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General Articles.

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

TO DRUG-TAKERS.

BY W. T. VAIL, M.D.

I TAKE the liberty, my friends, to address you, because I too have been a patronizer of the system you honor, and have had much personal experience in its practical workings.

I am well aware that many of you are suffering untold agonies from disease; that your lives are worth but little to yourselves or to the world; and that they never can be unless you are delivered from the thralldom of both disease and drugs, and made to live the free, healthful, happy existence the Creator originally designed for you. These same agonies and sufferings which you are experiencing, this same thralldom to disease and drugs, this same vain and purposeless existence which you are now passing through, were things known long and well to me in my youth and early manhood, nor can I ever forget them while life remains. I am, therefore, qualified to speak to you, not only theoretically as an admirer of a new system, not only practically from my experience as a physician, but sympathetically also, as a sufferer and a patient, who

feels that he has risen to a proud position of health and happiness, and, as he trusts, of usefulness in life.

I long the more ardently to address you also, because I know that among your number are many of the young, the gifted, and the beautiful of our race, just developing into the responsibilities and entering upon the important duties, of manhood and womanhood; whose hearts are naturally full of ardent hopes and fond anticipations of the future; whose minds are eager for any knowledge that may aid them in the fullest realization of their wishes, and in the most perfect development, exalted use, and complete enjoyment of all the good and noble gifts the Creator has so graciously bestowed upon them. But I would speak also to all invalids of every age and description, who are the subjects of disease, or pain, or suffering, or weakness, or inability, or despondency; who are hoping to secure the natural vigor of their organization or realize the joys and rich blessings of uninterrupted health, through the action of poisonous and disorganizing agents upon their bodily organism. God never designed you should do this, my friends. How could he, in his wisdom and goodness, invite you to embrace and press to the very bosom of your life the most deadly enemies of your being? A demon might take upon himself to persuade you that the fair and innocent look of some poisonous element, so disorganizing in its nature that a single drop placed upon the tip of your tongue should destroy your life in a few moments, might, under form of certain reductions and combinations, in consequence of some delusive temporary effects, be good for you to introduce into the life-currents of your bodies, there to be diffused in contact with all the delicate tissues and minute fibers of your wondrous composition; and it is not difficult to imagine that hard by, in some sequestered nook, with ghastly smile, the monster might look with complacency upon such an experiment. But we should not expect this of a good and gracious Being who loves us, and seeks our uninterrupted welfare. But medical science, so-called, offers us every poison in the animal, vegetable, and mineral kingdoms, commending them to us as the gracious provisions of God's wisdom and goodness; persuading us that under

certain combinations, mixtures, and reductions they are transformed from deadly foes into kindest friends, ready to do us good in our time of need; and with great gravity its professors assure us that there are no other sources under heaven whereunto we may look with any reasonable expectation or hope in the day of our calamity.

My friends, it is a great truth, an eternal truth, which I would proclaim to you to-day, that God has provided, instead of the most *poisonous* and *deadly*, the most *friendly* and *congenial*, elements in all nature, for the preservation of your health and the treatment of your diseases; and that, under certain conditions of disease, you will have to apply to these, and avail yourselves of their transcendent potency, or you will inevitably fail, and as miserable sufferers go down to an untimely grave. Do not be deluded with the vain sophistries of short-sighted, impious, or interested advocates, who tell you that what is poison in one circumstance or condition of your being is the very supporter of your life in another; that what would destroy your health when you are well, can be made to build it up and establish it when you are sick; that virulent poisons can be so reduced, mingled, combined, or disguised, that your bodies can never detect their unhallowed presence within them, or feel their withering contact. God has created these poisonous elements, it is true; in themselves they are good, perfectly so. He has created and fashioned the human organism also; in itself it is perfect, completely so. Yet there is no more harmony in the natures of these two than between darkness and light; no more genial relationship and adaptation than between vice and virtue. There never can be, there never ought to be; and therefore it is the veriest quackery the world has ever known to bring rank and disorganizing poisons in contact with the living tissues of your bodies, calling it a rational, regular, scientific mode of treating your diseases. No other form of quackery that has ever existed is worthy of the name, when held in comparison. No other form has brought death and desolation in its train like this. Do you ask me for some evidence or illustration? I point you to the vast multitudes of crippled and deformed subjects of this kind of treatment everywhere to be

found; to the throng with ruined constitutions, and to the host at this present time enslaved to a weekly, and even daily, consumption of drugs, as mere palliatives or subterfuges, to paralyze some aching nerve, or goad on some faltering organ to the performance of its natural duty.

Many of you imagine, I am well aware, that for you to take drugs is a necessity; you *must* take them, if not for your cure at least for your relief. So I once thought. So once thought thousands, who are to-day rejoicing in the liberty wherewith the knowledge of a better way has made them free—free from this dire necessity, and free from this disease. *You*, my friends, may just as well be free, if you will. It will cost you a little resolution, some persevering effort, the exercise of a little faith in nature, some transient sacrifice; but these are circumstances ever attendant upon a reclamation from error.

But after all, the great question with you is, will the proffered mode heal your diseases, recuperate your wasted energies, restore to their natural action your exhausted organs, and make of you men and women again. You can not see how simple water can cure, or how air, or diet, or exercise, or light, or heat can be made to exert any particular influence in restoring you to health. You can see no *power* in these things. You have an idea that disease is a thing to be fought against and overcome by some coercive measures—some violent tactics. There is something, say you, to be slain, and you must use some destructive potencies to accomplish the work. A singular genius, though an honored member of the regular profession, has represented disease as a frightful monster, and the physician as a blind man armed with a club, dealing mortal blows in the dark; sometimes striking the disease, sometimes the patient, and sometimes missing both. But I am sorry to say, that in the drug treatment the patient is never missed. Whether the disease be touched or not, poisonous doses never fail to tell upon the soundness and integrity of his organism. Who ever saw a man that went through with a single course of regular dosing and came out unscathed? Let echo answer. I know very well that to you, who have grown up to the use of drugs from your infancy, and have been sedulously taught to look to poisonous and destroying forces as your only resource, when sickness and suffering invade your frames, the doctrine I proclaim to you will seem a mystery. I would tell you, you can realize its truth only by experiencing its practical workings. When I take a blind man and restore him to sight, after he has been long years in darkness, he cavils no more about the mystery or philosophy of the thing, but is filled with rejoicing, that whereas he was once blind he now sees. Is it a mystery to you, my reader, how one with a disease of the eyes, ending in total blindness, in spite of drug treatment (or in consequence of it?) of several years' standing also, should be restored to sight in a few months by such simple appliances and friendly agents alone as water, air, food, exercise, light, heat, electricity, etc.? This ought to be no mystery to you—you ought to expect it; you would expect it had not a false theory and a false practice perverted your understandings, and led you, jack-o'-lantern-like, into the very mists and quagmires of error.

Suppose, again, I take a lady who has been from five to ten years utterly unable to use her lower limbs, and in lieu thereof has wheeled herself about in a sedan constructed for the purpose; and in a few months cause her to walk again, and enable her to superintend the duties of her household. Should not the utter failure of drugs in such an instance, and the perfect success of the agencies I have enumerated, give you some little faith in their potencies, and in their adaptation to the treatment of diseases?

But suppose you are attacked with an acute disease. Why should you bleed, and blister, and dose yourselves with powerfully poisonous drugs, when you are attacked with a fever or an inflammatory affection? Water and air are the great remedies for these disorders, and are a thousand times more potent than any and all things else, if you will but believe it. They are the good and friendly things God has provided for you, but you have been taught to eschew them and to run after the evil and destructive things which he never intended for your service, and therefore did not adapt them to your use. Reader, if you are a drug-taker, ponder these considerations and they will do you good. You will grow wiser and better over the thought of them, and the more you think of them the more you will be inclined to put away from you, for once and forever, what God has forbidden you to use, by the eternal antagonism he has established between their natures and yours.

THEORY AND PRACTICE.

BY D. A. GORTON, M.D.

Ever since the existence of man began, the world has never been without Theories. They have served as guiding stars amid the darkness and imbecility which have ever enveloped the world. It seems to have been natural, even in the earliest period of mental development, for the human mind to speculate, and form opinions of that which it knew nothing about; and hence its conclusions were often unsupported by mature experience, or by a just appreciation of facts. It seems also reasonable and necessary that it should have been so, in the earlier ages, in order to bring about practical results; for as facts are but the emanations of principles, we must first gain a perception of *their* source, before we can properly interpret them.

