

Water-Cure Journal

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Physiology, Hydropathy, and the Laws of Life.

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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."

TO ALLOPATHIC PHYSICIANS.

I RENEW my addresses to you with pleasure. From various quarters I hear that the idea of water-treatment, for acute and chronic diseases, is coming into favor with the more thoughtful and unprejudiced of your school. I am sure if you will only lay aside that prejudice which forbids you to think that any good "can come out of Nazareth," you will see much in Hydropathy to admire. In skillful, painstaking, and faithful hands it works wonders. Nature seems to recognize it and to rally to fresh efforts to resume her rightful sway.

It seems to me that the chief objection in your minds to its acknowledgment and adoption is twofold:

1st. Its simplicity.

2d. Its assumption of *universality*.

Let us look at these points with candor:

What solid objection is there to a remedial agent because of its simplicity? None that I can discover. Water plays a very important part in the making up of the physical frame. Not only

is this true of man as a *material* substance, but of all else. Our globe is, its larger half, fluid. Its very solids are penetrated by *water*. Four fifths of a man *are water*. Put one of you in an oven and desiccate you, and you would lose 80 pounds in a hundred. If water enters, therefore, so largely as a constituent into your organization, why may it not be without great stretch of imagination inferred *a priori* that it can be so used as to aid greatly in the preservation and recuperation of the body? Does not your own experience as physicians prove this? Do you not *often* find the diseases which you have to treat to consist in derangement or change of the *fluids* of the body? If so, how do you know but that to give your patient a dozen glasses of soft, pure, *cool* water per day would do him more good than all the poisons you could administer?

How can you tell but to wrap a deadened skin or a feverish one in a wet sheet and let the person lie for forty-five or sixty minutes, will do more good than all the powerful sudorifics you can apply? Or that a sitz-bath, given derivatively, will relieve congestion far more than your counter-irritants?

Or that enemas of water are far better than cathartics?

Or that tepid fomentations are superior to blisters and bleeding?

I have never tried your remedies on others, and therefore can not, of personal knowledge, speak of the comparative merits of your practice and mine. But on myself I have tried both systems, and I decidedly give Hydropathy the preference. Add to this, that thousands of others have also tried drugs and water, and have been cured by the latter after the former had failed. Gentlemen, when you have had my experience in the use of water, you will be of my faith; I am sure you will.

Now as to its *universal* fitness, let me try to understand you. If you mean to assert that I claim for water the adaptability to all diseased conditions of the human body, I beg to be excused from the paternity of such a statement. I do not believe in giving a sick person water who ought to have *food*, nor water to one who should have air, nor substitute water for exercise, nor for clothing, nor for light, nor for social inter-

course. Each thing in its place is my idea. But I do believe that no single substance can be so largely and comprehensively used for the benefit of a live human body as pure *soft* water.

"It cooleth the brow,
And cooleth the brain,
And maketh the *feeble* strong again."

I never argued its universality, except as against drug medicines. I am not opposed to the use of medicines that are *innocuous*; if I knew of any such, I should say nothing against their use; for while it is true that a thing may do *no good*, it is also true that it may do *no harm*. It is not, therefore, with articles that are *useless* that I wish to deal, but with those which, under the name of *remedies*, are destructive to life or are injurious to health.

I can give no better proof than the evidence of my patients of the success of Water-Cure. They are my testimonies. I propose to let two of them speak to you at this time.

No. 1 is a young man, living in northern New York, about twenty years old, and doted on by his family and a large circle of friends. A youth of good parts and promise, he came to be treated for "CONSTITUTIONAL DEBILITY." He was abandoned by physicians, and when he arrived at the Glen was very feeble. He was a liver after your style, ate, and drank, and took medicine as your patients are allowed and enjoined to do. He was under my care six months; has now been absent from the Glen six weeks, and from his homestead writes as follows:

"To say that my friends were glad to see me, is useless; but to say that they were somewhat *surprised*, is not an hundredth part enough. They were astonished; they were amazed at my appearance. 'Is it possible,' they exclaimed, 'that you are the same — who left here six months since?' The change which has taken place in me is to *them* the most wonderful thing they ever saw. Many with whom I was acquainted did not know me on my arrival. But their surprise reaches its *climax* when I tell them that I do not eat pork, beef, mutton, fowl, fish, or oysters; that I do not eat butter, salt, sugar, pepper, spice, or mustard; that I have no pound-cake, chew no tobacco, eat no minced pies, drink no brandy, no tea, nor coffee. I occasionally show what I can do.

"One evening, about two weeks ago, I went out of doors for the purpose of taking exercise. I started on a run, and, in a snow six inches deep, and the path most of the way unbroken, I ran $3\frac{1}{2}$ miles. I was but little tired, could easily have run two miles farther without stopping, went to bed, slept all night soundly, got up in the morning able to do the same thing."

Gentlemen, this is the statement of a young man who, on his arrival here, was feeble in body and mind, now vigorous and manful. So much for Water *versus* Medicine.

No. 2 is the case of a young man who came for the same purpose, and who was unable, from the extent of his debility, to engage in any steady occupation. He was at the Glen over a year, under treatment about six months. He then left for Texas, in company with a Southern gentleman, a patient of mine. He writes as follows:

"We arrived at Indianola safely. Mr. — took stage for home. I started on foot a distance of 180 miles. I carried a pack of 35 pounds, besides 20 pounds of Graham crackers, on which I lived *exclusively* till I arrived at Mr. —. At the close of my journey I was in excellent condition."

Is that not doing pretty well? Twenty-two and a half miles a day for eight days, with a pack of thirty-five pounds, saying nothing of his provisions. Gentlemen, *Nature is greater than you are*. She succeeds when you fail.

In my next I will call your attention to some cases more remarkable than these. Meanwhile, I am yours, very respectfully,

JAMES C. JACKSON.

GLEN HAVEN W. CURE, SCOTT, CORTLAND CO., N. Y.

WATER-CURE IN TENNESSEE.

BY DR. J. PARKS.

ALL over this country every town, village, and densely populated neighborhood teems with men of the healing art, and as soon as one is sick there is a doctor or two ready to administer to him in the way of bleeding, blistering, puking, purging, and salivating, if he or they in their wisdom think any or all of these necessary to his restoration, and the result consequent upon such treatment is that the patient either dies or has a slow "getting up;" and many of them who "get well," as the doctors have it, have to content themselves with a chronic disease of some kind or other the balance of their lives, let it be long or short.

Here there is abundant material for the Water-Cure practitioner. But it is here as it is in a great many other places. Hygeopathy is spurned at by a large majority of the people. It is thought to be insufficient of itself to bring back health to the invalid. Talk to the people of its wonderful powers to heal, and they will stare you in the face, as though they thought you were "cracked" or jesting; but when they decide that you are sane and in good earnest, they will reply, Cure just with water, and without any medicine at all? They seem to think that disease is a living something; yes, a monster in the system, and that it requires something more powerful than water to "kill it."

But right here, in the midst of all this, and under these unfavorable circumstances, and in an adjoining county to the one in which we practiced allopathy for ten long years, we have fixed up the

Franklin Water-Cure establishment, are teaching and practicing the better way of cure. Yes, we are curing the sick with all manner of diseases without a particle of drug medicine.

CASE 1.—Mrs. — had prolapsus uteri, or falling of the womb, with all its train of consequences. For two years she was not able to get about without crutches, and the last year of the two she could not even stand alone without them. After satisfying herself, relations, and friends of the powers of drug medicines and mechanical means to cure, she was brought to the Franklin Water-Cure for the purpose of trying the efficacy of the new plan of cure. We told her that in all probability five months' treatment would so improve her health that she could dispense with her crutches; but in her case we were agreeably deceived, for she walked without them in three months, and in three weeks longer she left, loud in praise of Water-Cure. She left her crutches with us, and told us to exhibit them and relate the story of her cure to all despairing patients who might in future visit our cure.

CASE 2.—Miss — came to our cure with a bronchial affection, and a strong disposition to lung complaint. She had had a few attacks of hemorrhage from the lungs. She was greatly emaciated, and her friends were very fearful that she would soon die of consumption. We began and continued the treatment of her case industriously for six or seven weeks. Such baths were given as had a tonic effect and a tendency to equalize the circulation and dissolve and pass out effete matters from the system. Such exercise was prescribed as would call into action those muscles that were not sufficiently exercised, give the lungs more space, and cause her to breathe more, and by the last means to take in more oxygen into her lungs. Upon this treatment she improved rapidly until she became entirely healthy.

CASE 3.—Mrs. — took a violent cold, which resulted in pneumonia and a suppression of her menses. When a remedial course of water-treatment was resorted to, she was coughing a great deal and expectorating but little; she complained of headache, backache, etc., her pulse was up to one hundred and twenty-five beats in a minute, she was very thirsty and slept but little; in short, she was in a condition that really required prompt and energetic treatment, and a physician of the old stamp would have given calomel, tartar emetic, and opium almost without weight or measure.

But, strange as it may appear to be to the unbelieving, she was restored to good health in a few days by our water-cure means alone. The second day after the treatment was commenced, the pulse lessened in frequency, the fever abated, a very profuse expectoration came on, and she was soon up attending to her ordinary business.

AN INTERESTING CASE IN MECHANICAL SURGERY.

HAVING occasion to call at the office of Messrs. Palmer & Co., 378 Broadway, recently, our attention was invited to the case of a young man, Matthew Palmer, from the Westchester Poor House, who had suffered the loss of both limbs by railroad accident; one limb having been removed by amputation at the middle third of the thigh, and the other at the lower third of the leg. Until

recently, such cases have been regarded as past help. The first instance of a successful adjustment of artificial legs in such a case was performed by Messrs. Palmer & Co., in 1852, for Mr. J. S. Sanford, of the Massachusetts General Hospital. He is now in active business—an employee on a New England railroad, and never uses but one cane, and oftentimes not any. Matthew Palmer, at the time we saw him, was weak and trembling, not having fully recovered from the shock of the accident and operation, and had had a pair of legs adjusted to his stumps only three days; and yet it was marvelous, the ease and naturalness with which he walked about the house, with the slight aid of two canes, and also the manner with which he ascended and descended two long flights of stairs, which he was in the habit of doing several times in the day, and unaided. Such mechanical operations (for no case seems to be beyond their skill to treat successfully), conducted on strictly scientific and anatomical principles, and with due attention to the pathological condition of the truncated portion of the limbs, are truly interesting, humane, and praiseworthy, and should command the approbation and countenance of every intelligent professional man; and what adds to their merit—such cases, destitute of pecuniary means, are never disregarded.

This house of Messrs. Palmer & Co., and all their operations, are under the immediate and constant supervision of Dr. E. D. Hudson, an intelligent and well-educated physician and surgeon, formerly Fellow of Connecticut Medical Society, and Hopkins Medical Association, Hartford, Conn., who, for good and substantial reasons, is at present devoted to this branch of mechanical surgery with commendable zeal and the most pleasing success. The worst possible cases have been treated under his supervision.—*American Medical Gazette*.

THE EXPENSES OF TOBACCO CHEWING.

THE best part of repentance, it has sometimes been said, is reformation. Both these, however, sometimes come rather late, especially for the well-being of the purse.

These remarks, and the estimates which follow, have been elicited by perusing the confessions of a tobacco-chewer, as recorded on the last page of your JOURNAL for November last. Your readers will recollect them.

The writer says he began to chew tobacco at the age of twelve, and continued it fourteen years. After a few, at first ineffectual, efforts it seems he reformed; and from that time to this—now four years—has neither tasted nor touched the foul poison. It is hoped he will continue a sane man to the end.

It seems that your correspondent expended for tobacco for the whole fourteen years during which he used it, about four dollars a year. This may seem to many a very small sum—hardly worth considering. And it is most certain that in comparison with the moral loss, it is an item of little account. Four times fourteen are fifty-six, it will be said, and very truly; but was the loss no more than fifty-six dollars? Let us see.

Money, in our country, is considered to be worth six per cent.—in some States seven or more per cent. per annum. But we will put it at six per cent. Each four dollars, then, which your correspondent expended, had he saved it, might have been placed at interest at the end of the year—and, again, at the end of each subsequent year.

In this way the amount for fourteen years would have been very considerable—over one hundred dollars. Suppose, now, each of these several sums of four dollars had been laid by, instead of expending them for tobacco, till the end of the year, and then been put at annual interest. Then suppose they had been kept at interest in the same way. As each sum, at annual interest, would double itself every twelve years, the fifty-six dollars thus saved and hired out till the owner should be eighty-six years old—only a year and eight months beyond the age of Dr. Franklin—the aggregate due, principal and interest, would be \$3,231 86! If I have reckoned correctly it would even be something more, for I excluded from my estimate all fractions smaller than one cent.

Now this is quite an estate for a man to leave to the world that may come after him. Better, to be sure, and in a sense much larger, if expended in charities in passing along; for the widow's mite mentioned in the Gospel—amounting to a few cents only—though if put at annual interest to this hour it would have amounted to a sum almost beyond the power of the human mind to compute, has probably been worth much more to the world than it would have been had it been thus applied.

I should like to see a correct estimate of the value of all the tobacco which is chewed, smoked, and snuffed by a single generation of men, during the lifetime of that generation. Then I should like to see, still better, an estimate of the moral loss—I mean now the loss of mental energy and vigor during the same period. The former estimate would task a pretty strong mind—perhaps it would be impossible—but for the latter, none but an angel, or it may be none but Jehovah himself, is adequate.

One item of loss your correspondent has omitted, and so have I. Many tell us that they have used tobacco forty, fifty, or sixty years, and yet it has not hurt them. But how do they know this? How do they know how much better health they might have had if they had let it wholly alone? The loss which is sustained by lowering the tone and vigor of the system, by rendering diseases which attack the man severe, and by shortening a little the duration of life, first a few months or years in the individual, and then still more in the next generation, is probably incalculable.

Some of my worst patients are of those who have all their lives long used tobacco. Find a man who has smoked or chewed thirty or forty years, and who honestly believes it has done him no harm, and you find a man whose diseases, whatever they may be, are among the most unmanageable. Medicine, active medicine, though usually bad enough for those whose general habits have been tolerably good, is terrible in its effects on him. 1. It is uncertain in its effects. 2. If it seems to relieve, it is often but for a day or so; after which he is but the more prostrated

by it. I care less what a disease is, chronic or acute, or how severe, provided he has been for the far greater part of his life in a normal condition; though it must be admitted that he who has not sinned is not very likely to suffer.

