. You are in a retired country place, where you are not subject to unpleasant criticism. And think how many times it might be of immense service to a woman to understand horses. The same may be said of a hundred things which women never think of learning.

But, I said to myself, the possibility that some day it may be convenient to do a thing is by no means the chief reason why we should learn to do it. Every time we learn a new thing we not only add to our power, but to our *consciousness of power*, and this, after all, is the "staff of accomplishment." Here lies the difference between those who succeed and those who fail. Every person has *desire* enough to do something, but only those who have the consciousness of power succeed in *accomplishing* something. As a *mental discipline*, then, we should learn to do many kinds of work.

A still better reason why we should do so is, it brings us into closer sympathy with humanity. You recollect the story of the princess who, when she was told that some of her subjects were starving, said they were very foolish—that she would live on bread and cheese before she would starve. She could not sympathize with the poor—she knew nothing about poverty. We can always understand persons better by putting ourselves into their conditions. If we know how to make dresses, or cook, or raise strawberries, or set up types, or keep accounts, we can get closer to the hearts of those who do these things. We have points of contact with them which we could not have otherwise. We can better understand the motives which move them. We have a better knowledge of human nature.

I suggest to you, dear Blank, that now, in the beginning of your life, you take this as a principle of action—to learn to do all useful things, where opportunity is afforded. If you have chosen a profession or occupation for life, I would not have you neglect that, to spend a little time in one pursuit and then go to another, like a fickle, unsettled child. But do not suppose because you have decided to do one particular work that there

is no use in your learning to do others. A *change of occupation is rest*, and you will often find an hour when you can pleasantly and profitably work at some other employment. On a farm particularly, there are so many pleasant things to learn. I would learn, practically, how potatoes and corn should be cultivated, how to raise peas, pumpkins, and turnips; how to set out trees, how to graft them, how to save fruit. I would become an expert horseman. I would split wood—in short, I would learn to do the thousand-and-one things on a farm which all boys are expected to learn, and which girls are supposed not to be interested in, but which they can do just as well as boys. I assure you all this would add much to your “consciousness of power,” and to your general intelligence and true refinement. Will you not defer your plans for the future, and devote the next two or three years to this object? You will lose nothing in time, for in increase of vigor it will add more than ten years to the end of your life; and no matter where you are to be, or what you are to do in after years, the knowledge thus acquired will yield a good harvest.

The other thoughts I had I can not tell you now. Good-bye.

WATER-CURE DICTIONARY.

A CORRESPONDENT, S. Y., who has but recently become a subscriber, writes, “I have just received the WATER-CURE JOURNAL, have read it thoroughly, and like it well. I have already resolved to have little or nothing to do with drugs hereafter. But I find one deficiency. We want a Water-Cure Dictionary. Now I do not know what a “sitz-bath” is; nor do I understand many other technical terms which occur in the JOURNAL; and I am thinking that many other *new* subscribers are in the same dilemma.

“Now if you will devote one page, more or less, to the purpose of a *standing dictionary* for the special benefit of new subscribers, I think the JOURNAL will be all that any one will need to aid them in all common cases.”

It would require more than a whole JOURNAL to explain all the technical terms used in our system. These can be found in our standard water-cure books, which ought to be in every family. But for the accommodation of those who are not familiar with the management of baths, the dietary, etc., we republish the following general directions, copied from the circular of Drs. Trall and May, Proprietors and Physicians of the New York Hygieo-Therapeutic Institute.

1. **WET-SHEET PACKING.**—On a bed or mattress two or three comfortables or bed-quilts are spread; over them a pair of flannel blankets; and, lastly, a wet sheet (rather coarse linen is best), wrung out lightly. The patient, undressed, lies down flat on the back, and is quickly enveloped in the sheet, blanket, and other bedding. The head must be well raised with pillows, and care must be taken to have the feet well wrapped. If the feet do not warm with the rest of the body, a jug of hot water should be applied; and if there is tendency to headache, several folds of a cold wet cloth should be laid over the forehead. The usual time for remaining in the pack is from 40 to 60 minutes. It may be followed by the plunge, half-bath, rub-

bing wet-sheet, or towel-wash, according to circumstances.

2. **HALF-PACK.**—This is the same as the preceding, with the exception that the neck and extremities are not covered by the wet sheet, which is applied merely to the trunk of the body, from the armpits to the hips.

3. **HALF-BATH.**—An oval or oblong tub is most convenient, though any vessel allowing a patient to sit down with the legs extended will answer. The water should cover the lower extremities and about half of the abdomen. While in the bath, the patient, if able, should rub the lower extremities, while the attendant rubs the chest, back, and abdomen.

4. **HIP OR SITZ-BATH.**—Any small-sized wash-tub will do this, although tubs constructed with a straight back, and raised four or five inches from the floor, are much the most agreeable. The water should just cover the hips and lower part of the abdomen. A blanket should be thrown over the patient, who will find it also useful to rub or knead the abdomen with the hand or fingers during the bath.

5. **FOOT-BATH.**—Any small vessel, as a pail, will answer. Usually the water should be about ankle-deep; but very delicate invalids, or extremely susceptible persons, should not have the water more than half an inch to one inch in depth. During the bath, the feet should be kept in gentle motion. Walking foot-baths are excellent in warm weather, where a cool stream can be found.

6. **RUBBING WET-SHEET.**—If the sheet is used *drippingly* wet, the patient stands in the tub; if wrung so as not to drip, it may be used on a carpet or in any place. The sheet is thrown around the body, which it completely envelops below the neck; the attendant rubs the body over the sheet (not with it), the patient exercising himself at the same time by rubbing in front.

7. **PAIL-DOUCHE.**—This means simply pouring water over the chest and shoulders from a pail.

8. **STREAM-DOUCHE.**—A stream of water may be applied to the part or parts affected, by pouring from a pitcher or other convenient vessel, held as high as possible; or a barrel or keg may be elevated for the purpose, having a tub of any desired size. The power will be proportional to the amount of water in the reservoir.

9. **TOWEL OR SPONGE-BATH.**—Rubbing the whole surface with a coarse wet towel or sponge, followed by a dry sheet or towel, constitutes this process.

10. **THE WET-GIRDLE.**—Three or four yards of crash toweling makes a good one. One half of it is wet and applied around the abdomen, followed by the dry half to cover it. It should be wetted as often as it becomes dry.

11. **THE CHEST-WRAPPER.**—This is made of crash, to fit the trunk like an under-shirt, from the neck to the lower ribs; it is applied as wet as possible without dripping, and covered by a similar dry wrapper, made of Canton or light woolen flannel. It requires renewing two or three times a day.

12. **THE SWEATING-PACK.**—To produce perspiration, the patient is packed in the flannel blanket and other bedding, as mentioned in No. 1, omitting the wet sheet. Some persons will perspire in less than an hour; others require several hours. This is the severest of the water-cure processes, and, in fact, is very seldom called for.

13. **THE PLUNGE-BATH.**—This is employed but little, except at the establishment. Those who have conveniences will often find it one of the best processes. Any tub or box holding water enough to allow the whole body to be immersed, with the limbs extended, answers the purpose. A very good plunge can be made of a large cask cut in two near the middle. It is a useful precaution to wet the head before taking this bath.

14. **THE SHOWER-BATH.**—This needs no description. It is not frequently used in water-cure, but is often very convenient. Those liable to a “rush of blood to the head” should not allow much of the shock of the stream upon the head. Feeble persons should never use this bath until prepared by other treatment.

15. **FOMENTATIONS.**—These are employed for relaxing muscles, relieving spasms, griping, nervous headache, etc. Any cloths wet in hot water and applied as warm as can be borne, generally answer the purpose; but flannel cloths dipped in hot water, and wrung nearly dry in another cloth or handkerchief, so as to steam the part moderately, are the most efficient sedatives.

16. **INJECTIONS.**—These are warm or tepid, cool or cold. The former are used to quiet pain and produce free discharges; the latter to check extensive evacuations and strengthen the bowels. For the former purpose a large quantity should be used; and for the latter purpose only a small quantity.

GENERAL BATHING RULES.—Never bathe soon after eating. The most powerful baths should be taken when the stomach is most empty. No full bath should be taken less than three hours after a full meal. Great heat or profuse perspiration are no objections to going into cold water, provided the respiration is not disturbed, and the patient is not greatly fatigued or exhausted. The body should always be comfortably warm at the time of taking any cold bath. Exercise, friction, dry wrapping, or fire may be resorted to, according to circumstances. Very feeble persons should commence treatment with warm or tepid water, gradually lowering the temperature.

GENERAL DIETETIC RULES.—The food should always contain such relative proportions of bulk and nutriment as will keep the motions of the bowels at all times free, easy, and natural. Graham bread, wheaten grits, hominy, wheat-meal biscuits, with plenty of good fruits, constitute the essentials of the best dietary system. Other farinaceous preparations and vegetables may be used for variety. Those who use animal food should eat fresh meat, but never more than once a day. All gravies, greasy meats, swine-flesh, shell-fish, and old cheese should be religiously abstained from. Fresh butter may be tolerated if used very moderately, but is not to be recommended. Salt, sugar, milk, and sweet cream are the only admissible seasonings, and all of them should be employed in moderation. Light puddings may be made of Graham crackers, cracked wheat, hominy, coarse Indian meal, and rice, with milk and sugar. Comparatively healthful pastry may be made of Graham flour, shortened with sweet cream and mealy potatoes, with green or dried fruits, seasoned with sugar or molasses. Those who can not make good fermented or loaf brown-bread, may find a good substitute in wheat-meal cakes, made as follows: Wet the meal (Graham flour) with water, into a

rather soft dough, then roll it into very thin biscuits, and bake in a range, oven, stove, or before the fire. They should be made fresh every day, and may be eaten as soon as cooked; whereas fermented bread should never be eaten till one day old.

CRISES.—Those general disturbances of the system, transfers of morbid action, or aggravation of symptoms, constituting crises, do not occur as frequently, nor with as much severity in home practice as under the more thorough and systematic course at a water-cure. Nevertheless, they do occasionally occur; and then all the patient has to do is to moderate the treatment in precise ratio to the violence of the crisis. Keep quiet and cool, taking no more exercise than is agreeable to the feelings, and let *Nature have her course*. After it is over, if the patient is not cured, the treatment may be resumed as before.

NOTE.—In some few cases, as in mercurial diseases, gout, and rheumatism, the crises may be so violent as to render some part of the body excessively sore and painful; or the whole body feverish, tender, and inflammatory. In these cases one or two full hot-baths, ten to twenty minutes, should be employed.

A WORD TO THE LADIES.

BY MISS R. L. BROOKS.

PERMIT me, ladies, to address you, through the *WATER-CURE JOURNAL*, on a subject concerning health. I wish to impress upon your minds the importance of sufficient and healthy exercise. You may think this unnecessary advice, but when you reflect that there are unhealthy, as well as healthy, modes of exercise, you may perhaps be led to consider this subject in a favorable light.

Now, you may work all day, if your strength will admit, in a low, underground kitchen, and continue this practice for years, and it will neither add color to your cheek or elasticity to your step; but the reverse will be likely to follow. But you may exercise vigorously, three hours per day in the open air, and indulge in sedentary habits the remainder of the time, and sustain, or perhaps add, to your general health. Long, laborious, and unceasing exercise, as well as indolence, has many victims. How many farmers' wives, at the present day, work from early dawn until late at night—till their brains are dizzy and their hands tremulous! And where does such a course end? In a premature grave, and to add to its odiousness, a suicidal grave; for what matters it what course an individual takes to destroy life, if it terminates their existence.

