

# THE WATER-CURE JOURNAL

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

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### General Articles.

Readers 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."

#### REASONS FOR BATHING.

EACH corpuscle, glandule, fibril, or granule of the body, has its own envelop, a coat which restricts its vessels, forces, and powers within fixed limits; each lobe, hemisphere, or fiber, has its individual investment; also each gland, viscus, organ, or muscle, has an enveloping membrane which binds all the unities together, holding them by one common bond, and preserving concord in their actions. Moreover, the entire body is furnished with a grand garment, surrounding and containing every organ of the system, which keeps them within certain limits, and serves as a medium between its own world and the outer world.

The capsular membranes of the individuals and unities of the system are not themselves granular, but they inclose such tissues; they are perforated with vessels, ducts, and nerves, not in their capillary form but in their collective character, which go to or from the least of the member; they are but envelops, which are reflected more or less to adjacent walls for attachments.

The great coat to the whole does not inclose unities but generals; neither do vessels, nerves, and ducts pass through it as they do the membranes of

the organs, except, in a most general sense, as the doors and thence halls for the ingress and egress of aliments, of air, the entrance of aromas, and modifications of atmospheres. The enveloping membranes of organs are not glandular, while the universal one of the body is. And these little glands embedded all through it from head to foot, have vessels and nerves going to them from the deeper portions of the body, also ducts going from them, which terminate outwardly upon the surface.

The glands of the body are of two kinds—*conglobate* and *conglomerate*. The least part of a gland of the first kind is called a *cell*, and is found in the lungs, spleen, and lymphatic glands; while the least part of the second kind is called a *glandule*, and is found in the liver, pancreas, kidneys, parotid and maxillary glands, cortical portions of the brain, in the alimentary canal, and in the skin. The cells are often congregated together, first into little groups, and then these groups collected into a large body constituting a gland; in the same way are the glandules often assembled; also the cells are scattered over vast plains, instead of being clustered together in companies; moreover, the glandules are so distributed, imbedded one by one in extensive membranes, as the skin and walls of the alimentary canal.

The functions of these two kinds of glands are entirely different; that of the conglobate, for the *purification* and *exaltation* of the blood going to them, while that of the conglomerate is to manufacture a new fluid, called a *secretion*, from the blood carried to them. One is eager for the destruction and sacrifice of the blood—the life-tide of corporeal existence; the other is constantly alive for the preservation of it; the conglobate glands are the vestal virgins to the blood, untiring and ceaseless in their vigilance for the life of this important fluid.

The conglomerate glands elaborate from the blood every secretion, from the most rich and noble to the most poor and worthless; many of them are of vital importance, while others are wholly effete and very injurious if detained in the system after their secretion. The glands of the latter kind are found in vast quantities in all parts of the external surface. Because these are not clustered together into large perceptible bodies, because also their individual excretions are equally distributed over the entire surface, so that no cog-

nizable quantities are presented to the observer, their extent of office is scarcely known and probably never realized. It is otherwise with the kidneys, though far less in extent of office; yet, because its glandules are collected together into two bodies and their secretions all deposited into one receptacle, before its final elimination from the system, and then discharged by quantities by a capacious canal in contrast with the little ducts which arise in the cutaneous glands and terminate on the surface, their situation, office, and use are known and realized by every one. And if their functions are but slightly deranged, the individual knows it immediately and resorts to aid quickly. While the glands in the skin may be quite torpid, yes, wholly inactive, and the individual not know it; completely ignorant of the condition of the mammoth gland, the great eliminator of worthless material of the body—the cutis.

The human body is furnished with four great outlets for the escape of such fluids and substances that are not needed in the economy—the bowels, the kidneys, the lungs, and the cutis. The system has three grand inlets for the introduction of aliments—the mouth, the nose, and the entire external surface. The first admits teraqueous food, the second and third atmospheric and ethereal. The excretions of the intestines are solid and earthy; those of the kidneys are principally water, holding solid substances in solution; those of the lungs gaseous and vapory; and those of the cutis vapory and somewhat gaseous.

The functions of the four eliminating organs are so dissimilar as to forbid one performing the office of another without jeopardizing the best interest of the kingdom; though it is often done. The offices of each should be thoroughly understood by all, all should be able to tell when derangement occurs, for health depends upon these four organs performing their legitimate uses—that the burden of one should never fall upon another, not even for a moment. Vicarious action and labor may answer under some dispensations, but never in the economy of the science of life; here, each individual of the community or government has its allotted sphere of work and it must do it—there is no substitution without impairment.

The grossness of the offices of the intestines and kidneys enable any one to see that disorders to the general system follow their enthrallment; also that

they can not be performed by the delicate lungs, or by the extended cutis. Any one can see, too, that the pulmonic function can not be performed by other organs; but it is not easy to see what the office of the cutis is, nor that it can not be performed by others—neither that, if it is done by another, serious derangements ensue.

Although the careless observer does not see the great offices of the cutis, nevertheless, they are not hid from the diligent and persevering. To them, the construction and uses of this wonderful investment are full of interest, and they tax the rarest genius to comprehend its mysteries.

The offices of the cutis are, to surround and bind all the parts of the body together—to perform the important function of touch—to purify the serum of the blood—to absorb from the incumbent air such of its floating essences as are compatible with the interests of the body—to regulate the temperature of the system—to maintain a balance between the solids and fluids—to manufacture a substance whose character combines in part the characteristics of membrane and horn, to be spread all over the external surface of the cutis, to protect it from impingements of foreign forces and the corroding effects of the air—and finally, to elaborate from the blood an unctuous material that shall preserve the flexibility and elasticity of the external, scaly layer (the cuticle), and render it a fit medium between the cutis and the atmosphere.

These eight uses are of the utmost importance in the maintenance of health. And while the varied functions of this astonishing organ are preserved, uninterrupted ease and bodily comfort are the happy consequences.

As soon as the great use of the cutis is known, then all will inquire, What must be done to preserve its integrity, its normal condition? What will continue its healthy, vigorous circulation? What will insure the free and untrammelled action of the innumerable perspirable and oily glandules, scattered like millet seeds in every part of it? What will prevent a superabundance of scarf skin, and maintain its softness and delicateness? What will faithfully remove all the sweaty, saline, and greasy excretions which are hourly depositing upon the surface? What will facilitate the ingress of subtle essences from the auras; and what will protect the nervous papillæ—swift-winged Mercury to the mind—and keep them constantly ready to inform the intellect of the contact of every substance and quality?

So faithful is the human mind to itself, that it will not be infidel to its own best interests, when it clearly sees the path of right—the highway of law. And as soon as we certainly know the wants of the system, that soon we will furnish them.

This most exterior organ, the only one immediately within our reach—the cutis—demands loudly and positively for *one means* for the perpetuity of its health—for its vigorous action—*cold-water baths daily*. Universal soft-water baths are the means to continue the normal actions of this parent of glands. This is our *second* great means to insure safety and health to every human being.

He that makes anything his chiefest good, wherein virtue, reason, and humanity do not bear a part, can never do the offices of friendship, justice, or liberality.—Cicero.

## LETTER NO. 5.

From Harriet N. Austin

To ———.

DEAR BLANK: Great complaint is made that there are no children in these days. It is said that girls and boys step out of babyhood into young ladyhood and young gentlemanhood. The old-fashioned childhood, that season of romping, joyous freedom, of innocence, frankness, and simplicity, is abolished. But mistakes equally deplorable are made in antedating all the subsequent periods in human life. Maturity comes too soon; middle age comes too soon; old age comes too soon; and decay comes too soon. After persons get to be about twenty-five, and so on to old age, they talk of childhood as the happiest period of life, and sigh over its joys as departed from them forever. This is a very perverted state of things. Men and women need not, and should not, grow old so soon. If they lived as they ought, every year of their lives would be happier than the preceding one.

The happiness of childhood consists chiefly in animal enjoyment. At least that which the adult sees in it, with such longing, is purely animal. To the child, mere existence is a joy. Those sports and games which call into active use all his physical powers, are full of delight. He runs, and jumps, and dances, and turns somersets for the simple gratification of his love of motion. His sleep is sweet, his appetite is keen; the commonest comforts of life are full of luxury to him. To all this the adult adds experience, development, and culture of the intellect, intensified affections, and spiritual growth. Why should he not become happier from year to year? In simply living and breathing, in muscular effort, in the feel of the sunshine and the rain, and the free air on the cheek, I believe the person of forty or fifty may enjoy as much as the child of ten or fifteen. He may enter into athletic plays and exercises with as much zest and enthusiasm; his sleep may be as sweet; his food may have as keen a relish. I am happy to be sustained in this view in an excellent article in the new and popular periodical, "The Atlantic Monthly," from the pen of the Rev. J. W. Higginson, in which he says the reason why men are not as happy as boys (in sports and games), is because they do not live more like boys.

I am sure, Blank, you will say, "If all this is true, there must be some secret about it. Almost all the persons I know, particularly the women of my acquaintance, seem *old* at forty. They look sedate and weary, and life, rather than otherwise, seems a burden to them." Yes, there is a secret about it, and that is what I propose to tell you. In my last, you remember I promised to give you some additional recipes for *keeping young*; and by that I mean retaining the elasticity and freshness and the enjoyment of life—which is generally considered as belonging exclusively to childhood—till what is now termed old age. I tell it to you in all earnestness, for I believe it.

The first consideration is *health*; and this, if not the most important condition to keeping young, is essential to it, and all other conditions are of no avail without it. Indeed, good health implies so much, that one term might well be substituted for the other. I may safely say, if you retain health, you retain all that is desirable of your youthful-

ness. My dear girl, I would that I could impress you with a sense of the value of sound physical health. Young persons are apt to think it of no particular consequence, and they sport with it as with a plaything. Be assured that when once it is lost, you will mourn for it as for lost treasure. Without it you can not have a healthful and well-developed mind. Without it your instincts will be unreliable, your affections will be warped, your spirituality will be perverted; you will be a burden to yourself, and of no use to the world. Without it *you* will become "old, and worn, and weary" before your time, as most women do. Don't you know that they nearly all are in ill health? Look around you, and you will find that it is so.

To a very great degree your health is in your own keeping. You must be affected, more or less, by unhealthful external influences, but resistance to them destroys half their power. In your own habits are your safeguards or your danger—and your *bodily* habits stand first in order. It will require considerable energy and considerable intelligence to conform to physiological law, because nearly all the habits of those around you are unphysiological, and tend to ruin health. But if you set yourself determinately and conscientiously to live according to the best light you have, you will grow in the knowledge of the truth.

Simplicity of diet and regularity in the time of taking food has much to do with health. Fruits, and the grains in their various preparations, and vegetables plainly cooked, compose the best diet. The flesh of animals is a gross food, even when the animals are healthy. But usually, before they are slaughtered for the table, they are fattened, which process makes them sick. Can you believe that man to be as noble whose tissues are made from the flesh of fattened animals, as he whose food is fruit and bread? If you would lay the best foundation for a beautiful character, live on a pure diet. Eat no more than two meals per day, and never anything between meals—not even fruit or nuts.

Do not drink hard water. If you can not get soft spring water, drink filtered rain water. Have at least two or three hours' vigorous exercise in the open air daily. If there is no work you can do, you can walk. This is an excellent exercise, and in the country peculiarly healthful in its influence on the mind as well as on the body. After a little practice you can walk eight or ten miles every day without any difficulty.

You will no sooner go about out-of-door exercise earnestly, than you will find that your dress is an insuperable impediment. You will find that boys who have no more strength than you have, can walk thrice as far with the same expenditure of strength. What shall you do? Well, dear, I do not know anything for you to do but to adopt the Reform Dress. I sympathize with you, for I know how hard it is for a young girl like you to do a thing which is so discreditable in the estimation of most persons. But I know no other alternative. The long dress which is worn by most women is entirely at variance with the laws of the human constitution, and hence no human being who wears it is entitled to reach the highest point of development of which she is capable. You must either submit to have a poor chance to attain fine physical conditions, or else decide that, for the sake of truth and right, you will brave

public opinion and adopt the new style of dress. My opinion is, that by the latter course you will come to have more self-reliance, a greater love of the truth, and more courage to act rightly in all things. Sure I am, that you will be on the side which is making progress, for the converts to this reform are increasing rapidly.

Let the pure air, and the light and the sunshine come freely into your rooms. Oh, these are blessed agencies which God has given us, fraught with life-giving power. Do not shut them out as if they were enemies, but welcome them always as friends.

Take plenty of sleep. Many persons affect to think it is rather vulgar to spend much time in sleeping; and those are the persons who consider it beneath the dignity of men to pay much attention to the body; and so they live in constant violation of all the laws of nature, and so they do not live out half their days. Sleep is the natural and best restorer of the nervous system. Early rising is delightful, and there is great virtue in it, but so there is in early retiring. I would advise you to get eight hours' sleep every night, and the more of it you get before midnight the better. Many spend only six hours in bed, and seem to thrive by it, but I believe such persons would add many years to the last end of their lives if they would sleep two hours longer. Do not sleep on feathers.

Be regular in all your habits. Have certain times to do certain things, and be precise to do them at the time. There is as much value in precise bodily as in precise mental habits.

For the present, Adieu.

### TO ALLOPATHIC PHYSICIANS.

GENTLEMEN—What Hamlet said to his friend Horatio may with propriety be said to you:

"There are more things in heaven and earth  
Than are dreamt of in your philosophy."