Comte with much truth observes: "If it is true that every theory must be based upon observed facts, it is equally true that facts can not be observed without the guidance of some theory." Now, REASON is *reason*, the same in *all* as in *one* member of the human race; and the many different *vagaries*, which different men, of *profound sense*, in the different ages of the world, have supported, with all the energy and tenacity of vigorous life, are to be accounted for only by giving each a different stand-point for observation; or, in other words, a different *theory*, by which to interpret apparent facts. Hence it is that there are always facts that can be conscientiously adduced in the support of propositions however repulsive and absurd to a comprehensive mind. A modern writer observes of "facts" thus:

"Physicians can prove by facts that certain forms and quantities of alcohol are beneficial to

man under certain conditions; and they can prove the reverse. Medical men can prove that cholera is an epidemic; and they can as readily prove the reverse. They can prove by facts the sanitary efficacy of *calomel* in certain diseases; and they can also prove that this mineral poison is *invariably* injurious to the physical economy. Thomsonians can prove by facts that Allopathy is an enemy to health; and the latter can use the facts to prove the contrary. Homeopathy can demonstrate by facts that infinitesimal doses are alone potential with vital forces, and efficacious in the treatment of disease; and Allopathy can easily prove the reverse. Sanguinary physicians can prove by facts that bleeding, blistering, cupping, and heroic treatment in general, are the true methods in curing organic and acute derangements; and humanitarian physicians can prove by facts that such appliances are no more favorable to corporeal health than the corresponding spiritual applications of old theology are productive of mental harmony." Likewise a multitude of facts could once have been adduced to prove that the center of our solar system revolves about the earth, causing day and night to come and go with unceasing succession. As well can medical men prove that *aconite* (wolf's-bane) or *gambogia* acts upon the muscular coat of the bowels, because the administration of such deadly cathartics is followed by such internal commotion. When it is considered that, by a parity of facts, the most ridiculous propositions can be proved, either in science or religion, the calm investigator will cautiously predicate *ultra* conclusions on experimental facts alone. He will look deeper, and observe, if possible, the under-laying and controlling principle—the foundation of *all*.

Theories have an important bearing upon the operations of men. They are the center around which the mental world revolves. Facts bear the same relation to theory that light does to the sun. The great mass of mankind may be ignorant of the fact that they are guided by some obscure theory; yet, nevertheless, it is true. Their conversation is evidence of it; their *practice* is demonstrative proof of it. Were it not so, it would be strong evidence that man had not yet come into full possession of that gift which so peculiarly distinguishes him from the lower kingdoms of nature. To be reasonable, therefore, we must recognize the controlling principles of our lives—the maxims upon which we base our practice. To be reasonable is to be logical, and we can neither be reasonable nor logical after enjoying a full measure of experience, and having our perceptions extended to the recognition of a new *law*, a higher *principle*—and let its effulgent influence fall powerless upon the conduct of our lives.

"Consistency is a jewel," wherever found—in medical as well as in *moral* science. In medical science, the controlling principles are as adverse as the winds; and hence the great diversity of practice. Each system, however, has its nucleus, around which its adherents cluster, and pretend, by force of logic, to demonstrate the superiority of theirs over all other systems. Of course they can demonstrate nothing but its consistency with itself. Now, any system appears beautiful *when all its parts are in harmony with each other, even if founded in error*. Hence it is that

the pernicious system of Allopathy has reared such a lofty and magnificent superstructure and gained so many steadfast adherents. Its principles are in a bundle, glossed over with the polish of science. Yet the most of them are *misconceived* and false as the teachings of centuries ago. *Contraria contrariis curantur* is a noble principle, and founded in nature. But that there is a secret *remedial* virtue in *drugs*—a power to restore the balance of vital forces when lost in the system, is extremely superstitious and unphilosophical. That the “system responds to healthy conditions” is true; but that there are “specifics” for every local expression of a *disorder*, is unqualifiedly false. That there are any “local” diseases, may be questioned, or that disease is “inability,” or “a contraction of the coats of the capillaries,” or “the absence of health,” may be considered as extremely improbable, if not literally untrue. Such confident statements evince a lack of a correct understanding of physiological principles. Could this one principle in Pathology become widely known and fully appreciated among the profession, viz., that *disease is a vital struggle to regain normal functions, caused by obstructions which are either ingenerated, or taken within the organic domain as food or drink*, it would revolutionize the whole medical practice in the world; and allow thousands, who now die prematurely, to live, and enjoy a good old age.

Upon the excesses of Allopathy, Homeopathy came into existence; but without developing any principle which was not before known, except it be that *small* doses are more successful in chasing out the invidious enemy than *large* ones. *Similia similibus curantur*, as a principle, has not yet *psychologized* the world with its profoundness. The doctrine that “what will make a *well* man sick, will make a *sick* man well,” is slow in reaching the hearts and experiences of the people. The secret of homeopathic success is obvious. The people, observing that they are less unfortunate in the treatment of disease, and knowing that their doses are small and infinitely diluted, are not afraid of their potency. In confirmation of this, a lady once said to me, “I should not be afraid to take a *whole box* of homeopathic pills; I have repeatedly taken *half a box* without any appreciable effect.”

If there is a *LAW* which governs the actions of the living organism, when in intimate relations with foreign substances of any kind or quality, we may be certain that *that* law knows no distinction between poisons, whether allopathic, homeopathic, physio-medical, eclectic, or Thomsonian; that the *life principle* which presides over the organic machinery, and protects the whole with an eternal vigilance, is no respecter of persons, but treats every *intruder* within her secret domain as unworthy a moment's toleration, and forthwith rejects them.

Notwithstanding the many reformatory systems of practice which have sprung into existence within the past few years, very little has been done toward perfecting the science of medicine. Small doses have, indeed, been substituted for large ones, and vegetable poisons have taken the place, to some extent, of minerals. Now, while we are thankful for this improvement, yet we must contend that the grand *desideratum* has not yet been reached. The reason why an infinitesimal

dose is more efficient than a large one has not been fully apprehended, except by a few scattering observers in pathological phenomena. Those who see the principle involved, find the same reasons to deprecate the practice of administering poisons in small quantities as they do in large ones. In the latter instance the results are *positively* injurious; and in the former, negatively so. That drug medication, irrespective of kinds or quantities, is an evil, and as such injurious, is not only attested by nature, but *proved* such by the experience and confessions of many prominent practitioners. Prof. Parker, of the College of Physicians and Surgeons, says, “*Hygiene* is of far more value in the treatment of disease than *drugs*.” Here is another more condemnatory still: Prof. Stephens, of the same school, says, “The older physicians grow, the more skeptical they become of the virtues of drugs, and the more they are disposed to *trust the powers of nature alone*.”

The great body of the medical profession is walled in by a sacred canon of facts. It boasts of its illustrious origin, its learning, and its lore. And the only hope of its ever being extricated from its errors is the establishment of sound physiological principles, by which experimental observations will be of service to the truth-seeking students, and of importance to the world. For example, let us understand, first, the philosophy of *vitality*; second, the philosophy of *disease*; and third, the philosophy of the *action of remedies*. When the two former are understood, the latter will be as easily comprehended as the simplest problem in *physics*.

HYGIENIC INSTITUTE, 15 LAIGHT ST., NEW YORK.

LETTER NO. 10.

GLEN HAVEN, N. Y., September, 1858.

From Harriet N. Austin

To ———

MY DEAR BLANK—That the people of our country do gradually and steadily make progress in intelligence and toward a higher life and better development of character, can scarcely be seriously doubted by one who believes in the omnipotence and everlastingness of *Truth*; and must be granted by any who seek for evidence in the history of the last seventy-five years. And yet it would seem that in taking but a partial or shallow view of things, one might well fall into discouragement, and believe that *the world goes backward*. Inevitably he is doomed to disappointment who expects to see consistent and permanent reform grow out of a system which is itself founded in error.

The Eclectic School of Medicine has been considered an improvement on the old system, and has been praised for its liberality and spirit of reform. It has even gone so far, in this age when the statement that it is proper for woman to be a physician, is being so generally admitted to be true, as to receive female students into its colleges. But it is repenting of this step, thus acknowledging that its supporters have not yet arrived at that point of enlightenment where they can sustain such a movement. The Faculty of the “Eclectic College of Medicine,” of Cincinnati, Ohio, in July last, unanimously adopted the following:

Resolved—That females be not admitted to the

lectures of the Eclectic College of Medicine during the winter term; and that their attendance be confined to the spring session, during which they will be enabled to enjoy greater advantages, and avoid the inconveniences of the winter course.

The *College Journal*, conducted by this Faculty, in explanatory and apologetic remarks, while it states that female students may enjoy all necessary advantages during the spring terms, says: “We think the interest of all concerned will be enhanced by advising such females as are desirous of obtaining a medical education to attend those schools designed especially for females.”