Ask the drunkard why he indulges in the use of intoxicating drink, when he knows it will shorten his days? and he will point you to his overpowering appetite. Ask the glutton why he crams himself with the dainties of the table at nature's expense? and he will tell you that he chooses to gratify his gustatory pleasures, even though it be at the expense of health and long life. Ask the farmer's wife why she acts the part of a drudge and slave? and she will, perhaps, tell you that it is necessary, in order that her husband may accumulate property. Such ought to remember the words of Solomon, who says: "He

that is greedy of gain troubleth his own house." For many a fond husband has had his hopes blighted (that beacon which has cheered him in his laborious efforts to amass wealth) by having the wife of his bosom taken from him by death, and perhaps just as his pecuniary circumstances were such as to allow him and his family the luxuries of life. And as he stood by the grave of that loved one, who had died a martyr for the sake of wealth, oh! how quickly would he have given his last penny if it would have restored her to the home-circle again! Farmers' wives, and others who are destroying health from over-exertion, be induced, by the love which you owe to your husbands and children, to use the utmost diligence in preserving health—"that precious boon to mankind." For if there is anything which is capable of making a heaven upon earth, it is good health. Cherish it then, "for its price is beyond rubies." Oh! how many families are made wretched by some of its members transgressing hygienic laws! and how long will it be ere parents will understand that, if they would see their children grow to be men and women, with strong intellects and vigorous bodies, that they must obey nature's laws, and see that their children are not transgressors! Many people know how to treat themselves when sick, but they seem to have no idea of the way to prevent being sick. They are about as wise on that subject as a man was in regard to what ailed a sick horse that father had. He asked him if he knew what ailed it? He said: "No, but he knew what would cure it."

Now, ladies, after placing you on your guard against going to extremes in this matter, I must close for want of time to finish this subject. And now, gentlemen editors, if you wish to publish the first piece which the writer (a green country-girl) has ever written for publication, you can do so by printing the above; and if so, the readers of the *WATER-CURE JOURNAL* may consider this piece continued.

WATER-CURE IN TEXAS.

MESSENGERS EDITORS: Permit me to give you a little of my experience in hydropathy since I have been at this place. When I got here, about the middle of May last, I found the measles, in its most malignant form, prevailing very extensively in town and vicinity. Already quite a number had died under allopathic treatment, and a number of others followed within the last two months.

Nine of my family had never had the measles; we made no effort to shun it. Well, in due time they were all attacked. I followed Dr. Trall's directions, and in a few days all were up again.

My friends were alarmed, when they would call in to see us, at finding the doors open and windows all up, and the patients bathing and drinking freely of pure *cold* water. No bad consequences followed, not even a cough, excepting two or three, and they only for a day or two. All the deaths, and almost all the other cases in the community had obstinate diarrhea, which I believe was the effect of drug medication. An M.D. remarked to me the other day, that "the water-treatment was nothing new, that it was as old as Hippocrates, and recommended by all standard authors in measles." I wanted to know why they

did not follow it, then? "Because," said he, "we can bring them out so much easier with hot teas," etc. "And," I replied, "keep the patient sick so much longer."

I have, also, had one case of bloody flux in my family—a child fifteen months old; for two days the case appeared hopeless, but by perseverance in applying *cold* water, externally and internally, by the third day the inflammation subsided; but the constant tenismus continued for several days, which was also overcome by regular enemas and the wet cloths externally.

On account of my success in my own family, the thinking portion of the community are beginning to call on me for advice. A friend sent for me, a few days since, to go and see his child, ten months old, suffering from teething; the bowels had become deranged; a doctor had been in attendance a week; but the little sufferer grew worse, as might have been expected, from the quantities of calomel, opium, morphine, castor-oil, spirits of turpentine, prepared chalk, paregoric, etc., it had taken, or, rather, had been crammed down the poor little fellow's throat. When I got there, the child's bowels were running off at a rapid rate, with evacuations streaked with blood. I ordered the sitz-bath ten minutes; then enemas of cold water, and cold cloths to the abdomen, and a bottle of hot water to the feet; it dropped to sleep, slept two hours; I continued the enemas after each evacuation. The next day pursued the same course; the child is well, and yesterday Mr. M. handed me \$3 to send for the best work on Water-Cure.

B. L. D.

PALESTINE, TEXAS.

CASES OF RHEUMATISM.

BY SOLOMON FREASE, M.D.

THE patient —, aged twenty years, entered the Pittsburg Water-Cure in February. Four years before he had an attack of bilious fever, which was treated with drugs, according to the usual allopathic practice. The consequence was, the patient, after a long convalescence, arose from his bed with rheumatism, which proved to be very obstinate. He then suffered much with acute pain, but as the disease became more chronic, the pain became less severe. When he entered the Cure, it was with difficulty that he could walk. The joints of the lower extremities were stiffened and enlarged; the muscles were wasted. There were constant dull pains, but none of an acute character. During the four years that he had been sick he was taking drugs nearly all the time under allopathic direction.

We commenced his case with moderate hopes of success. At first he was packed in a wet sheet once a day, for an hour, at 3 o'clock P.M., which was followed by a plunge-bath of one minute, of a temperature of 55 degrees, with a rubbing-sheet in the morning, and a half-bath, at 10 o'clock, of a temperature of 70 degrees each, for three minutes. He wore a wet bandage, covered with a dry one at night, around his stomach and liver. At the end of two weeks, the wet-sheet pack was prescribed one day and the sweating-blanket the next, followed by the douche for two minutes. Four weeks of this treatment began to develop life and feeling in the stiffened and nearly pain-

less joints. They now became very painful, and the patient felt discouraged, believing himself to be getting worse. But a few days convinced him of his mistake; these acute pains left him, and he found quite a change for the better in his condition. His joints were less stiff, and renewed hope gave him courage to continue the treatment. About this time he complained of tasting medicines that he had taken eighteen months before. He had taken two different kinds of them at the same time, and he tasted them both distinctly for about four days. I have no doubt but he did taste the very drugs he had taken so long before, and what makes it very positive that he did so is, that he was not expecting anything of the kind, and knew nothing of any theories that hydropathists have upon the subject of the retention of foreign substances in the body, and their disengagement by the Water-Cure treatment. From his perfect ignorance of the subject, I am well convinced his imagination had nothing to do with creating the taste of the medicines. We have frequently had patients taste the medicines they had taken long before, while undergoing treatment; but when they understood the theories upon the subject, and were expecting results of the kind, their imaginations may have served to deceive them. But in the case of which I am speaking, there was complete ignorance on the part of the patient, and he was quite concerned one morning, on awaking, to find in his mouth the medicines he had swallowed eighteen months before, and was only reconciled to it after I explained to him how it came about. The treatment I have given above was continued with but little variation for two months. A sitting-bath of twenty-five minutes every other day, temperature 70 degrees, was then substituted for the sweating-blanket. About every three weeks he would have an acute attack which would last him from three to six days, and after each one he was better than he had been before. At the end of four months he was well.

Another case I will relate here very briefly. A corpulent old gentleman, aged sixty-two years, came to our establishment to be treated for rheumatism of fifteen years' standing. His joints were swollen, and his neck was so stiffened that when attempting to turn his head he had to turn his whole body. He remained with us but two weeks, but those two weeks produced marvelous results. He left the Cure not well, but so much improved as to astonish everybody who knew him. He could now turn his head without turning his whole body, and his stiffened joints could be moved with a facility gratifying to himself.

PITTSBURGH WATER-CURE.

EXPERIENCE OF A COLPORTEUR.

MESSEDS. EDITORS—Your repeated invitation for correspondents to send their "experiences," has induced me to tear a leaf out of the book of my remembrances and send along. My experiences are of a character somewhat different from those which have formerly appeared in the JOURNAL. I propose to give you a little of my experience as a "Colporteur" of *Hygienic Reform*, with the view of calling the attention of the readers of the W. C. J. to this very hopeful field of labor. Whenever business calls me to travel, I devote part of my time to a personal presentation of the claims of our reform to those with whom I have to do, and frequently, when in the country, I visit peo-

ple at their houses and give them a gratuitous lecture on Hygiene. By a few moments' conversation I am able to determine, with some good degree of certainty, in what direction I can accomplish most. I speak of the abuse to which I think them most exposed. I have found in almost every neighborhood some who were in favor of *Water-Cure*. Many have testified in favor of nature's simple way of treating disease—many who are living witnesses of the superiority of the appliance of *Water-Cure* over "drugs and dyestuffs." These evidences of progress are truly encouraging. But I have been often pained to find those who believe in *Water-Cure* either ignorant or regardless of what seems to me to be the grand central idea of hygienic medicine—viz., obedience to natural law. All the positive appliances of our system are secondary to obedience, and never can be substituted for it. The people have too much faith in *water*—not enough in the recuperative power of the system. They are too suspicious of nature.

"'Tis strange—'tis passing strange," that readers of the W. C. J. should be so ignorant of the principles it so ably advocates. They need to have their attention directed to those fundamental doctrines of Hygiene. Men learn lessons of obedience slowly.

The advantages of a personal presentation of the cause are manifold and apparent. We can get and keep the attention of an individual when we address him personally. We can understand his wants and how to meet them, when we talk "face to face." We have an excellent opportunity to reach the proper parties to introduce dietetic reform. We reach the housekeepers of our land who give character to the diet of the world, and in addition to all this, we can demonstrate the practicability of our reform to a good degree under unfavorable circumstances by living it before them. This is a knock-down argument—one that is not sufficiently used.

Allow me to suggest the outlines of a plan of operating. Take the W. C. J., and, if situated so as to carry them, a choice selection of the best practical works on health, whenever you take a journey for business or pleasure, and introduce them to the notice of those you come in contact with, at all proper times, and if possible go through the neighborhood where you may be stopping, and visit every house. The Journal and books will introduce the subject, and if sold, serve to deepen and make permanent the impression a personal conversation may make. It has been my practice to leave a copy of the JOURNAL at every house where they knew nothing of it, and could not be induced to subscribe. The expense is trifling, and one JOURNAL may prove a good soil in good ground, and bring forth abundantly. I have distributed hundreds in that way the present year. I would suggest that the selling of books or getting of subscribers should not be the grand idea. We should lead them to understand that our main object is to do them good, and not only should it appear to be the object, but it really should be. We should cultivate a spirit of benevolence that we may bear the mark and lead others to recognize us as philanthropists. We may often do much good when we do not sell books or Journals. I would not have these remarks construed into any reproach upon the selling of books for a living. It is an honorable and

very useful occupation, but I write for those who are in other business and can devote time to the dissemination of the principles of health reform. Will not every reader of the JOURNAL, who has investigated this subject, or who has been the recipient of the benefit of a knowledge of and obedience to the laws of his being; and especially will not every graduate of the "Hygienic Therapeutic College," constitute himself and herself—for I hold it is one of "Woman's Rights" to work for the physical regeneration of our race—a Colporteur of "Hygienic Reform?" HYGIENICUS.

"I INTEND TO ENJOY LIFE."

SUCH is the answer with which we are met from all quarters when presenting the question of "Health Reform." In talking with a friend upon this subject a few days since, who is an inveterate tobacco-smoker, and who has many other habits which are scarcely less objectionable, he admitted that the practice was bad—yes, and filthy. He would not allow one of his children to use it upon any consideration; yet he uses it in their presence, subjecting them to its poisoning influence, and relieves his conscience with the assumption that it is useful in his case. I suggested to him that tobacco was a poison. He quaintly assured me that there was an old proverb, "That what was poison in one case was food in another." I queried to myself, are we to be continually met with this assumption when facts and principles are continually disproving them? By what way are elements or substances intrinsically poisonous to the human system ever to become anything but poisons? Then again he met me with the stereotyped phrase, "What was tobacco put here for, if not for our use?" These are some of the excuses which meet us on every hand to apologize for what in others would be inexcusable. I was accused of being enthusiastic. For his part, he meant to enjoy himself while in this world. I hinted that there were other enjoyments and more elevating tendencies than the indulgence of pampered and perverted propensities, and that in this way life was shortened and oftentimes made miserable; death was premature. "Oh!" said he, "who would want to live long in this world of care and trouble? If death comes to carry us off, he must be a welcome messenger if we have enjoyed ourselves to the fullest extent on what has been set before us. By prolongation of life, suffering is the only result." He did not want to live if he could not eat more than I did. Why, if he was to sit down to a table and eat no butter, no meat, drink no coffee, no tea, use no salt, no spice of any kind, he had better be dead; he would starve to death. I was a living example of my own enjoyment, but he could not realize it. I was healthy; was not compelled to use cigars to promote health; my breath was not loaded with the poisonous stench of tobacco, which, like the effluvia of the deadly upas, enervates all who inhale it. I suggested that there was a life to come, and that if we sinned here—and premature death was certainly the result of sinning—those sins must be answered for. This he could not understand; present gratification was far more glorious and enticing than prospective joys. The world has so

long been enshrouded in mysticisms and unexplainable theories—the people so unaccustomed to think for themselves, that when one asserts the simplicity of nature's laws and the fallacies of theories, he is classed as an enthusiast, a vain dreamer. When Beelzebub is attacked, is it any wonder he should cry out, "Why persecutest thou me?" P.