By giving you a report of the treatment by Water-Cure of a case or two, I shall give you glimpses of the light which at this present you do not see, but which, by-and-by, I hope and trust will enlighten the better part of you.

In the month of June, 1857, a lady from New Haven, Conn., came to me to be treated hydro-pathically. My assistant, Dr. Harriet N. Austin, made, at her examination, the following record:

Height, five feet.

Temperament, sanguine-nervous.

Frame, fragile—quite airy.

Eyes, light blue; hair, bright sandy.

Skin, very delicate and tender.

Muscles, of the smallest kind, and flabby.

Very thin in flesh, and feeble in strength.

For 24 years has been invalid, at which time was a small girl, and had the measles, which, by some intervening cause, were suppressed; and so she has had no health. For the last 12 years she has been a sick woman, not merely feeble as before, but a woman like to such as can be found in every community of which drug-doctors are members—a housed woman, a shut-up woman, with one or more of your number attendant on her.

On her arrival at the Glen, we made—Miss Austin and myself—the following record of her case:

Head-ache all the time, now frontal, now coronal, then temporal, then occipital, but mostly

occipital; somewhere all of the time—morning, noon, night, midnight—head-ache, steady, dull, unintermitting head-ache. This state was interlarded by acute congestive attacks of brain or bowels, which would be excruciating at times, making her deranged well-nigh.

Eyes suffused,  
Ears ringing,  
Throat sore,  
Tongue constantly furred,  
Difficult respiration,  
Dry cough, and painful,  
Palpitation of the heart,  
Irregular pulse,  
Dyspepsia,  
Costiveness,  
Bloating of the abdomen,  
Female weakness—*ces*,  
Piles of an aggravated kind,  
Cold extremities,  
Capricious appetite,  
Despondent,  
Discouraged,  
And almost in despair.

Her physician looked wise, and said she was not curable; but, through the enthusiasm of a friend, she was induced to place herself in my hands. The instant I saw her, I declared to myself that she was *scrofulous*, and arranged myself to the case from that point of view.

She underwent our administrations with varied success, gained strength and a better look, could bear atmospheric changes better, and, on the whole, we considered her doing well. Yet I felt that there was lying back a great opposing force—an obstructing cause—which the remedies applied must reach, which the vital forces had to overcome, before health could be hers. I frequently said to her: "If I can get an eruption on your surface sufficient to mark the change you are undergoing as *decidedly acute*, you will recover." At times, pimples, rashes, pustules would appear, but would not remain long. When active and painful, or itching or irritating to the skin, she uniformly felt better. When they disappeared, her old head-difficulty, with its attendant group, came back to distract her reason well-nigh, and to make her life miserable.

So assisted by myself and Miss Austin, the life-forces fought for possession of her. And at last they succeeded in making an *issue*. On her right hand fore-finger there came a blister; and thus the battle begun. Gradually the blister spread till it enveloped the finger, then it embraced the whole finger, then the next, and so all the fingers, and the thumb, and the whole hand; the hand not swelling much, but the skin peeling completely off the whole hand. It was exceedingly painful; but aside from a bread-and-milk poultice, which was put on at her desire, nothing was done for it but to keep it wrapped up in wet cloths. Her diet was simple and generous; her baths tonic, yet sedative. Connected with this eruption on the hand was a good deal of febrile excitement, which lasted for nearly four weeks, when she was taken with pain in the head, and with high fever. I ordered her to bed, with a sponge-bath as she lay; and the next morning, when I entered her room, I found her covered with measles from scalp to heel. A more perfect and decidedly clean manifestation of measles was

never seen. From that moment I saw victory. I was excited, I confess. Nine long months I had watched unweariedly the efforts of her vital powers to bring on a crisis. At last they had carried the point. Her measles lasted the usual time, and passed away, her strength came back, her flesh came on her bones like the flesh of a young child; and this day, April 1, 1858, she is walking from six to ten miles daily, and is as alert and agile as an Indian girl.

Now, gentlemen, did you ever have such a case? Did you ever see such a case? Did you ever hear outside of a Water-Cure of such a case? How, then, can you account for it? Here is a woman who had the measles 24 years ago, and from that time to this, sick, doctored, physicked, bled, blistered, anointed, and prayed over, yet grew steadily worse, who, under *water-treatment*, has the measles anew, and gets well. Can you laugh down such treatment? I tell you, nay. The strength of Nature is in it, and she has her God on her side, and by-and-by will have the people.

JAMES C. JACKSON, M.D.

GLEN HAVEN WATER-CURE, N. Y.

### "THE RETIRED PHYSICIAN."

OLD SANDS is catching it all around. If he has not taken the advice of "H. B. S.," and mixed a little molasses with his sand, it must have entirely run out by this time. The *Gleaner* gives him the following "puff":

MESSRS. EDITORS—Permit me through your columns to bear testimony to a valuable medicine. My great-aunt has been striving to reach heaven for thirty years. Having a cough, she finally fell into the hands of the "retired physician, whose sands of life have nearly run out." She purchased a bottle of his Cannabis Indica, from which she gained strength, judging from the violence of her cough. On taking the second bottle, her strength so increased that she was able to cough day and night without intermission; the third bottle landed her in heaven. Thus in a brief space of time, the fond hopes and anticipations of more than a quarter of a century were realized for the sum of seven dollars twelve and a half cents.

In view of this and other facts that are almost daily coming to light, it is no more than an act of justice to that pious, conscientious old "retired physician," whose sands of life continue to run from him, to recommend his wonderful medicines to all who are afflicted with coughs, colds, asthma, brown ketis, loneliness of the gall bladder, inflammation of the florax, refusal of the kidneys to respond to the jerks of the mucous membrane, vacant feeling in the head, such as lack of brains, etc. To those persons who are desirous of changing worlds, or changing husbands and wives, and all who are anxious to visit t'other side Jordan, this medicine is confidently recommended. To those persons who take a lively interest in natural history I would advise them to throw themselves into the arms of the "retired physician," and they may be assured they will see the elephant and rhinoceros.

Dr. Hall, of the *Journal of Health*, who has investigated the matter, and analyzed the drug, finds that the mixture for which Old Sands of Life charges two dollars, when made from the very purest and most expensive materials used, costs exactly sixteen cents—bottle and all. And he furthermore charges, as do many others, that it is a deleterious and injurious article at best. Look out for humbugs and quacks.—*Fulton Co. Dem.*

## HINTS TOWARD PHYSICAL PERFECTION;

OR,  
HOW TO ACQUIRE AND RETAIN BEAUTY, GRACE, AND STRENGTH, AND  
SECURE LONG LIFE AND CONTINUED YOUTHFULNESS.

### XI.

#### EFFECTS OF THE TRADES AND PROFESSIONS.

Either our diseases are artificially multiplied, or they are not. If inquiry prove the affirmative, surely self-interest as well as benevolence demands a full investigation into the causes of the evil; if the negative, we shall rest contented—gratified with the idea that our employments are not baneful, and that the excess of mortality is the infliction of Providence, and not the agency of man.—*Thackrah*.



THAT one's physical system is powerfully affected, for good or for evil, by his daily occupations, can not reasonably be doubted; but the popular ideas on the subject are generally vague, and often erroneous. A brief examination of the various trades and professions exercised among us, with reference to their influence upon health, beauty, and bodily development, will not therefore be out of place.

To facilitate our inquiry, and bring our brief exposition before the reader in the most available form, we may divide society, in reference to occupation, into seven grand classes:

- I. Agriculturists and other Out-of-Door Laborers;
- II. Operative Mechanics and Manufacturers;
- III. Shopkeepers;
- IV. Merchants and Master Manufacturers;
- V. Professional Men;
- VI. Women employed in Housekeeping and Domestic Labors;
- VII. Persons of Leisure.

#### CLASS I.

1. *Farmers*.—Agriculture is, without doubt, the most healthful and invigorating of all employments. In no other pursuit, as now organized, can the conditions of health and perfect physical development be so readily secured, and the causes of disease and deformity so completely avoided. The farmer's vocation supplies him with the most varied and salutary bodily exercise in the open air, where his lungs are constantly expanded by the pure breath of heaven; an abundance of wholesome food is almost always within his reach; he is seldom necessarily exposed, to an injurious extent, to the inclemencies of the seasons; his brain is not overtasked by his business; he is comparatively free from the harassing cares and anxieties which, in some callings, make men prematurely old; and he has few temptations to intemperance and irregular living. Some of the processes of agriculture, it is true, require great muscular exertion, and at some seasons there is a severe pressure of work that can not safely be delayed; so that the farmer may, and often does, greatly injure himself by too violent or too protracted exercise; but the occasions for this injurious tasking of the muscles may generally be avoided by forethought and judicious management. If, therefore, we find the tiller of the soil, in this country, to be sickly or lacking in symmetry of body and physical vigor, we must look beyond the inherent conditions of his employment for the cause.

What is the actual physical condition of our agriculturists as a class? That they are not universally or even generally perfectly healthy, robust, and well-formed is clear enough to every observer. Consumption, Liver Diseases, Rheumatism, Fevers, and even Dyspepsia, prevail widely and fatally among them. Are these and the rest of the long catalogue of ailments to which they are subjected, the results of their active out-of-door life—of exercise, pure air, and sunlight? Of course not. We shall find their origin in bad habits and general disobedience to physiological laws. They are none of them the necessary concomitants of the employment.

The American farmer breathes pure air all day in the fields, but shuts

himself up in a small, close, unventilated bedroom, and breathes carbonic acid all night; he has, or may have, an abundance of the best materials for a wholesome diet—the cereal grains, fruits, vegetables, pure milk, etc., but in utter contempt of these luxuries, he often fills his much-abused stomach with pork and other gross and deleterious kinds of food, washed down with strong tea and muddy coffee. He eats too much flesh-meat (of which pork is the worst form), too much butter, too much fine-flour bread, too many hot biscuits, poisoned with cream of tartar and saleratus, and too little coarse bread, garden vegetables, fruits, and milk. Country cookery (we are sorry to be obliged to say it) is generally bad—even worse than that of the city. Saying nothing of tobacco, rum, and whisky, in connection with which farmers sin in common with other classes, we have certainly found a cause for much of the ill health which prevails among our agricultural population; but there is one other circumstance unfavorable to health, which should be adverted to in passing. This is the intellectual and social stagnation which is often permitted to prevail in farming communities. Farmers read, study, and think too little, and allow their lives to be too monotonous. Perfect physical well-being, as we have seen, requires the constant and pleasurable exercise of the intellect and the social affections, as well as the body.

The farmers need but to study and obey the laws of life and health, as their occupation gives them ample opportunity to do, to present to the world perfect specimens of healthy, vigorous, and beautiful manhood. They can not often attribute their diseases and deformities to their vocation.

2. *Gardeners*.—Garden work being, on the whole, lighter and less liable to temporary severe pressure than that of the farm, while it admits all the advantages of varied exercise, pure air, and wholesome diet, is, in some respects, more favorable to health and perfect development than the latter; but it has the disadvantage of requiring a stooping posture for a considerable portion of the time, which sometimes causes pains in the back and loins. If the upright position be maintained so much as possible, and care be taken to counteract by special remedial exercise the effects of stooping, no employment can be more friendly to health and long life than horticulture.

3. *Teamsters, etc.*—Teamsters, Cartmen, Coach Drivers, Cattle Dealers, Drovers, etc., lead an active life in the open air, and are generally robust and free from disease in proportion to their temperance and the correctness of their personal habits generally. They are, it is true, more exposed to atmospheric vicissitudes than the preceding classes, and can not, in all cases, keep up equally regular habits in reference to eating, rest, and sleep; but their worst enemy is intemperance.

4. *Butchers*.—The Butcher is exposed to the disgusting atmosphere of the slaughter-house, but that seems to have no serious ill effects, in fact, it is generally supposed to be favorable to health and vigor. Be this as it may, Butchers are generally robust, fresh-looking, and apparently healthy; but at the same time they are not, as a class, long-lived. *Thackrah* says, "Butchers, in fact, live too highly—not too highly for temporary health [perhaps], but too highly for long life. . . . Does not high living produce that plethoric state which gradually leads to disease? I believe so. Congestion of blood, affecting chiefly the vessels of the abdomen and head, shortens the lives of numbers who are plump, rosy, and apparently strong. The preventive is obvious."

5. *Stone-Cutters, etc.*—Men employed in quarrying stone and preparing it for building purposes are liable to injury from too severe muscular exertion, and from the dust received into the lungs. They are seldom able to continue the occupation more than ten or fifteen years, without great danger of a permanent loss of health.

6. *Masons*.—Masons have an active employment, mostly in the open air, and are generally robust and comparatively healthy; they are, however, liable to injury from the dust and stony particles to which they are exposed, and sometimes, perhaps, suffer from the caustic quality of the lime which they use.

7. *Carpenters, etc.*—House Carpenters, Ship Carpenters, Boat Builders, Millwrights, and Wheelwrights are not necessarily seriously injured by their employments. Their exercise is full and varied, they have all the benefit of the open air, and at the same time are generally sheltered more or less from atmospheric inclemencies. The hearing of ship carpenters is sometimes impaired by the noise of their employment, and they are somewhat subject to pains which are called rheumatic, but which are probably the result of strain on particular muscles.

8. *Coopers*.—Coopers have good muscular exercise of a varied character, and the employment may be considered, on the whole, a healthful one; but the stooping posture sometimes produces pains in the loins, and unless that

result is guarded against, as we suggested in speaking of gardeners, is liable to permanently injure the form. Rope-makers suffer from a similar position.