W. A. ALCOTT.

AUBURNDALE, Nov. 28, 1857.

MEDICAL SCIENCE AT THE HOSPITALS.

EDS. W. C. JOURNAL.—I have before alluded to medical science, as taught and explained by professors of the regular schools, and by physicians at the hospitals. Did we undertake to note all the absurdities we are there taught, the WATER-CURE JOURNAL could be filled monthly; but there are some things too good to be lost.

The readers of the JOURNAL, I am aware, are not so generally ignorant of medical sciences as those who do not read and study the reform works; but after all, I think they will be interested in brief statements of the doings and sayings of medical men at head-quarters. The practice at Bellevue is decidedly orthodox or Allopathic; hence we are taught to feed the patient with blood and bloody meat when the vital powers are in a feeble condition, as it will require no transformation to be converted into tissue. Brandy is recommended as a stimulant and a heat-producer, and so on with their list, without giving the slightest philosophical reason for their use.

Brandy seems to be a prominent article of diet at this institution. I do not wonder at the board of governors cutting down on their demands. So routinist are the recommendations as regards diet, that we easily learn, from the frequent repetitions, the whole catalogue of things. But what caps the climax is the dietary, as set forth by Professor Parker, a few days ago, to his medical class.

Speaking of scrofula, he wisely premised his remarks upon the dietetic part of the treatment by saying that food of the proper kind was necessary to a cure. "The patient," said he, "needs food that will burn, and thus build him up. Iron, or any kind of oil or fat, answers the purpose. *Spirits of turpentine* is also good food, and *camphene* would be just the thing, but it is a little too sharp." This, it seems to me, is the *ne plus ultra* of absurdity; but it is a necessary result of their reasoning. They can deduce no other result consistently with their premises. It is in harmony with the theory of their schools, and of course was absorbed by the students as a precious morsel of medical lore. When men of Professor Parker's standing in the profession advance such doctrines, what can we expect from the small fry all over the country. Is there an intelligent reader of the WATER-CURE JOURNAL anywhere who would accept such senseless vagaries? Who would ever think of feeding his child on spirits of turpentine or camphene? Dr. Parker has not yet learned the alphabet of medical science, and I will guarantee that he can not tell what food is. The profession has never yet defined diseases, nor, in fact, anything. I think Dr. Parker could profit much, and thereafter be able to give a scientific lecture, by attending a course of lectures at the Hygieo-Medical College. Here those questions are explained, and students are

taught the true science of medicine, and are not required to swallow everything uttered by the professor. Here we are taught that the *art preservative* is the *art curative*, and students go into their practice qualified to explain the mysteries of human life, and interpret Nature in her efforts to remove the causes of disease. Here we are taught nature's cure, and that we physicians are only the handmaids of nature.

Students of our school are able not only to explain their own system, but to tell the other schools what *their* systems teach, and thus to confound them with their own language and their own doctrines. C. H. P.

CASE OF REPRESSED MEASLES.

CLARENCE H., three years of age, was brought to my water-cure in September, in a desperate condition. The child was of a scrofulous constitution, but had been fleshy, and able to run about, until six weeks previous. He had for a long time had a rough skin, resembling the fish-skin disease (ichthyosis). The mother had been obliged to leave him in a charitable institution, where he took the measles, which were out but one day, and it was supposed that he had a light attack.

Scrofulous swellings soon made their appearance, which ended in abscesses. He began to emaciate rapidly, diarrhea set in, and he had as many as ten discharges daily. The physician, a homeopath, pronounced his case hopeless, and the mother started for a water-cure as a last resort, and with little hope that his life could be saved. When I saw him he was wasted to a skeleton; his skin was scaly, like that of a fish; he had large scrofulous swellings on the back of his head, upon his arms and body. The glands of the neck were knotted like cords. The diarrhea was exceedingly bad, so that any food placed in the stomach was passed without the slightest alteration. The child was entirely unable to stand, and his sores were such a source of irritation that he could be easy in no position. This was rather an unpromising state of affairs; but as long as there is life there is hope. We commenced treatment at once. Tepid water injections were freely used, and the warm pack applied twice daily, for half an hour, or longer, as he could endure it; this was followed always by a tub-bath at 75°, or cooler, as he improved. His diet was boiled milk, diluted with water, and white bread. By degrees he gained; at the end of three weeks he digested his food, and could eat with appetite. His skin became soft, like that of a healthy child, and the abscesses began to heal. At this time an eruption of an unusually dark color made its appearance on his neck and arms, pervaded his whole body, and disappeared in about ten days, as measles do. He then gained rapidly, and at the end of six weeks he left; he was able to run about, and seemed quite well. In this short time a most extraordinary change was effected. The repressed measles were undoubtedly the cause of his severe illness. Nothing but the water-cure could have saved his life. Each day only served to confirm the fact, that the water-cure is the safest, most efficacious, and pleasant mode of treating all febrile and eruptive diseases. Respectfully yours,

J. H. NORTH, M.D.

MOUNT PROSPECT WATER-CURE, BINGHAMTON, N. Y.

LETTER NO. 3.

GLEN HAVEN, Feb. 1, 1858.

Harriet N. Austin

To

MY DEAR BLANK: I have just been reading a eulogium, delivered in New York a few evenings since, on the "Career, Character, and Works of the late Thomas Crawford," the American sculptor, who died in London, last autumn, at the age of forty-four. You undoubtedly have mourned, as not only our own country, but the lovers of art in all civilized countries, have mourned, over his untimely death. I once heard it said in a funeral sermon that when a good man dies there is no reason for weeping; we should only rejoice; but when the wicked die, there is good cause for woe. If this is so, the nations may well mourn and lament over the death of Thomas Crawford, for he was one of the greatest sinners who has lived in this century.

Hold! hold! girl; do not tear my paper into atoms and scatter it to the winds till you hear me farther. Do you think me presumptuous, audacious, sacrilegious? I love Crawford—I honor him—I reverence him. But the higher my estimate of his talents and his genius, the greater do I think the wrong he has done.

His eulogist says: "All great men are cast in finer molds; they are molded in finer clay" than common men. I do not doubt it. Under favorable circumstances, a fine spirit creates for itself a fine organization; and in proportion as external circumstances interfere with this natural result, rendering the body gross, is the spirit stultified. I know a common mind can not fully comprehend a genius.

It is said of our hero, "he was a poet, and his mind was so filled with the forms of beauty, purity, and strength, in such clear distinctness and reality, that he had no peace, day or night, until they were wrought into actual and imperishable form." Such a man lives on a plane where a plodding, matter-of-fact person can not touch him. Yet there is a point where all human beings come in contact. Crawford was but a man. His soul lived in a body which was subject to the same laws as the bodies of other men. It had no other means of taking cognizance of the external world but through the bodily organization; nor had he any other means of communicating his beautiful thoughts to us. Here, then, he was on a level with all men, and hence I have a right to criticise him here.

The world blesses Crawford now. Suppose his mind had been full of lovely conceptions, as it was, but that he never had given material expression to them. Suppose he had "wrought them into actual and imperishable form," as he did, and then had concealed his work where no eye but his own should ever have seen it, would the world have blessed him then, think you? Might it not justly have charged him with doing a great wrong? Men need refining. The elements of beauty and purity are deep in every heart, overlaid and overgrown by sensuality, selfishness, and pride. The good in us must be cultured and developed by the influence of those to whom Heaven has given the clearest conceptions of beauty and purity. Such a person may not use his talents simply for his own enjoyment.

They belong to the world. So the productions of Crawford's genius belong to the world. His beautiful creations will stand for ages, as finger-posts, pointing men upward. Twenty years he worked for them, setting grace and loveliness in the place of shapeless blocks of marble, each year displaying greater power and higher excellence of taste, and "his last work was his grandest."

But what right had he to die at forty-four? Herein is his great sin. He has robbed the world of forty or fifty years of successful labor. What progress he should have made in his art in those years! As he worked on, what fresh inspirations from the source of life and beauty should have prompted him to the production of forms more glorious than even he had yet dreamed of! How should the works of his eightieth year outshine those of his fortieth! But, no—a forty-four he lay down and died—died in the freshness of his manhood—died when the world was entitled to his life.

You had no right to die then, Thomas Crawford. Humanity is groping in darkness and sensual pleasures. Such bright spirits as yours are sent to open a beautiful, ideal world, in which it should find purer and more refined enjoyments. You should have shown us how sublime it is to recognize the Father's will and wisdom in all the laws that regulate matter and spirit. What a glorious, grand, hale old man you might have been at eighty! How the world might have revered you! Yet you died of disease—a terrible, torturing disease. Oh, shame! for one who could appreciate grace of form in cold, lifeless marble, to subject the most complicated and perfect piece of workmanship which has come from the Creator's hand to such vile conditions. Had you been a common man, we could have forgiven you; but you—you had no right to die thus, Thomas Crawford.

Now, Blank, don't you talk to me about "mysterious providences," or diseases necessarily fatal. I tell you, if that man had honored God in his body, he would have been full of health and vigor at eighty. I am glad that there is one level for all men; that the rich, the learned, the talented, the highly cultured, must suffer and die as well as the poor and ignorant, if they will defy the Creator's laws. We endeavor to make sickness and death as mysterious as possible, and this is the only way we can save ourselves from the direst disgrace. God endeavors to make them plain to us. Constantly, unremittingly, he follows our wrong habits by feebleness, pain, and sickness. But we shut our eyes, we press our hands over them, we stop our ears, and shaking our heads, say, "Very mysterious! very wonderful!"

It may be, Thomas Crawford did not know that it was incompatible with life and health to labor incessantly day and night, year after year. Perhaps he did not realize that he was setting his face as a flint against the truth; that he was defying an almost audible voice when, after a severe and well-nigh fatal illness, "induced by an over-taxed brain," he hurried back to his work while yet very feeble. I suppose he did not. I hope he did not; for ignorance, only, could save him from the charge of irreverence. But oh! that men would learn wisdom from such an instance as

this. That they would cease talking of the virtues of the dead, and consider the causes that made him die; this they will learn to do, way off, in "the good time coming." Meanwhile, you and I, and all who get glimpses of the truth, must live as well as we know.

Yours, in true affection.

MY SATCHEL.

BY H. H. HOPE.

CHAPTER III.—THE FOUR DRUNKARDS.

I NEVER think of my native place but I am reminded of Goldsmith's "Deserted Village." Few persons have had the good fortune to commence life in so sunny a spot as I. My village was dropped down between hills, till it looked like a bird's egg in a nest, and sweeter and more beautiful surroundings no village could have. Eastward were lofty hills—westward were hills also, but with an opening through which the sun passed every evening to his rest; and as he set, flung back a blaze of glory that won every eye to gazing till he faded from sight. Oh, those sunsets! they let me down from the excitement of life, and fitted my young spirit for repose!

Northward was a hill from whose summit one could see a clear, beautiful lake, and southward was a valley like the happy valley of Rasselas, so green was its turf, so pure and liquid its stream of water, so simple and gentle the people who lived there.

My village was not large. It contained, at the time of which I am writing, about 1,000 inhabitants. Of these I shall select four only, to be subjects of remark. One a lawyer, one a minister, one a seamstress, and the fourth a student. The lawyer was the ablest man in his profession in the county; the minister was learned and eloquent; the seamstress was the most beautiful woman in the village, and the student, for parts and personal appearance, had no rival. And—how full of sorrow the thought!—they all died drunkards.

The lawyer died by ale, the minister by coffee, the seamstress by opium, and the student by tobacco. The legal gentleman died at 35, the minister at 33, the seamstress at 23, and the student at 19 years of age. The first died of congestion of the liver, the second of asthma and varicose veins of the legs, the seamstress of consumption, and the student of dyspepsia. Each died out of time, and each was mourned sincerely. They were alike honored with funeral rites in the church and at the grave's mouth, and for their untimely deaths, the officiating clergymen made Divine Providence the sponsor.

They belonged to the Church. The lawyer was a Baptist, the minister a Presbyterian, the seamstress an Episcopalian, and the student a Universalist. Nevertheless, they were all drunkards, and died with the drunkard's "odor of sanctity" oozing from their lips as they were dying.

They were all interred in our village graveyard. They all were laid side by side. They all died within one week.

Filling prominent and influential places in the public esteem, their burial was honored with large attendance; and the week in which they died

and were buried has ever since been honored in public recollection and speech as

"THE WEEK OF THE FUNERALS."

They each had a grave-stone.

Each had an epitaph, in the construction of which the writer showed expertness in weaving together truth and falsehood.

The lawyer's was:

"He was a man of great discreetness,
Sober and just."

For a year before his death he was not sober a minute. His face was bloated like a Chinese pig's. He was *obese*, and his legs were swollen to twice their proper size. In twenty-four hours he drank a gallon of strong beer.

The minister's was:

"To be spiritually minded is life
And peace."

Now from the eighteenth year of this man—at which time he became an active student, studying hard and late at night—his chief re-agent to exhaustion was strong coffee.

First thing to be done on *waking* was to drink two cups of coffee.

First thing at *breakfast* was one cup.

First thing when *half done* was two cups.

Last thing *having done* was two cups.

He drank it in order that he might preach well.

He drank it that he might pray well.

He drank it that he might sing well.

He wanted *unction* to preach, so he took *coffee*.

He wanted *inspiration* to pray, so he sought it in *coffee*.

He wanted to feel *merry* in singing, so he begot it by *coffee*.

He drank it to keep him awake.

He used it to insure sleep.

He took it to keep him from catching cold.

He sipped half a dozen cups leisurely to "break up a cold."

He worked hard, and he *need* d it.

He studied hard, and he *wanted* it.

It did him good—that he *knew*.

He died at *thirty-three*, as I have said.

For five years before his death, coffee was his *strength*.

He was cross without it.

He was ugly without it.

He was *mean* unless he had it.

He was blind unless he had it.

He could not think,

Nor could he speak correctly unless he had it.

His body would be full of aches and pains,

And he lost all confidence in God, all courage in himself, unless he used it.

He died a *coffee drunkard*. Since his death, tens of thousands have followed him to early graves, whose friends have mistaken the fumes of their drunkenness for the inspirations of the Holy Ghost.