MY SATCHEL.

BY H. H. HOPE.

CHAPTER II.—NOLI-ME-TANGERE.

How beautiful is childhood! The childhood of sports—the sliding-down-hill childhood—the wandering-by-the-stream childhood—the childhood that cracks green butternuts and stains one's fingers thereby—the childhood that allows the free intercourse of the sexes, the boys shooting arrows at a cent stuck on a split shingle, the girls meanwhile weaving burdock-burr crowns for the victor to wear—the childhood that goes fishing rainy days, that husks corn, the bright yellow corn, in the harvest-moon evenings, that goes to apple parings in November, and keeps Christmas and New Year's *jollity*—the childhood of the homestead, when the parents dote and dream of the future for their brood of young, when high resolve shall work itself up in action, and position shall be the evidence of power.

"Here, Sub! Here, Sub, Sub! I say, Sub Tegmine! Come here, I say! Sub Tegmine Fogi, come to me, sir! Are you not ashamed to be running after those dear little lambs? Oh, Sub! I thought you were more *human* than all this. Come here! 'fall behind into line,' as Colonel Phelps says, on training days, 'there! keep step,' as is your duty."

It was as glorious a morning as ever was born to earth, when a girl about eleven years of age was taking a walk before breakfast, and her soft voice reached my ears as I was driving my cow to pasture. Quick as thought I was by her side, and her hand in mine. I bade her good-morning. Stars of light! how her eyes gleamed pleasure and gladness at sight of me—the shaggy-headed, rough-coated, cow-driver!

"Why, Quercus, is it you? I didn't know you. Where did you get that *new, nice coat*?"

"Mother made it for me to wear to school. It is coarse, but warm. When I get to be a *man*, I mean to have one of fine broadcloth, as nice as Frank Luce's."

"Quercus, what ails you lately?"

"Why?"

"You seem not pleasant tempered."

"Well, Noli, can not you see why I am unpleasant?"

"No."

"It is because all at once you have stopped playing with me."

"Mother says I am too large to do so more."

"So my mother says—but what nonsense!"

"Why, Quercus?"

"What, Noli?"

"To call what our mothers say nonsense."

"But, Noli, our mothers are women of sense, and therefore shouldn't say foolish things."

"Foolish things?"

"Yes, Noli-me-tangere."

"O, Heart of Oak, you pain me."

"Then I stop. But I can't get my Latin lesson unless I have my play with you after school. Every morning at 9 o'clock the master says, 'The class with H. H. Hope at its head will come forward to recite Virgil.' Hitherto I have been perfect till yesterday—then I missed. I had not seen you, and could not study. Now I know the reason, I am going to see your mother about it, and know if she means I shall not get my lessons."

"Why, Oak! look here! we are clear down to your cow pasture. There's the old cow standing at the bars waiting for us. Run and let them down, and I will drive her in."

I did so, put up the bars—came back and took her hand, and we turned our faces homeward. That day I got my lesson, and the master praised me.

I wonder if anybody but me ever thought that a boy studying *Virgil* really needs a girl as a classmate to make him understand the poet well. In my judgment it requires the *whole* man—male and female—to comprehend him. Take his pastorals. A boy is just as much less impressed in reading them *alone*, as he would be in traveling the scenes over in person alone. Does a man, sitting on a hillside, enjoy a distant landscape as he would with a woman at his side? Never. No two men can dissect a *view* as a man and woman can. Her eyes use his, and his hers, as lens to magnify and refine the prospect. So, as the sexes should *travel* together to become adepts in the study of nature, should they also be side by side in the acquisition of all knowledge. But I must not moralize. My readers will want to know who "Noli-me-tangere" was. *Was!* ah, yes, *was*. She was the light of my life, the girl I lived with and loved intensely—brilliant as a seraph, and purer than crystal, she shone for twelve short years and died.

She was the daughter of a widow, born after her father's death, as I was the *son of a widow*. Our mothers lived as neighbors for many years, so closely that of an afternoon they could hoist windows and chat. Both were poor, both sewed and worked and ironed for their living, both pious and bosom friends.

Their son and daughter were brother and sister, and romped and played, "sorrowed and joyed together." We went to the same school, studied the same books, interchanged dinners, and were *one*. I named *her*, and *she* named *me*. I called her "Noli-me-tangere"—"Touch-me-not;" she called me "Quercus"—"Oak."

In front of her house stood an open-land beech-tree. Either its roots had thrown the ground up, as the beech-tree sometimes does, or naturally there was a little mound. On this we used to sit after school, and play and tell stories and read. Noli had a little dog—I am sure I know not what breed, but he was about a foot in height, about a foot and a half in length, not counting tail; the spryest, cunningest creature I ever saw. He had fox-ears; was black as a mink on back, sides, and front of fore legs, and buff on belly, back of the legs and muzzle. His eyes protruded so far from their sockets as almost to hang outside of them, and beamed with intelligence. A great many times I used to say to Noli that I would give a dollar for his *thoughts*, for *think* he did, I am sure.

He used to recline in the shadow of the beech in

the long drawn-out summer days, and as Noli and I were *classical* students, we gave him the name of

"Sub Tegmine Fogi."

Commonly he went by the name of *Sub*. To this he would answer on *call*. It took Sub Tegmine to arrest his attention when excited; and when in decided passion, and at the moment independent of restraint, nothing would bring him to his bearings but the pronunciation of his whole name. Noli was the sprite who named him, and I confess I was pleased to know that she affixed it from the association which his posture under the old spreading beech awakened.

We chatted homeward from the cow pasture as only two *can* chat whose aims and hearts are one, and that day after school I went to see Mrs. Tangere. Boy as I was I plead my cause till I overcame her scruples, and she consented that Noli and I should still play together. I recollect well *what* arguments I used, *how* I pressed them home.

1. Noli and I *belonged to each other*. I scorned to dodge this most important of all reasons to me.

2. Noli and I were students together. What reasons were there that could justify study and forbid sport together?

3. Noli had no brother, I no sister, and I knew that a boy wants a girl's and a girl wants a boy's society to make either symmetrical in growth.

4. Noli was delicate and highly sensitive, took on impressions easily, and wanted my rude and rugged nature to take shelter under. I was tough, rough, rude, crude, and wanted softening and polish.

5. The beech-trees would never leaf out again if Noli and I sat under it no more together, and it was certain that neither would sit there alone.

"My poor boy," said Noli's mother, "your heart is in this thing. I see."

"Yes, Mrs. Tangere," I replied, "heart and head and hand for a boy, are all in. I am to be a man by-and-by, and no one can help me to be one like Noli. My mother trusts me, Noli's mother may."

"Well, go now. Heaven will guide us all if we seek to do His will."

I left the room. From that time till Noli lay sick (which proved her death-bed never did I fail to achieve all and sought that I undertook. She was my inspiration, and taught me to feel how much more astute a boy can be with a girl for a companion than he can be with one of his own sex. And more than this, association with her taught me that no boy, grown into a man, can in any department of effort do as much in the way of accomplishment as when he has a woman as a help-meet.

Noli died, and loved me to the last. The week before her decease she gave me Sub Tegmine Fogi, and urged me to be kind and careful of him for her sake. We laid Noli in a beautiful spot in her mother's garden, and I took Sub home. My mother after a little prevailed on Mrs. Tangere to live with us, and we made one household. I planted a young beech at the foot of Noli's grave, and six years afterward I buried under its shade the dear little dog at the feet of his mistress, and with money earned by my own efforts I placed at her head a slab with the following inscription on it:

NOLI-ME-TANGERE HERE LIES;
SUB TEGMINE FOGI AT HER FEET.
I LOVE HER MEMORY DEARLY.
Heart of Oak.

The Month.

NEW YORK, FEBRUARY, 1858.

WATER.

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

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

THE DELUSION OF THREE THOUSAND YEARS.—All of the orthodox medical science of the world may be summed up in a single paragraph, and disproved in a single sentence. It amounts to just this—no more, no less:

Health is something; disease is the opposite. Hygienic agents—air, light, water, food, etc.—are good for health; poisons, which are the opposite of them—calomel, antimony, alcohol, opium, etc.—are good for disease.

Reader, is not this reasoning sound? Sound or unsound it is all the medical profession can give you. It is the quintessence of all their books. It is the sum and substance of all the teachings of their schools. It embraces the whole philosophy of all their learned works on Medical Institutes, on Materia Medica, on Therapeutics, on Pathology, and on Theory and Practice. And yet we pronounce it as false as darkness, as absurd as *delirium tremens*.

Look at it. Health and disease are opposites. And are not nutritive elements and poisonous elements opposites also? Yea, verily, they are so—who can doubt it? Here are the premises—plain, fair, clear, distinct, unmistakable. Let us draw the conclusion. *Ergo*:

Then, if things naturally useful are adapted to the state of health (health being the opposite of disease), are not things naturally injurious (disease being the opposite of health) adapted to the state of disease?

Such logic is conclusive with the learned M.D.'s. It is all they have. They must give us this or none. And as they are reasonable men they give us this. And the world swallows this nonsense and calls it science, as it swallows the poison that necessarily goes with it and calls it medicine. No stranger infatuation ever possessed the minds of reflecting professors. No deeper delusion ever misled the minds of unreflecting people.

O, "*contraria contrariis curantur*!" need anybody wonder that a little flourish of technical Latin should embody thy length and breadth of medical lore? O, "*similia similibus curantur*!" should a body marvel that a single rhetorical flourish should be made to express the height and the depth of thy healing art? O, *Physio-Medicalism*! can one longer be surprised that a misnomer (who would wish to medicate the *physiology*?) should represent the outside and the inside of thy red pepper and lobelia antidotes? O, Eclectic jumbleation of everything in general and nothing in particular, why should not a glittering generality of pompous professions represent the *all-overness* of thy system? And, O (lastly but not *leastly*), hydropathic quacks and humbugs (if any such there be left among us), should not thy *one-ideaism*, thy *water-cureism*—yea, thy *cold water-cureism*—be excused, since all the world has been in the wrong as well as you?

When will the learned men of the various schools of medicine stop and consider what the technical words and phrases, which they speak and write with such fluency, really mean, or whether they have, as commonly employed, any meaning at all, or not? Whenever they will do this, there will be such an upheaval in the public mind, such an overturn in the medical profession, such an upsetting of galipots and tincture bottles, such an execration of blisters and leeches, such an extermination of pills and powders, such an annihilation of calomel and ipecac, as will change ten thousand drug shops into provision stores, and transform forty thousand poisoners of the human race into the conservators of the public health.

WHAT IS DISEASE?—We are glad to see some indications that the people—the doctors, too—in various parts of the country, are getting their eyes open to the importance of this question. When we assert that the medical profession is confessedly profoundly ignorant of the nature of disease, and when we say, further, that they have thus far held, and taught, and practiced on an erroneous theory, very few persons are prepared to believe us. They regard this as an impossibility, and think we must in some way misrepresent or exaggerate. Yet we have said nothing but the simple truth.

During the last month we have received many communications on this subject, one of which we give to the reader in full, as

an evidence of the interest that is beginning to be felt in the discussion of this subject; a subject which underlies all subjects in relation to human health, and the preservation and development of the race. We give it *verbatim*, suppressing the name:

DIDASKO, ALABAMA, JAN. 2, 1858.

MESSRS. FOWLER AND WELLS: The question, What is disease? has awakened considerable sensation in this vicinity. There appears to be some very important truths involved in it. I am anxious to have it discussed. I write to know if Dr. Bedortha has abandoned the discussion? In the first place, who is Dr. Bedortha? Is there any such man? Is Dr. Trall in earnest? Will he own up when the position he takes is controverted by a fair process of reasoning? And will he fork over the *thousand dollars* when it is done? Are the columns of the *WATER-CURE JOURNAL* open and free for the publication of the discussion? If so, I think I can find him a capable opponent, and I propose to do so. Dr. Trall has waked up a new customer away down our South.