9. *Brickmakers.*—In brickmaking there is much exposure to wet and cold, but those engaged in it do not seem to suffer in their general health from the effects of either. They are not more subject to colds and rheumatism than men whose work is under cover all day, and are generally healthy and long-lived.

10. *Lumberers.*—Men engaged in cutting and rafting lumber live a rude, wild life, which is friendly to mere animal vigor; but severe muscular exertion, exposure to the elements, and, too often, habits of intemperance, early undermine their constitutions.

11. *Boatmen.*—River Boatmen, Fishermen, Ditchers, and others exposed much to wet and cold, are peculiarly liable to have boils and felons upon the parts most exposed to the action of the water. Boatmen, unfortunately, are very generally intemperate, and of course soon lay the foundation for disease and premature death.

12. *Sailors.*—Sailors seem generally robust and hardy, but they are not, as a class, either truly healthy or long-lived. Exposure, night-watching, restraint, intemperance, and the vices to which they are peculiarly addicted when on shore, frequently bring them prematurely to the hospital and the grave. Under proper physical and moral training, were this possible, their health and comfort might be greatly improved, and their lives much lengthened.

13. *Soldiers.*—Thackrah says that soldiers are generally a healthy body of men. Our inquiries in reference to their condition in this country hardly sustain his statement. Their lives, however, are necessarily more regular than those of most other classes, and their daily drills, even in times of peace, give them a certain amount of exercise in the open air. The erect carriage which they acquire is also highly favorable to health. The capacity of chest in soldiers is considerably greater than in most other classes. Restraint, monotony, mental stagnation, and, in times of peace, general inactivity, overbalance the favorable conditions we have named. The position of the officers is much more favorable to health and physical well-being; and a finer body of men than those of the American army can hardly be found in the world. This is owing in a measure to the excellent physical training they are subjected to in our national military school. When will the world learn that men's bodies are of some importance in other professions as well as that of the soldier?

#### CLASS II.

1. *Blacksmiths, etc.*—The occupation of the Blacksmith is remarkably conducive to muscular power, especially in the arms. For young men of strong constitution it is an excellent employment, but there is liability to excessive muscular exertion, which must be guarded against. The dust and smoke to which Blacksmiths are exposed are more annoying than injurious, although they can not be wholly innocuous. Nailmakers, Cutlers, Silversmiths, Goldsmiths, and Gold-Beaters may be considered as having healthful employments. Some of these processes, however, are less so than others, and the workmen are sometimes compelled to breathe confined and impure air.

2. *Machinists.*—The occupation of the machinist is a laborious one in some of its departments, but is not in this respect peculiarly injurious. The filing of cast iron is, however, exceedingly hurtful from the minute metallic particles received into the air tubes. Consumption is very prevalent among those engaged in this employment—in fact, it can hardly be followed for many years without fatal results, unless wearing magnetic mouth-pieces or some other precautionary measure be adopted.

3. *Iron Founders, etc.*—These workmen are subjected to great muscular exertion and to a very high temperature—sometimes, it is said, to 150° Fahr.—from which they often alternate to the open air. The employment does not, however, necessarily lead to any specific disease, but gradually reduces vitality and shortens life. Similar remarks will apply to the Glass Workers, except that the muscular exertion is less severe.

4. *Brass Founders, etc.*—Brass Founders, Braziers, Copper-Smiths, Plumbers, etc., are all seriously affected by the noxious exhalations arising from their employment, and are seldom healthy.

Tinplate-workers are injured to some extent by the fumes to which they are subjected, but are sometimes tolerably healthy. Something might be done in the way of preventive, by passing rapid currents of air through the places in which these employments are carried on, to remove quickly the noxious vapors.

5. *House Painters.*—These artisans suffer not only from the action of the lead to which they are subjected, but from the fumes of the spirits of turpentine employed in mixing their paints. They are pale and unhealthy looking, as a class, and seldom live to an advanced age. They are much subject to dyspepsia, rheumatism, and nervous disorders, and frequently have what is called lead-colic. Perfect cleanliness, when not actually at work, and all possible precautions to keep their paints from contact with the skin, should be insisted upon as preventives.

Operatives in white lead manufactories, Lead-miners, Paper Stainers, and Potters also have their health destroyed and their lives shortened by the poison of lead. Looking-Glass makers have a still more unwholesome employment, as they are subjected to the action of mercury instead of lead. If long continued, their employment is almost sure to prove fatal.

6. *Printers.*—Printers are liable to the lead symptoms, from contact with the types, which are composed of lead and antimony. A careful attention to cleanliness, frequent bathing, and a thorough ventilation of the rooms in which they work will, however, in a great measure at least, prevent ill effects from this cause. They should by all means avoid holding types in the mouth. The constant application of the eyes to minute objects and almost illegible manuscripts (shame on the writers who furnish such!), sometimes enfeebles those organs. But the greatest injury to health probably results from the too confining nature of the employment and the standing posture, so long maintained, which predisposes to dyspepsia and kindred diseases. Compositors should contrive to sit a portion of the time during the day, and should patronize the gymnasium and the bath.

7. *Paper-Makers.*—Paper-makers are subject-

ed to much dust in one department of their work, and to wet and sudden changes of temperature in another. The dust affects the lungs more or less, and paper-makers sometimes complain of pains in the limbs and swelling of the joints, but the employment is, on the whole, a tolerably healthful one.

8. *Plasterers and Whitewashers.*—These workmen suffer from lime dust, which sometimes excites cutaneous eruptions and inflammation of the eyes.

9. *Tanners, etc.*—Tanners, Curriers, Soap-Boilers, etc., are subject to the most disagreeable animal odors from the materials employed in their business, but their health is not sensibly affected by them. In fact, so far as we can learn from reading, inquiry, and personal observation, they are remarkably free from disease, and frequently attain quite an advanced age. The curriers and leather-dressers have the disadvantage of a bent posture in the process of shaving, which sometimes affects the head.

10. *Millers.*—Millers suffer from breathing an atmosphere laden with the fine particles of flour, and are often pale and sickly.

11. *Bakers, etc.*—Bakers are subjected to a high temperature, which gradually reduces vitality and induces susceptibility to disease. They also suffer from the dust which is largely inhaled. They are generally pale and sickly looking. Cooks and Confectioners suffer from heat, and also probably from a too frequent tasting of the articles about which they are employed.

12. *Cabinet-Makers and Carvers.*—In Cabinet-making, wood-carving, and similar occupations, there seems to be no hurtful accompaniment except dust, from which, as a general rule, no very serious injury results.

13. *Brush-Makers.*—Brush-makers have a good employment, and, though too much confined to one posture, are generally healthy and long-lived.

14. *Hatters.*—Operatives employed in the manufacture of "hat-bodies" are exposed to injury from dust, and are not healthy looking. In felting, hatters often have their fingers corroded and sore from the effects of the sulphuric acid employed in the process.

15. *Factory Operatives.*—Operatives in cotton and woolen manufactories, though far more favorably situated in this country than in Europe, are, as a class, far from being robust and healthy. The atmosphere they are compelled to breathe is always more or less impure and dusty, and the temperature of most mills is kept much too high during the winter. The hours of labor generally enforced are too many, and the time allowed for eating, rest, and recreation too short. The regularity of the life the operative is compelled to lead in reference to meals, sleep, and work is a favorable condition.

16. *Book-Binders.*—Book-binders and Pocket-book-makers have a healthful employment, but are often greatly injured, in common with many other classes of workmen and workwomen, by the confined and impure atmosphere in which they labor.

17. *Engravers.*—Engravers have a very confining employment, and are subjected to the effects of bad postures and a too close application of the organs of sight. The head, the digestive organs, and the bowels frequently become disordered and the sight impaired. Gymnastic or calisthenic ex-

ercises, perseveringly practiced, would do much to prevent the ill effects of this and other sedentary employments.

18. *Tailors*.—Hardly any occupation is more unhealthful than that of the Tailor. He generally works in a close, unventilated, and perhaps crowded room, and in a position which renders it impossible that either respiration, circulation, or digestion should be properly performed. Disorders of the stomach and bowels are, as would naturally be inferred, frequent and obstinate. Pulmonary consumption is also very common. A fresh, rosy, and truly healthy tailor can hardly be found. We hope to see the trade, as at present conducted, entirely abolished by that great benefactor, the sewing-machine.

19. *Shoemakers*.—Shoemakers are only a little more favorably situated than the tailors. Their posture is a very bad one, compressing the abdominal viscera, and especially the stomach and liver, and causing frequent indigestion, headache, bilious disorders, and bowel complaints. Bad air, and not infrequently bad habits, in respect to eating and drinking, greatly increase the evils, already too great, under which they labor. Saddlers and harness-makers have a more favorable employment.

20. *Seamstresses*.—A most unfortunate class. Crowded, unventilated apartments, a bent posture, long hours of labor, bad diet, starvation prices for their work, and a life of constraint, repression, and temptation, leave little room for their state to become worse. No wonder that the sewing girls become pale and thin, that they have pains in the chest, bad digestion, palpitation of the heart, and affections of the spine and ganglionic nerves. The remedy for this state of things—so far as a remedy is possible under existing industrial organizations—must be found in a reduction of the hours of labor, increase of remuneration, a better diet, frequent bathing, and exercise in the open air. But how shall even this partial reform be effected?

The sewing-machine will abolish this occupation, and at the same time new spheres of activity, it is to be hoped, will be opened to young women who are dependent upon their own exertions for a livelihood.

## MY SATCHEL.

BY H. H. HOPE.

### CHAPTER V.—A MORNING WALK.

I miss the things of my childhood. More than most persons I miss them. However insignificant to others they were dear to me. It is owing, perhaps, to a discovery made early in life, that there is one part of a man which may defy Time. He may grow haggard in look, his face full of seams, his hands tremulous and skinny, his back crooked like a bow ready for its office, his step that of a patriarch—

Measured and slow,  
Stately and grand,  
Like a well-spent life;

but his heart—ay! his heart, can remain young, fresh in its greenness, flourishing in immortal youth.

Finding in my young days the secret of immortality, that things which do in fact perish with the usage with most persons, are, by a subtle process, more difficult to account for than alchemy,

permitted redemption and a new birth, and so are alive in my memory this fine April morning—though grizzled in my beard, I am a boy, living my boyhood over again.

So this morning I awoke at peep of day. On the northeast corner of my little cottage a robin red-breast alighted and began its chirp which nothing living but the meadow-lark at this hour of the day equals. Near the top of a tulip-tree was a brown-thresher—the mocking-bird of our Northern States. Under the cornice of my house was a Phebe-bird; and on the hill-side, high up in the top of an old hemlock, sat a crow. Down in the little placid pond before me was swimming a muskrat, his broad and trowel-like tail making a wavy wake, whose ripples diverged till they formed a triangular ridge in the water beautiful to behold. Now and then the expert swimmer would lift his tail in the air, bend down his head and dive; and when he did so, the robin would scream, the Phebe-bird proclaim her importance by a re-announcement of her name, the crow would *caw* with zeal, and all *watch* the diver. Up he would come, rods from his starting-point, and then such a chorus!

I was in bed—a window in front of me, whose sash was up, and I could see and hear it all, for I always sleep with my window up, and my nose, as it were, resting on the window-sill, so as to have air—I do not believe in persons living without air. And as I saw and heard the worship of these creatures, rejoicing in the return of spring, I leaped from the bed, dressed and *ad-dressed* myself, and went out of doors, and took a *survey*. My eye almost instantly rested on a point a mile and a half distant, perhaps on a side hill covered with tall and sturdy trees, making a picturesque and beautiful piece of woodland, and from whose center above the tree-tops there rose a pale-blue curl of smoke that settled down and bathed their branches like a mist. I knew the language. To any other than one conversant with a woods-ey life, the smoke might have been an unknown tongue; but to an old man like myself, whose father brought me, when quite a lad, in the latter half of the eighteenth century, into the woods to live, that smoke had a *voiceful* language. I will go there, I said.

"That is a sap-bush fire, and the person attending it is a woman, I'll be bound. No man makes such a smoke as that. He places the wood so that the fire burns clear, with more blaze and less smoke."

Off I *trudged*—a good English word, and quite descriptive—and when I reached the place I found I was right. On a basswood log, two and a half feet through, sat a girl of sixteen to eighteen years, watching the fire as it crept up the sides of her kettle. Tin dippers lay here and there on the ground, sap-buckets and a neck-yoke, and pieces of pork tied to a stick to thrust in occasionally, and keep the sap from boiling over. Hung on a nail driven into a crotch which held the pole on which the kettle was suspended, was a tin skimmer, with which to skim out the leaves, the dust, and dirt, which, under the boiling process, were heaved to the top.

"Good-morning! my child," said I. I spoke thus familiarly, for I saw she was little startled; and then I am so old, that young persons seem like children to me. "You are engaged in making sugar, I see."

"Yes, sir, or rather molasses, for the spring has so far advanced that the syrup will not grain. This is the last run we shall have, and it is worth saving."

"Are you not a stranger here?"

"Yes, sir, I am, but not a stranger to sugar-making, though in my native State the apparatus for making sugar is not so simple and rude as this."

"May I ask if you were ever here before?"

"I was not."

"I confess to a little curiosity in finding you here, to know who you are, though it is but common courtesy on my part first to enlighten you as to myself:—I am known by the name of Hope—H. H. Hope—and I live just across the pond, in a diagonal course from this. On leaving my room this morning, I saw the smoke at the top of the trees, and, curiously enough, as I saw it, I exclaimed, 'That fire is made by a woman.'"