The seamstress's was:

"God pitieth the orphan,
Whose lot is hard."

This poor girl deserved pity. Early alone in the world, she had to support herself by *work*. I complain not of this. Work is good, work is redemption, work is healthful to body and mind; but work without sympathy for the worker—work with no companionship—is slavery. When this beautiful creature had learned her trade she had lost her health, and as

"Where the carcass is,

There will the eagles be gathered together,"

so, when she was taken sick,

the *Doctors* appeared.

They physicked her, they bled her, they blistered her; they followed her with science; they

chased her life through all its windings with *Art*.

They forswore Nature;

Shut the door in her face,

And kept out air;

Blindfolded the windows,

And excluded light;

Refused her water to drink,

And gave slip-slops;

They irritated her *inside*,

And *counter-irritated* her outside;

They bled her till she was weak,

And fed her rich food to make her strong;

They twitched her body up by stimulants,

And let it down by sedatives;

till at last nerve and muscle, blood and brain, were thrown into irretrievable disturbance, and she fled to opium as to a refuge.

For the last eighteen months of her life she was not sober. Either excessively stupid or unnaturally mirthful she always was. Either full of visions by day and phantasms by night, or so bereft of all ideal power as to betoken idiocy. She died, and the writer of her epitaph struck a vein of truth when he bespoke for her God's pity.

The student's was:

"The only son of his mother, and she was a widow."

I saw *him* die. How my young soul was shocked! From my earliest day I recollected him. He was ten years older than myself, and I was conversant with all his changes. He was exquisitely handsome, he was above all criticism beautiful, when I was old enough to draw comparisons. He was of the sweetest disposition, and of the mildest temper. Richly gifted in intellect, and without a peer, his mother lived in him, and looked forward to the day when, with her face wrapped in gray hair and her eyesight dim, his flowing locks and eagle gaze should be ample substitute for her own.

A human devil taught him when twelve years to chew and smoke tobacco; and the habit once firmly fixed, rioted through his young blood like fire over a prairie. When he was not eating or sleeping, he was chewing or smoking.

It sapped his strength,

It poisoned his blood,

It sallowed his cheek,

It blurred his eye,

It spoiled his temper,

It benumbed his heart,

It confounded his head,

And palsied his genius.

No one notices bodily changes more quickly than a child. He sees what makes the difference between the boy and the man. The out-springing beard, the rounding form, the elevated head, the firmer gait, the unmistakable assumption of dawning wisdom—all are noticed by him, and teach him to reflect. I saw the metamorphoses of this boy—youth, young man, college student. I saw his eye gleam out light from its dark depths like an Aurora, and I saw it as blank of intelligence as the eye of the dead.

I watched him as he grew, and I watched him as he faded, and I stood at his bed-foot when he gave up the ghost, and though no doctor told me, and no minister warned me, I was as certain that *tobacco killed him* as I am that he died. That glassy, lusterless look, which shows irresolution and absence of all manly courage, I more than once saw dispelled by the smoking of a good cigar, rousing up his flagging vigor as BROWN STOUT will a tired horse—sad but triumphant proof that in

the greenness of his days he had overhanging him the doom of a *fool*, one whom God had blessed most richly, but who had become accursed.

How strangely his mother looked as he died! Others cried, I cried, but she did not. I wondered why she did not. She loved him. Of this there could be no doubt. He was her only child, and lay dead before her, yet she did not weep, nor cry, nor rave. She stood *stock-still*. Oh, Despair! thou art begotten of Death, and his fingers are scarcely more icy in their clutch than thine! She was *alone*—that was the reason why she did not cry. It is a fearful thing, a terrible thing, a *dreadful* thing to be *alone* on earth. The poverty-stricken, the death-smitten, the tortured, the bereft do not know nor understand the mission of Jesus Christ to mankind, or they never would stand as did this mother, confounded by a *blow*. Poor woman! she knew how to wash, to iron, to mend, and to eat the bread of carefulness; but she knew not how to *believe*. So despair sat on her heart like a nightmare, till she looked like hewn stone.

They buried him, and put up his monument. Early as was his decease, he had twined round the hearts of many his own heart-strings, and such cherish his memory. I, who have had to deal with misery in all forms, in after years came to know why and wherefore these four persons passed from the living thus early. When the truth flashed on me, I saw how widespread *Drunkenness* is. One can find the drunkard more easily than he can the sober. They are to be seen at love-feasts no less than at dancing festivals, at funerals as at military parades, at the sacrament as at the bridal board—

Some drunk on alcohol,

Some on coffee,

Some on opium,

Some on tobacco.

They constitute a grand army, and serve the devil with fidelity.

The minister,

The landlord,

The doctor,

And the good fellow,

Are His recruiting sergeants—

They keep his ranks full of the living,

And the graveyards full of the dead—

They touch the youth, and he fades away,

They breathe on the full-grown, and he shrivels to a mummy.

They embrace the vigorous and hardy man, whose life in him is like that of a fresh, growing hickory, and his freshness dries up, his head droops, he totters as he walks, and stumbles into his tomb. Oh, God! when will the day come that death shall have his *sting* plucked out? When shall we be able to send up our shout that our *Leader* has led us to victory over THE GRAVE?

ECONOMICAL ASPECT OF WATER-CURE.

BY SOLOMON FREASE, M.D.

THAT the Water-Cure system is destined to work out beneficial results in more ways than one, no one can doubt who has examined its claims sufficiently to understand them. It is not only economical of life and health, but in a pecuniary point of view its advantages, if less valuable, will still

be sufficiently remarkable to astonish the political economist. What does it contemplate? Nothing less than the abandonment of bad habits and the observance of good ones; and this involves much more than we are apt to consider at first view. Think of the vast amount of land and labor now appropriated to purposes worse than useless. Take tobacco, in the first place. How many valuable acres are now used for the cultivation of this disgusting, health-destroying substance alone, and how much labor is bestowed upon its cultivation! It is worse than labor lost; for while tobacco has no intrinsic value, it is the cause of an incalculable amount of ill health. Independent of the labor thrown away upon its cultivation, it is the source of much labor, and any amount of annoyance to thrifty housewives, and all people of pure instincts and cleanly habits. It is the destiny of the Water-Cure to destroy the cultivation of tobacco by pointing out its injurious effects on health and insisting on its abandonment. Physicians of other schools recognize its evil effects, but often prescribe it in their practice, chew and smoke it freely themselves, and take no pains to have their followers quit its use. A medical college, in which I attended lectures, had about three hundred students, destined to be the future guardians of the public health. Of these I may safely say two hundred used tobacco. In the evening, at the close of the lectures, the lecturing halls were literally covered with pools of saliva. These men can never exert that wholesome influence on the public mind that will be necessary to deliver mankind from the gigantic curse, tobacco.

Tobacco, however, is but one of the evils involving expenditure of money, as well as vital power, against which the Water-Cure is directed. Alcoholic liquors, tea, coffee, spices, drugs, etc., are all costly and injurious. I have no means of knowing the exact amount expended annually for spirituous liquors alone, but it is enormous; and I have no hope that any principles less radical or effective than those of the Water-Cure can eradicate the evil. There are many earnest men and women engaged in the temperance reform who are no believers in the Water-Cure; but their labors being partial, directed only against the use of alcoholic liquors in health, can not succeed. In sickness they are to be permitted, with the doctor's directions, to kindle the lurking spark, subdued by abstinence, into an uncontrollable flame in too many cases. At the same time, intemperance in the use of tobacco and other hurtful things are permitted to go unrebuked. In fact, I have seen some of the most ardent friends of temperance advocating the cause vehemently, while tobacco-juice was copiously flowing from their mouths. These men must learn that before much headway can be made against intemperance, they must, by precept and example, inculcate temperance in all things. While considering this subject, I am more and more impressed with the commanding position of the Water-Cure system, and the happy consequences to result from its general adoption. It is no partial reform, condemning one pernicious habit while permitting or advocating others—topping off one branch of the tree of evil here, and another there, or even asingle root; but by it the axe is laid to all the roots, and the tree is to be exterminated.

Think, for a moment, of the amount of liquors used, as brandy, whisky, gin, wine, lager-beer, etc.; of tobacco in its various forms—chewing tobacco, cigars, and snuff; of the vast amount of coffee, tea, spices, and other injurious substances that are in common use, and the amount of money necessary to purchase them. Then consider the

disease and suffering resulting therefrom, and the drugs and doctor bills that follow, and some idea can be formed of the advantages to result from our system.

The pecuniary advantages of the Water-Cure, when compared with its nobler objects of relieving disease and suffering, and restoring mankind to a condition of health may be small, but they are worth considering.

These reflections might be extended; but enough has been said to show that the system I have been advocating is a comprehensive one—that it contemplates economy as well as health, and that in its spread and ultimate triumph the economist as well as the philanthropist can rejoice.

PITTSBURG WATER-CURE.

TO OUR FRIENDS EVERYWHERE

WHEN considering the extent of our flourishing country, we are too apt to underrate its true position. The tongue can easily speak of its millions and tens of millions of inhabitants, but the sounds fall unheeded on the ear—the mind is not capable of realizing such enormous numbers. But when they are spoken of in classes—when we think of them as divided into States—each of which is a little world of itself, and these States still subdivided into counties, and townships, and villages—we can better appreciate its vastness.

Now this vast multitude without education would be no better than the aborigine—the rude, copper-colored, true native American. Nay, rather worse, as they have vices which the Indian never knew. And how are they to be educated? In many parts schools are impracticable, because of the sparseness of the population; and even in our most populous villages there are many things not placed within the reach of the common people. Thousands live in misery, and thousands more die yearly just for the want of proper physical knowledge. The educational movement, of which Gov. blade is at the head, is a most glorious one. Already have its benefits been felt by the citizens of our Western States, and in the distant parts of California and Oregon. That is a noble work, and we bid it God-speed.

But we are at present devoting our energies to the promulgation of different branches of education than have yet attracted the attention of the philanthropists of the various reformatory societies of the day. We have for our object the moral and physiological welfare of our countrymen, and our endeavors are to persuade every one to learn the principles upon which their life and well-being are founded, and by living up to these principles secure both physical and mental development. To do this we have written and published various books on these subjects, and have engaged in the publication of the PHRENOLOGICAL and the WATER-CURE JOURNALS, which, although they have attained a circulation larger than any other works of the kind, is still much less than we could wish it, when we think of the misery which is endured for want of the information we are trying to circulate by means of them. Our Phrenological works treat mainly on the moral and intellectual nature of man—how it can be improved, if persons would but obey the teachings of those finer feelings given them by the God of nature—while our Water-Cure and Dietetic publications are devoted mainly to the physical

welfare of our race; for believing as we do, that a sound mind can not exist in an unhealthy body, we wish to perfect the physical in order that our intellectual powers may be the more perfect.

But we can not do everything. We need help, and with all the earnestness that actuated the ancients in their appeal, do we say to our friends—Come over and help us. Our books are stereotyped, and we can multiply them to any extent. We can publish 600,000 of our journals as easily as we do now sixty thousand, and would be glad to do it if they can be circulated. And we do not wish those who will engage in the work with us to become martyrs to the cause. Our object in publishing is not to amass the wealth of a Girard or an Astor, and we will make all those who will engage with us such discounts on our works as will enable them to make good profits for themselves while at the same time they are benefiting the community. They will receive double rewards—yes, they will be rewarded three times. They will feel the consciousness of doing good—they will receive the blessings of those who are benefited by their instrumentality, and, last and not least, will secure such a portion of this world's goods as will enable them, besides providing for themselves, to share with the destitute and needy. There is a large field before us, and it is ready for the laborer. As yet there is scarcely a beginning made. Thousands of our works ought to be found where as yet they have never been introduced, and all that is necessary are agents to circulate them. The people are ready to buy if they can have an opportunity.

Come on, then, all you that are willing to do good to your neighbors and help us. Circulars giving full particulars as to the manner in which we wish to proceed, and the liberal terms we offer to co-workers, may be had upon application by mail or otherwise at our office.

FOWLER AND WELLS,

308 Broadway, New York.

GUSHING STREAMS.

PUREST streams of lucid water,
Bursting forth with merry song,
Gushing out its silver laughter,
As it swiftly glides along;
Rippling on through verdant valleys,
Tumbling o'er some bright cascade,
Stopping here awhile to dally
Round some islet Nature's made.
Then, perchance, we find it glistening
Where the flowers, bending o'er
The mossy banks, are listening
To tales they ne'er had heard before.
Then in some bright lake extended,
Imaging the sky of blue;
Whispering, "Though from thee descended,
I'll return again to you."
Thus wherever it is gushing,
It is beauteous, good, and true;
It was made, my brother-mortals,
For the use of such as you.
Then let us good health pursuing,
Chocolate, coffee, tea forsake;
Dash away each poisoning draught,
And pure gushing water take.

MANCHESTER, CT.

ELMER ELLIS.

The Month.

NEW YORK, MARCH, 1858.

WATER.

"To the days of the aged it addeth length,
To the might 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.

MORTUARY STATISTICS.—The tables of mortality for the year 1857, as far as we have seen the reports from our large cities, present several features of deep interest. One is the steady increase in the number of deaths of consumption, notwithstanding the boasted improvements of *regular* medical science in the treatment of this disease (cod-liver oil, alcohol, etc.), and the great discoveries of the *irregular* fraternity in the matter of medicated inhalations. In New York the deaths of this disease show a fearful increase during the last year; yet our medical journals are full of the records of successful remedies, and our newspapers have teemed with the advertisements of the quacks, promising, nay, guaranteeing cures in all cases. The same is true of several other cities, and, we suspect, of the country at large. As we have repeatedly prophesied, deaths of consumption will continue to multiply among us until the doctors cease the administration of drug-remedies, and the people learn to live so as to prevent consumption. Curing it, as a general thing, is out of the question. Those who assert the contrary are ignoramuses or humbugs, and the sooner the people understand this the better.

Another feature worthy of especial remark is the fact that the deaths of children are increasing in a much greater ratio than the increase of population. Nearly three fourths of all the deaths which occurred in this city in the year 1857 were of children under ten years of age. Ten years ago the deaths of children constituted about 50 per cent. of the whole number. Now it has reached 72 per cent. What inferences others may draw from such frightful figures we know not. Probably a "mysterious Providence" is all the idea that will occur to the great majority. But we can not help charging what is literally, though not morally, a "murdering of the innocents," upon a false system of medical practice, and a wretched plan of infantile nursing and training.