If I know anything of human nature, and if the most liberal and successful teachers in this country know anything of human nature, these would be wise doctors have made a grand mistake. It is coming to be generally believed that the sexes should be educated together; that their unnatural separation in primary schools and higher institutions of learning has been the cause of much folly and unhealthful shaping of character with both boys and girls. Now, in the study of medicine more than in any other study, is there the need that either sex should be subjected to the restraining, refining, elevating influence of the other, because in it there is better opportunity to pervert that which is in reality pure and beautiful, and find in it impurity and obscenity. No other class of young men are so given to vulgarity and lewdness as medical students. And yet, in those medical schools where young women are admitted on the same footing with young men, and understood to have equal rights with them, this tendency is removed, and the young men are polite, delicate, and chaste. Instead of coming out of their medical course rude and degraded, they are more refined and noble than before.

The *Journal* says: “There are always some among the young men who are willing to turn anything that is susceptible of being distorted from its original meaning, so that it may become annoying to those whose presence in a medical college is by them considered an innovation.” The student is a good representative of his teacher. He may hold opinions very different from him, he may be vicious while the teacher is virtuous, but he is not likely in his capacity as a student to violate, habitually, principles which are well established in the arrangement of his school. It may be said with safety, that where the *professors* in a medical college do not consider the presence of ladies in it an “innovation,” but a salutary force, where they treat them politely and respectfully, guarding carefully their own language from indelicacy, the *students* will, at least, not annoy them. If any should prove refractory, it strikes me that the cause of science and humanity would be better subserved by expelling them than by shutting the doors against women.

But it is not these, but the “*interests of the College*,” that are sought to be promoted. The *Journal* continues: “There are many young men who are averse to attending medical lectures in company with females, and as the number that are thus kept from matriculating with us will far exceed the few of the opposite sex who may desire to attend, it was decided that the *interests of the College* demanded that this barrier should be removed.” And so this school, for the purpose of adding to its support from among the narrow-

mindful and illiberal, says, in fact, to the world—"Woman is not fit to be a physician. We supposed she was, but we were mistaken. *We have tried it, and we are satisfied that a medical college is no place for her. She has her modesty shocked, and besides, vulgar young men do not like her presence there.*"

What say you, Blank, does this school *progress backward or forward*? I know you are pondering the question whether you shall become a physician. Will you be likely to ask admission to the "spring term" of this College? No. Nor will, I believe, any other lady of high self-respect, or who desires the elevation of her sex. I remain, as ever, very truly yours.

A LETTER TO GERRIT SMITH AND SAMUEL J. MAY.

[Continued from September number.]

GENTLEMEN, some idea of the extent to which this poisoning of persons is carried may be inferred from the amount of business done by pharmacutists. Inquire of these experts with the spatula and the pestle; they will tell you that scarcely a combination goes out of the shop of the apothecary, whether ordered by a physician or called for by the laity, which has not, as *one* of its constituents, some deadly poison—a substance which God has warned human beings *not* to take into their stomachs, by most powerful and well-nigh irrepressible instincts, which warn—though from long perversion, feebly—their possessor against their use. Now, all distasteful substances are not poisonous, but all *poisonous substances are to a natural taste* disgusting. Have you not fresh in the recollections of your childhood the taking of such nauseous stuff? Do you not remember how difficult it was for you to reconcile the statement of your parents that it would "do you good," with the impression on your part that no good *could* come of anything toward which your whole nature rose up in such horrible revolt? Well, such mineral, such vegetable, such animal extracts, such essences, such essential oils, such distillations, such sublimations are the *grand* constituents of medical prescriptions; the others are the non-essentials. In a Dover's powder, the opium is the medicine. In blue moss, the calomel is the specific. In wine, and beer, and cider, the alcohol is the substance for which they are usually drunk. So the *formulas all* run. Poison of some kind, a substance that, given to a man in health would make him sick—perhaps sick unto death—is given to him when *sick*, in the hope that they will make him *well*; and such nonsense as this is called *science*. In any other direction, or connected with any other interest than that of the *health* of men, it would be exploded in a week. Till within a few years it was impossible to associate in the people's mind any other idea than that a doctor is one who visits persons, and gives them *some thing*, which, were they *well*, would make them *sick*, but which, they being *sick*, will make them *well*. Till within a few years this foolish, wicked, murderous absurdity was *universally* believed, and drug-sickness was the tenant of every household, and in countless instances, almost, had forced itself to permanency of residence by hereditary transmission.

Let me classify *our* population for your ease in estimating the probabilities of Christianity becoming supreme with them.

1. Children who, when born, show that they are *hereditarily* poisoned; these are *always* re-poisoned by doctors; they are *drunk* with drugs.

2. Children who, when born, are healthy, but from ignorance or carelessness become sick; they are poisoned by doctors; they are also *drunk* with drugs.

3. Persons of all ages—mostly females, who are *tea-drunkards*.

4. Persons of all ages, who are *coffee-drunkards*.

5. Persons who are *meat-drunkards*, made up of equal numbers of males and females.

6. *Opium-drunkards*, who have, since the crusade against alcohol, greatly increased.

7. Tobacco-drunkards—a filthy and constantly increasing host.

8. The alcoholic drunkards, who are as numerous to-day, in proportion to the whole population, as they were twenty or thirty years ago.

About how will these rate? Let us see.

30 per cent. of all children born in the United States are hereditarily diseased, caused in large degree by the drugging and poisoning of their parents.

80 per cent. of all the children born are drugged, poisoned before they are five years old, by the doctors.

95 per cent. of the *whole* population is drugged, poisoned by doctors.

40 per cent. is additionally to the drug poisoning by the doctors, poisoned by *tobacco*.

50 per cent., in addition to these, poisoned by *tea*.

45 per cent., in addition to the drugs, tobacco, and tea, poisoned by *coffee*.

90 per cent., in addition to the drugs, tobacco, tea, and coffee, by *flesh-meats*; for the meat eaten by our people is almost all of it poisoned.

60 per cent. at least poisoned by bad air.

10 per cent. at least poisoned by patent medicines.

25 per cent. poisoned by alcoholic drinks.

What the effects of all this drugging, and poisoning, and drunkenness are on the physical health of the thirty millions of the people inhabiting the United States may be inferred from only *one* application of them on a healthy human being who had never felt their influence:

Send him to sleep all night in a tight room filled with foul air;

Give him fattened—scrofulous—pork or beef-steak for breakfast;

For drink, a cup of strong coffee;

Set him to chew or smoke tobacco;

Before dinner give him a strong, half-pint brandy sling;

At supper give him with his food two or three cups of strong, green—made green by *poison*—tea;

At 8 P.M. give him a full dose of calomel and jalap;

At 12 M. a large opiate;

At 5 A.M. a saline draft.

Suppose, now, it were necessary for this man's good, or for others' good, that you should make a *moral impression* on him, or should plant down

deep in his heart a spiritual impulse, and this without delay, what do you imagine would be your success? To ask the question is to answer it—*none at all*.

What, then, are the probabilities that success will attend the *present* organized efforts of the *religious* portion of our people for the conversion to Christ of the remainder? For myself I answer, *none at all*.

Intense as is my faith in Christianity, I know that it is a system needing for its success a good understanding of the *means* it has at hand, and of the *way* to use them; and I *must* say, that I am pained daily at the wasteful expenditure of its munitions of war.

Before anything very remarkable can be done for the improvement of the spiritual conditions of our people, better ideas must obtain in regard to physical life. Your butcher, your drug doctor, your rum-seller, your tobacconist, your patent-medicine vender stand over against the minister of Christ and neutralize his efforts. More than this, they make the beings he would lead to fountains of living water, two-fold more the children of hell than they could have been but for their ministrations. What, then, shall be done? Why, turn the batteries against the evil habits of men, against the vices which grow up under physical indulgence and a violation of the laws of life, bring Christianity to bear in the sphere of the appetites and passions, and hold men to such *purity* and simplicity of *bodily* conditions as shall insure capability of *appreciating truth*, and possibility of receiving it. Then we shall make headway, and not till then. As men are, drugged, drunken, and debauched, they can not *see* heaven, however clear the sky, nor hear its music, however grand the symphonies. This, then, is the philosophy of the health-reformers of the United States, the men and women who read "THE WATER-CURE JOURNAL" and "THE LETTER-BOX." They insist on making their *bodies fit* residences for the Divine Spirit, and then patiently and cheerfully await His coming. They are not to be stopped, or except in very small degree, even hindered in their work by being called "Atheists," "Infidels," "Heretics," "Quacks." They are not knaves, nor fools, nor busy-bodies in other men's matters. They keep their bodies *clean*; they eat simple food; their drink is water; they use no drugs, nor give them to others; they dress healthfully; live much in the open air; take habitual exercise out of doors, whatever their pursuits; sleep plentifully, and can in their various avocations, other things being equal, *do more work*, with less wear and tear, than any like number of persons in the United States.