"Why, how did you know that?" she asked.

"By the density of the smoke. Men place wood around the kettles in a sap-bush differently from women. For an instant I thought it might be an encampment of Indian women, who often come here to spend a week or two, and catch fish, drink the soft water of the spring below you, and weave baskets. But a moment's reflection told me that the smoke came from my old friend's and neighbor's sap-bush, and I said, 'What woman has he got over there this time of day, boiling sap? I'll go and see. So I walked round the head of the pond, partly for exercise before breakfast, and a good deal from curiosity to see who was here, for I was sure that one of your sex was at work.'"

She laughed a little laugh—she beat the robin, the Phebe-bird and the crow all put together, in her music—the music of her laughter. I only wished the brown-thresher could have heard her, he would split his throat from attempting to copy her, or from "env-y." She laughed a little laugh, and said,

"Isn't it curious that woman can not do anything as a man does it. Here am I, now, found out by you by the way in which I build a fire, and you a mile and a half away. Well, well, there is one comfort in it, that our inability to do things like men proves us to have an identity of our own. I wonder if a woman could learn to do anything like a man."

"I think she could," I replied, "that is, as far as man does things right. In some departments of business she would excel him, but in order to do so she must feel free. Strength, power, accomplishment, are only begotten of freedom. While men have awarded to them the liberty to do anything which in itself is right, and women have only the liberty to do what is conventionally right, men will grow great and women will grow small, for while nothing stimulates to effort more than to know that what one needs to growth is out of reach, there is everlasting liberty given to try to reach it. So nothing disinclines to effort and weakens one so much as to know that what one needs for growth is not only out of reach, but that all attempts to reach it are forbidden. In the one case Hope is as an anchor to the soul, sure and steadfast; in the other, Hope turns to despair. Such Hope has always been man's; it has never been woman's. The result is, the difference between men and women is mainly attributable to their difference in opportunity."

"I see, I see. Woman wants *training*, just as our Vermont boys train their colts. She needs to be 'put through her paces.' She needs to be 'trotted out.' Excuse my language of comparison, for in Vermont, since Morgan horses are the rage, our style of illustration has changed. I heard an educated clergyman say of a gentleman whose life is peculiarly sweet and admirable, that 'his *gait* was faultless, his *step* perfect.'"

"You get at my idea," I said. "Woman wants training."

"I wish I had some person to train me."

"Do you?" I inquired.

"I do. I need it. I ought to have it. I am conscious of the need, for I am conscious of the power. Oh, you used the right word. I want opportunity."

"Could you embrace it?"

"Yes, sir."

"Perhaps I may be able to assist you. I must go now. It is my breakfast-time, or nearly so."

"Why not breakfast with me?" she asked.

"What! have you breakfast here?"

"Certainly, or will have. Wait, and let me get it ready. I will show you, if you will give me the opportunity."

"I will," said I, and she began to be busy.

She stepped to the end of the log on which we were sitting, and sportively said, as she stooped down and thrust her hand into its hollow, "This is my cupboard." She drew out a basket—a market-basket filled with dishes and food, and covered with a neat brown table-cloth. She spread the cloth on to some hemlock "browse," and arranged the dishes. She took from a little tin pail some freshly laid eggs, and putting them into a small kettle of boiling sap, awaited their cookery. Walking to the end of the rude stone arch, between which her kettle for syruing was suspended, with a wooden shovel she uncovered from their embers large, nice, baked, or rather roasted, potatoes, and with the wing of a goose she brushed the ashes from them. Arranging her food, she declared breakfast ready. We had

Graham bread,  
Roast potatoes,  
Boiled eggs,  
Sweet cream,  
Barley coffee,  
Maple sugar,  
Stewed peaches,  
Rhode Island Greening Apples,  
And Snow Johnny cake.

Oh! how I eat. I forgot that I was three-score years and ten, and little over, that my children were all married, and most of them had children. I thought I was about seventeen, with the *down* of manhood on my face; I did absolutely. During the whole of that breakfast hour I was in my first—not second, I protest not second—childhood. The things that had perished were risen again. I was in the days of my youth, at home, in our old sap-bush on the hill-side, a broad-shouldered, blue-eyed lad, the terror of evil-doers, beloved of all who liked goodness and truth. My father—noble and venerable; my mother—mirthsome and gay; my brother—delicate and student-like; my sisters—the golden-haired, and she of the raven locks, all came back from

"The land of the hereafter,"

and took their places in the old log cabin. For

one hour, while I was sitting eating my breakfast with this Innocent, fresh from her own Green Mountains, the shadow on life's dial receded 60 degrees, and in its casting I was a boy. I heard the barkings of our old watch-dog, I heard the crows of my old rooster, whose color was blue, with yellow on each wing. I heard the buzzing of our old spinning-wheel, and saw the elastic step of my younger sister, who boasted that day in and out she could spin two runs of yarn. My mother was at the little wheel, which her right foot made to go merrily, while her nimble fingers unwound the flax from the distaff—the pine distaff which I myself had made.

I awoke at the sound of my wood-nymph's voice, who said,

"Well, my dear sir, we have eaten up all our food. You the old, I the young, the representatives of the extremes of life, we have shown what *vegetarians* can do."

I rose, and thanking her for my entertainment, asked to be excused, as my family would perhaps be anxious for me, and bade her good-morning, thankful for the fresh proof, that though old in years, I am young in heart as ever, and determined to know more of this girl who has power, but wants opportunity.

### REMINISCENCES OF GRAEFENBERG.

UNDER the title of "European Acquaintance," J. W. De Forest has written, and the Harpers have published, a very racy and readable book of travels. Invalidism, as is generally the case with travelers who make books, was the ruling motive which induced the author to roam; and the same motive directed his steps to the far-famed Silesian peasant and his world-renowned Cure. The author gives many amusing anecdotes of his experiences and observations in Hydropathy—all of which in a "fiction founded on fact" style of exaggeration and embellishment. We extract a few passages as illustrations of the author's matter and manner.

#### WHY THE AUTHOR WENT TO GRAEFENBERG.

Pursued by the fretting ennui of a monotonous invalidism, I one day reached the triple saloon, the white pillars, and the marble-covered tables of the Café Doney in Florence. I was hob-a-nobbing with Galt, the sculptor, over a couple of ice-creams, when my companion looked up from his spoon, and addressed an individual who stood before us with a "Good-evening, Mr. Greenough."

I rose and shook hands with a gentleman of agreeable air, though reserved and commanding, whose features were high and fine, whose eyes were of a stern gray, and whose full beard and mustache gave him all his natural grave manliness of aspect. Drawing a furred glove from his white taper fingers, Greenough sat down by us, and began to urge me with his rich voice and earnest manner to exchange the warm breezes of Italy for the cool waters of Graefenberg. Hydropathy, he thought, was the temple of health, and Priesnitz was its high priest, or rather its deity. He had spent eighteen months in the establishment at Graefenberg, beholding in that time marvelous cures, not on strangers only, but also on members of his own family. So fervent was his faith, that I finally accepted it as my own, and was persuaded to look for my lost health in the rivulets of Silesia, as Ponce de Leon sought his departed youth in Floridian fountains.

In the person of Neville, a Virginian looker-on in Florence, and also a sufferer from some of the chronic fragrances of nature, I found a fellow-traveler and co-disciple in Hydropathy. When we bade Greenough good-bye, he gave us a letter of introduction to Priesnitz. Thanks be unto the merciful angel who vails from us fu-

turity! for it would have been a somber parting had we known that we were never to see this fine artist and gentleman again. Before I returned to Florence, delirium and fever had torn his cunning hands from the marble, and swept his poetic spirit away to other visions than those of earthly beauty.

#### SCENE ON THE ROAD.

About a week after our arrival in Venice, while patrolling the colonnades of the Piazza San Marco, Neville and I met a couple of fellow-countrymen, Irwine and Burroughs, Southerners, whom we had previously seen at Florence. As we had a stomach apiece, all empty at the moment, we adjourned for conversation to a restaurant handily situated in one of the palace-fronted edifices which, on three sides, confront and ennoble the piazza.

"We are going to Graefenberg," said Neville over his macaroni à la Milanese.

"We are going to Graefenberg," echoed Irwine over a glass of *vin rosso*.

"We shall take the cure," continued Neville. "I suppose you try it also."

"Not a bit of it," replied Irwine. "Priesnitz will have to talk himself to death before he inveigles me into his tubs. I know all about those water privileges."

"Oh, you have been through the mill, then?"

"Not such a blockhead, if you please. But I have seen other people in the suds, and was satisfied with the simple spectacle. I went to an American Water-Cure with a friend, and was incautious enough to stay over night. They stirred me up in the morning, and decoyed me, while I was half asleep, into a wet sheet. I got out of it as quick as I could, and went off at a canter, in hopes of getting warm once more in my life. Came to a spring at last, among the brushwood; a little dirty spring, with foot-marks in the mud all about it. There was a sick minister and his wife, with their tin cups in their hands, looking at the spring and looking at the mud. The minister was very small in the legs and very much wrapped up about the head; gave a fellow the idea of a fork standing on its tines. I thought of two chickens on a frosty morning staring at the snow, with one leg tucked up among the feathers. At last we all stepped gingerly into the mud, like cats, drank more than we wanted, and went off up the hills in very low spirits. When I got back to the house, I found the little minister and his wife, as chilly as ever, surveying the breakfast table. It was a long pine table without any cloth, a row of white plates set like buttons along the edges, with pieces of brown bread and tumblers of milk between them. 'My dear,' says the minister, 'it looks like a very cold breakfast for such a sharp morning.' 'Oh, dear me!' says she, 'I suppose it's good for us.' I ate what I could get, and then took the first conveyance out of the place. So, you see, I know what you fellows are coming to. I prefer to die without suffering so much. You might as well kill a man outright as starve and freeze him to death."

#### ARRIVAL AT GRAEFENBERG.

A green, rolling, woodland country, the eminences of which steadily heightened as we advanced, was the scene of our day's journey. It drew toward evening when we found ourselves rolling through the long winding valley in which stands the little borough of Freiwaldau, and above which towers the hill of Graefenberg. A vagrant rivulet touched at intervals upon the road-side, chilling us already with prospective baths in its swift and frigidly crystalline waters. Here and there stood linen factories, around which bleached long strips of cloth, stretched out like immeasurable recumbent ghosts on the emerald meadows. What a providence, I thought, that the great water-doctor should have been born in a country where he could so easily supply himself with douches and bandages! As we neared Freiwaldau, the road was lined by cunning little cottages, built roughly of hewn logs, but blooming through every window with pots of flowers. It astonished me to see dwellings with those simple beauties of nature which our better-fed and better-schooled laboring classes of New England usually neglect, if they do not coarsely despise.

Rattling into an open square, with a town-house in the center, encircled by the more aristocratic buildings of Freiwaldau, we pulled up at the Golden Star, obtained rooms, sent for the landlord, and instituted new inquiries concerning the success of Priesnitz in killing or curing his patients. But here Priesnitz was taken for granted—Priesnitz was an axiom, an admitted fact. The only point on which our host differed from the possible opinion of the great man was in a certain theory that his hotel was a much better place of residence than the Establishment. The lodging was wretched at Graefenberg, he said; the food was worse, and the building had a bad odor. As to ablutions, he would order a tub big enough for us all, have a bath-man come to the hotel to superintend our moistenings, and provide us with as much water as four reasonable mermen even could desire.

The Golden Star was a pleasant planet enough, and some of us were disposed to accept its head-angel's invitation; but Irwine, whom the air of the locality had already fanaticized, declared for Graefenberg, no matter how disagreeably musty; so that we finally resolved to visit the Establishment and smell it for ourselves, before we rejected the privilege of living under the immediate wing and cluck of Priesnitz.

# The Month.

NEW YORK, MAY, 1858.

## WATER.

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

## TOPICS OF THE MONTH.

BY E. T. TRALL, M.D.

**MATERIA MORTIS.**—The merest tyro in physiology knows that the blood contains the elements of nutrition, which are to build up and replenish the bodily structure, and that the health, stamina, and vitality of the constitution are always and invariably proportioned exactly to the purity of this vital current. And every physician ought to know, that the ability of the system to resist the causes and overcome the consequences of disease, as well as to maintain the prolonged action of the living machinery, may be measured precisely by this same standard—the purity of the blood.

In view, then, of these simple and self-evident propositions, which no well-educated man will, and no miseducated doctor can controvert, what must our readers think of a theory which proposes to cure disease by poisoning the whole mass of blood? Will one of our readers in ten—will one among them all—believe us, when we assert that, in the city of New York, in the year of grace and of great intelligence, A. D. 1858, the doctrine is announced in the first medical college of our country, and taught by the professors who stand at the very head of medical science in the United States, that *medicines operate by poisoning the blood*? On our bare assertion we can not ask nor expect any man, woman, or child to believe anything of the sort. So then to the proof.

Joseph W. Smith, M. D., Professor of Materia Medica and Clinical Medicine in the College of Physicians and Surgeons of the city of New York (one of the oldest and most respectable medical colleges in the country), said to his late class of medical students: "All medicines which enter the circulation *poison the blood in the same manner as the poisons that produce disease*." Now, as all medicines which are taken into the stomach, or absorbed through the skin, do enter the circulation, we have at last this perplexing question of the *modus operandi* of medicines scientific-

ally settled. Professor Smith has told the truth.