To the above interrogatories we reply *seriatim*: We have heard nothing further from Dr. Bedortha; but our Alabama friend may rest assured that he is not a myth. He is a real live man. He is at this writing proprietor of an extensive water-cure establishment at Saratoga Springs, where, no doubt, Didasko may see him face to face next summer, if he will not take our word for his personality. We are in earnest. We will own up. We will pay the thousand dollars whenever such a person as we have challenged comes forward and performs according to the conditions of our offer. The columns of the *WATER-CURE JOURNAL* are open and free for the publication of the discussion. Moreover, we shall try to have it published also in all the newspapers in the United States.

SALERATUS IN BREAD AND CAKE.—The various points of the argument, *pro* and *con*, in relation to the dietetic use of this drug, are thus collated by a writer in the *Philadelphia Dollar Newspaper*:

I have just re-perused the various articles that have appeared in the *Dollar Newspaper* on the query, "Does saleratus poison bread and the like?" It seems that Dr. Alcott, the dietician, had declared that saleratus, as used in baking bread, for the purpose of lightening it, is *poisonous*, and that thousands of children are annually destroyed by its use. This statement found its way into your newspaper. And one of your correspondents, over the signature of "Doctor," attacked this opinion as erroneous. The "Doctor" argued as follows: It is a settled principle in chemistry, that "*alkalies and acids mutually destroy each other*." Now, saleratus contains an alkali, and this alkali, in the process of baking bread, not only destroys more or less of the acid principle in the bread, but after doing so, passes away in steam, and hence the bread is *not* poisonous, as saleratus contains no other poison than alkali.

Then your correspondent "C." tells us that there are two kinds of saleratus, to wit: potash

and soda saleratus, the latter whereof, from its greater tastelessness, being generally preferred for baking purposes. He then describes the several ingredients that enter into their several compositions, and says that they contain nearly the same amount of *carbonic acid*, the only ingredient of use in the lightening of bread. And he contends, after a review of medical authorities, that "the medicinal effect produced by the use of saleratus in food is almost identical with that produced by *common salt*, and that we have as much reason to fear being poisoned with salt as with saleratus"—that it is only an over-dose of saleratus which can be injurious, such an excess of it in bread and cake as will make these articles "appear yellow and possess a peculiar odor." Then "Amicus Veritatis," of Centre County, Pa., takes up the subject and insists that the "Doctor" is greatly mistaken in asserting that the alkaline principle of the saleratus is *destroyed* and not contained in the bread, and that it "passes off in steam in the process of baking." For "Amicus" maintains that acids and alkalis do not mutually destroy each other, but only *neutralize* each other, and in mixing, form a new product, *apertium quid*, different in its properties, both from the acid and from the alkali, and therefore the alkali does not pass off in steam, but remains in the bread in a new or changed form or nature. And he closes by indorsing the views of "C." generally, and saying that saleratus "used in moderation, as 'C.' directs, and not so as to turn the bread or biscuit yellow, is not more poisonous than salt." And "Amicus" also quotes high medical authority in support of his opinion. And now "M." of Andesville, Pa., takes up the matter, and says that the question, whether the use of saleratus in our bread, etc., will prove "bad," or injurious to health, "will very much depend upon circumstances." And he then proceeds to state that a person troubled with acidity (sourness) of stomach may use such bread with more benefit than harm, as the alkaline properties of the saleratus will neutralize the acidity in his stomach, and so remove that unpleasant feeling, while the alkali left in his stomach will, either by acting as a purge or by increasing the action of the kidneys, be useful in carrying off from the stomach the offending matter that produced such acidity or sourness. And hence "M." is also of opinion that saleratus, used in moderation in the baking of bread, etc., is not injurious, not near as much as the *oil and fat* used in making rich cakes, pies, etc.; this war against saleratus being merely "an attempt to place the saddle on the wrong horse." And, finally, "C. B." of Muscatine, Iowa, expresses his views, and informs us that our Western families use "not less than from five to ten pounds annually, each, or on an average of one pound of saleratus to each individual!" a most dangerous use of "this alkaline substance," which, he avers, can not but "irritate and influence the delicate lining membrane of the alimentary canal," even supposing the saleratus used to have been perfectly free from all injurious impurities and adulterations, a matter by no means likely in *this food-and-drink-poisoning age*. And now, having condensed these various views into a short article, embodying every needful point of inquiry, I have only to request the reader, if he can, to enlarge our knowledge on this very important subject, which comes home to and seriously concerns every family circle in our land.

OBSERVER.

PIMPLES ON THE FACE.—Several correspondents who are among the afflicted have lately written us requesting an article, essay, tract, or book on the above subject. The whole matter can be disposed of in a paragraph. All skin eruptions are caused by impurities in the system. These impurities may be produced by gross food, medicinal drugs, or any other poisons, or

by any habit which so exhausts the nervous energy as to prevent perfect depuration. Persons accustomed to salt, greasy, or stale foods, or addicted to alcoholic beverages, tobacco, coffee, or any debilitating habit whatever, are liable to cutaneous eruption. The cure must be found in a purification of the body from all effete or extraneous matters, and the invigoration of all the depurating functions. The means are a proper adaptation of air, light, food, drink, bathing, temperature, personal habits, the regulation of the passions, etc.

OUR GRADUATES.—We have been frequently solicited, during the past eight or ten years, to send well-qualified physicians of the Hydropathic school to this, that, and the other place. Thus far we have never been able to respond to a single demand of the kind. All who have graduated from our school, and who have desired to settle in business, have had no difficulty in finding locations to suit.

There will be, however, several graduates, at the end of our present school term, thoroughly educated in our system, and in all the collateral subjects and sciences, ready to commence professional business, without any particular place in view. Some of them are single gentlemen; others are single ladies; others are "man and wife;" and others may become such. The majority of them have the "Great West" in view, as the most desirable field for their labors.

Those who desire to have a physician or physicians of our school, may do themselves and others a service by communicating the fact to us, with an account of whatever advantages or disadvantages the place and its vicinity present for private practice, or for a Hygeio-Therapeutic Institution. Also please state particularly what the people will do in the way of encouragement or assistance. It should be recollected that nearly all who devote themselves to the study and practice of our system are poor. They belong emphatically to the working classes, and all the hard earnings of years, or all of the money they have been able to borrow from friends, have been expended in the procuring a proper education. It can not, therefore, be expected that they can command capital; nor should they. It is enough for them to do the work. Those who desire establishments should provide the means, and let the physician have the use of the capital at a moderate interest.

It is in this way that the most successful establishments have been built up.

It has frequently happened that a young and enterprising physician, at the urgent solicitation of the people, has been induced to run in debt largely for the appliances of a Water-Cure. Payments became due faster than the profits of the business could meet, and the creditors, instead of exercising a little lenity, have pressed their claims to the utmost, and broke up the establishment. We can name several places where flourishing Water-Cures once existed, and would have existed at this day, a blessing to the people and an advantage to the business of the place, but the *meanness* of the people ruined them.

The friends of our system should not expect that the physicians of our school should be all, have all, and do all. If they are not willing to aid pecuniarily those who are laboring to redeem them from the curse of doctors and drugs, they ought to suffer awhile longer, as they most assuredly will.

ACKNOWLEDGMENT.—The instructive article in our last issue, on "Warm Bread," was contributed by Dr. W. A. Alcott, of Auburndale, Mass. The omission to give credit was entirely accidental.

To Correspondents.

Answers in this department are given by Dr. TRALL.

ERYSIPELAS.—S. L. S. I have been troubled with a humor, during the warm weather, for three or four years past, which is termed erysipelas. What should my diet be to avoid it? Which is the best, butter or molasses, for me to eat on bread?

Bread and fruit should be your principal food. A moderate proportion of vegetables should constitute the variety. Be rather abstemious in quantity. The "hunger-cure" is excellent in skin diseases. Neither butter nor molasses is "best." Butter is the *worst* of the two.

HEADACHE.—L. N., Oberlin, O. My brother has a headache almost continually, so much so as to prevent him from studying. He wishes to know what to do.

Tell him to remove the cause. What that is, we confess our profound ignorance, as you give us no clue to it.

SCROFULOUS SORES.—D. F., Westbrook, Iowa. Please inform me, through the WATER-CURE JOURNAL, whether a scrofulous sore, of thirty years' standing, can be cured, and if so, how? The patient is fifty-five years of age.

The curability does not depend so much on the length of time it has existed, as upon the circumstances of the case and the constitution of the patient. We have cured such cases of longer standing and in older persons. Wet compresses and a very strict dietary are necessary. Other measures depend on the general condition of the patient. The electro-chemical baths are excellent.

FISTULA LACHRYMALIS.—A. A. McG., Juneau, Wis. The affection of your child may have originated from slight local injury, or from the drugs taken by one or both parents. All you can do is to attend very strictly to the general health; be sure and keep the bowels free; bathe the part in cool but not very cold water, when hot or painful, and trust to nature. If it does not heal in a few months, probing may be necessary to open the tear-duct.

CLUB FEET.—We can never tell how to treat a particular case until we see it. The sooner, however, the treatment is commenced, after birth, the better. The machinery must be fitted to each case, constantly attended to, and frequently altered or changed. Dr. Mann, now residing at 15 Lighthouse Street, New York, has made the treatment of these and other distortions a specialty for many years. We recommend club-footed children to put themselves under his care.

NERVOUS DEBILITY.—W. D., Montreal. We are in the daily receipt of letters like yours, describing the bodily infirmities and mental horrors induced by early habits of self-abuse. The majority of such cases are curable by the strictest discipline and regimen of a good establishment; but such persons are usually of too feeble will-power or in too unfortunate circumstances to carry out the proper treatment at home. "Home Treatment for Sexual Abuses," price 30 cents, will give you much useful information on the subject of your inquiries. For obvious reasons we can not publish this kind of correspondence in the JOURNAL.

DEATH FROM THE DRUGS.—A. L. G., Fremont, Cal. The friend whose case you describe was killed by the drug-medicines—the mercury, salts, Moffat's pills, Osgood's cholagogue, etc. Your treatment was perfectly judicious. Nothing could have been done under the circumstances, except by way of mitigating the symptoms. He was literally dying, as evinced by the extreme coldness of the lower extremities, when you took the case in hand. He died of "doctor's stuff," as do thousands every day in the year.

DYSPEPSIA.—W. H. B., Lambertville, N. J. Use dry, solid food, mainly of unleavened coarse bread and fruit. Avoid butter, milk, and flesh. Take a tepid sponge-bath in the morning, on an empty stomach, and a sitz-bath in the evening. Rev. Mr. Estee, of Petersburg, N. Y., is now building a water-cure on the plan of enabling patients to work, in part, their way.

CANKER RASH.—W. J., Jr., North White Creek, N. Y. You can not get rid of your torpid liver and the consequent canker-rash and live on such food as farmers commonly have on the table. You must eat only wholesome food, let farmers do as they will.

PAINFUL MENSTRUATION.—J. S. S., Albany. It is a general mistake that we can prescribe to any disease by merely being informed of its name, or the name of the person who suffers it. We must know all the symptoms of ill-health of every kind, and all the habits of the patient. In all cases of painful menstruation it is essential to obviate constipation by a correct diet, to apply sitz-baths of an agreeable temperature, and to exercise on the feet as much as may be without fatigue. Other measures must depend on the particular circumstances of each case.

A HINT TO DRUG-DOCTORS.—A correspondent writes, "When I was a little boy, my father and I were once threshing grain. Whenever a chicken would come into the barn, father would say, 'Chase it away, quick; if you don't, it will soon bring ten others.' It is so with your WATER-CURE JOURNALS. If one is sent for any length of time to a given post-office, it is followed by ten others." We commend the obvious moral of the story to our allopathic brethren.