TOO MUCH FOR A DOLLAR.—Good readers of the WATER-CURE JOURNAL, do not expect too much! The Water-Cure system is all that it claims to be. It is all that any system of medication can be, or ought to be. But it is not what a few of our subscribers seem to desire. It does not, and can not, and should not teach people how to violate the conditions of health without incurring the penalties; nor can it, nor should it teach the way to health except through obedience to organic law.

Be not deceived. The science of medicine has rested on a false foundation for thousands of years. The people's minds have been long miseducated; the errors and prejudices which they imbibed in childhood have

Grown with their growth, and strengthened with their strength,

until it is exceedingly difficult for them to reason at all on medical subjects. And again, that false dogma of the schools and the general prejudice of the public mind meets us at every step—that "Nature has provided remedies for diseases." No, reasoning mortals, nature has *not* thus stultified herself. Nature has provided the penalties, and these penalties are the diseases themselves. But she has not, nor has Providence, been so inconsistent as to make laws, affix penalties to their infraction, and then provide remedies to do away the penalties! This delusion has ruled the world long enough. It is time that medical men began to open their eyes to the absurdity, not to say blasphemy, of this proposition—a proposition on which all the drug-medication in the world is based.

Some few of our subscribers complain that they do not find, in the JOURNAL, anything that applies to the self-management of their particular maladies. Some seem to think each JOURNAL should contain a complete nosology and materia medica. Others write that they have taken the JOURNAL six months or a year without finding all they desire to know in the matter of curing their own infirmities. These persons should recollect that there are many hundreds of diseases; and that different individuals with the same disease require different management. The special mission of the WATER-CURE JOURNAL is to teach principles which *apply to all diseases, and all persons, under all circumstances*; and to elucidate the rules of health and the philosophy of life. Incidentally we explain and prescribe for particular diseases.

But it should not be expected that we can, in twelve numbers of the JOURNAL, which cost the subscribers fifty cents, or a dollar at most, make them acquainted with all the philosophy of medical science. The most learned men of the world have been laboring assiduously for three thousand years to this end, and have only succeeded in miseducating themselves, and fastening on the public mind a false system. It has taken twenty years of most arduous and unremitting toil and study, on our part, to expose its fallacies, and to reduce a better and a true system to form and order. How, then, can our subscribers, who have never made medical subjects a special study, expect to understand the Healing Art, in all its complicated relations, without a little painstaking and expense?

We are learning more and more in relation to the preservation of health and the cure of disease, and expect to learn continually as long as we live. Our subscribers can, if they will, do the same. Many persons write us every month in the year, that, from the information they have derived from the WATER-CURE JOURNAL and a few dollars' worth of Hydropathic books, they have been able to take care of themselves and families without the aid of doctors, and have thereby saved, some fifty, some a hundred, and some two hundred dollars a year. Others may not be so fortunate. But when any person, who has taken the JOURNAL five years, without getting his money's worth ten times over, will let us know it, we will pay it back to him "with usury."

A few extracts from a pile of letters before us, all expressing the same or similar sentiments, may be deemed pertinent in this place. J. H. B., writing from Plantation, Louisiana, says:

This is my third year's subscription to the WATER-CURE JOURNAL. It has been the most welcome paper that I have taken during the time. I would not be without it for no reasonable amount. My neighbors are beginning to believe in the doctrines it teaches, and I am glad that the dark cloud of ignorance is being dispelled. I hope the day is not far distant when drug-doctors will have to seek some other place

To powder and pill,
And doctor and kill.

H. E. B. writes from Picton, Canada West:

I feel mortified that I can not send you a larger list of names for the JOURNAL. If there is one spot on God's earth where the truths you teach are especially needed more than another, it is our pleasant and naturally salubrious country, but where, from ignorance, our people are suffering intolerably from almost all forms of disease. And Allopathy, the curse of the earth, is doing all it

can to keep the people ignorant and diseased. Our people are not a reading people, so that it must take much time to get the light among them despite such opposition.

W. C. W. writes from Lowell, Iowa :

The WATER-CURE JOURNAL is having a good influence here. Its teachings have caused several families to discontinue the use of drugs, thereby saving yearly, judging from past experience, from fifty to one hundred dollars in drugs and doctor's bills, besides enjoying much better health. Others have been restored after their drug-physicians had pronounced the sentence of death.

J. M. B. writes from Seymour, Indiana :

There are in this county about twelve thousand inhabitants, and a drug M.D. to every hundred persons, with five drug stores, and patent medicines beyond all calculation at the dry-goods stores ; whisky shops are also found at every corner and crossing, to the number of perhaps a thousand.

B. L. D. writes from Palestine, Texas :

If you will send me a few extra copies of *Life Illustrated* and the Journals, I will try and get up a club. There are some fifteen or more allopaths in and near this place, hence the opposition is strong, and they make every effort to keep us down. But although our progress is slow, it is sure. There are one or two M.D.'s under conviction. I hope to be able to report their conversion soon. We have invited some of them to witness our cures of *pneumonia* by water treatment. They say they can not understand how water produces such results so speedily.

Mrs. A. S. L. writes (post-mark illegible) :

Your Journals are gaining ground. Water-Cure is in much better repute than when I first came here. I have calls quite often to treat persons hydropathically, as there is no other one who dare to think sufficiently to do anything even for themselves, so much are men and women in the habit of employing others to think for them. I become very much disgusted with society in its present state. Your Journals will do much in changing public opinion and teaching people to think for themselves.

Mrs. H. L. W. writes from Brimfield, Mass :

If it were in my power, I would place the W. C. J. in the hands of every family in town, and oblige them to read it. We have practiced Water-Cure, more or less, for several years, and have been much benefited by it. I was married at the age of twenty, and both my husband and myself were entirely ignorant of the laws of our being. The consequence was, we transgressed, and had our punishment in enfeebled health and impaired constitutions ; but we have learned something by our past experience, and are still learning. We do not use tea, coffee, tobacco in any form ; no liquor or pork, but very little meat of any kind, and but little fine flour to what people usually do. I can make good apple, pumpkin, squash, or custard pie without butter or lard. Good Indian meal makes excellent shortening ; and as we are poor, it is a great help to us to dispense with the spices and condiments which others think they must have. We have two children, of the ages of six and three, and lost one between. If it had not been for what little knowledge we have obtained by reading your works, probably I should not have lived until now.

LIVING BETTER AND DYING SOONER — How often does the poor, miserable dyspeptic, full of aches, pains, and drug-poisons, when we point him to pure air,

wholesome food, clean water, proper exercise, and regular hours, as the means and the conditions for the recovery of health, reply : " I had rather live a little better, if I do not live quite so long." Living better, according to his standard, is to be sick, and helpless, and useless. Many a score of times have we, when we have advised a frail, jaundiced, cadaverous-looking female, full of obstructions and inflammations, with canker, erysipelas, or scrofula breaking out on various parts of the skin and mucous membranes, and with piles, prolapsus, cramp in the stomach, and sick headache as occasional and not unfrequent visitants, to eat plain, simple, coarse food, especially coarse bread, been rebuffed in this manner : " Oh ! I can't eat that. I had rather live a little better, if I do not live quite so long." Deliver us from " living better," as the term is fashionably understood.

THE SEWING-MACHINE.

O men, with sisters dear !
O men, with mothers and wives !
It is not linen you are wearing out,
But human creatures' lives !

The " Song of the Shirt " is beginning to be sung to a new tune, and with variations of the words. The sewing-machine is rapidly emancipating woman from the ruinous handiwork of " stitch, stitch, stitch."

Oh ! woman, no more a slave
To seam and gusset and band,
Shall beautiful grow and brave,
In the light of our happy land.

Instead of " leaning over to her work," by which the stomach and bowels are compressed, the chest contracted, and dyspepsia or consumption speedily induced, as in the usual manner of plying the needle, the operator sits erect, puts the machinery in motion with a gentle movement of the foot, while her hands easily direct the material in the way it should go to be stitched, and lo !

All manner of things that a woman can put
On the crown of her head or the sole of her foot,
Or wrap round her shoulders, or pin round her waist,
Or that can be sewed on, or pinned on, or laced,
Or tied on with a string, or stitched on with a bow,
In front or behind, above or below,

are done to order.

The true physiologist can well understand how the sewing-machine must prove a " life-preserver " to thousands of women and girls. The pale, wan faces, leaden eyes, narrow chests, crooked spines, and debilitated frames of those who make needle-work a vocation by which to earn a livelihood, have long been seen and deplored by medical men. But as fashion demands just so much stitching, the stitch-

ing must be done, although ten honest, worthy working-girls are dragged into premature graves to each lady who flaunts abroad in fashionable attire.

Fortunately this labor, which hitherto has exercised the fingers and strained the eyes, while it has deformed the body and ruined the health, is about to be wholly, as it has already been in part, transferred to machinery.

There are many useful machines in market. We examined, a few days since, the various departments of the " great skirt manufactory " in Broadway, where one hundred and eighty sewing-machines—Wheeler & Wilson's—were in operation. Over three hundred girls here find constant employment, and their upright position and figure, cheerful faces, and healthy appearances contrast strikingly with those who stitch for a living in the usual way. Something is due, of course, to the well-arranged, clearly well-lighted and well-ventilated rooms. Indeed, the proprietors, Messrs. Douglass & Sherwood, understand " Water-Cure and Hygienic notions," to the great advantage of their employes.

At this establishment *three thousand* skirts can be made per day. Each girl with a machine will accomplish more work than twelve can do without it, and do it much better. The stitch itself is perfect. Indeed, these machines seem to combine in themselves every desirable improvement. They are manufactured at Bridgeport, Conn., the Company having purchased the extensive buildings of the late Jerome Clock Company for the purpose. One thousand of the Wheeler & Wilson machines are now used in Troy, N. Y., in shirt and collar manufactories alone. The prices range from \$100 to \$125, according to style and finish.

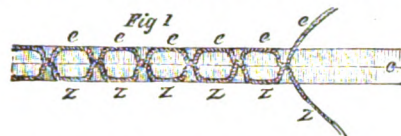
There are many kinds of sewing-machines now in market, at prices from \$10 upward. The low price machines are scarcely worthy of attention. Others besides the Wheeler & Wilson machine are highly approved by those who have used them ; but, all things considered, however, we prefer this.

For the benefit of our readers, we print from the *American Agriculturist* the following article, intended to illustrate

HOW SEWING IS DONE BY MACHINERY.

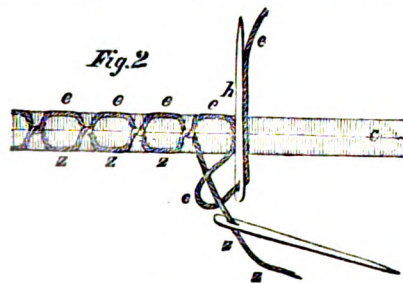
We are happy to be able to present our readers with some illustrations which, with the accompanying descriptions, will answer the question : " How can a machine make stitches ? " We are aware that it is not a little difficult to describe

the inside works of a sewing-machine, without having the machine itself and the reader directly before us, but we will do the best we can with the aid of some engravings, for which we think our



friends will give us a little credit, when we tell them that the drawings below are principally of our own designing. We preferred doing the work ourselves to letting the manufacturers do it, for we feared the whole matter would be so familiar to them that they would not appreciate the minute details necessary to make the subject plain to the unskillful reader.

We commence with the stitch made by the Wheeler & Wilson machine, as that appears to be the simplest, and most easily illustrated. Fig. 1 exhibits two pieces of cloth, *c*, placed together and partly sewed. A little examination will show that the upper thread, *e*, *e*, *e*, is crossed in the center of the cloth by the lower thread, *z*, *z*, *z*—in other words, the two threads cross each other and are thus locked together. This was essentially the “lock-stitch” invented, and patented in 1846, by Mr. Howe (to whom we are indebted for the first practical application of machinery to common sewing; and are glad that, unlike most in-



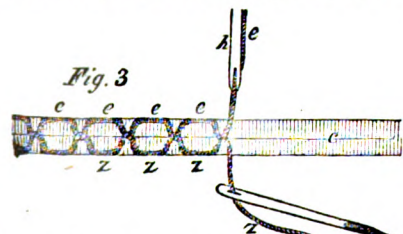
ventors, he is reaping a rich reward, for though he makes no machines himself, yet the principal manufacturers of the successful sewing-machines all pay him a license fee on each machine sold. So those ladies who buy them will have the satisfaction of knowing that some of the purchase-money at least goes to the inventor himself).

Fig. 2 is designed to illustrate how this stitch might be made by hand.

Here the needle, *h*, carrying the upper thread, *e*, is thrust down through the cloth (the eye foremost), and partly drawn up again, thus forming a small loop of the upper thread. Through the loop thus made, a needle carrying the lower thread, *z*, is passed. (We are apparently sewing with the blunt end of the needle, but in practice we may suppose the eye of the needle to be near the point, which is the case in all sewing-machine needles.)

If we now withdraw the upper needle, it will carry the lower thread into the center of the fabric, forming a complete lock-stitch, as seen in fig. 3.

By continuing this process a series of stitches will be made; and since the upper thread enters



and returns upward through the single needle-hole, there will be upon the surface of the cloth

a single line of thread exactly resembling ordinary “back stitching.” We see also that the under side of the cloth will present precisely the same appearance as the upper.