The school in which Professor Smith is one of the most distinguished, as well as experienced teachers, has just sent forth nearly one hundred graduates, legally invested with the title of M. D., to *poison the blood of the people*; and they will do it. Wherever they go, calomel, antimony, niter, kreosote, iodine, vitriol, lead, copper, zinc, arsenic, etc., in a hundred forms, will go with them; and rotting teeth, corroded stomachs, ulcerated bowels, debilitated nerves, torpid viscera, and vitiated secretions will attest the truth of their theory and the abominations of its practice.

But will these new-fledged M. D.'s tell their patients anything about this? Most certainly not. Will the young doctor, when he deals out his deadly chemicals, say to his patient: "Sir (or madam), you are very sick—dangerous. You have bad blood, impurities have accumulated in your system, poisons have got into your circulation, and thus you are diseased. I shall now give you some medicine that will operate in the same way as the poisons which have produced your disorder. *It will poison the blood also.*"

No, no, no. Those young Esculapians will maintain a prudent reserve on this point. They will adopt the maxim, that the truth is not to be spoken at all times. They will fall back on St. Paul, and think it expedient to practice a little innocent guile. They will even think it justifiable, under the circumstances, to do a little "white-lying," and pretend that the drugs they deal out will restore to the blood its lost elements. Finally, they will find a subterfuge behind the newspaper advertisements of the quacks, and with assumed innocence or real ignorance, declare that the medicine they prescribe is for the very purpose of *purifying the blood*! And the majority of their sick customers, just as innocent or ignorant as are the doctors themselves, will swallow the stuff, and then open their eyes astonishingly wide and wonder amazingly why they "get no better very fast."

What horrid superstition, what blinding prejudice, what unparalleled stupidity is that which can not understand the simple doctrine of the cure of disease by purification! When the blood is impure, reason, instinct, and common sense teach us that the proper *modus medendi* consists in assisting nature to expel or cast out the

poisons. But we are taught, as the quintessence of the medical wisdom of three thousand years, that, instead of getting the existing impurities out of the system, another medley of poisons must be sent into it!

We shall have a good deal more to say on the subject hereafter, but for the present will conclude with a quotation from another venerable teacher of the same school, Professor Alexander Stephens, who said to the same medical class: "The older physicians grow, the more skeptical they become of the virtues of medicine, and the more are they disposed to trust to the powers of nature."

It is lamentable to think how many constitutions must be ruined, and how many graveyards prematurely peopled, before the two thousand young doctors, which the various medical colleges of our country have just commissioned to go forth and *poison the blood of the community*, find out by their own experience the great truth, that drug medicines kill in the same way that all other poisons do.

**BRANDY AND RATTLESNAKES.**—Since the world has been so long educated into the belief that stimulants, in some strange and mysterious way, impart strength to the living system, and that poisons, by some extraordinary and unaccountable influence, are health restoratives, we find it indeed a laborious and a very difficult task to dispel the delusion. The majority of the people of the present generation will, no doubt, live and die in this faith, if not of it. But we are met with all imaginable objections to the views we advocate, even from those who study the subject candidly, and who, no doubt, are earnest and honest seekers after the truth. The following communication presents several puzzles which are continually perplexing the minds of many of our readers:

DOVER, TERRELL COUNTY, GA., March, 1858.

EDITOR W. C. JOURNAL.—Dear Sir: I read with much interest this morning, your remarks in the JOURNAL for January, under the Brandy-Cure for the bite of a Rattlesnake. You say that it is not the brandy that cures the virus of the rattlesnake, but nature that triumphs over both. Now, I do not join issue with you on the subject of nature's doing the work of curing, nor in favor of the brandy—for I am sure there is a better way—but I would respectfully ask, if the brandy treatment would not be better than no treatment. For, according to your theory of *vital action*, life might be destroyed by too great an effort of nature to relieve itself of the virus; when, by the administration of the brandy-poison, the vital action would be divided for a time, till nature could rally all her forces, and finally triumph over both; when, if left alone, the vital action would be

suicidal, on account of the suddenness and violence of the shock. It is not the poison that kills, but the effort of nature to relieve itself of the virus. Now, if you can control the vital action by the aid of brandy or otherwise, nature will triumph over the virus of the rattlesnake, and will finally cast out both enemies. Now, if this is not true, you will please show us why a man, when bitten by a rattlesnake, can drink a pint of brandy without getting drunk.

Very respectfully, J. N. SESSIONS.

Our friend has overlooked the important distinction between *dividing* and *controlling* vital action, and *wasting* vital power.

While the system is warring against one poison, the introduction of another poison is simply to cause two battles to be waging in the vital domain at the same time. The vital power would be wasting itself in two directions instead of one. In this way "nature," which is another name for vital action, could never "rally all her forces." Why put another enemy into the system so that nature can triumph over both? Vital action can always be controlled, and always should be, by supplying the physiological wants; that is, by placing the organism under the proper conditions for successful remedial efforts; and this is something very different from giving it other poisons to contend against, because it is already struggling with one. You might as well, if a friend of yours were engaged face to face, in mortal combat, with a human foe, send another human being to "attack him in the rear," in order to "divide the vital action," and thus enable your friend to "triumph over both." This, you will at once see, is a very absurd notion, but not a whit less so than the idea of curing disease with poison.

The reason that brandy does not readily intoxicate a person when laboring under the disease induced by the rattlesnake's virus, is simply this: The vital powers are too much engaged or occupied in the struggle with an enemy to resist vigorously another. It is impossible for the vital powers to be directed with preternatural energy to more than one point at the same time. Hence the severer the disease or struggle, the less will be the effect of the brandy. A gentleman in Buffalo, N. Y., swallowed seven quarts of brandy in twenty-four hours without intoxication, while laboring under the effects of the bite of a rattlesnake. This principle is the key to an explanation of a thousand mysteries in relation to the *modus operandi* of medicines.

**WARM AIR VS. COLD WATER.**—We give place to the following letter, because it ex-

plains an important principle, and furnishes the answer to a number of communications we have in hand. It is quite common for those of our friends who have become enthusiasts in the cause of cold water, and who do not distinguish between water-treatment and hygienic treatment, to overdo the cold water part of the business, and then blame the system they have abused, instead of their own ignorance.

PALMER DEPÔT, MASS., March 25th, 1858.

DR. TRALL—Sir: I am a nervous invalid, and believe that I have had my nervousness increased and my physical strength abstracted by too much and too cool applications of water, and that I have lessened my nervousness and increased my strength and self-control by much rubbing, performed by myself, in warm air. That warmed by the sun\* is best, and by an open fire is preferable to stove heat, therefore I submit the following questions for the consideration of those who have the care of nervous invalids, and would be glad to see your opinion expressed in the JOURNAL:

Does not keeping the head wet tend to increase the flow of blood to the head, and to lessen its circulation in the extremities? As water is a rapid conductor of heat and electricity, is it not reasonable to conclude that air bathing is better for those who have less than natural heat and strength?

I have often equalized the circulation so as to induce gentle perspiration, thereby relieving the pressure in my head by such gentle friction as I could use myself in fifteen minutes, and then after dressing have strength enough to walk half a mile. At times when I had taken a water-bath, I could not have established reaction in an hour, and could not walk in the cold wind at all after such bathing, for want of strength. What I mean is simply this—the bathing in water seemed to take away my strength, but bathing in warm air seemed to give me more.

L. M. BISHOP.

**PREVAILING DISEASES.**—We have recently received more than a score of letters, asking particular information in relation to the proper management of scarlet fever, typhoid pneumonia, small-pox, throat distemper, and influenza, which are more or less prevalent in various parts of the country. We hear from all places the stereotyped story of the results of the usual drug-treatment—a great many deaths. In several places water-treatment has been extensively resorted to, without the loss of a single patient. For example, W. A. writes from Waldoboro', Maine:

The scarlet fever has raged very extensively in this place. It has proved mortal in very many cases, or rather the treatment for it has, so much so that the people are very much alarmed, and begin to believe in water-treatment for scarlet fever and throat distemper. We have treated two in our own family, and quite a number of our neighbors' children have been treated with water, etc., and all have succeeded first-rate. Not one has failed where no medicine has been used. Thank the Lord for what little we know of hygienic treatment; we feel comparatively safe.

The temperature is the guide in the management of all these complaints.

\* If some architect would plan a house so that it could be wholly warmed by the sun in fair weather, I believe he would do humanity a great service.

When the heat of the surface is great, the wet sheet is the best application. When more moderate, cool or tepid ablutions should be frequently employed. If there is any inclination to cold extremities, warm applications should be made. The throat should be kept covered with a wet compress. The bowels should be freed in the outset with tepid water enemas. In influenza there is a low fever and much sweating, with a severe sense of tightness in the chest, with difficult breathing and pain in the side, indicative of congestion of the liver and lungs. Tepid spongings occasionally, with the towel to the chest, are nearly all the bathing appliances required. When there is much pain in the chest or very difficult respiration, warm fomentations will relieve. There is no special treatment required for the consequences or *sequela*, as sores, eruptions, dropsical swellings, etc., save careful attention to the general health.

**THE PHILOSOPHER'S STONE.**—In one sense we are very much like Oliver Wendell Holmes, M. D., the celebrated comic poet, who never dares to write as funny as he can. We never dare tell all we think in favor of the system we advocate. If we should say all that we verily believe our system of hygienic medication and hygienic prevention is destined to accomplish for the world, the majority of our most intimate friends would probably regard us as visionary, fanatical, enthusiastic, demented, or crazy—perhaps have a commission *de lunatico inquirendo* appointed to take charge of our person and effects. This would not be agreeable to our feelings, so far as the person is concerned (the effects can easily take care of themselves). Hence we had much rather get our sentiments before our readers through the medium of third persons. The probability is, that we shall hereafter have ample opportunity to do so, as communications like the following are coming to our assistance every day:

**MESSRS. FOWLER AND WELLS.**—About five years since I became a convert to the Water-Cure system of living, and have ever since been an ardent advocate of its heaven-born principles. We have no physician of your school in this vicinity, so that I have been compelled to apply its principles myself or employ Allopathic physicians. I have purchased many of your valuable works, and made myself familiar with their teachings, so as to be able to use them as remedies or as preventives. I have managed several bad cases without any other assistance, and have no doubt that I have prevented many more by taking them in season and arresting them in their incipient stages. I have applied the water-treatment in many cases of high fever, and have never failed to break them up in a few hours. I have found it to work like a

charm in the severest bowel complaints; such cases as are always tedious and dangerous under drug-treatment. I have treated one bad case of pneumonia with success, and also several cases of a milder character.

But it is as a *preventive system* that I most admire it. It teaches men and women so to live as never to be sick; and its tendency is to renovate mankind and elevate them to that state of physical, intellectual, and moral purity in which they were originally created. In short, I consider it the great panacea, the *real* philosopher's stone, which does far more than change all things into gold; for, if strictly adhered to, it produces a "sound mind in a sound body," which is more valuable than all the gems of the Indies.

But I should weary you if I said one half that my feelings prompt. Suffice it to say, that I *know* the system has been of immense benefit to myself and family. We number upward of twenty, and have not paid a dollar for a doctor's fee for more than four years. You may set me down as a life subscriber, and I am sure there are others of my friends who will belong to the same class.

[This correspondent proves his faith by his works. With his communication came a large club of subscribers.]

I hope to see the time when the great principles of this glorious reform shall be universally adopted. God never designed us to be the sickly, puny race that we are. We have degraded ourselves by sensuality and gluttony, and not until we return to truth and nature again, shall we begin to assume that God-like image in which our Maker first formed and fashioned us.

GEORGETOWN, KY.

S. W. T.

**SPRING BEDSTEDS.**—"Blessed be the man who first invented sleep—it covers one all over like a mantle," said Sancho Panza. But "*balmy* sleep—calm nature's sweet restorer," is not to be had under all circumstances. Many of the contrivances in use are better calculated to give a tired mortal fever, fits, or fidgets, than invigorating repose. To insure sound, quiet, natural sleep, two conditions are essential, a light stomach and an easy bed. Abstemiousness fulfills the first condition, and feathers have been extensively resorted to, to answer the second. But herein lies a great mistake. Feathers are sufficiently soft, but they are wretchedly unwholesome. Even cotton, unless very sparingly employed, is too heating, while corn-husks, chaff, straw, sea-grass, etc., are dusty, troublesome, and rather too rough for our morbidly sensitive bones and joints.

Fortunately, the spring bedstead of modern invention comes to our relief. It is the institution *par excellence* for the organ of sleep (an improvement, this, on Professor Fowler's Bumpology). It enables one to keep cool and lie at ease at one and the same time. It also enables one to keep warm without being sweltered with feathers or debilitated with cotton padding. It is, in short, just what it should be—a spring bedstead.

But there are many kinds of springs now

being applied to our bedsteads. They are of all degrees of comparison, from good, better, best, to A No. 1, superlative and super-excellent. We know not how many kinds are in market. We have experimented with several, each of which is an improvement on the old-fashioned ways. But there is one we are now sleeping on, or were a few hours since, which, to our comprehension, can't be beat. We mean Wright's Spring Bedstead. It is as gentle as pity, as refreshing as a swing, as buoyant as a bounding billow, as elastic as an official's conscience, as yielding as water, as soft as the down from a gosling's breast, as complaisant as questionable virtue, and yet as firm as wood and as enduring as steel. It enables every bone, joint, muscle, tendon, sinew, nerve, prominence, depression, angle, or circle to find its appropriate level, while it keeps the whole body as straight as an Indian. It can be fitted to any common bedstead in three quarters of a minute, and costs but \$10; and about the whole of this sum is saved in the less amount of under-bedding required.