PARALYSIS.—D. L. G. Will Dr. Trall tell what the matter is, and the remedy, in the following case? A young man, about six months ago, was in the habit of getting up in his sleep. One night he fell, and struck the back part of his head on a nail, which produced some bleeding, but he experienced no further injury at the time. Some weeks after he was taken sick, complaining principally of pain in the head. He soon got very bad, and from that time to this has been expected every day to die. For six months he has not been able to raise his head from the pillow, nor scarcely to move hand or foot. For nearly five months he has not been conscious of the movements of the bowels. He is greatly emaciated, and his bones, in many places, nearly protrude through the skin. Four doctors have tried to cure him, but all have given it up. His living is according to the popular mode. His food is anything he calls for, as pork, beef, sausages, mince-pies, coffee, tea, etc. His drink is entirely coffee.

We see no chance for the patient. The abominable drugs he has taken, and the still worse food he has lived [died?] upon, have proved too much for frail mortality. Originally the case was simple compression of the brain. He would have recovered by the efforts of nature, if nature had had a fair chance. But his horrid food and poisonous drink have induced fatal paralysis.

RHEUMATISM.—R. H. F. H., Parkersburg, Va. As your complaint has now become chronic, the leading treatment is the diet. Use the most plain and simple articles of food, and avoid everything concentrated or constipating. Take a sponge-bath, also, once or twice a day, with tepid or cool water.

DIET FOR AN ASTHMATIC, ETC.—D. W. J., Plainfield, Ind. 1. Will you please tell me which are the three best articles of diet for one who has the asthma?

2. Are good ripe apples, well baked, objectionable in the asthma?

3. Does it injure a person with weak lungs to go out on a clear cool or cold night, and walk or ride two or three miles?

4. Is it a good plan to wear flannel next to the skin in warm weather?

1. The best three (not three best—there can be but one best thing) are bread, apples, and a little more bread or apples. 2. No. 3. Not if he has strength to do so without suffering from cold or fatigue. 4. No.

QUESTIONS.—C. G. E. H., Memphis, Tenn., asks us three pages of questions on a great variety of subjects, to answer which would require many pages of the JOURNAL. All of these questions are fully and distinctly answered in the "Hydropathic Encyclopedia" and "Cook-Book." If our friend will read them carefully on the subjects he wishes information about, and then, if there are any points not clear to his mind, we will, with pleasure, reply to them. But we can not give explanations in this place to all sorts of subjects. To those who have not a good general knowledge of our system, all we could say, under such circumstances, would only amount to "incoherent expressions of incoherent ideas."

DISEASE OF THE KIDNEYS.—J. W. P., Cold Spring, N. Y. Your complaint is principally diseased liver and stomach. The affection of the kidneys is secondary. The weak back and coldness of the lower extremities indicate deficient blood and low vitality. You ought to spend six months at a water-cure. Use water of a mild temperature, avoiding all disagreeable shocks and chills. Sugar or molasses is better than honey. All sweets should be used very sparingly. Buckwheat cakes, as generally prepared, are bad for dyspepsia. Preserved grapes are good, if they are preserved without any extraneous addition. But all fruits preserved in sugar-sweetmeats—are not good.

APHONIA.—D. L. G., Spencer, O. My aunt, now 61 years of age, was tremendously salivated, when 18 years of age, for female weakness. She then changed doctors, and took for a long time a very strong tea. She continued growing worse, under such treatment, for several years, and finally became so weakened that she kept her bed nearly all the time; and after 18 months ceased talking entirely. For the last 40 years she has not spoken a word, and makes no noise except in the way of coughing.

The case is hopeless. The doctors have "finished" her to all intents and purposes. Water-Cure, though an excellent thing, will not raise the dead, nor restore destroyed organs.

MISERABLE DYSPEPTIC.—M. W. K., Scotland. The long course of drugging, "Morrison's (anti) Hygieian Pills," etc., have destroyed much of your vitality. This you can not regain. You can have all the vigor your present constitution admits of by using a tepid bath daily, and adhering to a plain, simple diet, as taught in our WATER-CURE JOURNAL and books. It would benefit you much to go to an establishment for a few weeks.

A LETTER FULL OF QUESTIONS.—D. E., Chester, Pa. It is easier for you to sit down and state a whole page of questions asking us to explain each, than it is for us to answer. We have not room here to explain a single one of your many questions, and answers without explanations would be of no service to you. Our books will give you full explanations—the Encyclopedia contains all the information you seek. Examine that, and then if there is any point you do not fully understand, we can answer briefly, so that you will understand it.

Sr. VITUS' DANCE.—S. G. S., Clappville, Mass. We can not tell what is the cause of this affection in your daughter's case. It is obstruction of some kind or nervous exhaustion from some habit. Without a personal examination, or a more complete history of her habits, we could not decide on the precise cause. To cure her, all her ways and habits must be strictly regulated. It is very important to have the dietary as plain as possible.

COLD FIT.—J. E., Annapolis, Ind. The affection you describe is owing to thick and impure blood, consequent on a torpid liver. The spleen or milt is probably affected also. A thorough course of water-treatment would doubtless effect a cure. The electro-chemical baths would be excellent. The case can never be cured while using tobacco and constipating food.

INVALID IN GENERAL.—A. C., Portland. We are always willing and glad to answer our subscribers' questions, and to give them any advice which may assist them in the preservation or recovery of health. But we beg to be excused from reading long communications and answering whole pages of questions about invalids who may be among the friends or acquaintance of our subscribers, but who neither know nor care anything about our system. If they are unwilling to invest a dollar for the WATER-CURE JOURNAL, they will never pay attention to our advice, and we have enough to do without reading and writing for mere nonsense.

BOILS AND ULCERS.—F. McF., Spring Hill, Mo. Tartar emetic will produce pustules and ulcers resembling those of small-pox. Leave off pork-eating and coffee-drinking, wash the whole surface with tepid water once or twice a day, and eat only plain wholesome food, as coarse bread, fruits, and vegetables.

DRUG DISEASE.—P. B. J., Uniontown, Ill. When our son was about one year old he was taken sick, and his sickness continued for about five months, during which time he took drugs enough, as the doctor said himself, "to kill a horse." He has never been well since. Two months ago we began bathing him twice a day with tepid water. Since then an eruption has appeared on the whole surface, and is still growing worse.

The system is trying to cast out the poisons, the like of which ought never to be given to either horses or humans. Have the diet extremely plain and simple, and let nature finish undoing what the doctors have so badly done.

CANKER RASH.—W. H., Bethel, Vt. The disease of your child is properly named. We can not tell what causes it without a knowledge of his manner of living and surrounding influences. Many persons eat only vegetable food, and yet live very unphysiologically, because they do not know how to select and prepare the proper materials of vegetarian diet. The "Hydropathic Encyclopedia" is just what your Green Mountain girls, boys, and school-teachers ought to be acquainted with. It will be sent by mail, prepaid, for \$3.

UTERINE DISEASE.—F. S., Jacksonville. It would be useless for you to undertake home-treatment in so desperate a case, although we have no doubt that it is curable at a good establishment. It usually happens in such cases that the more other doctors have tampered with the complaint, the longer it takes us to cure it.

CONSUMPTION.—J. C. R. We can not prescribe to your friend who is "lying very low" of this disease. It would do the patient no good, because such cases are incurable, and it would do us and our system harm to recommend that which can do no good beyond palliating symptoms.

RINGING IN THE EARS.—T. D., Bridgeton, N. J. The case you describe, attended with partial deafness, is, no doubt, a sub-paralysis of the auditory nerve. The predisposing cause was "good living," and the exciting cause the cannon's roar. The electro-chemical baths are the best specialty the case admits; but we should not expect a complete cure without a thorough course of treatment at an establishment.

IMPOTENCE, CANCERS, ETC.—J. S., Philadelphia. 1. Can impotence of one and a half year's standing be cured by water-treatment? 2. Will unbolton wheat-en crackers and apples supply all needful nutriment? 3. Do you cure cancers by surgical operations or caustic applications? 4. What is the price for board and treatment at your Hydropathic Institute, 15 Lighthouse Street? 5. Can a person be under treatment and also attend to business while being cured of the above complaints?

1. Usually it can. 2. Yes, if of proper quality. 3. We use refrigerating applications with very mild caustics. 4. \$7 to \$10 per week. 5. Yes.

TUMOR IN THE SIDE.—B. W., Detroit. We are of the opinion that the swelling you describe results from constipation. The piles and nervous debility are owing to the same cause. Use enemas and hip-baths, and adopt a plain vegetable diet.

FISH AND FLESH.—A. B. East Otto, N. Y. Dr. Trall.—In the WATER-CURE JOURNAL, page 66, we read, "Do you prescribe fish as well as other meats?" "Yes."

Will you please inform us on what principles, and in what cases, you thus prescribe?

We have occupied our present residence some ten years, and there has never been a cup of tea or coffee, a pie, or cake made, pipe or tobacco presented in it. Nor has there ever been in it a physician or even a portion of physic, though we have a grandson more than six years old. Nor has there been pork cooked for the last two years, nor meat of any kind for the last year, and I think it is safe to say we have never had better health or enjoyed more from our food.

We prescribe fish, not prescribe it. A misprint or misapprehension of a single letter often reverses one's meaning entirely.

BUCKWHEAT BREAD.—J. D. C., Broad Top, Penn. As buckwheat is the staple production of this section, and buckwheat bread is our principal diet during the winter season, it is highly important that we know how to prepare it hygienically. The common process is to mix it with water, put in a sufficient quantity of yeast or soda to raise it; it is then baked on a griddle, which is first greased with fat bacon or butter. Should it be raised at all? If so, what kind of raising should be used? Does not the grease on the griddle tend to make the cakes sad and indigestible? And does not the fume rising from it vitiate the atmosphere and make it unfit to be inhaled into the lungs?

All of our friend's objections are well taken. All risings are more or less unphysiological; and all kinds of burning or highly heated grease, in roasting, frying, baking, etc., do vitiate the atmosphere. There is not, never was, and never can be but one method for making purely wholesome bread; and this consists in mixing the flour or meal with pure water, kneading it well so as to incorporate the air; let it stand awhile to swell, and then bake quickly, so as to prevent the evaporation of air. If well managed, in this way light and delicious bread may be made of any kind of grain.

ARE MINERALS POISONOUS?—A. L. G., Johnstown, Pa. Cutter says, "As metallic or mineral substances enter into the ultimate elements of the body, the assertion that all minerals are poisonous, however small the quantity, is untrue." Will Dr. Trall please notice in the WATER-CURE JOURNAL?

Yes, sir. Dr. Trall says, As metallic and mineral substances do not enter into the elements of the body, the assertion that all minerals are poisonous, however small the quantity, is true.

NEURALGIA.—A. H. Milwaukie. Can you inform me of any medicine that is sure to cure the neuralgia? If so, I shall ever feel obliged to you.

Certainly we can. Air, light, temperature, food, drink, exercise and rest, clothing, sleep, attention to the excretions and passional influences, all properly adapted to the particular circumstances of your case, are just *le melleine* for you.

UTERINE DISEASES.—H. L. M., Pa. Will you please answer, through the WATER-CURE JOURNAL, whether, in your "mechanical and surgical" treatment of prolapsus uteri, and other diseases and displacements of the uterus, you make use of caustics, applied by the speculum?

We do, in some cases of ulceration and tumors; but not in ordinary cases of congestions and inflammations.

CONSTIPATION.—R. H. H., Hicksville, N. C. My stomach and bowels are weak and sluggish—generally two or three days in passing off what I eat; but it seems to be well digested when I have a passage. What is the cause of this sluggishness? What will be the proper remedy to restore my stomach and bowels to health and vigor? My appetite is tolerably good—always quit eating before I feel satisfied.

Your constipation is owing to concentrated or otherwise improper food, or the effects of purgative medicines—probably to both.

DRUG DISEASE.—G. D. M., Baltimore, O. I am 26 years old, and of the nervous or mental temperament. I had the jaundice when about 2 years old. It continued for three years, with but few intermissions; I also had the ague with it. About three years following I took a severe pain in the small of my back, or, rather, in my kidneys. The white of my eyes were yellow, my skin had a yellow or green appearance, the urine was of a white or milky appearance, and very rancid; costiveness generally prevailed; an uneasy sensation under the right shoulder. In December, 1856, I had a severe inflammation of the stomach and bowels. Since that time I have been unable to work; my stomach has been sore and tender ever since. I was drugged almost beyond description. I have taken more than 1,000 pills (principally mercury and calomel), besides other cathartics, emetics, diuretics, etc.