They do not believe in sickness, but in health;

They do not believe in death, but in life;

They do not believe in doctors, but in physicians;

They do not believe in medicine, but in Nature.

They have a college in New York—"the Hygieo-Therapeutic Institute"—founded by and under the direction of R. T. Trall, M.D. Though of recent origin, and struggling under difficulties of no ordinary character, it is, quite sufficiently for its usefulness, attracting public attention, and has already sent from its portals men and wom-

en who, as physicians, have made good stand-points, and are now nobly and patiently educating the people. From this time it is hoped that in the great conflict with *drug-opathy*, through its friends, its officers, and its alumni, it will exert an influence that will be incalculable.

They have also formed a Health Society, called "THE AMERICAN TRACT SOCIETY for the Diffusion of Knowledge on the Subject of Health." They have in view the banding together of all the friends of Health-Reform, so as to make a united *assault* on all the habits, practices, and modes of life among our people unfriendly to health. In fine, they mean, if possible, to apply Christianity *conversely* to the present mode of appreciation. Instead of spending strength to induce human beings to get to heaven, they mean to induce them *so to live* that heaven shall come to them—that in and through them God's will shall be done on *earth* as it is done in heaven. They hope to induce their fellows so to live that their faces shall wear God's image again, and earth wear the beauty of its early days.

Respectfully yours, J. C. JACKSON.

MANAGEMENT OF CHILDREN.

ALTHOUGH this subject has been harped upon so much through the W. C. J., yet there seems room for more to be said still; and although one says nothing new, the subject can not be too often presented to the people. It is a question that lies at the foundation of society. Would we remove evils from our midst, we must despoil the roots, else the second growth or suckers will trouble us more than the primary crop. In my wanderings since leaving Laight Street, I find many places and scenes from which the heart turns in sorrow, and some that appear as bright and cheery as an oasis of the desert to the famished and thirsty traveler.

Of all the customs of society, none are so palpably atrocious as the general management of children. One would think them composed of adamant, and not the delicately formed and plastic creatures which they are. Go where you will, and that scourge of society, "infantile disease," is sweeping off its victims by scores and hundreds. Do people learn anything from this? Not in the least. The D.D.'s give them the pill of "mysterious providence;" it is swallowed, and all the past is forgotten. Providence, 'tis true, has been telling them daily, yea, hourly, of disabused laws, of outraged constitutions, not in a mysterious way, but plainly and unmistakably, until outraged nature can hold out no longer, and the little innocent succumbs to inorganic laws, and leaves them to reign supreme, while it seeks a more congenial temple.

It is not long since I was called to witness the deposit to its final resting-place of the body of a lovely little boy, the idol of its parents, brothers, and sisters. In it the blood had coursed through arteries and veins as in other human bodies; the breath of life was drawn from the same source; there appeared to be perfect beauty, symmetry, and harmony in its development, and I had pictured it traversing the far-off future, a man of honor and of will: but lo! in a day, an hour, when we least expected it, the spirit had flown,

the heart ceased its pulsations, the blood became stagnant—the breath of life was no more drawn. Had it been a machine or engine, all would have looked for a cause of this cessation. The "clerical" man came to console the parents. He asked no questions as to the cause of death. He said, "Providence moved in a mysterious way with us—he had seen fit to take away the 'lamb of the flock.' We must submit." I could see differently. Organic laws had been violated from day to day; remonstrances had been made—they were unheeded; and instead of Providence taking it away, it had retired itself from forced bankruptcy. They said "it was seized with cholera infantum." How did it get at it? how did it get in the house? It came in in the shape of superfine flour, of salt and pepper, of confections, of sugar and molasses, and was manufactured in the house in various ways, and given to the darling victim; and, like the Hindoo child, its mother was its murderer no less, because less slowly, less openly. She had received the gem of immortality, to be nourished and fostered here, to be transplanted in heaven, but not so soon. She had put the insidious poison to its lips, and like a canker-worm at its heart, it stole its life-energies.

Another I have seen who is the victim of its mother and her "spiritual adviser." The poor little thing is not only fed continuously, but of such substances that it can not digest. Think of a mother making the stomach of her child, not yet two years old, the sepulcher for dead hogs and other carcasses! How revolting when one thinks of it! And for spirits who have bid adieu to carnality to come back and thus torment us, I would say, as was said of old, "Get thee behind me, Satan." But thanks to those who have independence enough to think and learn and teach the true laws of life, all children are not thus afflicted. One I know, whose mother has studied the "science of human life," lives free from these outrages. The question often occurs to me: Ought a female to become a mother until she understands the relation she bears to her child? What would a farmer think of his neighbor who should procure a person to superintend the rearing of his flocks who knew nothing of the best plans, the best food, and how they should be housed, etc.? And yet that being, "a little lower than the angels," is brought into the world daily by parents still more ignorant.

Children are subject to laws in regard to digestion, in regard to breathing, in regard to calcification, just as much as adults. They can not digest their food much, if any, more rapidly than adults, and can not breathe impure and noxious gases with any less impunity. Neither can cleanliness be disregarded with them. They should not be fed at the least with less than three hours intervening time; nor should they be gorged to over-fullness when they are fed. They should have free air, and should not be overburdened with clothing. They should receive a daily bath, and this in the morning, when the vital energies are strong and while the stomach is recruited and empty. Regular habits should be taught them from the beginning of their existence, and no trouble will arise in after-life from their early education. Their sleep should be as regular as their meal-time, and sleep should not be induced by gorging their stomachs, as is too frequently

the case, with narcotics, but they should be taught to eat immediately or shortly after sleeping. They should not be rocked to sleep in the cradle; when nature demands sleep at all, any hard bed will be easy. Of their food nothing need be said until teeth have made their appearance—nature has clearly indicated that. When teeth have made their appearance enough to warrant, fruit and farinaceous foods are unquestionably the diet. If our children are to become moral and intellectual men, do not debilitate them by putting them on a level with beasts of prey. Give them food that will allow their higher faculties an opportunity to develop, and overcome the animal and sensual. In a word, study the laws which govern and develop your and their bodies, and when you have studied and learned them, practice them. E. H. PHILLIPS, M.D.

RATIONAL HYDROPATHY.—NO. 2.

BY A. J. COMPTON, M.D.

"WELL, Doctor," says a miserable dyspeptic, "all you say appears good enough, but for my life I can't see how it is you're going to cure every sort of disease with *water*."

DOCTOR.—"Well, sir, who in the name of reason ever said anything about curing 'all sorts of disease' with *water alone*?"

DYSPEPTIC.—"Well, now, ain't that what you all profess? don't you call it '*water-cure*?' and yourself a *water-cure* physician, eh?"

DR.—"No, sir, we profess no such thing. Our establishments, however, are called '*water-cures*,' and some of our practitioners style themselves '*water-cure* physicians.'"

DYS.—"If that is the case, wasn't I right when I said you used nothing but *water*—no medicine, nor nothing, like the old allopathy doctors?"

DR.—"No, sir. There's nothing in a name, oftentimes; and names are sometimes applied in derision, or from a mistaken view of the subject-matter the name becomes fastened upon the particular class of persons, and they are content to let it remain. Now, if you have known some to call themselves '*water-cure* physicians,' if they are intelligent, if they are scientific, not *one* of them but will spurn the idea of *water alone* treatment for *any* form of disease, and pity the ignorance or malevolence of the allegation. Pure soft *water* is *one* of our remedies, and one in which we place great or much reliance for the *good* it may bring us in certain physiological conditions, but we never rely upon it to produce anything good without the presence of another and far superior agency in every possible respect."

DYS.—"Well, indeed, you *do* use something besides *water*. Doctor Bolus told me that you '*water-doctors*' didn't '*use anything but water* for everything,' and said that as sure as I persisted in coming here, it would be the death of me; that having so little blood, and so little power in the stomach to make provision for any more, the cold *water* would chill me, and I never should get warm again in the world."

DR.—"Well, sir, had Dr. Bolus not been ignorant as to the matter, and not cared more for the interest of his pocket than for truth and your recovery to health, he would have kept his mouth shut, rather than uttered a self-evident falsehood

to frighten you from your *dernier* resort. We do use water, and shall in your case. But we don't make it our business to kill people either by bleeding, or poisoning them with or without their consent, or by freezing or drowning them, as you shall soon see for yourself. On the contrary, we endeavor to place them in the best possible conditions for retaining and using what blood they have, and the making of more of the best quality, to have them more comfortable, and better satisfied with themselves, their friends, and the whole world. And more: we are not the *exclusives*, by any means, as regards our remedial agencies, as Dr. Bolus and others of similar calling would have you believe. For in our practice we reject none of the healing agencies of nature, but use them all carefully, systematizing and applying them, as the condition of the diseased individual seems to demand; while they reject such as *inefficient*, and publicly declare that if a substance or agency is not absolutely poisonous, it can positively contain no healing virtues. Thus the very motto of the entire profession is, 'the greater the *poison*, the better the *medicine* (*ubi virus, ibi virtus*); whereas our remedies only become harmful to the system from misuse or abuse resulting from ignorance of the laws of life, and the patient's present pathological condition. We are exclusive as to the use of acknowledged poison, and can never agree that a poison ever becomes anything else, simply because it is prescribed by a *Doctor of Medicine*."