**KEDZIE'S FILTER.**—Our country friends are frequently inquiring for some reliable apparatus for filtering water. There is nothing better for family use than Kedzie's patent. It has been many years in use, and has given universal satisfaction. Various sizes can be obtained, at prices varying from \$8 to \$12. It is portable, and very durable.

**COMMENCEMENT OF THE HYGEO-THERAPEUTIC COLLEGE.**—The commencement exercises for the Winter Term of 1857-8 took place at the Lecture Hall of the college, on Tuesday evening, April 13. We have never had a more earnest and thorough class of students, nor a more pleasant school term. The interchanges of thoughts and feelings between teachers and students were cordial and spirited. Brief addresses were made by Professors Trall, Wallace, May, Reuben, Briggs, and others.

The following is a list of the members of the graduating class, most of whom received regular diplomas, and the subjects of their theses:

E. H. Phillips, Illinois—Vital Forces.  
A. T. Hamilton, Penn.—Exposé of Medical Orthodoxy.  
E. B. Ort, Penn.—Menstruation.  
John H. Dickson, S. C.—Ovulation.  
Miss E. L. Davis, Conn.—Fever.  
Jas. D. Craig, Mass.—Histogenetic and Calorific Food.  
Mrs. E. M. Guthrie, Illinois—The Age of Health—A Poem.

Geo. T. Brown, Iowa—Hygieo-Therapeutics.  
D. A. Gorton, N. Y.—The Duties of the True Physician.  
N. W. Fales, Mass.—Need of Reforms.  
W. W. B. Anderson, N. B.—Early Training.  
Mrs. J. H. Stillman, Iowa—Food.  
A. G. Humphrey, Iowa—Disease and Drug Remedies.  
Mrs. Sarah A. Humphrey, Iowa—Principles of Hygieo-Therapeutics.  
B. T. Childs, Tenn.—Circulation of the Blood.  
Mrs. Huldah Page, Maine—Diseases of Women.  
Miss A. P. Dewey, N. Y.—More Light.  
I. E. Westervelt, Ind.—Allopathy vs. Reform.  
Mrs. A. S. Selleck, Conn.—Purity.  
B. I. Smith, Conn.—Rationale of Colds.  
Miss Ellen Higgins, N. Y.—Erysipelas.  
Miss E. M. Hurd, Iowa—Woman as a Physician.  
Mrs. C. S. Smalley, Ohio—Development of Humanity—a Popular Lecture.

Several of the graduates have already engaged places and situations for professional business.

The following preamble and resolutions were unanimously adopted by the class at the close of the term:

*Whereas*, Having listened to the course of lectures delivered during the second term of the New York Hygieo-Therapeutic College (and eighth term of the New York Hydropathic and Physiological School), we feel that we ought, in justice to ourselves, our Faculty, and the public, to express our sentiments in relation to the facilities it offers for the mental and moral improvement of the students of both sexes, and for the acquisition of a true medical education, we therefore

*Resolve*, That we have unbounded confidence in the principles and practice of the healing art, as taught in the Hygieo-Therapeutic College, and do most heartily recommend this institution to all who are desirous of obtaining a medical education free from the errors and absurdities of all drug-systems of whatever name.

That in our debating societies and discussions, wherein students have an opportunity for comparing their views upon medical subjects, we recognize the "Archimedian Lever" which will overturn those errors that have so long clogged the wheels of medical reform.

That we are always desirous of investigating all medical theories, and that in so doing we are not compelled to, nor do we compromise with, error to gain the approbation of the uninformed or to reap pecuniary reward.

That we watch with great interest the rapid progress our system is making, as manifested by the increased numbers of our present class, and the thousands interested in its study and investigation throughout the land.

That we rejoice in the gradual emancipation of woman's mind from the narrow sphere which is commonly assigned her, and that we can highly recommend the Hygieo-Therapeutic College to her, as an institution wherein she can obtain a thorough medical education.

That a copy of these resolutions be sent to the WATER-CURE JOURNAL and to *Life Illustrated* for publication.

E. H. PHILLIPS,  
SARAH R. HUMPHREY, } Committee.  
A. T. HAMILTON,

**CORRECTION.**—In our last issue were several resolutions complimentary to one of our students, B. J. Smith, which were so inaccurately worded as to convey an erroneous impression to the reader, and hence requiring a few words of explanation. The language of the resolutions,

which were hastily written and not submitted for revision, implies that Mr. Smith was in some way a teacher in our college, and the discoverer of principles in relation to the diagnosis of diseases unknown to the Faculty. This, of course, is untrue; the committee who drafted the resolutions did not intend to be so understood; and the class very promptly disclaimed their obvious implication. Mr. Smith, who has given much attention to Phrenology, gave lessons to a part of the class—his fellow-students—in the lecture-hall of the college, such exercises being always encouraged by the Professors. They were very acceptable to that portion of the class who attended them. Hence the complimentary resolutions.

## To Correspondents.

Answers in this department are given by Dr. TRALL.

**THE BIBLE ARGUMENT.**—H. K. D. "How will you prove by the Bible that it is not right to eat meat, when the following passages, besides many others, will prove to a demonstration that it is right: See Acts of the Apostles, x. 12-13; Matt. xv. 11; 1st Tim. iv. 8; Gen. ix. 3; Levit. xi."

It is enough for us to show that the Creator has ordained the fruits of the earth to be man's proper food, and that all science and all human experience prove such food to be the best. If anything in the Bible seems to be inconsistent, it is your business, not ours, to reconcile the discrepancy. Read the first chapter of Genesis carefully.

**DIABETES.**—W. V. F., Lewiston, Me. This disease can seldom be cured by self-treatment. It is always dangerous, though curable in the early stages at a good establishment. Prices are from \$5 to \$12 per week.

**ERYSIPELAS HUMOR.**—T. F., Morris, C. W. Will you please inform me what my ailment is, and give me a few directions as to the cure? I have been troubled for the past three or four years with a disease of the skin, which affects me very peculiarly. If I exert myself at any work so as to cause perspiration, there is a watery kind of matter comes out in different parts of my frame, especially on my forehead, face, neck, ears, and hands. If I was not to exert myself in any way, my skin would be as clean and white as any one's. It is only when I work that this comes. There is great itching with it, and when it dries up, a white kind of scales covers the skin, which after a time peels off. I am twenty-five years of age, unmarried, and have till very lately been employed at work that did not require exertion of body. My general health seems good. I have read your three Journals with great pleasure, to which I am a subscriber.

You have a humor in the blood, probably caused by a torpid liver. Nature is endeavoring to cast it out. Favor the process by a plain, abstemious diet and a daily bath.

**NEURALGIA.**—I. B., Caledonia, N. C. We can not give you "the remedy for neuralgia." There is no such to give. If you will describe all the circumstances of your case, the way in which you live, the diseases you have had, the medicines you have taken, with all existing symptoms, we may be able to tell you of a plan of treatment which will cure.

**CANCERS.**—C. L. H., Wheatland, Wis. It is not always necessary to use caustic or "extractors" to remove the cancer. We have known the tumors to be removed by absorption by means of refrigerating applications. We have no knowledge of a vegetarian society in Wisconsin.

**COFFEE.**—D. F. D., Brownsville, K. T. Do you consider corn or wheat used as a substitute for coffee derogatory to the health of a healthy person.

Not if the corn or extract is eaten. Grain was never made for drink.

**LONG HAIR AND SHORT SUPPER.**—A. I. L., Lebanon, N. H. 1. Is it unwholesome to wear the hair long (or beard)? I have a child now almost a year old whose hair is pretty long and thick, and has been since its birth; would it be for its health to keep its hair cut short? so say all the old ladies. 2. Is it unwholesome to eat supper at seven o'clock, and retire at nine?

1. Never mind what the old ladies say. Your child is all right, so far as the hair is concerned. 2. No, not if your supper is of proper quality and quantity.

**INCIPIENT CONSUMPTION.**—I. H. M., Prescott, Wis. Please inform me of the proper remedy for the following complaints: Acidity of the stomach, heartburn, habitual constipation, also a weakness in the small of the back, sometimes extending around the lower part of the bowels? Aside from the above complaints she enjoys good health. I will also state that she is predisposed to consumption, all of her sisters having died of it on arriving at about her age—twenty-three.

The probability is that she will go the same way, unless she adopts at once the rigid discipline of a thorough Water-Cure. It is worse than useless for us to prescribe home-treatment for such cases. Three out of four will not attend to our directions, and one out of four can not.

**WOMAN SLAUGHTER.**—I. L. T., Boston, Mass. A young lady in her twenty-fourth year, expecting to be confined within a month, complained of the headache; this increased until 2 A. M., when it became so violent, Doctor Allopath was called in. Before he could give relief, convulsions followed, at intervals more or less violent, and he found it necessary to administer chloroform, morphine, and syrup to keep her quiet. This was continued from Sunday A. M. to Friday A. M.; convulsions increasing in violence until it required three persons to hold her, and the constant application of the above remedies, when labor pains commenced; not having strength to bear the child, and being entirely unconscious, a consultation of medical doctors was called, and it was decided to use the instruments. The womb was found closed, and the child turned and laying crossways. It was with some trouble removed, dead; after which the mother sunk rapidly, until a quarter past six the next day, she slept that sleep that knows no waking. Human nature could stand it no longer. She had previously been bled for the pain in the head; had met with no accident, and was to all appearances progressing finely. The room was about twelve feet square, two windows and a door, which were of course kept closed, and an air-tight at sea; room seventy degrees Fahrenheit. She made repeated attempts to remove the chloroform from her face. Will you please state through the WATER-CURE JOURNAL what you think caused the death of the child? If the convulsions were the efforts of nature to expel the child? If hot cloths or cold applied to the (bowels) abdomen would have relieved her? In fact, please say, for the benefit of your numerous readers, what your mode of treatment would probably have been? I think she was murdered, as thousands have been and will be by those allopath M. D.'s, who go about "seeking whom they may devour." The case took place in Boston, Mass., and was attended by three of the most respectable physicians that city could boast of—but don't mention it.

Comment is useless. The woman died of narcosis induced by the drugs.

**RAVENOUS APPETITE.**—A. W. W., Wirt, N. Y. All gluttonous propensities, or inordinate desires to eat, are caused by a morbid stomach. Restrict yourself mainly to a diet of parched corn, raw wheat, or hard wheat-meal crackers, with a little fruit. Drink nothing at meals.

**COD-LIVER OIL.**—J. O. D., Pawtucket, R. I. In the WATER-CURE JOURNAL for March, I understand D. S., of Ga., to ask, if the pretense of extracting oil from codfish livers is not an impudent humbug? To which you answer, "You have guessed it."

Do you wish to be understood to say, that oil is not extracted from codfish livers?

No. We mean that its employment as a remedy for consumption is an imposition and a humbug.

**DRUG DISEASE.**—O. P. S., Portland, Oregon. Will Dr. Trall please tell through the WATER-CURE JOURNAL what ails me? I have a pain in the back of my neck and shoulders; soreness in my chest; sometimes shooting pains along the breast-bone; very bad taste in my mouth at times; weakness in my joints; hawking and spitting up of a very tough mucous matter at times; have very bad appetite, craving a great deal more than my stomach can digest; am very despondent at times, thinking that I would be a great deal better off dead than living. I have been drugged by several doctors for the liver complaint. About three years ago I had the fever and ague several months: have been ailing ever since. My eyes feel as if they were blurred over; in fact, I believe I have all the pains and aches that man was ever heir to. I should be very glad to know what ails me and how to cure the same.

There was never a man so severely drugged for a liver complaint who ever enjoyed sound health afterward. The best you can do for yourself is to live as hygienically as possible. The electro-chemical baths would assist materially in getting rid of the drugs.

**ENLARGED NECK.**—W. A. B., Youngstown, O. This disease can usually be cured if taken in the early stages. Packs and douches, according to the vigor of the patient, with a very strict diet, are the leading measures. Injections should not be used so cold, in the case you mention, as to occasion much chilliness or other distress.

**DYSPEPSIA, ETC.**—S. A. C., Claremont, N. H. It is useless to prescribe common-sense medication to sick folks until they get over the mania for taking drugs. If your friend will quit all sorts of "doctor stuff, adopt a plain vegetable diet, and take a tepid bath daily, she will do all that she can understand the reason of. For the present, she had better go to a "Cure."

**SASSAFRAS TEA.**—D. M. B., Bersheba Springs, Tenn. Will you answer in the WATER-CURE JOURNAL what you think of the use of tea made of the bark and root of the sassafras tree. *Præsumo are a n g e t i n m y n e i g h b o r h o o d*, and I wish to know if you consider its use injurious?

It is injurious. All beverages, save simple water, are more or less injurious. Sassafras tea is, however, much less injurious than the Chinese article.

**FUNCTION OF THE LIVER.**—N. K., Penn. Is the secretion of the bile by the liver a process of purification of the blood, or is it to aid the bowels in their operation, as some contend, or is it both? Does the torpor of the liver consist in its incapacity to secrete the bile, and is the dullness that ensues to the individual in that condition occasioned by the thickness of the blood, from the superabundance of bile in the blood-vessels? If not, why the sleepiness and languor accompanying that affection?