The following are the present symptoms: A severe pain in the sides, especially in the left, between the first and second or second and third ribs—it is sometimes at the sides of the stomach; a pain in the back or kidneys, sore-

ness of the stomach and bowels, transient shooting pains in various parts of the body, vertigo, difficulty in breathing or shortness of breath, however, not general; the urine highly colored, cold feet, general debility, etc., restless at night, etc. I sometimes expectorate mucus or phlegm. My diet consists of bread made of unbolted wheat flour, without salt, and raw or stewed fruit. I sometimes eat a little mush and milk or cooked turnips. My drink is cold water. I eat three meals per day. If I eat but two meals, my stomach burns, etc.

Your disease is the effect of poison. The electro-chemical baths would aid you to get the drugs out of your system. Your diet should be wholly of solid food, principally coarse unleavened bread and fruits. Mush and milk is not a good article.

SALMAGUNDI.—W. H. B., Plymouth, Mass. Dr. Trall: An answer to the following questions is respectfully solicited.

Is exercise, for dyspeptics, after meals, beneficial?

Is milk boiled a healthy article of food?

Is corn and wheat mush, eaten cold, a healthy article of diet?

Is rice a healthy article of diet? or does it partake of the objections of fine flour, in being without innutritious particles?

At what age did Dr. Sylvester Graham die?

How many meals did he allow himself per day?

Of all kinds of animal food, including fish, what do you consider the least injurious? How about oysters and eggs?

Are tapioca, farina, and sago, made into simple puddings, wholesome?

If we had nothing in the world to do, and a dozen idle persons on our hands, we might be willing to devote ourselves, soul and body, to writing out answers to all sorts of commonplace questions, in order to save other folks the trouble of reading a book or two, and the expense of a few coppers to buy them. All of the above questions are not only answered but fully explained in the "Hydropathic Encyclopedia" and "Cook-Book." If W. H. B. will study these books carefully, and fails to find a satisfactory answer to any question, we will answer him through the JOURNAL with pleasure. This answer is intended to apply to some others also.

We have many more answers to correspondents in type, which for want of room must wait for next number.

Literary Notices.

THE NEW AMERICAN CYCLOPEDIA. Edited by George Ripley and Charles A. Dana. New York: D. Appleton & Co. 1858.

The first volume of this "Popular Dictionary of General Knowledge" has been issued from the press. Although the subjects commencing with the first letter of the alphabet are not yet finished, we may safely conclude, from the careful manner in which the articles, from A to Araguay, are evidently treated, that the work, when completed, will be one of the most perfect, and, to American readers, the most useful cyclopedia ever published. Every page of the volume before us evinces diligent research and discriminating judgment.

In the departments of Biography, Geography, Inventions, Public Improvements, etc., the work very properly gives prominence to American topics. The sketches of the lives of the distinguished men of our country are prepared with a rigid fidelity to facts, and afford the student of history and of human nature a rich field for the investigation of character and a well-stored treasury of interesting reminiscences.

Upon controverted topics the editors have, very judiciously, avoided the expressions of private opinions, confining themselves to an accurate presentation of all the essential facts and illustrations, and leaving the explanation or interpretation with the reader.

Another point we notice with especial admiration is the easy, pleasant, and truly popular aspect in which all the subjects treated are presented. The book is readable. Minds unaccustomed to habits of close and consecutive thought are not wearied with the dry details of mere statistical information, nor perplexed with the obscurity of a too technical phraseology. This excellent feature of the work is attributable, no doubt, to the thorough professional training of the editors.

Among the most important subjects treated of in the volume before us are those on Animal Electricity, Animal Heat, and Animal Magnetism. In relation to the latter,

particularly, the intelligent physiologist, though well posted in all the teachings of the schools, may find suggestions and illustrations whose rightful application may go far toward an elucidation of the philosophy and the phenomena, the pretensions and the mysteries, of the so-called psychological science of the day.

Under the head of Anthracite we have a compact, yet complete history of the coal business; the geological, physical, and chemical relations and properties of the principal coal-beds of the world; a full statement of the various kinds and qualities of the coal formations of our own country; of the origin and progress of the coal trade in the various coal districts; of the canals and railroads by which it is transported to market; expenses of mining, transportation, etc.

All that we can desire is, that the plan, manner, and scope of the first volume will be carried through all of the succeeding ones.

AMERICAN ELOQUENCE.—A Collection of Speeches and Addresses by the most Eminent Orators of America, with Biographical Sketches and Illustrative Notes. By Frank Moore. New York: D. Appleton & Co., publishers.

This work furnishes, in a convenient and popular form, a LIBRARY EDITION of the most celebrated speeches of some of the principal orators and statesmen of America. Many of these speeches have not been included in any previous collection, and have been inaccessible to the general reader. Besides a great variety of miscellaneous addresses and speeches, there are here presented specimens of the eloquence of the Continental Congress, and selections from the discussions in the State Conventions on the adoption of the Federal Constitution, which will render the book peculiarly acceptable to the student of American history. Its plan may be briefly stated. A short but complete biographical notice is given of each orator, and this is followed by specimens of his eloquence, the whole enriched with valuable historical and explanatory notes. An important feature of the work is the introduction of the portraits of fourteen of the most eminent of our orators. Selections from the eloquence of Red Jacket and Tecumseh are also given, and, to complete its usefulness, a thorough analytical index is added to the work. That such a book is wanted will be universally allowed; and it is confidently hoped that these volumes may supply that want, and that they may furnish to all who would listen to the eloquence of other days, and live over the stirring scenes of our country's history, a source of gratification at once entertaining, instructive, and ennobling.

The work is comprised in two volumes, each containing about 600 royal 8vo pages. Fourteen portraits, engraved on steel, from original pictures, embellish the work. Price in cloth, \$5; library style, sheep, \$6; half morocco antique, \$7; half calf, \$8. The postage (if ordered by mail) will be one dollar.

(Sommer und Weiss) die bekannten unternehmenden Buchhändler in New-York, haben jetzt dem fürstlich von und angeführten Werke über englische Rechtschreibung u. s. w. zwei andere dazwischen setzen lassen, das eine über richtig Sprechen und Debattieren [A Manual of speaking, Conversation and Debating], und das andere über Anstand und Benehmen [A Manual of Etiquette or how to behave]. Die genannten äußerst billigen—[sie kosten nur 50 Cent in elegantem Einband] und nützlichen Werke können wir unsern deutschen Lesern, welche sich in englischer Sprache und Sitte ausbilden und vervollkommen wollen, bestens empfehlen. Als Beispiel führen wir den folgenden Satz aus dem letztgenannten Werkchen an: „Eine Dame sollte sich nie zum Singen und Musizieren vor eine Gesellschaft drängen; allein wenn sie es thun will, und darum gebeten wird, so sollte sie nicht in affektirter Weise sich weigern, sondern dem Ersuchen verbindlich nachkommen. Will aber kaum eine Dame nicht singen oder spielen, so möge sie dies mit Ernst und Würde ausprechen, und so jedes weitere Drängen abbrechen.“—The "Texas Staats Zeitung."

CORRECTION.—In the letter to Young Men, published in the January number, on the fourth page, third column, twenty-first line from the top, the types made what was written *Divine* worship read *Devil* worship, to which the author, Dr. Jackson, seriously objects. Readers will please give attention, and read as corrected.

Advertisements.

ADVERTISEMENTS intended for this Journal, to secure insertion, should be sent to the Publishers on or before the 10th of the month previous to the one in which they are to appear. Announcements for the next number should be sent in at once.

TERMS.—Twenty-five cents a line each insertion.

THE COPARTNERSHIP HERETO-
FORE existing between the undersigned under the firm of
FWLLER AND WELLS & CO. is this day dissolved by
mutual consent.
BOSTON, Nov. 27, 1887. **FWLLER AND WELLS,**
D. P. BUTLER.

To WATER-CURE PHYSICIANS.—

Dr. Trall would like to associate with himself, in the management of the New York Hydropathic College, a physician with some capital, who is competent to lecture in the School, and attend to general practice. The Meriden Mountain House, at Meriden, Conn., will be sold or leased on liberal terms. It is a good location for a summer boarding-house, and one of the best places for a Water-Cure Establishment that can be found in New England. Address
24 R. T. TRALL, M.D., 15 Laight Street, New York.



R. T. TRALL, M.D., } Proprietors.
O. W. MAY, M.D., }

Dr. May, of the Highland Home Water-Cure, having united with Dr. Trall in the management of the Hydropathic Institute, 15 Laight Street, the sick may rely on having every attention required, and all the facilities for treatment that are known to our system. Electro-chemical baths are judiciously and discriminatingly administered; kinesthetic, calisthenic, and all other hygienic exercises are practiced and taught; cancers, fistulas, polypus tumors, etc., are cured by a new and easy process; all rheumatic and displacements in all their varieties and complications are made a specialty; lying-in women accommodated with suitable apartments and proper nurses. Additional accommodations have been provided for the convenience of boarders and the friends of patients. Out-door practice in city and country attended to.

The School Department will be found a great advantage to invalids, and, indeed, to all the inmates of the establishment, as they are privileged to attend nearly all of the lectures and exercises of the professors and medical class without additional charge. Prices always reasonable, and due allowance made for the times to those who require a long course of treatment.

DR. TAYLOR'S INSTITUTION OF MEDICAL HYGIENE.—The kind liberality with which we have been patronized by the readers of the JOURNAL is evidence of their general appreciation of our labors for the benefit of the invalid. There are many among them who would exchange their vague impressions of our medical views and practices for something more direct and satisfactory; for this purpose we would call their attention to the following statements.

We hold that the medical has not yet ceased to be an advancing science; not till man becomes a perfect and immortal being need he cease to devise new applications of the truths of general science for the purpose of ameliorating his condition. It is the business of the physician to gather and weave into a harmonious whole all the truths that the age develops, otherwise he is recreant to his trust.

Having each of us studied and wrought in different departments of this labor, we find, as we trust our patrons do also, that jointly we are able to carry forward our ideas of medical practice to a more successful realization than ever before.

Unlike the great majority, even, of so-called Hydropathic physicians, we reject the use of all drugs, of whatever kind. We regard their employment as an acknowledgment on the part of the practitioner of his ignorance of any better way of advancing the interest of his patient. Medical science has a purpose entirely beyond what is claimed for drugs, in its function of enlightening the mind by such popular and scientific instruction on as is calculated to prevent and overcome disease.

We also consider it incumbent on us, as the exponents of an improved practice, to oppose the theory prevailing exclusively in the medical world, and adopted by most hydro-

paths, which seeks to produce critical effects in the way of some acute manifestation—called crises—as favoring a curative process. We regard such effects of treatment, whatever be the kind, as seriously interfering with those processes in which the cure really consists, and as opposing the object of the physician's labor. Health comes from harmonizing the operations of the system, and not by subverting this harmony. What are regarded as "bad matters" are always expelled from the system through the operation of the same uniform and silent causes, in disease as in health.

Another peculiarity of our practice is that of rendering all the functions available channels for overcoming disease, instead of one or two, as is attempted by physic and by baths alone. The system at which we aim is to secure the most perfect equilibrium of supply and waste, through the natural channels and by the natural means.

This practice supplies food, and food only, for the stomach, in proper elemental proportions.

It recognizes the friendly intention of excessive heat-making in fevers, and the importance of maintaining the standard temperature by means of cooling water.

It duly recognizes the need of increased activity of this function in chronic diseases, and affords the requisite incentive by means of cold.

It recognizes the power included in the same means to direct nervous attention, so as to increase or retain, as the case may be, the action of local parts.

Our plan of medical treatment recognizes in the muscles also a no less important, but much more neglected, means of restoring health. The force exhibited through the muscles forms one grand object of nutrition. Health can not exist without a due harmony between these two great channels of vital power. Hence the "Movement-Cure," or Kinesiotherapy, furnishes a means of directing the development of parts, and even furnishes an important assistance in the diagnosis of disease.

The "Movement-Cure" supplies the only rational treatment for cases of spinal deformities, and is of invaluable assistance in the treatment of disorders of the liver, spleen, digestive, respiratory, and pelvic organs, and is especially efficacious in the treatment of female weaknesses and derangements.