In the machine invented by Mr. Howe, the upper needle was moved by machinery, and the lower thread was carried through the loop by means of a shuttle, having within it a bobbin (or spool) of thread. This arrangement is still used in heavy machines for leather and other thick fabrics, and in some of the “family machines.” The Wheeler & Wilson machine is an improvement upon the shuttle in several respects. It makes precisely the same stitch, but with less complicated machinery and less waste of power. We will try to explain its working. Referring to

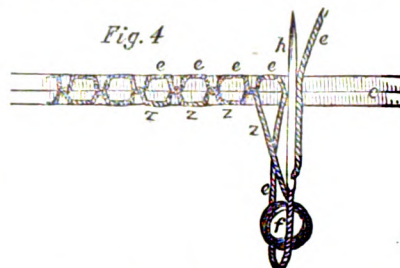
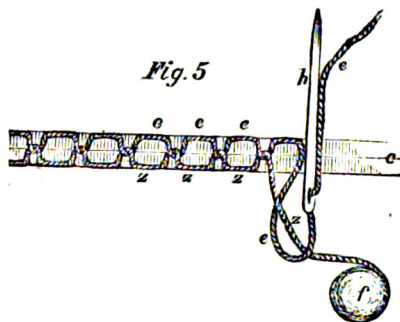


fig. 4, we see the needle and upper thread, *e*, thrust down, just as in fig. 2. But in fig. 4, the lower thread, *z*, is wound upon a bobbin, or spool, *f*. To illustrate the working, we may suppose this bobbin passed into the loop between the needle, *h*, and the upper thread, *e*. In fig. 5 it is shown carried through. Here we see that, on withdrawing the needle, *h*, the upper thread will draw the lower one into the cloth, producing a lock-stitch in the center of the fabric, precisely as in fig. 3.

By examining fig. 4 and fig. 5, it will be seen that the same effect would have been produced had the bobbin, or spool, *f*, remained stationary, and the loop been carried around it—down the right side and up the left, around the lower thread, *z*. This end is, in effect, accomplished in the machine.

In fig. 6 we have a rotary hook, *E*, upon the end of the shaft, *C*. Inside of this hook, in the concavity, *Y*, is placed the bobbin, *F* (as seen in fig. 8). The needle, *h*, coming down through the cloth, and being partly withdrawn, leaves a loop

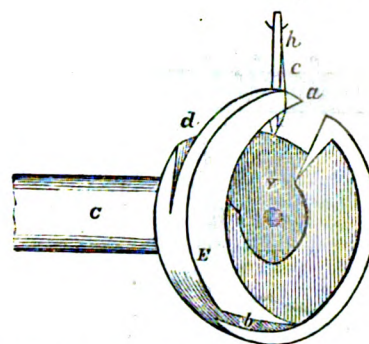


at *e*. The point of the revolving hook passes into the loop at *a*, opens it, and carries it around, spreading it as it moves forward, so as to throw it around the bobbin, or spool, within the hollow hook. The bobbin, *F* (fig. 8), has no axis passing through it, but is held in the concavity, *Y*, by a ring (not represented) placed before it, so that it plays freely, and allows a loop of thread to pass around on both sides, as around the small ball of thread in figs. 4 and 5.

Fig. 7 gives a side view of the thread carried part way around. It will be noted that this wheel upon which the hook, *a* (fig. 6), is placed; is beveled at *E* in fig. 7, so as to throw the thread off from its edge after it has been partly wound around it. The object of this is to throw one part of the loop around the bobbin, in order to embrace the lower thread.

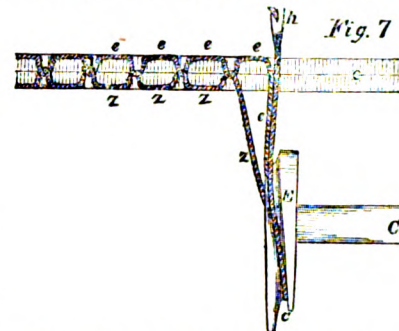
The operation can be better understood in fig. 8, by tracing the position of the upper thread, *e*, *e*, and of the lower thread, *z*, *z*. We observe that

Fig. 6



the loop having been first formed on the right side of the lower thread, *z*, one part of it falls behind the bobbin, *F* (back of the dotted line), while the other branch of it is caught by the hook, carried around, to be thrown off on the other side of the bobbin by means of the bevel or half screw at *b*.

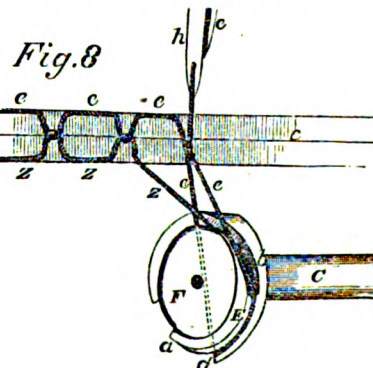
Fig. 9 gives a front view of the same. We here see the upper thread, *e*, *e*, bent or looped com-



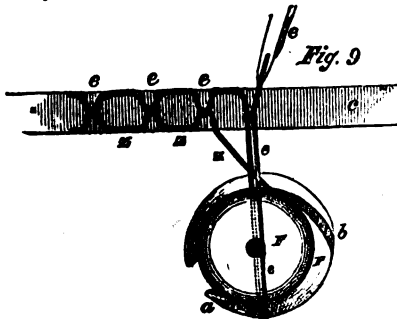
pletely around the lower thread, *z*. A little further turning of the circular hook will throw the thread off from it, when, by the simultaneous tightening of the thread above, the lower thread embraced by it will be drawn into the cloth and form a lock in the center.

It is surprising to see with what rapidity these successive stitches can be made. A quick motion is communicated to the needle, circular hook, bobbin, etc., by turning a multiplying wheel, with a foot treadle. In ordinary work, eight hundred to a thousand stitches are easily made in one minute, and this all day long; and there is scarcely a limit to the speed. (Think of that, ye who would see your wives, mothers, and daughters continue bent over the hand-needle, which can scarcely execute fifty stitches a minute at best.)

We omitted to say that the cloth is moved forward by a simple feed-motion, making long or



short stitches, according to the will of the operator. An examination of the stitches will show that there is less thread used than is required in ordinary back-stitching, since in back stitching

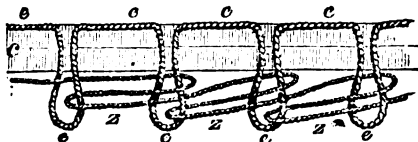


there is a double thread on part of each surface, while here there is but one continuous thread.

We intended to further show, not only the kind of stitches, but also the mode of making them in the other varieties of machines, but we have not been able to complete the necessary drawings. We will, however, describe briefly the appearance of the stitches in one or two of them.

In fig. 10 we have given, as nearly as we could, the form of the stitch made by a rival shuttle-machine, where the threads are purposely left loose, so that the course of each one can be traced. (It would be interesting could we present, at this

Fig. 10.



time, drawings of the parts of the machine by which the beautiful windings and interwindings of the threads are brought about.) A glance at the figure shows the course of the upper thread, *c, c, c*, and the lower one, *z, z, z*, the latter being smaller than the former.

Suppose we begin at the left hand, and bend down the upper thread through the cloth, to make a loop, *e*. Next bend a loop of *z* through the up-right loop, and carry this last horizontal loop forward, so that the second loop through the cloth can be brought down through it. Then hold the second loop of the upper thread open until the second loop of the lower thread is thrust through

Fig. 11.

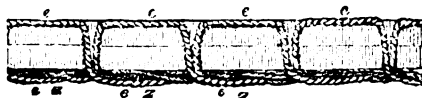


it and carried forward, to be entered by the third loop of the upper thread. Continuing this operation gives the arrangement in fig. 10.

Fig. 11 shows these stitches left *loosely*, as they appear when looking upon the *under* surface of the cloth. The loop, or horseshoe, terminates abruptly upon the left of each. At this point the two ends pierce the cloth, as seen in fig. 10 above.

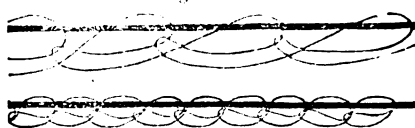
In the next illustration (fig. 12) we have the appearance of the cloth after being sewed, with the stitches drawn up by the machine in actual work. The cuts, of course, show the stitches

Fig. 12.



magnified. When they are made short, and the threads are properly tightened, we can only see a small continuous cord running along the under side

of the cloth. It will be observed, then, that of the two machines described, one makes the stitches on both sides of the cloth alike, the other gives a continuous stitch on the upper side like ordinary back-stitching, with a small cord upon the under side. This stitch can be unraveled, with a little care, in getting hold of the two threads used. We do not see how the Wheeler & Wilson stitch can



be unraveled at all. But in practice, it is next to impossible to rip a seam of half an inch sewed by either machine, even if the cloth be cut up into sections of that length.

Fig. 13 illustrates the Tambour or chain-stitch, made with a single thread. This is the kind used in the cheaper, or rather the lower, priced machines. It will at once be seen that the stitch can be readily unraveled by taking hold of the thread at the left. There may be cases where sewing in this manner may be useful, but a glance at the stitch itself will show that it is not adapted to general sewing in a family.

DR. BEDORTHA ON DISEASE.—We have just received from Dr. Bedortha a lengthy and elaborate article in defense and illustration of his side in this controversy. It came too late for the present issue, but will be published in the April number, with Dr. Trall's reply. We must do the Doctor the justice to acknowledge that he has met the main points in dispute "fairly and squarely," so that now we have precisely the opportunity we have long desired. We will endeavor to make our position in all respects good; or, failing to do so, we will acknowledge that the theory we teach, and the practice we pursue, are entirely wrong.

To Correspondents.

Answers in this department are given by DR. TRALL.

INFORMATION WANTED.—M. G. S. In controversies with those opposed to the "reform system" (I mean those opposed to the abstinence from pork and all stimulating food), they urge that the human system is capable of great changes; so that, let a man take what he will into the system, it will be so changed that it will at least have no bad effects. "Why," say they, "a man may so habituate himself to taking poison, that a dose which will have no perceivable effect on him would almost instantly kill another person." How is this? Does buckwheat flour make healthy bread? Is algebra a useful study?

1. Verily, their speech is the speech of foolishness. 2. Buckwheat flour is not a bread-maker, so that it can not make healthy nor sickly bread. But buckwheat flour may be made into wholesome bread. 3. Yes.

DIETETICS.—A. M. McI., Wellsville, O. Will Dr. Trall please answer the following questions through the WATER-CURE JOURNAL? 1. What is the reason that the present generation is so degenerated? 2. Would not people be more muscular and have better health if they would eat all of the grain without being bolted, such as wheat and rye? 3. What is the cause of boils in the arm-pits, of a hard gritty nature, and what is the cure? 4. Was it intended for man to eat animal food, or the fruits of the earth? 5. What is the cause of colic, and the cure for it? 6. What is the cause of pimples coming out all over the body?

1. Bad habits. 2. Yes. 3. Bad blood; pure food. 4. The fruits, when he can get them. 5. Bad food; proper food. 6. Bad blood.

ACHES.—Mrs. J. C. T., Sharon, Mass., wishes to know, through the WATER-CURE JOURNAL, what she must do to get rid of her aches, and be well. Has pains under the shoulder blades; bad feeling at the stomach; has a humor which comes out on the arms, at which time the stomach feels better; pain in the right side; at times the skin of the forehead, sides of the face, and arms have a brown or rusty appearance. Occupation sedentary, appetite generally good, although at times of the craving order; eats meats moderately—potatoes and bread mostly, warm biscuit, of fine flour, and butter. Uses water for drink.

Avoid meats, butter, warm biscuits, and fine flour. Let the occupation be active.

NUTRITION.—H. H. G., Simonsville, Vt. 1. Can you furnish me with rubber for springs to Bates' lingual instrument (for the cure of stammering), say a piece half an inch wide—if so, what will be the price? 2. Can I obtain perfect nutrition from the following articles of food: corn and rye bread, fine flour bread, potatoes and apples? 3. Does beef contain any element of nutrition which corn and rye does not? 4. Are not all the elements of nutrition contained in both corn, rye, wheat, and oats separately? 1. We can not. 2. Yes. 3. No. 4. Yes.

SCALDED HEAD.—C. C., Dubuque, Io. Will Dr. Trall please state the treatment, in the WATER-CURE JOURNAL, for a child, five months old, who has a humor on his head and body resembling in appearance scalded head, causing great itching and pain and weariness? The child is also troubled with wind very bad, which causes great distress in its stomach, and makes it throw up its food very often. The mother is of a good constitution, but lives about the same as women usually do; that is, she eats animal food and drinks tea and coffee, etc., but takes considerable exercise.

The mother should live as people usually do not; in other words, she must eat and drink according to the laws of health, instead of according to the laws of fashion.

SCURVY.—D. J., Durham, C. W. Will Dr. Trall give me the following information through the WATER-CURE JOURNAL? I am suffering from a scurvy humor in my face, back, and chest; at times I feel a darting pain in my eyes, and am not able to hold up my head. I feel this worst when I become heated by exertion. I abstain from flesh and tobacco, and take no medicine. I follow farming; am 17 years of age.

Please tell us what you eat, as well as what you abstain from, and we can answer your question. We want to know what your habits are; what you do not do, is of no consequence.

THE HAIR, ETC.—M. E. T., Wheaton, Ill. 1. Is the use of a brush good for the hair? 2. Is the use of soft water on the hair injurious? 3. Will any kind of preparation benefit the hair, in changing it to its natural color when turning gray early, or improving it in appearance in any manner? 4. If so what kind? 5. Is dried beef, raw, injurious for eating? 6. What is the cause of, and cure for, pimples (festering) on the skin? 7. Is butter or raw onions unhealthy to eat? 8. Is the free use of milk unhealthy for adults? 1. Yes. 2. No. 3. No. 4. Ditto. 5. Yes. 6. Impurity. 7. Yes. 8. Yes.

COD LIVER OIL.—D. S., Adairville, Ga. Is the liver of a codfish different from that of every other animal? The livers of all land and water animals down here secrete bile. Is there not as much pigeon milk as liver oil? Is not the pretension of "cod liver oil" an impudent humbug, by which our regulars have been gulled? Do you happen to know what it is made of?

You have guessed it. The whole thing is either gross ignorance or arrant humbuggery. It may not become us to indicate which.

WHITE MUSTARD-SEED.—J. C. M., Mobile. Will Dr. Trall please to give me his opinion of white mustard seed as a medicine—whether good or not in dyspepsia? And if good or bad, what properties or effects it possesses?

Not good. Its effects are those of a stimulant; and all stimulation is injurious in dyspepsia. The system wants nutrition, not stimulation.

DYSMENORRHEA.—W. D. E., Wisconsin. I am a lady of thirty years of age; tall and slender; of light complexion; married; without children; have much difficulty in menstruation, with excessive discharges; urine has a strong and pungent odor. I have been a subscriber to your Journal, but have not followed its teachings, except in bathing. Please tell me my disease, and the method of cure?