Can not the human constitution become, by habit, in some cases, so accustomed to, or acclimated as it were, to certain kinds of living that are generally considered injurious, as not to increase pains or shorten life, on the same principle that it can become acclimated to different climates?

The secretion of bile is a purifying process. A torpid liver implies an inability of the organ to secrete the bile-elements from the blood. The consequences are thick blood, imperfect circulation, dullness of mind and debility of body, etc.

There is no such thing as getting "acclimated" to poison, so that it will cease to be injurious. As the living system loses its ability to resist it, the poison seems to have less influence.

**CONSUMPTION.**—S. W., Solsbern, Ia. We fear from your symptoms that you are consumptive, and require the strictest management under the advice of a competent hydropathic physician. We decline to give directions for home-treatment in such cases, for the simple reason, that it is impossible to do so.

**ITCHING.**—D. C., Atlantic County, N. J. Will Dr. Trall please inform us something of the causes and cure of a troublesome itching that is now prevalent in this section, and oblige? etc.

Everything which causes bad blood and foul secretions will induce either cutaneous itching or internal "canker." We can not tell the particular causes just now operating in your place, without knowing how your people live. The remedial plan is, purification.

**GONORRHEA.**—Your case is curable at an establishment, but we do not believe you will succeed with home-treatment.

**CANCER.**—A. L. M., Chicago. Your case, if taken early, can be cured in a very short time, not exceeding four weeks.

**COMPLICATED DYSPEPSIA.**—B. F. B., Attala, Ga. Treat your case as recommended for liver complaint in the Encyclopedia. We do not write letters of advice gratuitously.

## Business Notices.

SPANISH QUARTERS and English shillings are received by us for twenty cents only.

POSTMASTERS are respectfully solicited to act as agents for our publications. Our terms are low, and commission liberal.

WANTED.—Volumes 2 and 4 of The Phrenological Journal, for which we will pay double the original cost, or more, if required.

Address FOWLER AND WELLS,  
308 Broadway, New York.

## 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.



**Water Cure and Hydropathic Medical College.**  
 R. T. TRALL, M.D., Proprietor.  
 O. W. MAY, M.D., Physician.  
 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; kinesiopathy, calisthenic, 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; lying-in women accommodated with suitable apartments and proper nurses. Additional accommodations have been provided for the convenience of boarders and the friends of patients. Out-door practice in city and country attended to.

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

### THE SWEDISH MOVEMENT-CURE,

and the COMPRESSED AIR BATH, etc. used in America only at Dr. Taylor's Water-Cure, 67 West Thirty-eighth Street, New York.  
 GEO. H. TAYLOR, M.D.  
 CHARLES F. TAYLOR, M.D.

### NEW YORK WATER-CURE.—DR.

J. P. Wallace, of the Hydropathic Medical College, has opened a Cure at No. 48½ (old No. 52) Morton Street, near Hudson.

His experience enables him to give the *utmost assurance* that patients will be treated with skill and attention, ever keeping in view the condition of the patient, as well as the nature of the complaint—a point too often overlooked by physicians.

Having given much attention to Urinary Diseases and Displacements in all their varieties and complications, his knowledge of the structure and functions of the parts affected enable him to give patients the fullest assurance that they can, in most cases, be cured.

His patients have access to most of the college lectures free. For particulars, send for circular.

J. P. WALLACE, M.D.  
 48½ Morton Street, N. Y.

### GEO. F. ADAMS, M.D., WATER-

CURE PHYSICIAN, will open, May 1st, a large first-class house on Brooklyn Heights, corner of Columbia and Cranberry Street, for the accommodation of Patients and Boarders. The house is delightfully situated, overlooking as it does New York Harbor, East River, Bay, and surrounding country, and can not be surpassed as a summer residence.  
 BROOKLYN, March 10th.

### WATER-CURE FOR LADIES.—DR.

Amelia W. Lines has returned to Williamsburg and taken the very commodious and pleasantly-situated house No. 26 South Fourth, corner of Second Street, which is now ready for the reception of Patients and Boarders.

### FREE TO THE SICK.—A PAMPH-

LET ON DISEASES OF WOMEN, with Observations on Lung and Chronic Maladies, may be had gratuitously by addressing  
 SYLVESTER B. 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 their new Institution for the reception of Patients at Saratoga Springs, N. Y., on the 30th March, 1853.

For Terms and Circulars, address  
 ROBERT HAMILTON M.D.

### DR. BEDORTHA'S WATER-CURE

ESTABLISHMENT is at Saratoga Springs.

### DR. MUNDE'S WATER-CURE

ESTABLISHMENT at FLORENCE (three miles from the Northampton D-rail) Mass.

Price for patients, \$12 per week. An allowance made to persons in narrow circumstances.  
 May 8t

### MOUNTAIN GLEN WATER-CURE.

PLAINFIELD, N. J., twenty-eight miles from N. Y. by Central R.R. of N. J.

Possesses superior advantages in purity of air and water, romantic scenery, and personal attention. Now open.

Address  
 May \* A. UTTER, M.D., Physician and Proprietor.

### JAMESTOWN INSTITUTE.—A NEW

school will be opened in Jamestown, Chautauque County, N. Y., on Monday, May 10th, for pupils of all ages and both sexes. It will be original and peculiar in all its modes of unfolding character. Great pains will be taken to strengthen the physical, by gardening, dancing, and physical training, to harmonize the spiritual with the physical, and discipline the intellect so as to unfold the power of thought rather than load the memory with the thoughts of others. We shall not only welcome the healthy and strong, but solicit the care of the feeble, and are confident we can raise many to strength at the same time we instruct.

The present season we will take parents to board with children, if desired. A prospectus and statement of plan may be obtained of S. T. Munson, 8 Great Jones Street, New York, or of the proprietor. Jamestown is beautifully situated on the outlet of Chautauque Lake, and can be reached from Westfield, on the Lake Shore Road, by steam, steamboat across the lake, or by stage from Little Valley, on Erie Railroad.

Terms.—\$4 per week, and pupils will be received at any time. See prospectus and circular.

O. H. WELLINGTON.

### DR. VAIL'S GRANITE STATE

WATER-CURE, HILL VILLAGE, N. H.—This Institution furnishes employment to such patients as desire it, and are able to engage in it, for which suitable compensation is made, enabling them to reduce their expenses, if they need. Three years' experience assures us that this arrangement is one of great value to many patients, making their success more certain, and their cure more rapid. The blind and the lame, as well as those afflicted with all sorts of chronic ailments, whether of the male or female organization, have been perfectly restored at this Institution; and patients are requested to send in their inquiries with a description of their cases, when they will receive a prompt reply in regard to their prospect of success. Address the Proprietor, inclosing stamp for circular.

### 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 classes of disease, both acute and chronic, and with almost unparalleled success in the varieties of Lung Disease, Rheumatism, Female Diseases, Dyspepsia, Nervous Debility, 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.,  
 JAS. H. STEBBINS, M.D.,  
 GENEVA, N. Y.

### TO YOUNG MEN.—GLEN HAVEN.

—There are ten of thousands of you in the United States, who, while boys, for want of proper instruction from your parents, guardians, or friends, fell into habits which have resulted in great debility of your reproductive system. By it some of you have become sick, others despairing; many of you are sure to die prematurely, to drop into early graves, as untimely fruit falls from its tree, unless you are speedily and successfully helped.

In a majority of your cases—allowing me to judge of your conditions from the very great number of patients I have treated—you have reached a point where you are conscious of impaired memory, are unsocial, have dreams which follow you into wasteful life only to make you wretched, are uncertain in purpose, and debilitated in body. Many of you have tried medicine to no benefit, and are steadily growing worse.

Yet most of you can get well, can have this terrible drain on your nervous system stopped, can be enabled to take your places in society, and be equal to the demands which the world sends forth for young men in its struggles for redemption. If, then, I state the truth, will you not be cheered by it? Rest assured, that I should not speak thus confidently, were I not as familiar with this difficulty in all its variations as an Allopathic doctor is with a lancet. I know what I am talking about, when I say that Spemtorrhoea gives way to judicious water-treatment better than to any other method of practice; and the proof that I am right is to be found in the fact, that my patients having tried other methods, and failed, come to me at Glen Haven to be treated hydropathically, and recover firm health. There are thousands of young men who can speak their thanks for their restoration.

I do not ask you to come to Glen Haven. You must act as you think best. This I may say with propriety, I think, and with truth, that the grapes of Eschol were not more unlike those of the Dead Sea than Glen Haven, as a Water-Cure, is unlike the other Water-Cures in this country. They may be its superior, but the question of superiority is not to be doubted; and is always acknowledged by those who visit them, and then visit it. But should you think of seeking advice and treatment at the Glen, allow me to call your attention to what you may expect of me, and what I shall expect of you, for in an age of so intense quackery as this, frankness is akin to virtue:

1. At the Glen, you will have water-treatment, and not drug-treatment. I do not deal in poisons.
2. You will have water applied in forms different from the usual methods. My processes are my own.
3. No electro-chemical baths; they have had their day.
4. Nutritious, yet unstimulating food.
5. Regularity of habits.
6. Abundant exercise in the open air.

I shall not hesitate to ask of you courage, faith, endurance, and thorough resolution. I shall commend to you abiding confidence in God's goodness, uncompromising faith in Nature, and ready obedience to all my requirements, and thus mutually related, I pledge myself, if God helping me, to lead you from your desert wastes, hard-trodden in your wanderings, to green fields through which

The waters of life flow freely.

Think of the matter, my young friends, and as vigorous bodies, retentive memory, power to think, and calm, resolute self-possession are superior to your present conditions, decide, and decide wisely.

I can not close this communication without saying a word to those who may be afflicted with disease of any kind. Do you want to know whether Glen Haven is the place for you? I respectfully call your attention to the fact, that notwithstanding the severe monetary pressure, there have been under my administration, at the Glen, the past winter, not less than eighty-five persons—thirty-one ladies and fifty-four gentlemen, and that by looking in the April Journal—the month preceding this—you can see what they think of my method of my treatment. Look at their residences. The very distances they traveled to reach the Glen are my testimonials.

With respect to the treatment of the diseases of women, I have only to say, that water-treatment is superior to any and to all other methods. My associate is Miss Harriet E. Austin, M.D., already as well known to the readers of the Journal as to have achieved a reputation as a writer, but far more favorably known as a practitioner of hydropathy. Her decided talent, her large intuition, her keen tact, her calm judgment, her simple, ingenious, and truthful men, her faith in Water-Cure, her deep and abiding trust in God, pre-eminently fit her to deal with sick persons; and those who have the opportunity to know her, hold her friendship as of the highest price.

Persons wishing a description of the Glen, its advantages, prices, accommodations, etc., etc., can have a circular giving minute information, and *precisely true*, sent to their address, by applying to me, by letter, and inclosing a 5 cent postage stamp to pre-pay answer.

ROUTE TO GLEN HAVEN.—From East or West, come on N. Y. Central Railroad to Syracuse, thence by Syracuse and Binghamton Railroad to Homer, and stop at Van Auden's Hotel, then to the Glen by livery. Or, from East or West, on N. Y. and Erie Railroad to Binghamton, thence on Syracuse and Binghamton Railroad to Homer, and on to the Glen by livery.

For the proprietor,  
 JAMES C. JACKSON, M.D.,

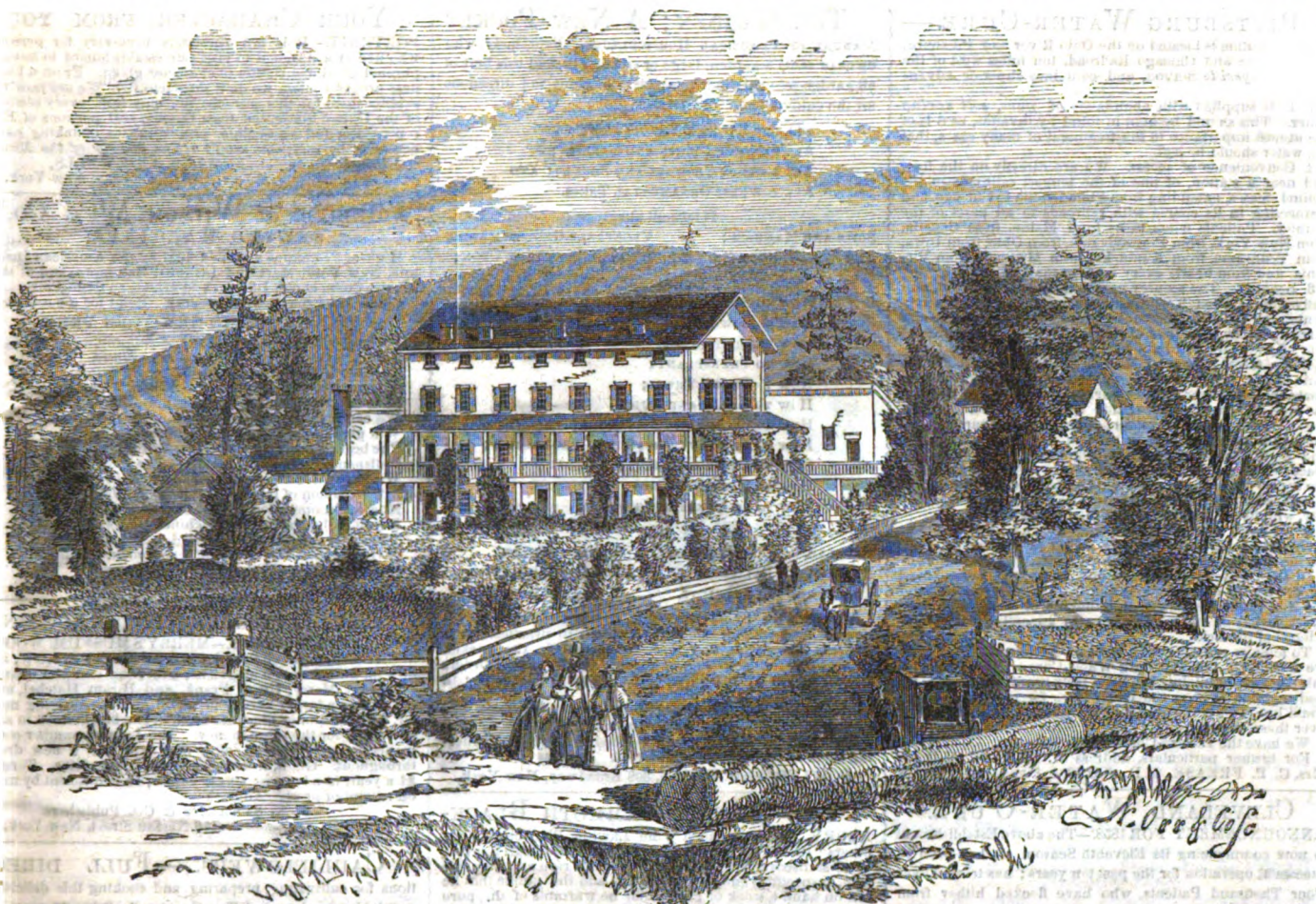
Glen Haven Water-Cure, Scott, Corland Co., N. Y.