The "Movement-Cure" is administered by Dr. Charles F. Taylor in person, who is the only practitioner of this branch of medicine, as taught by Ling in this country. It is due the public to know that it is utterly unlike calisthenics or common gymnastics, and that no one can apply this practice who is not a physician, and also acquired the requisite tact by a thorough training in a proper school.

We have also succeeded in utilizing a principle, apparent to common observation, viz., that atmospheric weight, as well as temperature, profoundly influences physiological changes. The oxidation of the blood depends on breathing fresh air, on the rapidity of the circulation, the capacity of the lungs, and atmospheric pressure. When the capacity of the lungs is defective by disease, increased pressure supplied at times enables the system to sustain healthy action, and reparative processes go on. This is only available in certain emergencies of the system. The Compressed Air Bath sustains the expectations naturally formed of its utility. Patients in consumption and diseases of the chest, throat, air passages, and of respiration generally, may be assured of relief by its means alone, while it forms an almost indispensable auxiliary to our general plan of the treatment of these cases. Even in croup we have used it with signal benefit. The gasping respiration and ringing cough are instantly relieved. It is doubtless useful in all cases of congestion, depending on defective aeration of the blood. Those suffering diseases of the lungs, who contemplate employing our varied means for relief, should do so before the disease is so far advanced as to render all means unavailing.

Patients visiting our institution are assured of a thorough examination by both physicians, and such attentions and special advice as each case demands. They are expected in turn to forego their own fallacious preconceptions, and disregard such mental impressions as evidently arise from their morbid condition. They should expect to change their disease-inviting habits, and in every way to second our efforts in their behalf. Those who feel interested in more full particulars of our practice and its philosophy may inclose a postage stamp directed to us for a pamphlet on either of the subjects above mentioned.

Geo. H. TAYLOR, M.D.; CHAS. F. TAYLOR, M.D.,
650 8th Avenue, New York City.

DR. GEORGE F. ADAMS, WATER-CURE PHYSICIAN, 141 Amity Street, Brooklyn, L. I., receives patients and boarders into his family, and attends to out-door practice, both in city and country. May, 11.

WATER-CURE FOR LADIES.—DR.
A Nella W. Lines has returned to Williamsburg and taken the very commodious and pleasantly-situated house No. 26 South Fourth, corner of Second Street, which is now ready for the reception of Patients and Boarders. May, 11.

PITTSBURG WATER-CURE.—WINTER TREATMENT.—Invalids will find at the Pittsburg Water-Cure every thing necessary for their comfort during the cold months. Our long experience and success in the treatment of disease peculiar to females, enable us to appeal with confidence to this class of sufferers. Address
Oct. 11. S. FREASE, M.D., Box 1,804, Pittsburg, Pa.

WATER-CURE FOR FEMALES EXCLUSIVELY, at Columbus, Ohio. Terms, 7 to 10 dollars per week. For particulars, address,
May, 11. W. SHEPARD, M.D.

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

NOTICE!—FEES: WE ARE IN the receipt of letters from all parts of the country, asking for advice and prescriptions for treatment, to be given to the writers gratuitously. Now, much as we would like to do this were our time our own, our services can not be rendered in this way. Our terms are as follows:

For Circulars descriptive of this institution: a postage stamp to pay the postage on the Circular.

For advice as to the propriety of water treatment: \$1.00.

For prescriptions written out in full for home treatment: \$5.00.

For visits to the sick, where we can go and return on the same day: our traveling expenses and a fee of \$5.00.

Where we have to be gone over night—per day—\$10.00.

We do not ask business out of Glen Haven, but those who think our counsel worth seeking have—if their own statements are reliable—found it worth what we ask for it. We will gladly and joyfully, and with warm hearts, advise and assist the poor who are sick; but we must be satisfied of their poverty, else we shall ask our fee. Respectfully,
JAMES O. JACKSON, M.D.
HARRIET N. AUSTIN, M.D.

GLEN HAVEN, April 1, 1887. May, 11.

GRAFENBERG WATER-CURE AND KINESIOPATHIC INSTITUTE, New Union, N. Y.

Electro-Chemical Bath has here been administered with great success for the last year and a half. Address
Aug. 11. R. HOLLAND, M.D., New Grafenberg, N. Y.

JAMESTOWN WATER CURE,
Jamestown, Chautauque Co., N.Y. Female Physician, Mrs. C. L. SMALLEY, M.D., of O. Address CHAS. PARKER, M.D. Ap. 11

REMOVAL.—DR. S. M. LANDIS has removed from Philadelphia to the celebrated 'LAKESIDE RESORT,' Madison, Wis. He intends to make this, in all respects, the MODEL CURS of the West.

KENOSHA WATER-CURE.—THIS Cure is located in the city of Kenosha, on the western shore of Lake Michigan, which for health, pure air, and delightful scenery can not be surpassed by any other city East or West. The Cure is situated in a retired but pleasant part of the city, and commands a fine view of the lake. It is about two hours' ride from Chicago or Milwaukee. Address H. T. SEELEY, M.D. May, 11.

CLEVELAND WATER-CURE ESTABLISHMENT.—The above Establishment is now commencing its Tenth Season. It has been in successful operation for the past nine years; has treated over Thirty-five Hundred Patients, who have flocked hither from nearly every State in the Union. It is now the Oldest Establishment in America, having been under the charge of one physician longer than any other institution of the kind.

The proprietor intends, as his Establishment was the great pioneer of the new treatment in the West, that it shall continue to be—what it ever has been—pre-eminently the Water-Cure of the West.

Large expenditures have recently been made without stint, in enlarging, beautifying, and improving. Special reference was had to improvement in the Bathing Department.

Advantage was taken of the wants suggested by the experience of many years, and for variety, comfort, and convenience the subscriber is confident his bathing facilities are unequalled by any Establishment in the Union.

During the past year we have been constantly using the Electro-Chemical Bath, in cases where it could be used appropriately, and our experience fully justifies previous anticipations, that in the cure of very many diseases it is an invaluable aid, and in many others it is impossible to effect a cure without it. The most skeptical can very readily be satisfied of its power to remove the various poisonous mineral and metallic substances which have been taken into the system from time to time (and some of which have remained there for years), by the evidences of their own senses.

The proprietor has a full association with him Dr. J. J. Star-gua, whose past experience and success need no commendation from those that know him; and determining to give the sick and suffering every facility, he has also secured the talents of Prof. H. P. Gatchell, who will, in addition to his other services, lecture regularly in the Establishment every week, on topics of interest and profit.

In the Female Department he has engaged the services of Finitie E. Scott, M.D., a lady whose experience and tact in the treatment of disease, have already won her golden opinions in the East, and he has the greatest confidence that she will not only sustain, but add to her previous excellent reputation in her home in the West. This large experience we have had in the treatment of diseases peculiar to females, and the marked success which has attended our efforts, induce us to believe that they can here be treated with a success and rapidity of cure unsurpassed by none.

To the sick and afflicted, who are seeking health, and who wish to try what art and skill, surrounded by all needed facilities and the most careful attention in can do, to give again the blessing of health—examine for yourselves.

CLEVELAND WATER-CURE ESTABLISHMENT.
May 11. T. T. SEELEY, M.D., Proprietor.



MODEL WATER-CURE. — LAKE-

SPRING RETREAT, MADISON, WISCONSIN.—In relinquishing the Medical charge of this Institution, I with pleasure recommend to the confidence of the public Dr. B. M. LANDIS, late of Philadelphia.

Dr. L., as a Physician and Lecturer, has achieved a notoriety at the East such as few men of his age have attained in any country. Having been for some years physician to the Ephrata (Pa.) Hydropathic Institute, and more recently of the Philadelphia Model Water-Cure and Electro-Hydropathic Establishment, he brings into this Model Institution of the West that *practical experience* so essential for the successful treatment of disease.

Therefore I cheerfully and cordially recommend him to all who wish thorough and Scientific Water-Cure and Hygienic treatment. **ALFRED S. CASTLEMAN, M.D.**

N. B.—Dr. Landis will open this house on the 1st of March, 1858, for patients. He has introduced the Electro-Chemical Baths, and numerous new curative adjuncts.

THE LITHOGRAPHIC PORTRAITS

of Drs J. C. Jackson and Harriet N. Austin are sent by mail, prepaid, for \$1 75, or either for \$1. Address

M. H. SIMMONS,
Feb. 17. Glen Haven, Cayuga Co., N. Y.

A GOOD OPPORTUNITY FOR

Business is offered for an invalid who has some capital. Address B x 1524, New York City.

GOOD BREAD—HOW TO MAKE

It *light* without yeast or raising powders of any sort: Receipts for Plain Cooking, Hints on Health, &c. A handbook of 82 pages. Sent by mail on receipt of ten cents and a stamp. Address **BOSTON WATER-CURE,**
F. b. 15 and 20 La Grange Place, Boston, Mass.

THE LETTER-BOX, THROUGH

which Dr. H. M. Austin and Dr. J. C. Jackson and their old Patients can talk together. Published monthly at Glen Haven Water-Cure, Soc. C. Collins & Co., N. Y. by SIMMONS & MERRICK, Dr. HARRIET N. AUSTIN, Editor. Price \$1 per year; single copy 10 cents. All interested will please forward their subscriptions immediately, or send for a specimen copy. Address the Publishers as above. Feb. 17.

YOUNG MEN WHO WISH TO

"make an impression" in the company of the LADIES should read "HOW TO TALK." Send for it.

UNDER-GARMENTS,

AND

GENTLEMEN'S FURNISHING GOODS.

An extensive and superior variety of the above goods, at the lowest prices for which they can be purchased in this country, will be found at the well-known importing and Manufacturing Establishment of

UNION ADAMS,

No. 591 Broadway (opposite the Metropolitan Hotel),
April 17. New York.

YOUNG LADIES.—THE TEACHER

of a school for young ladies said to her pupils, "If you wish to speak good English, and make yourself agreeable in company, read 'HOW TO TALK.' Only 80 cents."

ARTIFICIAL ARMS AND HANDS

of Superior Improvements, and varying in manner of construction to suit the circumstances of all who require their use. **JAMES WALBER,**
174 East 84th Street, east of Second Avenue, New York.

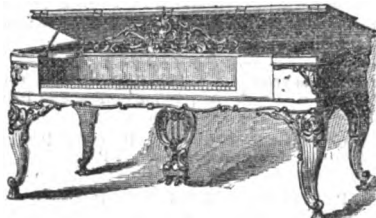
BARTLETT'S PATENT HOT-AIR

FURNACES have been used for the past ten years in New York and vicinity, and are found to combine Economy, Safety, Purity of Air, and Durability.

We can refer to the Home for the Friendless in Twenty-Ninth Street, and also to the Water-Cure establishment, 650 Sixth Avenue. Dr. Taylor writes us, "that two of Bartlett's Patent Furnaces warm better than with *Forty Independent Fires* last winter, besides making a saving of *one half* in the coal. The atmosphere is pure. For sale by **BARTLETT & LESLEY,** 390 Broadway, New York.

PREMIUM PIANO FORTES.—THE

attention of purchasers and the public is respectfully solicited to the beautiful PIANO FORTES now on exhibition, and for sale at the Warerooms, 385 Washington, corner of West Street.

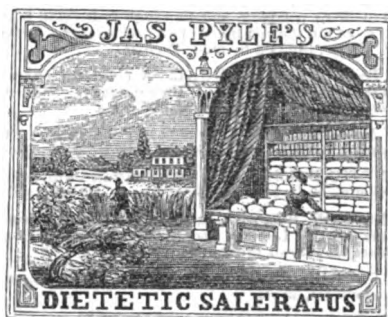


New and important improvements have been introduced in these instruments, which render them much more powerful, with sweet, even, and desirable qualities of tone, *all parts being equally balanced*, and for musical effect they are far in advance of the common Square Piano Forte.

Having received many flattering testimonials from those who have purchased and tried these instruments, and also been awarded TWO MEDALS by the Massachusetts Mechanics' Association at the recent Fair, for Piano Fortes on exhibition, it is with renewed confidence that I now offer, and recommend them to the public as being equal to any manufactured.

A SILVER MEDAL was awarded at the late Mechanics' Fair over all competitors (with one exception) for the best Square Piano Forte on exhibition.