Your disease is precisely what you say it is—painful menstruation—and the method for cure may be found in following our teachings in other respects as well as in bathing. It is no uncommon thing for patients to write us that they do not like to conform to the conditions of health, and ask us to tell them how to get well in spite of the laws of nature to the contrary. It takes a drug-doctor to prescribe on such principles.

ST. ANTHONY'S FIRE.—S. S. A. F. Parkersburg. Before I was twelve years old I had three attacks of what was called St. Anthony's fire in my right leg. Sugar of lead, in cold water, was applied, and I got well, never feeling anything of it until two years ago. I caught cold, and one night after bathing my feet in warm water and going to bed, I had quite a shake, and immediately my right leg began to pain me, apparently inside of the bones, which continued for three or four days, when I discovered the skin was quite red on my thigh. Called a doctor, who pronounced it erysipelas, and applied tincture of iodine, and in a week I was well.

For several weeks past I have had more or less pain in my leg, and I fear I shall have another "spell" of it. Please inform me, through the WATER-CURE JOURNAL, first, how to prevent it, and, second, how to cure it.

Keep "bad humors" out of the blood by eating only plain, wholesome food, and bathing regularly, and St. Anthony's fire will not trouble you. To cure the affection, bathe the part constantly with water of an agreeable temperature, and fast until the inflammatory stage subsides. All repellant applications, as sugar of lead, iodine, etc., are always dangerous. If they cure the external surface, the internal condition is the worse for it.

PORK DISCUSSION.—B. H. K. writes us from Hubbard, Ohio, that he has got into a discussion with a clergyman whether it is sinful to eat pork, whereupon he asks us to answer yes or no to half a dozen scientific questions. We decline. Our *ipse dixit* would not, and should not, be taken as authority by his opponent. It is our facts, principles, and arguments that he wants, not our opinions, and these he may find in the "Encyclopedia," "Cook Book," "Fruits and Farinacea," etc. To argue against pork-eating, in ignorance of the scientific data, would give his adversary all the advantage, and do the cause of dietetic reform more hurt than good.

JAUNDICE.—R. E. A., Palmyra, Wis. You have a torpid liver, *dysenteria*, catarrh, and displacement of the uterus. It is doubtful whether you can ever be cured by home-treatment. You need greater quiet and a more strict discipline than can be found at home.

E. N. R., Sacramento City.—Your three pages of questions are all answered and explained in the "Hydropathic Encyclopedia," which we would rather give you than write out answers to all of your inquiries. As regards stammering, however, you will find some useful hints in our late work, "The Illustrated Family Gymnasium." The chapter on Vocal Gymnastics may, perhaps, assist you to cure yourself.

SPITTING.—S. J. McL., Dundee, Ohio. Your liver is, no doubt, the primary seat of your difficulty. Whether the lungs are now seriously diseased we can not say. If you expectorate a cheesy or purulent matter, the lungs are affected. The cause of the diseased liver and the consequent spitting or expectoration is, no doubt, your erroneous dietetic habits mainly. The "Encyclopedia," which you have ordered, will give you the desired information.

WEAK COFFEE vs. HARD WATER.—M. E. T., Frenchtown, Pa. Which is the most wholesome for a drink—very weak coffee or very hard water?

Very weak coffee is less injurious than very hard water, provided pure, soft water is used in making the coffee. But if you can get soft water for coffee, why not drink it without putting coffee into it? Steeping coffee in hard water does not alter its hardness.

PRIVATE ADVICE.—I. L. W. Your questions and the appropriate answers are not proper for publication in the JOURNAL. All such cases must be attended to privately, by letter, if at all. You can ascertain all you wish to know about Mr. Estee's establishment, terms, etc., by addressing the necessary inquiries to him.

NERVOUS DEBILITY AND CALOMEL.—W. F. We can not prescribe for a female who is suffering from "liver complaint," "neuralgia," "bronchitis," "spinal curvature," "palpitation," etc., who has been drugged for several years by divers doctors, and who is now taking calomel. The cure is beyond redemption, unless she will let the drug doctors alone, and then she had better go to an establishment where she would be obliged to come under the proper discipline.

NURSING MOTHER.—S. H., Little York, Ind. You need information on many subjects. All the questions you ask are fully explained in the "Hydropathic

Encyclopedia." Simply to answer your various questions would not benefit you. Those who would be their own physicians successfully should not grudge a few dollars for books that would save them a greater sum every year of their lives.

CONSTIPATION.—E. S. P. The cramps in the stomach, cutting pains in the side, bleeding piles, feeling of heaviness in the stomach, cold extremities, etc., are attributable to constipation, and this is induced by "fine flour" bread and other unphysiological habits. She may have the attacks as well when the bowels are relaxed as when they are costive—for diarrhea is itself the result of previous constipation—but she must have her dietary correct until the bowels become regular, be the time longer or shorter.

CANCERS.—A. R. M., Buffalo, N. Y. How long a time is required to cure a cancer according to your plan? What cases, if any, do you consider incurable? Should the treatment to remove the tumor commence before ulceration occurs?

Some cases are curable in a few hours, others require several days, others several weeks, and a few several months. All cases are curable except such as have formed deep-seated and extensive attachments, or are so situated within the cavities as to be beyond the reach of local applications, or in persons of worn-out or drugged-to-death constitutions. The sooner the treatment is commenced after the disease is discovered, the better.

UTERINE DISEASE.—E. B., York, Pa. The symptoms you mention indicate some displacement of the uterus, but what kind we can not determine without a more particular description. See the "Encyclopedia" on this subject. We can not give directions through the JOURNAL nor by letter to replace the organ. Such patients must be at an establishment.

WHOOPING COUGH.—S. M. C., Danville, Ind. Will you suggest the best method for treating the whooping cough in a child eighteen months old?

First of all, keep the bowels entirely free by means of proper diet. Give a tepid or moderately cool bath each morning. If the patient coughs much in the evening, give a warm bath at bedtime; or, if this is impracticable, a warm foot-bath, with the wet girdle around the chest, well covered with dry flannel. If the expectoration is copious and viscid, so as to induce violent and prolonged paroxysms of coughing, give warm water to drink at such times. Should a violent fever attend, give the wet-sheet pack, provided you know how to manage it; if not, sponge the surface frequently with tepid water until the heat abates.

HEADACHE, ETC.—M. A. B., Harmony. Defective menstruation may be the cause of the throbbing and pressure you complain of in the head. Take derivative treatment, hot and cold foot-baths, tepid sitz-baths, etc. We can not tell how we should treat a case of uterine displacement until we know the kind of displacement, and all the circumstances attending it.

PILES WITH PROLAPUS.—E. W., West Bloomfield, N. J. Your case is too bad for self-treatment, though it could probably be cured in a few weeks at a good establishment. The cost would be \$7 to \$10 50 per week.

SPITTING OF BLOOD.—I. M. F., Philadelphia. The frequent hemorrhages and constant expectoration indicate incipient consumption. We can not think of any other cause, unless it is an enlarged liver. The exact condition ought to be positively known to the physician before he can properly advise the treatment. The case is certainly serious, and ought to have immediate attention. Consult a competent hydropathic physician.

FACIAL PARALYSIS.—C. C. M., Peru, Ill. The muscles of the left side of my wife's head and face were paralyzed the 23d of September last. The part retains its feeling, but she can not move the muscles. Will Dr. Trall please inform me through the WATER-CURE JOURNAL if it can be cured, and if so, how?

It is, no doubt, curable by a proper attention to all the conditions of health. But without a knowledge of her general condition and habits, we can not tell in what the error consists, nor the special appliances to remove the cause. We are asked every day of the year to prescribe to the name of a disease; but, as we have said a hundred times before, we can only prescribe to the condition of the patient. If our subscribers will recollect this, they will save themselves and us a "deal of botheration."

Business Notices.

We are pleased to see that our friend Dr. ROBERT HAMILTON, favorably known in connection with Dr. BEDFORD of the Saratoga Water-Cure, is about opening a new Establishment. Dr. Hamilton's success, especially in female cases, has been remarkable, as is well attested by many who are now on their way rejoicing. The Dr. having associated with him Prof. CALKINS, of Philadelphia, as will be seen by their advertisement, and located at Saratoga, we wish them every success in the healing of the nation and the spread of true Water-Cure principles.

A NEW WORK ON GARDENING.—We have in press a work which we are sure our readers, who are all interested in rural affairs, and like good vegetables and fruits, and beautiful trees, shrubs, and flowers, will be glad to see announced. "The Garden" will meet the wants of the thousands who have been looking for a cheap, convenient, thorough, and reliable work on Practical Horticulture. It is intended for the women and girls as well as the men and boys. See announcement.

Announcement.

RURAL HAND-BOOKS.

HAND-BOOKS FOR HOME IMPROVEMENT—SECOND SERIES. We have the pleasure of announcing a new series of **Hand-Books for Home Improvement**, by the author of "How to Talk," "How to Behave," etc.

The forthcoming volumes will be devoted to a popular exposition of the more important branches of Rural Economy and Rural Art; thus promoting public taste, enhancing domestic comfort, and diminishing the expenses and increasing the profits of Rural Life and industry.

Like the previous series, these works have been prepared in compliance with a clearly expressed popular demand. Such books are wanted, and we have undertaken to supply them at a price which will bring them within the reach of everybody. They will be brought out in the same general style as our "Educational Series," and furnished at the same price. The series comprises:

THE HOUSE:

A Pocket Manual of Rural Architecture, or How to Build Houses, Barns, Poultry Houses, Ice Houses, and other Out-Buildings, Arbors, Ornamental Fences, Gates, etc.

Price, in paper covers, 80 cents; in muslin, 50 cents.

THE GARDEN:

A Pocket Manual of Practical Horticulture; comprising Directions for the Cultivation of Kitchen Vegetables, Fruits, Flowers, and Ornamental Trees and Shrubs, and an exposition of the Laws of Vegetable Life and Growth.

Price, in paper covers, 30 cents; in muslin, 50 cents.

THE FARM:

A Pocket Manual of Practical Agriculture; with Chapters on Agricultural Chemistry, Soils, Manures, Draining, Irrigation, Fencing, Farm Implements, etc.

Price, in paper covers, 30 cents; in muslin, 50 cents.

DOMESTIC ANIMALS:

A Pocket Manual of Cattle, Horse and Sheep Husbandry; with Directions for the Breeding and Management of Swine, Poultry, Pigeons, Rabbits, Dogs, etc., the Treatment of their Diseases, and a Chapter on Bees.

Price, in paper covers, 30 cents; in muslin, 50 cents.

"The Garden" will appear first, and will be issued early in the spring. It will be the most thorough, comprehensive, lucid, and practical work of its size and price, on the subject of Horticulture, ever published. Persons desiring to insure themselves against delay in receiving it should send in their orders at once, as the demand will be great, and "first come, first served" the rule.

The four works will be furnished to subscribers ordering them all at the same time, for \$1 00.

Subscription books are now open. Address

FOWLER AND WELLS,

308 Broadway, New York.

These works are not yet ready. Due notice of their publication will be given in the Journal.

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.

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 St. R. T. TRALL, M.D., 15 Light 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 Light 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; kineleptic, cataphoric, and all other hygienic exercises are practiced and taught; cancers, fistulas, polypus tumors, etc., are cured by a new and easy process; uterine diseases and displacements in all their varieties and complications are made a specialty; hysterical 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 WATER-CURE AND KINESIPATHIC INSTITUTION, 650 Sixth Avenue, New York.

Invalids are treated, according to the nature of their complaints, by Hygienic methods only. A pamphlet on the treatment of Consumption by the Compressed Air-Bath; also one on the Movement Cure, will be sent to those ordering them, in losing postage.

GEO. H. TAYLOR; C. F. TAYLOR.

DR. GEO. F. ADAMS, WATER-CURE PHYSICIAN,

will open, May 1st, a first-class House on Brooklyn Heights, No. 63 and 65 Columbia Street, corner of Cranberry, for the accommodation of patients and boarders. The view from the house is probably one of the finest in the country, if not in the world, overlooking as it does New York Harbor, with its ever-changing scenery, different islands, and the adjoining cities.

For a summer residence, it can not be surpassed, as Brooklyn has long been noted for its pure, cool, and bracing atmosphere.

The house is well supplied with hot and cold baths, with open and inclosed piazzas, together with a garden on the south side, beautifully laid out with shrubbery and flowers. Patients or parties looking for a permanent and pleasant home will do well to apply soon, as several of the suites of rooms are already taken. All communications addressed to GEORGE F. ADAMS, M.D., 141 Amity Street, will be promptly attended to. The best of references will be given, if required.

BROOKLYN, Feb. 8, 1858.

FREE TO THE SICK.—A PAMPHLET ON DISEASES OF WOMEN, with Observations on Lung and Chronic Malignancy, may be had gratuitously by addressing
SYLVESTER S. STRONG, M.D.,
Remedial Institute, Saratoga Springs, N. Y.

DR. ROBERT HAMILTON, FORMERLY connected with the Saratoga Water-Cure, has associated with him Prof. M. CALKINS, M.D., of Philadelphia, who will open the new Institution for the reception of Patients at Saratoga Springs, N. Y., on the 30th March, 1858.

For Terms and Circulars, address

ROBERT HAMILTON, M.D.

WATER-CURE FOR LADIES.—DR.

Anella W. L. 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.

DR. BEDORTH'S WATER-CURE

ESTABLISHMENT is at Saratoga Springs.

GLEN HAVEN WATER-CURE,

1853!—There are thousands of sick persons in the United States who are thinking of visiting some Health Institution the coming Summer. Of establishments devoted to the treatment of human diseases this WATER-CURE has attained front rank. Its reputation is National, and is only commensurate with its success. At this date there are under treatment at the Glen eighty-one patients, residing in the Canada and twenty of the States of the Union. Their very presence in the Cure at this season shows what an estimate the public puts on the method of treatment, and is a better argument than all that could be said. It shows that at least the People are coming to have faith in WATER instead of Drugs, as a remedy for sickness, and in Nature more than Art. It seems to me that such a fact as this—that eighty persons have assembled, some of them from distances apart, at least 2,500 miles, to a little secluded spot in the heart of the State of New York, means something. It adds to the significance of the fact, that these persons are of both sexes, and that they represent the LIBERAL and the LIBERTINE professions. There are ministers, lawyers, physicians, professors in colleges, men of the farm and of the forge, students and clerks, women of high culture, and women who toil, boys and girls, all here, all anxious to get here, all willing to stay when once here, and this though it is Winter. What is the solution of this problem? There is no mineral water here of great virtue or potency. There is no village or town here renowned for its wealth, its patronage of the fine arts, the beauty of its women, the literary opportunities presented, or the high culture of its people. What, then, is the magnet that thus overcomes the love of home, the attentions of friends, the comforts of one's own fire-side, the shelter as peculiar to the sick, and draws these folks together at this spot? It is the power of a SINGLE MAN.