May 1, 1853.

### PEORIA (ILLINOIS) WATER-CURE.

—This institution is now opened. It is a beautiful situation. The proprietor has had many years' experience as a Water-Cure Physician, and has been eminently successful, especially in diseases peculiar to females.

DR. GEO. C. WOOD, 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 \$8,000 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's 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.

**BINGHAMTON WATER-CURE,**  
BINGHAMTON, BROOME COUNTY, NEW YORK.—We continue as heretofore to treat all curable diseases successfully; and wish it particularly understood by the afflicted public that we give more than ordinary attention to *Seminal Diseases and Female Complaints, Spermatorrhea and Nocturnal Emissions, treated by a new and nearly painless operation, with a success which defies competition.*

Invalids who have failed in their previous attempts to get well are cordially invited to give us a call. A Female Physician of large experience and practice in attendance.

Terms—from \$5 to \$10 per week.  
For further particulars, address

O. V. THAYER, M.D.

**PINE GROVE WATER-CURE,**  
RAYMOND, MISSISSIPPI.  
J. S. WISE, M.D.

**FRANKLIN WATER-CURE, NEAR**  
Winchester, Franklin County, Tennessee. Address  
B. W. CHILDS, M.D., } Proprietors.  
A. T. HAMILTON, M.D., }

**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.

**MERIDEN MOUNTAIN WATER-CURE,** at Meriden, Conn., on the line of the New York and Boston Railroad, midway between Hartford and New Haven.—Dr. TRALL and MAY, of the New York Hygienic-Therapeutic Institute and College, No. 15 Laight Street, New York, will open the far-famed Meriden Mountain House as a Water-Cure and Hygienic Institute, on the first of June.

This is one of the most romantic and salubrious places in New England; four hours from New York; three trains run daily each way. Superior advantages for female patients and lying-in women. Terms very reasonable.

**LIGHT DELICIOUS BREAD, WITH FLOUR AND WATER ONLY.**—How to make it (with fine or coarse flour) and Thirty other Receipts for HEALTHFUL COOKING, etc. A Little Hand-Book sent for 11 cents, in stamps, by  
WM. HUNT, Boston Water-Cure, Mass.

**KEDZIE'S WATER FILTER.**—THE subscribers give notice they have made arrangements with Mr. Kedzie, the patentee of this justly celebrated Filter (under his own supervision), to manufacture and sell throughout the United States, at the same prices and discount to dealers, as when made by J. E. Cheney & Co. Note the change of address.  
JAMES TERRY & CO.,  
State Street, Rochester, N. Y.  
Old stand of J. E. C. & Co.

For descriptive circulars address as above.

**CHESTNUT SPRINGS HYDRO-PATHIC INSTITUTE,** 8 miles (by R.R.) from PHILADELPHIA, will be open May 1st, for the reception of Patients. For particulars, address  
6.\* DR. WEDER, Chestnut Hill, Pa.

**LEHIGH MOUNTAIN SPRINGS WATER-CURE.**—All diseases are curable with Water, Air, and Diet, at this celebrated Institution. For particulars, address  
1.\* A. SMITH, M.D., Bethlehem, 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.

**GRANVILLE WATER-CURE IS** as good as any other. Address W. W. BANCROFT, 61.  
Granville, Licking County, Ohio.

**GRAEFENBERG WATER-CURE AND KINESIPATHIC INSTITUTE,** New Ulm, N. Y. Electro-Chemical Bath has here been administered with great success for the last year and a half. Address Aug. 11. R. HOLLAND, M.D., New Graefenberg, N. Y.

**ATHOL WATER-CURE.**—For particulars, address GEO. FIELD, M.D., Athol, Mass.

### PITTSBURG WATER-CURE.—

This Institution is located on the Ohio River and Pittsburgh, Erie, Allegheny and Chicago Railroad, ten miles west of the city at *Hyattsville Station*, and combines superior advantages.

1. It is supplied with abundance of *pure, soft spring water*. This should be kept in mind by invalids, as it is of the utmost importance in the treatment of many cases, that the water should be *soft*.

2. Convenience of access. We are directly on the line, and near a station, of one of the longest railroads in the United States, extending from Philadelphia to Chicago, and connecting in its course with railroads to all parts of the country. Patients come to us from Maine, from Canada, from New York, from Pennsylvania, from Ohio, from Iowa, from Tennessee, from Kentucky, from Missouri, from Virginia, and from nearly every State in the Union.

3. Scenery. The scenery here is truly grand, varied, and enlivening. Though within fifteen minutes' ride of a city containing 125,000 inhabitants, we are in the country, and surrounded by hundreds of acres of native forest. In the rear of the Cure are lofty hills, deep ravines, huge rocks, majestic forest trees, and shaded walks. In front are the Ohio River, with its crystal waters, its magnificent steamboats, and its ever-shifting variety of objects, to gladden the eye and satisfy the mind; and the railroad stretching its long arms in either direction, and carrying its thousands of passengers in view of our door, adding life and animation to the scene. Ours is no out-of-the-way place, where patient's may die of ennui. Though we are in the country, and in the enjoyment of its pure air, and shaded forests, and fine scenery, we are also in easy reach of the city, with its life, and social and intellectual enjoyments.

4. Climate. Our climate is remarkably healthy; and to its invigorating influence we give a due proportion of credit for the many remarkable cures we are enabled to perform.

Of the Physicians, we have only to say, that seven years' experience in conducting Water-Cure Establishments, and the successful treatment of hundreds of cases of almost every variety of disease, justify us in appealing to the confidence of the sick.

To females suffering with diseases peculiar to themselves we commend the Pittsburgh Water-Cure. Our success in this class of complaints has been truly gratifying; and if we had occasion to bless the Water-Cure for nothing else, we could but yield it our grateful homage for its healing power over these diseases.

We have the Electro-Chemical Baths.

For further particulars, address H. FREASE, M.D., or Mrs. C. P. FREASE, M.D., Box 1804, Pittsburgh, Penn. if

### CLEVELAND WATER-CURE.—

ANNOUNCEMENT FOR 1853.—The above Establishment is now commencing its Eleventh Season. It has been in successful operation for the past ten years; has treated over Four Thousand Patients, who have flocked hither from nearly every State in the Union. It is now the oldest Establishment in America, having been under the charge of one Physician longer than any other Institution of the kind.

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

Large expenditures have recently been made, without and within, in enlarging, beautifying, and improving.

We still continue to use the Electro-Chemical Bath in cases where it can be applied appropriately; and our experience fully justifies previous anticipations, that in the cure of very many diseases it is an invaluable aid, and in many others it is impossible, with our present knowledge, to effect a cure without it.

Determined to spare no expense in keeping up the high reputation which the Establishment has always sustained, the Proprietor has made still another addition to his means of cure. He has enlarged and perfected his Gymnasium, and secured the services of Prof. C. S. Drexler, who has had an experience of fifteen years as a teacher of Gymnastics and Kinesiology. He will give his personal attention to this department. Patients of the most feeble, as well as those of stronger powers, can reap the invaluable additional benefit resulting from this treatment.

In the Female Department, FINEARTS E. SCOTT, M.D., still continues at her post. Of her ability and success it is only necessary to say, to those who are unacquainted, that they will be most cheerfully referred to those who are. The large experience we have had in the treatment of the 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 surpassed by none.

We have made a discovery, the past year, which we are applying to that large family of serious diseases; and from present statistics, we think it is destined to effect a wonderful change in the successful treatment of that class of diseases.

To the sick and afflicted who are seeking health, and who wish to try what art and skill, surrounded by all useful facilities and the most careful attention can do, to give again the blessing of health—we kindly invite them to give us a trial.

T. T. SEELYE, M.D., Proprietor.

April 1, 1853.

"THE GARDEN" IS THE BOOK OF THE SEASON, and everybody who cultivates a square rod of land should have it. You will get back many times its cost, in increased crops, in a single season. Price 80 cents, in paper; in muslin, 50 cents.

### THE GARDEN; A NEW POCKET

MANUAL OF PRACTICAL HORTICULTURE. Everybody who owns or rents a garden, large or small, will find this book of all garden manuals indispensable. It gives full directions for the cultivation of

ALL THE KITCHEN VEGETABLES;  
ALL KINDS OF FRUITS AND BERRIES;  
ALL SORTS OF FLOWERS AND SHRUBS; AND  
ALL THE BEST ORNAMENTAL TREES.

It tells all about

SOILS AND MANURES; VEGETABLE GROWTH; AND  
THE STRUCTURE OF PLANTS; WHAT PLANTS LIVE UPON;  
and shows

HOW TO PREPARE THE GROUND;  
HOW TO SOW SEEDS;  
HOW TO CULTIVATE;  
HOW TO TRANSPLANT;  
HOW TO PRUNE TREES;  
HOW TO GRAFT AND BUD;  
HOW TO CHOOSE THE BEST SORTS;  
HOW TO PRESERVE FRUITS AND VEGETABLES;  
HOW TO DESTROY INSECTS;  
HOW TO MAKE HOT-BEDS;  
HOW TO DO EVERYTHING.

It is

POPULAR, COMPREHENSIVE, SIMPLE IN STYLE,  
PRACTICAL, RELIABLE, FULL OF INFORMATION,  
THOROUGH, CONVENIENT, VERY CHEAP.

You may readily understand it, easily remember its directions, and without difficulty put them in practice. It is *multum in parvo*, and may be carried in the pocket. Adapted to all sections, and sold everywhere. Orders should be sent in at once. Price, in paper, 80 cents; in muslin, 50 cents.

The Series of four "Rural Hand-Books" to which this belongs—"The House," "The Garden," "The Farm," and "Domestic Animals" will be furnished to subscribers ordering them all at the same time for \$1. Address

FOWLER AND WELLS, 303 Broadway, New York.

### THE SEACOR MAMMOTH BLACK-

BERRY, by some called "the Lawton Blackberry," by others "the New Rochelle Blackberry."—LEWIS A. SEACOR, the first discoverer and propagator of this rare and valuable fruit, respectfully informs his friends and the public that he has on hand a stock of Plants that he warrants of the pure and genuine kind, which he offers for sale. All Plants taken up, and boxed or bundled in good order, free of charge, and put on board of the express at the following prices: 100 Plants, \$10; 50 Plants, \$5; 25 Plants, \$3; one dozen, \$3, with Plants put in to pay the charge to New York. By the quantity, less.

LEWIS A. SEACOR,  
11 New Rochelle, Westchester County, N. Y.

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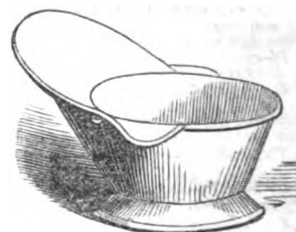
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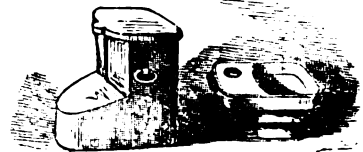
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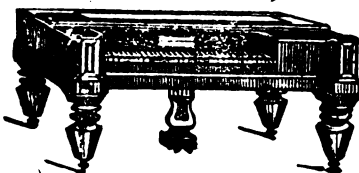
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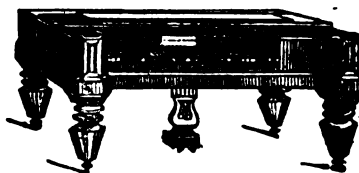
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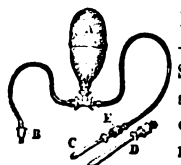
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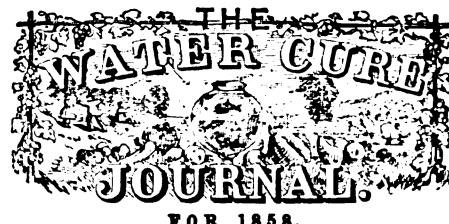
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