Drs.—"Well, Doctor, I believe you're right, after all. But you spoke of a power superior to water awhile ago, without which water would be worse than useless, and your *chief* reliance was placed upon that, in all classes of disease—what power is that?"

Dr.—"Yes, but the bell for baths has just rung, and I will go with you to the rooms and see whether 'Dons' will freeze or drown you, as your considerate friend Dr. Bolus so confidently predicted, and in the morning I shall have an hour at your service, if you wish it."

YELLOW SPRINGS WATER-CURE, OHIO.

INTERESTING CASES.

WHITE OAK GROVE, WIS., March 14th.

EDS. W.-C. JOURNAL—"Truth is mighty and will prevail." I sit down to pen a short article for your columns, not for the purpose of occupying space to the exclusion of more important matter, but to inform certain friends, into whose hands the JOURNAL regularly finds its way, of the successful manner in which water may be used in home practice. To us who reside in the far North-West, it has proved an inestimable blessing. And I can freely say that all the shiners ever manufactured from California gold, and all the brilliants from Brazilian mines, would not tempt me to part with the little knowledge I have of the efficacy of water as a curative agent. And, "honor to whom honor is due," most of that knowledge has been derived from the WATER-CURE JOURNAL. I became convinced several years since, after being salivated till *every tooth in my head was loose*, that drugs were not intended by nature to occupy the human stomach. I determined to renounce them entirely, and have

not taken any medicine, not so much as a dose of castor oil, for more than three years. I have tested the efficacy of water pretty thoroughly during the past winter.

The first case was a young man who was taken with lung fever. He steadily refused to have a doctor called, and expressed a wish to be treated with water. I disliked very much to undertake it, having but a superficial knowledge of the mode of applying it, and being entirely destitute of facilities for so doing, even had I been well acquainted with the mode. But he insisted upon having it tried, and it resulted in a complete cure. The treatment was a wet-sheet pack once a day, preceded by warm foot-baths, and followed by the dripping-sheet; this plan was continued until the fever left him. He took no medicine of any kind. Some of our neighbors thought it presumption to undertake to cure lung fever by such a simple process; but he is now well without the aid of calomel, quinine, or even lobelia. So much for this simple process in lung fever.

The second case was that of my wife—disease, rheumatism, with great inflammation. We commenced by applying cold wet cloths to the parts inflamed, which were the wrists and ankles. Our friends advised the old-fashioned remedies, viz., poulticing and steaming, to get the patient into a sweat, which was tried with no other effect than to aggravate the pain till it became intolerable. This was then abandoned, and water treatment resumed in good earnest: wet-sheet pack once a day, the patient remaining in it from thirty to forty minutes; cloths wet in cold water were applied to all of the joints where signs of inflammation were apparent. This course was steadily persevered in, though no immediate change was perceptible, except a partial alleviation of pain. Some of my friends solemnly warned me that such treatment would never do, and I, convinced that it was the best we could do, as solemnly determined to persevere; and the result has been even beyond my most sanguine hopes. She began to improve immediately, and just four days from that time walked across the floor without assistance. This is the more remarkable, as her limbs were so inflamed at one time that she could not move hand nor foot without excruciating pain.

Now what will the Water-Cure opposers say of such a recovery from such a disease? Why, "it just happened so," of course! Perhaps it did; but one thing I have no doubt of, and that is, had an allopathic physician been employed, the result would have been entirely different. In that case, if she had recovered at all, she would have been a cripple for life, which result I have seen in just such cases under allopathic treatment.

3d Case. A child was taken with high fever, and a tendency to inflammation on the brain. Allopathic physician called, who administered medicine, and the child grew steadily worse, and was even supposed to be dying. The parents believed in the Water-Cure system, but their knowledge of it was limited, and, like hundreds of others, they were afraid to risk it. But at last, when they had nearly lost all hope of the child's recovery, they determined to do what they could with water, thinking that if it did no good it could do no harm. They accordingly wrapped it in a wet sheet; the child became easy in a few minutes, grew gradually better, and is now well.

I will add one case, related to me by a lady friend, which is significant, as showing the tendency of the popular mind, and then close this already too long article. One of her children was sick. The regular physician was called in and left the customary drugs, just as she expected he would, and which she could have bought at the drug-store and administered equally well herself. It chanced that she had a woman living with her who was acquainted with the water treatment. She therefore requested the nurse to treat the child with water, which was accordingly done, and the medicine was refined, purified, and cleansed in the ancient manner, viz., by passing it through the fire! The doctor called regularly, made inquiries about the symptoms of the disease, and expressed himself well satisfied with the effect of the medicine. He was even astonished that the child recovered so rapidly. The nurse and parents kept their secret, and paid the doctor's bill. The heavens works. God speed the right. Yours, for the good cause,

ORLANDO SKINNER.

WATER vs. RUM FOR BROKEN BONES.

RUMFORD, OXFORD CO., MAINE, April 12, 1858.

MR. EDITOR—Being deeply interested in your WATER-CURE JOURNAL, I have taken the liberty to send you the following article, which, if you think worthy, you are at liberty to insert in its columns. I have simply stated facts as they occurred, leaving others to draw their own inferences.

In the fall of 1852 I had the ulna, or small bone of my right arm, broken, by being thrown from a wagon. I was immediately carried to the residence of Dr. R., physician and surgeon of Rumford, and had the limb set. While I was there the Dr. said "rum would be good to bathe my arm in." So that article was procured and the limb washed in it once a day for about a week. All this time it was very painful, and kept me awake nights nearly the whole time. I do not think bathing it in this manner did any good, and I know it did not ease the pain. After a while it began to be less painful, and in seven weeks from the time it was broken, it was well enough to have the bandages taken off. Two weeks after this I went to work with my arm well again. Now for the comparison.

Twenty months after this, as I was at work shingling a barn, the staging gave way and I fell to the ground. The fall broke both bones, the radius and the ulna, of my left arm, in the same place that the other was broken. Dr. R. was immediately summoned, and the limb set. After he had set my arm he told me that he had never so dreaded to take hold of limb to set it as he did to take hold of mine, it was so badly broken. This time he said he thought *cold water* would be the best thing I could use for a bath. So cold water was used upon my arm morning, noon, and night, and every time the pain awoke me during the night. This treatment would quell the fever and stop the pain. Six weeks and one day from the time that my arm was broken, I took my scythe and did a good half-day's work in the field with two well arms. I do not think I lost two hours' sleep with this arm, and I know I never felt one half the pain that I did with the other. I do not know as you would recommend this treatment for broken limbs, but you see how it worked in my case.

W. K. M.

WATER-CURE IN TEXAS.

MESSRS. EDITORS—I am happy to inform you that Hydropathy is rapidly gaining ground in this part of Texas. I have had several cases recently that may be interesting to your readers; if you think so, publish them.

Case 1. M. W. was attacked with pneumonia, and for nine days was treated allopathically, but grew worse daily. When all hope was gone, his family and friends resolved to send for me. When I got to him, he had had hiccough twenty-four hours, fever high, in a wild delirium, sputa frothy and scant, respiration hurried and very difficult, extremities cool, had a blister on his breast and side 10 × 14 inches—a rather desperate case. I placed him in a favorable position, with bottles of hot water to his feet and hands, the extremities wrapped in blankets, then applied the cold douche for one hour on his breast, keeping the head cool at the same time. This course reduced the inflammation of the brain and lungs; free expectoration followed, cleared the bowels of all offensive matter, drugs, etc., by frequent tepid enemmas. After which the wet compress was applied, frequently renewed, over the stomach, bowels, and liver, the head kept constantly wet with cold water, and the feet kept warm. About the fourth day he came to his right mind. A few days after he was able to ride home, four miles from town.

The most intense interest was manifested during my treatment of this case. Some thought me reckless; others said it would have been better for the community if Mr. W. had died under my treatment; but as it is, many will be induced to try water now, and of course be killed by it.

Case 2. P. J. S. first had the measles, then flux, was drugged nearly to death. On the eighth day after the flux commenced, he found himself sinking fast. As a forlorn hope he sent for me. I found him, indeed, almost a hopeless case. Pulse down to 45 per minute, constant tenesmus, evacuations, bloody pus, from the colon being greatly ulcerated, the patient of course suffering the most excruciating pain.