Dr. J. C. Jackson, some ten or eleven years since, became a believer in Hydropathy, or, as it was then termed, WATER-CURE. He entered on the practice with no reputation to herald him, and from small beginnings grew into a local notoriety. Gradually his fame spread, till now his patients come to him from all quarters of the Union. It is remarkable what faith he has in WATER. And to those who know what he does, he would seem to have good cause for his enthusiasm. At any rate, his success is wonderful. He takes persons of all ages, sexes, and conditions, afflicted with all sorts of diseases, and places them under WATER treatment, and, lo! they begin to get well. It is beyond all common calculation. It looks almost like magic, for the means used seem altogether inadequate to the result. Apparently he uses nothing special out of WATER. This he contrives to use in a very good variety of ways, and his patients all declare that he gives no Medicine, and neither mesmerizes nor psychologizes them, nor does anything mysterious to them!

Instances are constantly occurring, visible to everybody in the Glen, where persons improve rapidly under his treatment, who were pronounced hopelessly incurable by other physicians; and what is quite as remarkable, is, that it certainly makes no difference what disease the applicant has, if the person is not in a hopeless case. A curious feature of his treatment is "the Crisis." I myself have seen forty persons having at the same time rushes on the abdomen, and every one declaring himself to feel better therefor. On the breaking out of the rash the circulation becomes more equal, appetite better, digestion firmer, sleep quieter, feet and hands warmer, respiration fuller, constipation relieved, and all the mental symptoms better. I could report some very interesting illustrations of the improvement of persons mentally and socially, upon the appearance of *Orisels*. How he brings this condition of body about is a puzzle to me, for it is patent to all that he gives very moderate treatment. He must reach his end by very nice discrimination. His patients all concur in awarding to him great insight of his own mind; and in frequent instances, when a person is suffering greatly from some acute attack, his administrations of WATER give immediate relief. Now, whether it be that WATER has in it some power of adaptation to the human system, recent to others, but known to this man, or that by some special law discovered by him, and not known to others, he operates on his patients as to cure them, has been a question with me; for his influence over all classes of persons is immense; yet I am, after a good deal of observation, disposed to come to Doctor Jackson what he claims—that WATER is *simply a more potent instrumentality in changing morbid conditions of the body than is generally supposed*. Evidently he thinks it is, and by it or something else he works out changes which are marvelous. Had it not been for the hard times he would have had an hundred and fifty patients this winter. The proprietor will make arrange-

ments for at least two hundred the coming Summer. In the Spring a large and commodious *Ladies' Bath-House* will be erected, the treatment of Diseases of Women being particularly suited here.

Dr. J. has, as his associate, Miss H. N. Austin, M.D., a lady every way well qualified for her place. She is talented, modest, and popular with the patients. He also has, as an assistant, Doctor William Jackson, a pleasant and energetic German physician. The proprietor, W. L. Chapin, Esq., is a man somewhat in years and does all he can to make the Glen a pleasant residence for the invalid.

There is but one opinion here, and that is, with proper accommodations 500 patients might be accommodated. On the whole, Glen Haven is well worth studying and if one wants to know what WATER-CURE is, or is desirous of trying it, by all means let him visit this place. Doctor Jackson has written tracts on Scrofula, Dyspepsia, Spermatorrhoea, and Female Diseases, and Miss Austin on Dress Reform. They are 8 cents each, and are well worth reading. A circular of the establishment is sent to all applicants who will pay postage.

Post-office address is Scott, Cortland Co., N. Y., and the way to reach the Glen is from Syracuse, on the N. Y. Central Railroad, or from Binghamton, on the Erie Railroad, to Homer, where it stops at Van Anden's Hotel, and take stage or livery for the CURE. All new-comers are warmly welcomed, and made at home.

A Looker-On from a MEDICAL COLLEGE.
February 10th, 1858.

BINGHAMTON WATER-CURE,

Binghamton, Broome County, N. Y. This is the place for WATER-TREATMENT during cold weather, and to enjoy HOME COMFORTS. All our rooms are pleasant, well warmed, and comfortably furnished; water pure, and location unrivaled in beauty. Patients will find it to their advantage to consult us before going elsewhere. Terms from \$4 to \$10 per week.
O. V. THAYER, M.D. 11.

MOUNT PROSPECT WATER-CURE,

Binghamton, N. Y., eight hours' ride from the city by New York and Erie Railroad. For terms, etc., address
Nov. 11. J. H. NORTH M.D.

GRÆFENBERG WATER-CURE AND

KINESIPATHIC INSTITUTE, New Ulies, N. Y.
Electro-Chemical Bath has here been administered with great success for the last year and a half. Address
Aug. 1. R. HOLLAND, M.D., New Græfenberg, 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. Ad. 17

CLEVELAND WATER-CURE ES-

TABLESHMENT.—The above Establishment is now commencing its Tenth Season. It has been in successful operation for the past nine years; has treated over Thirty-four Hundred Patients, who have flocked hither from 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 indispensable 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 evidence of the *uric* excretion.

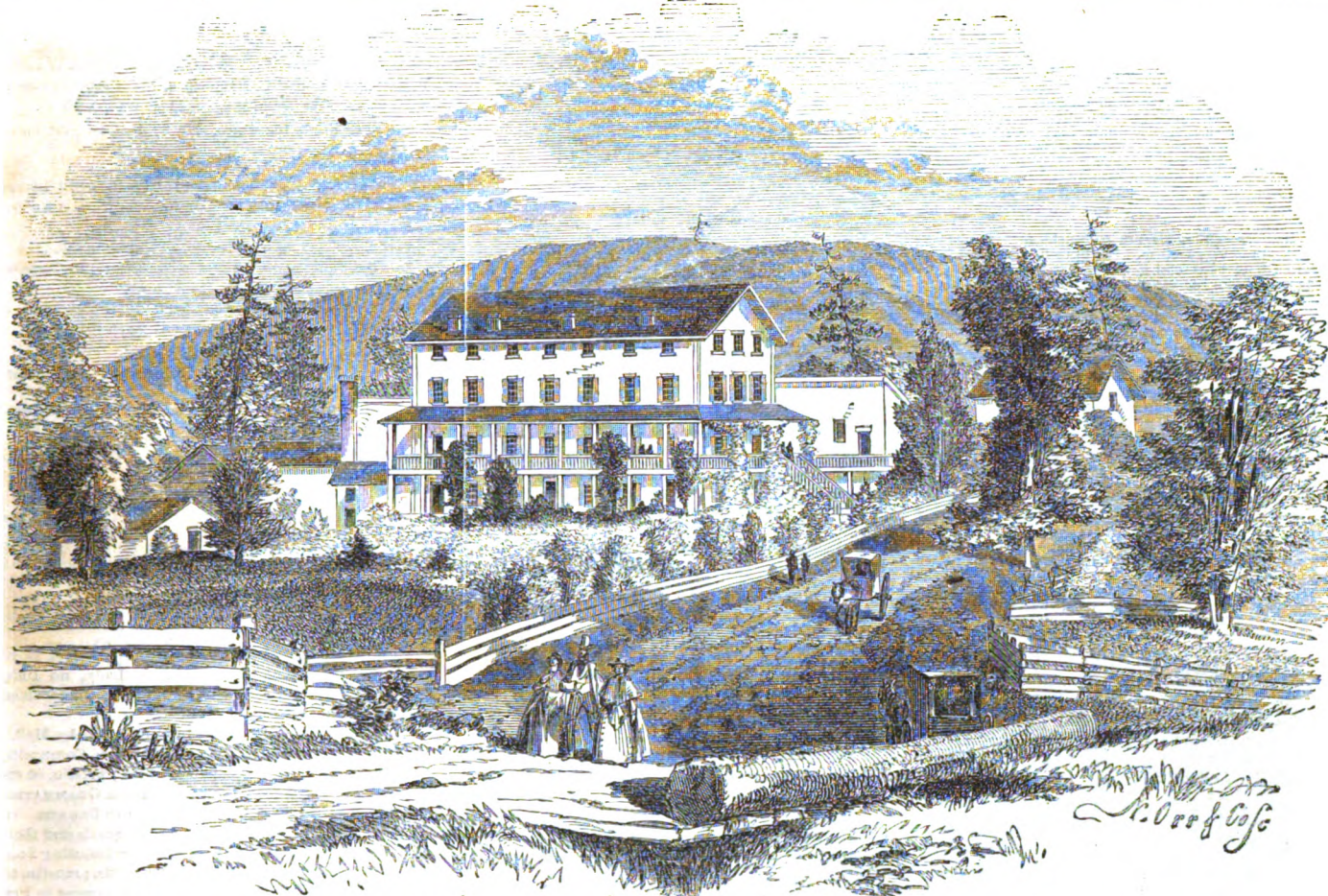
The proprietor has a still associated with him Dr. J. J. Sturgis, whose past experience and success need no commendation from those that know him; and determining to give the sick and suffering every facility, he has also secured the talents of Prof. H. P. Gatehill, who will, in addition to his other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

In the Female Department he has engaged the services of F. Scott, M.D., a lady whose experience and talent in the treatment of diseases have already won her golden opinions in the East, and she has the greatest confidence that she will not only sustain, but add to her previous excellent reputation in her home in the West. The 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 our case, to give again the blessing of health—examine for yourselves.

CLEVELAND WATER-CURE ESTABLISHMENT.

May 12. T. T. SEELYE, M.D., Proprietor.



ELMIRA WATER-CURE.—THIS CURE HAS BEEN OPEN NEARLY SIX YEARS. ITS PHYSICIANS HAVE HAD A large experience in the treatment of every variety of Chronic Disease. For more than thirteen years they have given their best energies to the study and practice of the profession. During this time more than 10,000 cases have been prescribed for.

The CURE has been greatly improved during the past year. More than \$3,000 have been expended in putting up new buildings and in improvements on the old. The rapid increase of business has demanded more room and better facilities. No expense has been spared, within our means, to make our house worthy of the name of a Home for the invalid.

Our location has ever elicited the admiration of all our visitors and guests. It combines the bold and romantic with the more quiet and gentle phases of nature. The city and country are at one view represented. The walks in the ravines and groves back of the CURE have been greatly improved this season. There is a new foot-bridge spanning a deep ravine; paths, with nice seats for resting-places, embowered in deep shade for retreats from the scorching summer sun.

We do not pursue the extremes of Hydropathy or of Vegetarianism. We intend the condition of the patient shall indicate the diet and regimen necessary to promote health in each case. We seek, first of all, to cure our patients. Water is our chief remedy; but at the same time we do not hesitate to use any means within our knowledge that in our judgment shall facilitate the recovery of the sick. We have secured the services of good, intelligent, and faithful assistants. To those who may come to us we will give the benefit of our facilities, of our experience, and best skill.

Mrs. G. gives her attention to the specific treatment of the special Diseases of Females. To say that she is skillful in her department, is nothing more than her many friends award her, and nothing more than her success will abundantly justify. Dr. G. gives his attention and energies to the general diseases that need treatment. So our attention is devoted to the cases in charge, which gives opportunity for more skillful management. We invite the sick to our Hillside Home. We, on our part, will make every endeavor to suit them and do them all the good that lies within our ability. Address

S. O. GLEASON, M.D., ELMIRA, N. Y.

DR. VAIL'S GRANITE STATE

Water-Cure is located at Hill Village, N. H. For particulars, inclose stamp for circular.

LEHIGH MOUNTAIN SPRINGS WATER-CURE.

—All diseases are curable with Water, Air, and Diet, at this Institution. Address

DR. A. SMITH, Bethlehem, Pa.

PITTSBURG WATER-CURE.—WINTER TREATMENT.

—Invalids will find at the Pittsburgh Water-Cure every thing necessary for their comfort during the cold months. Our long experience and success in the treatment of diseases peculiar to females, enable us to appeal with confidence to this class of sufferers. Address Oct. 11. S. FREASE, M.D., Box 1304, 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.

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.

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 the Institution: a postage stamp to pay the postage on the Circular.

For advice as to the propriety of water treatment: \$1 00.

For prescription written out in full for home treatment: \$5.

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 C. JACKSON, M.D.

HARRIET N. AUSTIN, M.D.

GLEN HAVEN, April 1, 1857. May, 1.

A GOOD OPPORTUNITY FOR

Business is offered for an invalid who has some capital. Address Box 1824, New York City.

ELECTRO-CHEMICAL BATHS, CELEBRATED

as a cure for Rheumatism, Neuralgia, and Uterine Diseases, also for the removal of all Metals from the system. Dr. Prince is in attendance, as heretofore, at the old establishment, 710 Broadway.

GRANVILLE WATER-CURE IS

as good as any other. Address W. W. BANCROFT, 6. Granville, Licking County, Ohio.

ATHOL WATER-CURE.—FOR

particulars, address GEO. WILD, M.D., Athol, Mass.

THE "LETTER-BOX," PUBLISHED

on the 15th of each month, at \$1 a year, by SIMMONS & MCKELL, Glen Haven Water-Cure, Scott, Ort and County, N. Y., and edited by HARRIET N. AUSTIN, M.D.

Miss Austin has already secured a national reputation as a Physician, and is rapidly rising rank as a writer. The first number of the Box, just issued, has a letter from her to a distinguished Physician in England on the Dress question, to which we beg leave to call the attention of Dress Reformers, and request all such to send for a copy, which will be furnished free.

The Publishers have the pleasure to announce that each number of the "LETTER-BOX" will have an article on Health, from the pen of Dr. JAMES C. JACKSON.

NO POWDERS OR YEAST.—HOW

to make light, delicious bread with simple Water, coarse or fine Flour, AND NOTHING ELSE. This, and thirty other receipts for plain Cooking, Hints on Health, &c., in a little Hand-Book of 32 pages—price 10 cents.