P. S. Every instrument warranted to give perfect satisfaction. **JAMES W. VOSE,**
Warerooms, 385 Washington St. (Cor. of West St.), Boston.



HEALTHY BREAD. JAMES PYLE'S

DIETETIC SALERATUS.—The purest ever made, and steadily coming into use. Thousands of families have adopted it as an article of real merit and importance to health, and justly, too; for its superiority over all other kinds of saleratus and soda, in preparing Bread, Biscuit, Cake, and everything in that line, is at once perceptible by the light, rich, and nutritious product. A most all other kinds of saleratus in use contain strong alkaline properties which destroy the digestive organs, resulting in dyspepsia and numerous other complaints. The constitutions of children are not only ruined by their use, but thousands of them meet premature death from infantile disease, which, in former years, were manageable even without medical aid. The teeth are also destroyed early in life, by decay and crumble not unlike soap bones that have been boiled in lye. Surely we have abundant evidence on these points, which are also affirmed by the medical faculty. Hence, every prudent house-keeper ask the grocer for *Pyle's Dietetic Saleratus*, which is as harmless as flour itself, and will make the flour go an eighth farther. No doubt but that to get rid of his old stock he will run it down; but be not satisfied with any other and he will get it for you. Look out for Counterfeits. The genuine is put up in one pound, one-half pound, and one-quarter pound packages, with the name of **JAMES PYLE** on each. Manufacturing Depot 33 Washington Street, New York. Sold by grocers generally.

"NEVER TOO LATE TO LEARN"

to TALK correctly and elegantly. Buy "HOW TO TALK."

CHASE'S PATENT \$15 SEWING

MACHINE is before us. We have examined and tried it on various kinds of work, and must for once confess our astonishment that so small and simple a piece of mechanism will sew. We have tried cheap Sewing Machines before, and commenced our examination of this one with a prejudice against them, for our experience has been that for every hour of sewing we have spent two hours of repairs on them. But here is an exception, or there is nothing to get out of repair; and again, we wonder so simple a thing will sew such a beautiful, straight, even, and firm a seam. The needle appears not only to do the work of carrying the thread, but also pushes the cloth along so as to make a stitch of any length. If any of our readers wish a CHASE'S SEWING MACHINE, this is the one to buy.

These Machines are Manufactured and Sold by **WHITNEY & LYON,** 845 Broadway, New York.—*Wilmington (N. C.) Herald.*

WEED'S PATENT SEWING MA-

CHINES.—This is the most reliable Sewing-Machine ever offered in this market, both in the quality of its work, its durability, and simplicity. The operation of it is easier learned than that of any other machine, while it works with ease on the finest and the heaviest cloth or leather, on either of which it works in a very superior manner, making a straight, evenly-laid seam, much finer than ordinary hand work, while both sides of the cloth are stitched alike, rivaling in beauty the most elegant hand work; it rarely gets out of working order or requires repairing, and is so simple that an operator can perform all ordinary repairs on it until it is worn out. With these advantages over other Machines, we feel confident **WEED'S PATENT SEWING MACHINES** will best meet the wants of Families, all kinds of Manufacturing Clothiers, Tailors, Boot and Shoe Makers, or any others requiring a seam in their work. **HARNESS and SADDLE Manufacturers** will find this a Machine that will do their work in a rapid and substantial manner, and much nicer than the ordinary way. **FAMILIES** who require much sewing will find this Machine peculiarly adapted to their wants, besides saving labor enough in a few months to pay for it. Tailors will find a great saving by using this Sewing Machine, besides being always sure of a superior quality of work that does not rip easily, and that looks much nicer than hand work. Boot and Shoe Manufacturers can save Thousands of Dollars by using this Machine, while for many purposes the work done on leather by this Machine is better than if done in any other way.

The editor of the *Cedarstown (Georgia) Patriot* says: "When we purchased your **WEED'S PATENT SEWING MACHINE**, we intended it wholly for family use; but as it was recommended to sew on leather, we tried it on Harness and Carriage Trimmings, and many of our neighbors can testify to the superiority of the work done in this way, both in point of beauty and strength, and we feel confident for this one the machine has saved labor enough to pay its cost. One of our neighbors, who has a large plantation, says, 'it is worth the wages of his two best hands in the time it saves in making clothes for the rest. Every Machine you have sold in this vicinity has given the greatest satisfaction, and several intend to order Machines from you soon.'"

Extract from a letter written by a gentleman owning a plantation near New Orleans: "Your two **WEED'S PATENT SEWING MACHINES** have been in almost constant use since I bought them, and with the best of practical results. In less than three weeks the two operators on them finished a complete suit of clothes for each of my two hundred and ten plantation hands, and I find the time saved in using them one season has more than paid for the cost."

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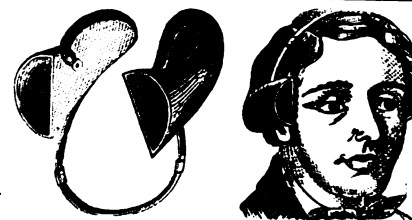
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WORMS—of all kinds, but more especially still-worms. The Doct. has a sworn statement of one destroyed by his G. R. which measured FIFTY-SEVEN feet in length! The patient was entirely prostrated, but soon recovered, and felt better than he had for many years, with this monstrous worm about him.

FITS.—An old toper of Rochester was so fitted into a muddy gutter of that city, that it was the most astonishing case of fits ever known; but by the use of Doct. S. Pump's G. R. he was completely restored, and declared that he felt like a new man.

Another case of fits. A poor fellow from Pine Plains had such a strong fit of hand-cuffs and fetters, that he was compelled to keep in the house for seven years and six months; but a strict diet and careful behavior brought him out, and the G. R. prevented a recurrence of the fits.

Still another. A boy had a violent fit of the sulks, when one application of the G. R. to his head brought him to.

CORNS.—A gentleman was very much afflicted with corns, frequently two or three times a week, but by a persevering use of Dr. Pump's Great Restorative he was entirely relieved, and to Doct. Pump's knowledge hasn't been corned once during the last six months.

FALLING SICKNESS.—A loafer had a serious combination of diseases, being liable to suddenly fall prostrate in the street, with strong symptoms of FLAT-ulency, Debility, Dizziness, Hiccough, Strabismus, Ophthalmia or All-in-your-eye, and DROP-sy, followed by vomiting, and occasionally ending with slight symptoms of mortification. By the constant use of the Great Liquid Restorative for three months, this man's dreadful sufferings were slowly, but surely relieved.

TIC-DOULOUREUX—or running up a doleful liquor account on "tick" at the grocery, Summer and

Winter Complaint, Goneness, Blind Staggers, Chronic Miscellany, Paralysis, Headache in the Morning, Neuralgia and Old-ralgia, Carbuncles, Casualties, Cholera Mopus, Small Pox and Large Pox, Chicken Pox, and Christmas Pie.

No family should be without this priceless Restorative.

Beware of counterfeits! Base imitators attempt to palm off Lemonade, Soda Water, Egg Nogg, Milk Punch, Mint Julep, Sherry Cobblers, Root Beer, Spruce Beer, Hop Beer, Ginger Beer, and sometimes molasses and water, as the genuine Restorative; but, dear people, don't touch 'em. They ain't no more like Doct. Pump's Liquid, than potato whisky is like pure cold spring water.

Doct. Pump's main office is at Vernon, N. Y., at the intersection of Vernon and Main streets, where the Great Liquid Restorative can be had in pint pitchers, quart pitchers, gallon pitchers, or by the pail-full—cheaper than any other patent medicine whatever.

Agents in all the principal cities and villages. New York agent, Mr. Croton, all over the city. Boston agent, Signor Cochituate.

New York State papers insert five times, and send accounts to Doct. Street Pump, Vernon, N. Y.

THE OLD WAY AND THE NEW.

EDS. WATER-CURE JOURNAL.—One year ago, at the city of Indianapolis, Ind., I subscribed for the *WATER-CURE JOURNAL*, which came to hand regularly on the first of each month. It was read and investigated; and to aid in a more thorough practical knowledge of the water-cure system, the "Encyclopedia" was procured and examined, and its teachings practiced to considerable extent, though not to the letter. And what has been the result? At the time of subscribing, my health was very poor, and had been so for ten years—and that the most desirable part of one's life—from 20 to 30. I was bearing about in the body the visible marks of disease, early decline, and premature death; was an almost constant user of tea, coffee, pork, drugs, and tobacco—particularly the latter, having used it about fifteen years, mostly by chewing, sometimes by smoking. My exercise was very irregular, and, as the grammar has it, "defective." I seldom bathed. I used various kinds of drugs of the allopathic, botanic, and eclectic schools, all with no benefit whatever.

But I have learned a new way; have quit the use entirely of tea, coffee, pork, tobacco, and drugs, and use in their stead cold water, by drinking and bathing, unbolted wheat flour bread, fruits, vegetables, etc., and feel that I am almost a new man. My health is much improved, and I shall ever hold in grateful remembrance the friends that taught me so, and will labor for the promotion of truth whenever opportunity offers. WM. H. D.
 GREENWOOD, JOHNSON CO., IND., Jan. 1858.

COOKING A CHILD.

MR. EDITOR—Sir: It may be a little interesting to the readers of the *JOURNAL* to hear something of what we are doing here, away among the "Wolverines," and to learn that even *we* know how to kill folks "outright," if not scientifically, for we can cook them, if no other way.

Just as the hot weather of July set in, a neighbor's child was taken with some difficulty in the head. The doctor was sent for at once, who commenced *blistering, plastering, and dosing*, and the kind parents—who occupy a small house of one room and eight in family—placed the dear little sufferer upon a feather-bed doubled, to lay and steam. And thus it laid for near two weeks, as though determined to live in spite of all the killing operations. But nature could not endure everything, and the poor victim yielded up the ghost and died; and then we assembled together and consoled the parents by telling them that the Lord had, in *great mercy*, taken away their darling from the evil to come. Now beat all that in "*York State*," if you can. OBSERVER.

An Extra Premium.

HERE is a capital chance for the LADIES! We believe in rewarding real merit and enterprise, no less in Women than in Men. To induce zealous efforts on the part of our good friends everywhere, and with a view to extend the blessings which a knowledge of the Laws of Life and Health would secure, we have fixed upon the following, which we think

A CAPITAL PLAN

to reward the Man or the Woman who shall send us the largest Club of Subscribers for the *WATER-CURE JOURNAL*, between the present time and the first of May next, we will present one of WHEELER and WILSON's best One-hundred-and-Twenty-Dollar

SEWING MACHINES!

Understand us. We do not stipulate for any particular number of subscribers, but simply for the largest club. It may require not more than fifty, a hundred, or even less, though probably more. But the one who sends the largest list or the most subscribers, gets the MACHINE. Of course, we shall expect some quite liberal clubs, to enable us to pay for the instrument; but it shall be promptly sent to the man or the woman who may become entitled to it. What a rich present from a husband to his wife! There is no nonsense about this. A first-rate Sewing-machine in the family is not a foolish toy, a showy music-box, pretty shining jewelry, nor imported gewgaws, fancy trappings, nor anything of that sort; but this Sewing-machine is a real useful worker; it will save the time and health of ten women, and do the work easier and better. Now, who will have it?

Besides the above, we offer the following

SPECIFIC PREMIUMS.

For \$50, one hundred copies of the *WATER-CURE JOURNAL* will be sent to one or a hundred different persons one year, and \$5 in books published at this office, as a premium to those who get up the club. For \$20, forty copies of the *JOURNAL* a year, and \$2 in books.

For \$20, forty copies of the *JOURNAL* will be sent a year, and \$2 in our Books.

For \$10, twenty copies of the *JOURNAL*, and \$1 in Books.

For \$5, ten copies of the *JOURNAL* will be sent one year.

For \$1, one copy will be sent a year.

For \$3, a copy of the *WATER-CURE JOURNAL*, a copy of the *PHRENOLOGICAL JOURNAL*, and a copy of *LIFE ILLUSTRATED* (weekly) will be sent for one year to one address.

Clubs, large and small, may be made up of both *Journals*, and the premiums will be sent as above. Please address FOWLER and WELLS, 208 Broadway, New York.