Treatment: First, several tepid enemmas, followed by sitz bath at 70°, afterwards the half pack. In six hours the patient was relieved, and slept several hours, which was the first he had had for a week; regular hydropathic treatment followed, and the next week he was in his store attending to business.

My friend J. L. McMeans rendered me very essential assistance in the first case named; and from his zeal in the cause, he is making converts to the "truth as it is in Water-Cure" almost daily.

PALESTINE, TEXAS, 1858.

B. L. D'SPAIN.

OUR BABIES.

I was born in Wayne County, N. Y. In my nineteenth year I came to Illinois, worked hard, and bought 160 acres of beautiful prairie land, and 7 acres of timber land. At present my entire farm is improved, and my prospect for a "good crop" is flattering. I don't know how *whisky* tastes, and what is even better, I don't know how *tea* tastes. I have never lost a night's sleep on account of being sick. Not quite six years have passed away since I wedded a young

woman of poor health and slender constitution. It was prophesied that "she would not live to see her first child born." But contrary to expectation, she *did* live, and we were blessed with the advent of a baby. Then it was prophesied that the "mother would have to use tea and coffee, or fail to supply the child with milk." And you don't know how glad I was when they found themselves sadly disappointed. They had looked forward to the time when my wife would be compelled to relinquish cold water for the sake of supplying her babe with sufficient milk. We felt thankful that the "Lord had taken the wise (?) in their own craftiness." Our triumph was complete.

At the present time, my wife and I are the "joint proprietors" of three healthy children—two boys and a "little daughter." My wife enjoys better health than in early life, and our children enjoy good health to that degree that they are the subjects of remark by those who see them. We take, and read, *Life, Phrenological*, and *WATER-CURE JOURNALS*, also Dr. Trall's "Encyclopedia," in all of which we find a vast amount of useful knowledge, for which we tender our *sincerest thanks*, and we intend to train up our "little ones" to respect and esteem those who have done so much for their physical, and consequently mental and moral development. S. Y.

P. S. I have read, to some extent, the allopathic, homeopathic, and Thomsonian systems of medication, but have never been able to understand how drugs taken into the stomach of a sick man will restore him to health, when the same medicine would make a *well* man sick.

BUREAU, ILL., 1858.

EXPERIENCE IN DRUGOPATHY.

ED. WATER-CURE JOURNAL—How much I anticipate your monthly visits, and how gladly I greet your cheering, wholesome face, so fraught with all good things to those who are seeking to walk in Hygeia's happy paths! And as your aim is to benefit mankind, perhaps a part of my dear-bought experience in drugs or drug-taking may serve to do so. I hope it may warn all who read to shun the same like poisons.

When I was about twelve years of age I had the typhus fever, and was attended by an allopath, who of course administered his mercurial poison. Having naturally a healthy organization, I resisted it enough to become convalescent; but the poison remained in my bones, and left me in a poor, weakly way. Water-Cure then, in our neighborhood, was scarcely heard of; and so we labored under the popular belief that the more drugs, etc., one took, the sooner health would come. Accordingly I applied to a distinguished (?) physician for something to strengthen me. He advised me to bathe and diet, but counteracted that good advice by ordering a mixture of liquid as blue as indigo. I think I grew not much better nor much worse under his treatment. The next allopath ordered "change of air and change of scene," but balanced it for evil by great bottles of physic, which kept me continually weak, although I was seeking the fresh sea-breezes. Then came the patent medicines, some of which apparently did neither good nor hurt; others, I soon

became aware, were injuring me, which I discontinued. Then officious advisers ordering this drug and that drug, I was troubled with dyspepsia, with all its train of evils. I took cayenne pepper till it seemed as though my stomach was burning up, and epsom salts till it seemed as though my blood was approaching the freezing-point. Then the next doctor said my stomach needed to be brought into action; so I had to take emetics of ipecac twice a week, which I followed nearly three months; till I became as poor as a rake. But I began to exercise my common sense a little. I felt the great evils of drug-taking. After a while I heard of your name, the *WATER-CURE JOURNAL*, and besought your monthly visits, and your blessed teachings have driven drugs from my vocabulary, and the confounded allopaths from my door.

Please accept my heart-felt thanks for the wisdom you have taught me, and the dollars you have saved me. It pains me to retrospect my past drug-experience, but I do so to warn others. My health now is improved exceedingly, and nature has been very kind to me. But, oh, the effects of those poisons I don't know as I shall ever get rid of! But you speak kind words of encouragement to me, and I mean to obey your teachings better than ever before. Sometimes I wonder how it is that I am still alive after so much drug poisoning. Truly nature is wonderful in her resisting, healing, and re-creating powers.

Yours most truly,

E. L.

ST. ANTHONY, MINNESOTA. 1858.

MY SATCHEL.

BY H. H. HOPE.

CHAPTER X.—THE TWIN CHILDREN.

FIVE years had elapsed, and Charlie and Annie Foster were vigorous children, six years old. In all things they had answered, and more than answered, the expectations of their mother Peggy; and she had proved an invaluable care-taker of them. No mother *could* have taken better care of her *own* children than Peggy did of hers. She had received, in reference to them, the baptism which woman needs in order to make her a good mother.

It was a beautiful morning, in the latter part of September. There had fallen during the night a hoar frost—what is oftener called a *white* frost, and leaves, and boards, and grasses, and fence-tops, and shed-roofs, and planks of bridges were covered with it. 'Twas the first-betokener of autumn, the great foreshadower of the death of summer. Peggy was up and out milking her cow as the sun rose, and as he lifted his bright face above the horizon and illuminated every frosty twig and grass-spire, the reflection was very beautiful—was actually dazzling. Persons brought up in the tropics, unless they come North, never see one of our greatest natural beauties—trees covered with icicles to their tip-top branches—rail-fences, with their edges—barn-roofs, with their eaves, studded with long brilliants from six inches to six feet in length, made of ice. Occasionally, after a January thaw or an October rain, the weather changes suddenly, and whole forests are thus enameled with sapphire and rubies. When the sun rose, its rays fell directly on the home of Peggy, and of course on all within its immediate range. It woke up in her the feeling

of devoutness, as all striking natural beauties did, and she burst out in a plain-spoken but reverential tone with quoting David's psalm:

"The heavens declare the glory of God,
And the firmament showeth his handiwork.
Day unto day uttereth speech,
And night unto night showeth knowledge.

There is no speech nor language where their voice is not heard. In them hath He set a tabernacle for the sun, which is as a bridegroom coming out of his chamber, and rejoiceth as a strong man to run a race." "Halloa! there's the stage-horn! The Telegraph line's a coming! That's Charlie Furman's blast, I know; one knows it ever after hearing it once. It's the blowing of a man anxious to get through life as soon as he can. What a pity the fellow is in such a hurry! might have made a member of Congress, would he but have gone *slow*. But no; go like the evil one he will, or else not at all. He's driven this stage for twelve years, long afore the Telegraph line was thought of, and it is said was never *behind* his time. Mercy on me! how he comes down the hill! His poor horses, I pity them, but perhaps I should not, for they say he keeps them fat and sleek. He looks after them first, and himself last, that's one comfort. There! go 'long, Bossy, I've drained your bag dry;" and Peggy ran and walked into her house and strained her milk, and set it on the shelf in the buttery, where the cream could rise, and set herself about getting breakfast. After putting on the tea-kettle—for Peggy herself drank tea at that time, though she afterward gave it up—and putting potatoes in the oven to bake, she woke up her children, and washed and dressed them, and sent them out to walk, hand-in-hand. They were better out of doors, she said, than in the house. Housing children she did not believe in; they wanted a place of shelter to sleep in, and to eat in, and to learn their lessons in, and beyond these—and these were not essential half the year—they wanted, or needed, and should have LIFE IN THE OPEN AIR.

Out they went alone to walk, children of six years old—and on they trudged together, chatty and content. They loved each other; they loved their mother; they loved all beautiful things. As they walked on they met a man, large and dignified in aspect, and elegantly though plainly dressed, also *on a walk*. He stopped as they passed him, waited a moment, and then turned round and looked after them.

"What pictures of beauty!" he said to himself. "Boy and girl, though the girl is dressed like the boy—what woman, I wonder, is there in this back-woods town with taste enough to dress those little things so tidily and yet with sense enough to dress the girl as she dresses the boy? I would like to make the acquaintance of such a woman. Her husband must be a man of genius—artist, teacher, doctor, preacher—no, he *can't* be a preacher, for men of *that* profession are two dependent to be odd, or peculiar, or natural; they *have to be* conservative—ah! I have it; a *bright thought*—I will follow the little fairies, and see where they live." And he turned, and with long strides such only as a practiced pedestrian can use, he pursued the children; he came in sight of them just as they turned a corner. That was sufficient; on he went, and turned that corner in time to see them turn another corner;

and he reached that corner to see them soon turn another corner, which corner he soon reached to see them *nowhere*.