Address BOSTON WATER-CURE, 18 and 20 La Grange Place, Boston.

GENEVA HYGIENIC INSTITUTE.—

This Institution is located in Geneva, N. Y., a delightful country village of about 7,000 inhabitants, lying on the banks of the far-famed Seneca Lake, surrounded by a rich and highly cultivated farming district. It is easy of access from all directions by railroad and steamboat.

The Institution is situated on an eminence in the rear of a fine park (as is seen in the engraving) which overlooks nearly the whole village, the lake, etc. The building, which was originally a first-class hotel of modern construction, is one of the largest, and most pleasantly and conveniently arranged of any in the State, and will amply accommodate 150 patients. It is lighted with gas, and thoroughly ventilated.

The Bath arrangements are complete, and we believe unsurpassed in every respect. We have the Electro-Chemical Baths, both local and general, with every facility for their judicious and successful application.

There is also a large Gymnasium connected with the Institution, with all the necessary apparatus for a thorough and scientific course of Gymnastic exercises.

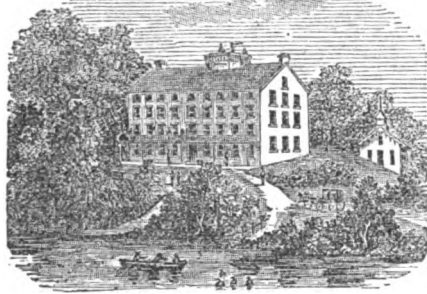
The Domestic Department will be complete in all its parts, being under the direction of an experienced and efficient steward, which will give to the house every home comfort that it is possible to have in such an Institution.

The Medical Department is under the supervision of A. B. SMITH, M.D., assisted by J. H. STEBBINS, M.D. Dr. Smith has had a very wide experience in the treatment of all cases of disease, both acute and chronic, and with almost unparalleled success in the varieties of Lung Disease, Rheumatism, Female Diseases, Dyspepsia, Nervous Disorders, etc. From thirty to fifty per cent. of the cases of Pulmonary Disease he has been able to cure or radically benefit.

Terms.—Six to ten dollars per week.

For specific information respecting treatment, etc., please apply for circular, or address

A. B. SMITH M.D., or
JAS. H. STEBBINS M.D.,
GENEVA, N. Y.



MODEL WATER-CURE.

LAKE-SIDE RETREAT, MADISON,

WISCONSIN.—This Institution, located on Lake Monona, one mile from Madison, occupies one of the most beautiful and picturesque of all delightful situations of the West. The walks, drives, lake bathing pure air and water, and admirably arrayed buildings which this place affords, can not be excelled. All diseases are treated on a totally Hygienic and Physiological principle. Especial attention to "Chronic" and female diseases. The Electro-Chemical Bath, Russian Vapor, Dry Vapor, and Air Baths, the Movement Cure, and a variety of curative adjuncts, have been introduced by Dr. LANDIS. Terms, from \$3 to \$12, according to rooms, of which we have a variety payable weekly in advance. Commutation fee, \$5. Bathing clothes and dresses for lake bathing, each \$1 per week, if hired. No extra charge for fires and lights, when the rules of the house are complied with. Students, male and female, admitted. The Institution possesses the best "LECTURING APPARATUS" in the world, comprising French Manipulators, Models, etc. Daily Lectures to students—semi-weekly to the inmates.

Competent male and female medical assistants always in attendance. Consulting Physician, Dr. A. S. CASTLEMAN. Address, inclosing a stamp,

S. M. LANDIS, M.D., Principal,
Popular Lecturer, and late Physician of the Philadelphia Model Water-Cure.

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YOUNG MEN WHO WISH TO
"make an impression" in the company of the LADIES
should read "How to TALK." Send for it.



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ENT OFFICE DEPARTMENT.—We transact at this office all kinds of business connected with procuring Patents, either in this country or in any of the European States.

Having secured the aid of the best Patent Attorneys known to the public, both in England and on the continent of Europe, we are able to afford the best of facilities for obtaining Patents in foreign countries.

The Solicitor who has charge of our Patent Office Department, has for the past eight years been successfully engaged in obtaining patents for inventions, and during the later portion of that time has devoted particular attention to contested cases.

The business of this Office will be strictly confidential. No charges will be made for examinations of new inventions; inventors may consult us as to the novelty and patentability of their improvements, and receive our report, by describing their inventions to us, and inclosing a stamp to prepay the return letter.

Communications by letter in reference to Inventions, Patents, or Patent Law, promptly attended to.
FOWLER AND WELLS, 308 Broadway, New York.

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of Superior Improvements, and varying in manner of construction to suit the circumstances of all who require their use.
JAMES WALBER,
174 East 24th 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 the ability.

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 were in better repair with Forty Independent Pipes last winter, besides making a saving of one half in the coal. The atmosphere is pure. For sale by BARTLETT & LESLEY, 330 Broadway, New York.

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. W. SIMMONS,
Feb. 16. Glen Haven, Water-Cure, 86 St. Cortland Co., N. Y.

SOMETHING NEW—PLAYS AND

INSTRUCTION!! CALKINS' GAMES AT WORDS, for Home Amusement, teaching Spelling, Reading, the Meaning and Use of Words, and Composition.

CALKINS' GAMES AT WORDS consist of a set of 250 letters, including capitals, small letters, figures, and punctuation marks, the numbers of each corresponding with the proportion of their use in the formation of words, put up in a strong box, and accompanied with a little Book of Directions. These letters are printed on both sides of thick colored paste-board, and neatly varnished to preserve them from soiling.

THE PRIMARY OBJECT of these games is INSTRUCTION. The form of plays has been given for the purpose of making the exercises so attractive that children will engage in them as cheerfully and earnestly as they do in their ordinary amusements. Nor are they adapted only to children who have not learned to read—they are sufficiently varied to be suitable for boys and girls who are studying geography, history, grammar, and composition.

A box of these letters, or "GAMES AT WORDS," is worth ten times as much as any book, in teaching a child reading and spelling; besides, they furnish a most entertaining and instructive amusement for children who have already learned to read. Every family should have one.

Price \$1, on receipt of which the Games will be sent by mail, postage paid.
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A YOUNG MAN, AGED TWENTY-

TWO, wishes a Life Companion, between eighteen and twenty-two years of age, with—
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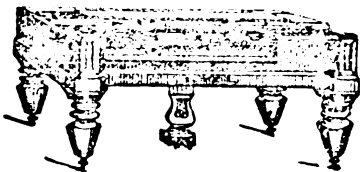
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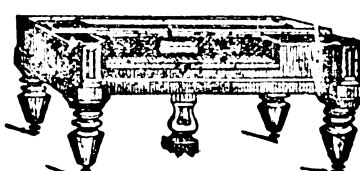
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THE WATER-CURE.

BY TAMAR DAVIS.

THE bright blue flashing waters!—Heavenly Father,
Who freely givest all good things, for these
We praise and bless thy glorious bounty, whether
They slumber in sweet pools beneath the seas,
Or proudly burst from rocky caverns out,
Through dim old forests, with a conqueror's shout.

Whether embosomed in sweet vales as fountains,
That on their breasts a wealth of lilies bear,
Or leaping o'er the battlements of mountains,
Their wild sounds people all the thrilling air,
Or warbling 'midst the grass and flowers, in rills
Where pleasant homes repose among the hills.

Whether in shining lakes to heaven's bright face
They hold a mirror in the storm or calm,
Or their bright arms in rivers interlace,
Or wake in sounding seas a mighty psalm,
They're great and glorious gifts, the flashing waters—
Great in their blessings to earth's sons and daughters.

Then wherefore marvel that in days of old
The glowing dreams of poetry beheld
The radiant beings of immortal mold
In their still urns and depths receptacled,

And faith and fancy hallowed their abodes
In the wood-shadows as the haunt of gods;

That man to worship bowed, and breathed his vows
Of adoration where the river marched,
Or wreathed with costly gifts the smoother brows
Of nestling pools by laurel-boughs o'erarched,
Or poured libations in the sparkling streams
That tossed their foam-wreaths to the morning beams.

For all their full rich voices seemed to him
With deeper meanings than of nature fraught,
Perchance the utterance of a naid's hymn,
Breathing of things beyond his reach of thought—
Perchance dread warnings from the land unknown,
Poured from the depths in strange mysterious tone.

He found them filling all the lonely places
With lights, and sounds, and sweet influences—
Saw, by the richness of the flowers, their traces,
And felt the cooler freshness of the breeze,
Inhaled a sweeter fragrant, and heard
The fuller harmonies of bee and bird.

And so, in the dim twilight of sweet woods,
Where slept the glossy pools whence rivers sprang,
Or by the mossy banks of gleaming floods,
Where the pine-branches thick with shadows hung,
Statues of beauty into being started,
And holy fanes a mystic charm imparted.

Perchance, ev'n to their high worshipings,
Some mighty thought was struggling into birth,
That half-idealized the flashing springs
As renovators of the changeable earth,
Or where the waters, welled in billowy strife,
Saw the restorers of youth, health, and life.

Was it not so? or else why came the blighted
To sweet Bethesda's wave, in lofty faith
That there all-healing influences united
In living power to save from pain and death;
Nor is it wondrous that the grateful mind
In the cool silent depths an angel shrined.

And why should many a bright imagining
Place in the glowing region of the West,
Embosomed in rich tropic vales, a spring*
That potent charms of life and health possess?
Because the glorious truth at length to burst
Shone through the mists of doubt and fable first.

Truth, that the singing waters ever give
A thousand sweet influences of health,
Are suffering nature's sure restorative—
A balm more precious than the mines of wealth,

* The Fountain of Youth, fabled to be hidden somewhere in the mountainous region of Cuba.

A medicine without price of priceless worth,
Restoring, cheering, gladd'ning all of earth.

And oh, we bless thee for these blessings, Father,
For the bright founts that freshen tropic lands,
For pools unseen among the rocks that gather,
For wells that gush amid the desert sands,
And for the mighty streams whose sounding chimes
Awake old memories of heroic times.

But most for these, the bright blue flashing waters
That flow and ripple round our daily track,
These, that restore to bloom our faded daughters,
And bring from death our loved and treasured back,
These, that new strength to wasted frames impart,
And cheer, and bless, and renovate the heart.

BRIDGETON, N. J.

"THE FAMILY GYMNASIUM."

AN interesting and valuable work, bearing the above title, found its way to our institution a few days since. As a practical consumption-killing, health-promoting guide, we think it is not excelled.

It came to us in a good time, for we have not yet lost our health by long application to study, nor do we expect to until we cease to perform the pranks therein advocated.

To R. T. Trall, M.D., whose reformatory efforts are so widely known and appreciated, we are indebted for this complete book.

Will Dr. Trall please accept our sincere thanks in behalf of the school for his favor?

May the "Gymnasium" find a place in every family and seminary in our country, and, by ousting the "mortar and pestle," point the rising generation to health and happiness.

L. E. LIVERMORE,
M. D. HEWITT,
WM. R. HOLMES, } Committee.

PETERSBURG LIT. INST. AND W. CURE, Jan. 18, 1858.

SUSPICIOUS CIRCUMSTANCES.—A few weeks since, in Hartford County, Connecticut, died a young man under circumstances that excited suspicions that he had been poisoned. The body was disinterred, and the contents of the stomach subjected to analysis by competent chemists, who found corrosive sublimate there. The widow of the deceased and a young man, an inmate of the house, were arrested on suspicion of administering the poison, but after a lengthy and critical examination they were discharged as innocent.

That the poison was administered, there is no question. But who did it? The attendant physician, an allopath of twenty-eight years' practice, kept his own drug store and furnished his own medicines. He says, in testimony, at the time he was attending this case of, as he calls it, typhoid fever, he had another on hand. The symptoms were different, but the treatment was the same. Both died. He was not acquainted with the action of poisons. His corrosive sublimate stood on a shelf with a dozen or twenty other bottles. He knew it from other drugs near it by its color and appearance.

Now if, as shown by the examination, the poison was not administered by the widow or young man, who were his only nurses, how was it done? And if given by a doctor, according to law, is the result any less murder?

NOTICE TO AGENTS AND SUBSCRIBERS.

MUCH dissatisfaction having been manifested by subscribers because our rules have hitherto been for all subscriptions to commence with January or July, we have concluded to adopt the rule of most publishers and have them commence at any time. We shall then, in future, make it a rule to commence with the number current when the subscription is received. We will, however, send such back numbers as we may happen to have on hand when desired.

CORRECTION.—H. H. HOPE begs leave to say that Noli-me-Tangere's dog's name was

"Sub tegmine f'gi;"

and not as the printer hath it,

Sub tegmine f. gi.

Just think of it! a prettier name could never have been born in the brain of a little Latin scholar and fastened on a dog than this. There was the beech-tree, the limbs alive with fluttering leaves, making a shadow soft and dense, and this funny little dog lying asleep, when suddenly she saw him, and exclaimed,

"Sub tegmine f'gi;" that's his name!
"Under the shade of a beech."

Was not the conception pretty? Now think again.

I write his name so plain, that a wayfaring man, though a printer, need not err in setting it up, and he goes and gives Noli's dog the name of

Sub tegmine f'gi;

which, being translated, means

"behind an old fogey."

Oh, you printers! you are great sinners.

CORRECTION.—If the readers of the JOURNAL will read, in January number, 4th page, third column, what is printed—Divine worship—devil worship, they will read what I wrote, and what will make sense. As a Christian I could not very well say that I am opposed to Divine worship, but I could readily say that I am opposed to Devil worship, and so I did say. J. C. JACKSON.

PAYING TOLL.—"The principal avenue of our city," writes a learned friend in Detroit, "has a toll-gate just by the Elmwood Cemetery road. As the cemetery had been laid out some time previous to the construction of the plank road, it was made one of the conditions of the company's charter, that all funeral processions should go back and forth free. One day, as Dr. Price, a celebrated physician, stopped to pay his toll, he remarked to the gate-keeper—

"Considering the benevolent character of our profession, I think you ought to let us pass free of charge."

"No, no, Doctor," the keeper readily replied, "we couldn't afford that. You send too many dead heads through here as it is."

The Doctor paid his toll, and never asked any favor after that.