My readers will recollect that I stated in a former chapter that Peggy had on either side of her *rich* neighbors, the *élite* of the place—not the *light* of the place, for light does not generally shine *through* that class of persons. Now this gentleman who had doubled three corners to see where his fairies lived, concluded that they *must* live in one of the *great* houses on the street; these were symbolic of state, of position, of character. *Rich* persons live in *great* houses; *cultivated* persons live in *great* houses; persons who have handsome children live in *great*, nicely-painted houses; poor persons live in *little* houses, such as that which stood 'tween the two great ones, and poor persons could not have such children as he had seen.

What a great mistake is made when such conclusions are drawn! yet men and women of *the world* will go on making them, and take credit to themselves for wisdom and sound judgment, though the record is against them. Look that record over and see from whence those have sprung who have *ruled* the world, who have *taught* the world, who have *loved* the world and saved it from perdition. They were not born, and reared, and pampered in luxury. They were the children of parents who dwelt in *little* houses, unmarked by any such display as these two great and nicely-painted houses gave, into one of which this *great* man supposed those two children must have gone. But *show* has its force, and cheats even *THE INGENUOUS* at times, and it cheated this looker-on in this instance. However, as he was interested, he determined to find out all he could about these children, one of whom, though a girl, was dressed *like* a boy. So he went back to *the tavern*—there were no *hotels* in those days—and sat him down to breakfast—fricaseed chickens and coffee—and as soon as done, said to the landlord, who was a humorous fellow, "that he wanted a personal favor of him."

"Very glad to do for you anything in my power that I can," the landlord replied; "what do you wish?"

"I met," said the stranger, "as I was walking out this morning, two very beautiful children—one a boy, the other a girl—say six years old, yet both dressed alike; and as the good sense of the mother of those children was displayed in a direction altogether uncommon, I would like to get an introduction to her. This I can manage myself if you can give me a *clue*."

"Hah! ha!" laughed the landlord.

"What are you laughing at?" asked the stranger.

"At the idea of your getting an introduction to the mother of our village fairies," the tavern-keeper replied.

"Why, is she invisible?"

"In one sense she is, in the more important sense she is not. The woman that gave them birth died as soon as they were born; the woman that took them in, and has so far reared them, is a poor washerwoman, and *black* as the ace of spades."

"What! a negress?"

"Yes, sir, a genuine *black* woman, got woolly

hair, thick lips, splay feet, and weighs two hundred pounds!"

"Why, in the name of Humanity, how came she by them? Were there no relatives?"

"No, sir."

"Were there no *white* persons to take them?"

"No, sir."

"Was there no property?"

"Not a stiver."

"What would have been done had this woman not taken them?"

"They would have been sent to the poor-house."

"The poor-house! what is that?"

"An institution gotten up in *this* State by the people of each county for the feeding of such persons as have no visible means of support. It is a great waste-gate to private charity, saves persons the necessity of feeding from *their own* stores those who are hungry."

"And this negress took these twin orphans when nobody else *would*."

"Not exactly that; she took these children when nobody else *did*. Perhaps somebody *would* have taken them if she had not, but she was the only one that offered."

"How many churches have you in this place?"

"Four."

"How many members?"

"Let me see:

Presbyterians.....	105
Baptists.....	116
Methodists.....	190
Episcopalians.....	60
Universalists, say.....	60,

though they have no meeting-house, but congregate occasionally in the school-house."

"How often does Christ visit this place?"

"What do you mean?"

"Just what I say. Does not Christ visit these churches?"

"Can not say that he ever did. I never heard that he did."

"Then it is no wonder that this poor negress was left to bear the burden of the support of these orphans. Churches that the Saviour does not come to see are not likely to be overburdened with philanthropy. But I must go and see this woman."

"You, sir!" exclaimed the landlord.

"Yes, I; why not?"

"Persons of your standing in life do not usually trouble themselves with matters of this sort."

"Of *my* standing in life? pray whom do you take me for?"

"For his Excellency the Governor of the State of —"

"Then you know me?"

"Certainly I do, sir."

"Well, my friend, so much the better that, knowing me to be Governor, you find me also a *man*! Is there any *reason* why I, being a Governor, should forget myself and not be a man? I was a man before I was a Governor. I shall be a man when I cease to be a Governor. *I mean to be a man while I am a Governor*. It will do me good to see this woman; she must have some quality of character which I can profit by, *Governor though I be*; and so, my friend, just keep my governorship to yourself till I get out of your village—meanwhile I will go and visit Peggy."

The Month.

NEW YORK, OCTOBER, 1858.

WATER.

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

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

A SIGN OF PROGRESS.—Our friends of the Physio-Medical School held a State Convention at Springfield, Illinois, not long since. After adopting a constitution, a series of resolutions were passed, one of which was in the following words:

Resolved, That we believe the administration of poisons as medicines inconsistent with true medical science, and a disgrace to civilization, and calculated to produce misery and death; we therefore would recommend petitioning the Legislature of this State, at its next session, to pass a law with suitable penalties against the administration of poisons by physicians, and that all physicians and others who shall so administer poisons shall be liable to prosecution when death follows their administration.

We dissent from the last clause of the resolution, until the question, what is a poison? is settled. Can the *Physio-Medical Recorder* tell us? Allopathic physicians can not give a rational definition to the word. Their explanations do not distinguish between a poison and a hygienic agent. And we suspect, indeed we know, that the Physio-Medicals are in precisely the same difficulty. So long, therefore, as medical men, who are to be the witnesses, can not agree whether a given article is poisonous or not, prosecutions will be ridiculous affairs. A hundred allopathic physicians would swear that lobelia was poisonous in all quantities, and that opium was not poisonous except in excessive doses. And, on the other hand, a hundred Thomsonians would just as conscientiously testify that opium was poisonous in any quantity, and that lobelia could not by any possibility be made to produce poisonous effects. We indorse, most cordially, the first clause of the resolution. We repudiate the employment of *all* poisons as medicine; we care not whether they come from the mineral, the vegetable, or the animal kingdom. And now that the Physio-Medicals have adopted this principle, we have but a single question to discuss with them, and that is, What is a poison? When this is finally determined, the solution of all other problems respecting which we differ, will be very easy.

We apprehend, however, that our friends will find some little difficulty in agreeing upon a satisfactory definition. Indeed, we are of opinion that they can not, or will not, define the word at all so that it will stay defined. We ask them to do so. Our definition has been many times published, and is before the world. We are curious to see how they will manage to "get up" a definition which will not apply just as well to lobelia as to opium.

We notice that, in discussing the propriety of using *gelseminum*, some members of the convention took one side, some the other. Gentlemen, if you can not agree among yourselves whether one of your own medicines is or is not poisonous, won't you make a sorry figure in prosecuting allopathic physicians? Please let us hear from you at your earliest convenience. We have come so near fraternizing that we do not like to lose the opportunity. *What is a poison?*

A STEP BACKWARD.—The faculty of the Eclectic Medical College in Cincinnati have lately resolved to exclude females from the lectures during the winter term, and to confine their attendance to the spring session. The *Richmond (Indiana) Lily*, in allusion to this matter, says:

Much to be deprecated is the spirit of animosity, ungallantry, envy, and malignity not only manifested toward those noble women who conscientiously choose this important profession, but also among medical men.

The *Lily* reminds young women that there are in operation medical colleges designed *especially* for their education. We would beg leave to remind the *Lily* that special schools for the education of female physicians exclusively, are as unnatural and unphysiological as are schools for males exclusively. A medical school should educate doctors, not sex.

UNACCOUNTABLE DEATH.—We copy the following from the *Physio-Medical Recorder* for the purpose of suggesting the explanation:

PROF. COOK.—*Dear Sir*: I was called January 8th to a lady about thirty-three years old, of quite weakly habits, of a sanguine temperament. She was called to bed the fifth time. Was always in the habit of flooding a great deal before this. When I got there, she was in labor; the pains were not hard, but sufficient to expel the child. In about one half hour after the child was born, the after-birth came as well as I ever saw one; but shortly after that, she commenced complaining of pains in the stomach, bowels, and knees, and also of vertigo. By the use of our remedies, I thought I had secured a reaction; but in a short time the symptoms returned again, with complete blindness, and she died in a few minutes. She only lived four hours from the time the child was born.

When I first got there in the morning, there

was a bluish or purple appearance of the lips. I myself could see no cause sufficient to produce death. Could it have been from laceration of the womb? or what could have been the cause? There was great pain in the pelvic region. You will please insert this, with some information, and oblige a friend in the reformation.

W. N. M'CAIN.

FLEWELLIN'S X ROADS, May 24, 1858.

Such a sudden death, without any apparent external cause, points strongly to a rupture of the womb. In so delicate a frame, however, the effort of travail may have induced such complete prostration that the congestion noticed by you in the morning became general and ripened into death. Organic disease of the heart may also be mentioned as among the possible causes. Such cases are never clearly determined, except by a post-mortem examination; and it is a pity that friends would not consent to having this performed oftener on these peculiar occasions.—ED. REC.

It is now well settled that the introduction of air into the blood-vessels, in any manner, at once arrests the circulation and induces immediate death. Dr. March, of Albany, many years ago, accidentally cut the external jugular vein, while dissecting out a tumor from the side of the neck. The air rushed in with a slight gurgling sound, and the patient expired. Many similar cases have lately been recorded. Within a few years we have heard the particulars of several cases similar to that related by Dr. M'Cain. In one of these cases the labor was unattended with any unusual or untoward symptom; but the next day the patient suddenly died. Several such cases have happened in this city. No doubt the introduction of air into the blood-vessels through the uterine veins or sinuses was the cause of death in each case. This can not happen in a normal condition of the organs; because efficient uterine contraction is the natural and sure preventive. But all females of lax muscular fiber are liable to this accident. Dr. M'Cain's patient had been subject to floodings, a circumstance which both proves the existence of a loose, flabby, non-contractile state of the uterine system, and predisposes to the accident. In all such cases the practitioner should be careful to induce complete uterine contraction by manipulating the abdomen with the hand, occasionally dipped in cold water. This should be persevered in until the uterus is distinctly felt contracted into a firm, hard lump or ball at the lower part of the abdomen, when the patient is perfectly safe.

INFIDELITY.—We have been charged with quackery, irregularity, fanaticism, ultraism, one-ideaism, and now comes lastly, if not leastly, infidelity. A correspondent writes us from a remote place in Texas:

The doctors here are trying to poison the minds of the people against you by telling the good people that all of your publications are tainted with infidelity; and many persons are thus induced to denounce your books who have never read a page of them. The M.D.'s see that their craft is in danger, and hence resort to any means, however unjust, to stay the onward march of reform.

We have only to say that our publications are in the libraries of hundreds of clergymen in the United States, representing nearly if not quite all of the religious denominations. When our adversaries resort to such weapons, it is pretty certain that they have nothing in the way of argument or truth to offer against us. Well, if the doctors aforesaid could only be in our *sanc-tum* twenty-four hours, and look over the scores of letters which come to us from all directions, repudiating them and anathematizing their drugs, they would call us something a good deal worse than infidel, provided they could find anything worse in the dictionary. We subjoin a few specimens, not because we wish to aggravate their susceptible feelings, but just to see what effect it will have upon them.

FARMER, N. Y., Aug. 26, 1858.

MESSRS. FOWLER AND WELLS—Inclosed please find six dollars, for which send me the WATER-CURE and *Phrenological Journals*, and *Life Illustrated*, for the ensuing year. I can not dispense with your publications. I am now enjoying good health, although seven years ago, when I commenced taking the WATER-CURE JOURNAL, I hardly dared hope for it. For ten years I had not been well. Now I can say that I have not seen a sick day for about five years. I now labor very hard; my work is tending a warehouse and plaster-mill. I am troubled very little with aches and pains; and if I get very tired, one night's rest brings me out fresh again, and ready for another day's work. Nor is this all. We get along of late years *without employing any doctor*. Last spring my wife, and one child, about a year and a half old, had inflammation of the lungs. Instead of calling in the allopathic doctor, I consulted Dr. Trall's "*Hydropathic Encyclopedia*," and they recovered without difficulty. My neighbors were continually calling in and suggesting this, that, and the other remedy; but we will have nothing more to do with drugs. If I ever come to New York I shall have a long yarn for you, if you have time to hear it. Yours for Hygieo-Therapeutics, ALBERT MOOREHOUSE.

Mrs. Caroline Hatch writes from Wheatland, July 25, 1858:

MESSRS. FOWLER AND WELLS—I take this opportunity to tender you thanks for the great benefits I have derived from your valuable paper, the WATER-CURE JOURNAL. It is quite certain that a great change has come over the minds of the people of our neighborhood in a short time.

About six years ago I by accident came across one of your almanacs, and soon afterward my son was taken with inflammatory rheumatism. I doctored him according to the instructions given in the Almanac, and was successful. Several of the neighbors thought it a strange way of doctoring, and were *sure* it would meet with no success. One of them went so far as to say that if it were not for a saving of money, I would certainly send for a physician and not let him suffer so without doing anything for him (as they called it).

Since that I have had congestive and typhus fevers in my family and have treated them with

water and have been successful. Not only fevers, but ague and all other diseases I have treated with water, and in every case was successful at home and in the neighborhood. Several ladies in the neighborhood have so much confidence in the water treatment, that they have commenced its use in their own families, and have so far been successful. I had a daughter move to Iowa, whose mind was well stored with water-cure principles, and who had good courage and strong enough faith to follow them out to the letter. In November she gave birth to a fine son, and knowing my anxiety, in twenty-four hours she wrote me a letter with no injury to herself.

I have had no opportunity to join with any clubs this year, and so I thought I would do the best I could in getting up another, and have succeeded in getting up a small club. The Wheatland club failed only on account of scarcity of money.

If you think this will benefit any one, you are at liberty to put what you think proper of it in the JOURNAL.

Martin Galbraith writes from Pierceton, Indiana:

DR. TRALL—Dear Sir: Thinking you would like to know how Hydropathy is progressing in Northern Indiana, I send you a few lines. It is five or six years since that great monitor and reformer, the WATER-CURE JOURNAL, found its way to these parts. But, as with all reforms, it found few advocates, and many opposers. Cold water—how could so simple a thing as water cure disease? And then it was so cold! Just to think of jumping into cold water of a cold winter's morning! Ugh! the very thought made the people shudder. But the fact was, the people had not then been imposed upon by the doctors. The country was new, the inhabitants were sparse, the health was good, doctors had not found their way among us, and the people thought and cared but little about health and health reformers. But in a short time, as the country became settled, how the doctors poured in upon us! Every little village of a dozen houses contained a drug-shop and pair of pill bags. Diseases soon began to prevail, of a complicated and dangerous character. Death became of frequent occurrence, and really the M.D.'s were having a good time. But from some cause or other they are getting in disrepute; their services have ceased to be regarded as a necessity. The early advocates of Water-Cure have stood firm, and showed their faith by practicing it, and now nine tenths of the people are unfavorable to the drugging practice, and prefer to doctor themselves with water. Indeed, how can they do otherwise when they see the killing effects of drugs? For instance, the scarlet fever visited us last winter. The drug-doctors lost one third of their patients, while not one of the many cases treated with water failed to recover. Some of our most influential physicians declare themselves friendly to Water-Cure, and I believe many more would were it not for the fact that it would ruin their business. Shame on a system that places the health of the people at the mercy of the physician's acquisitiveness. But I rejoice to believe that, with proper exertions, the time will soon come when drug-medication will be among the things that were.

T. H. writes:

On the former page you will find a list of subscribers for the W. C. J., as I have been accustomed to send you. One of those subscribers assures me that she considers, in these times of scarcity of money, the dollars paid for the JOURNAL the most economically invested of any money she pays out, as the reading of the JOURNAL has saved her at least two dollars a year for patent medicines, fifty cents for rhubarb, castor-oil, and salts, and five dollars for doctor's bill. Thus she says she saves \$6.50 every year when she has no protracted sickness in her family, in dollars and cents, to say nothing of the saving of time and vitality by not being sick. Her experience is the same as my

own, except I can double her estimates in dollars and cents in ordinary years. The year before I commenced reading the JOURNAL, I paid over \$100 in consequence of the erysipelas, and found the disease worse at the end of the outlay than before. A friend told me to subscribe for and read the W. C. J. I did so, and threw physic to the dogs, and called on no more physicians, and in less than two years thought I was well. It is now over seven years since I commenced reading the JOURNAL, I have not swallowed a single portion of physic, or taken a particle of medicine of any kind. I wish all success to the W. C. J.

Not wishing to overdose our allopathic friends, we close the case for the present, by reminding them, that we have a few bushels of similar documents on hand, which will be furnished them "to order."

DISINFECTANTS.—It always gives us pleasure to copy a sensible thing from an allopathic medical journal. We do not often have the opportunity, but here is a chance, and we improve it. We copy from *Hall's Journal of Health*, which, by the way, is not very allopathic:

Some one says that noxious *effluvia* are absorbed in an incredibly short space of time, if two or three onions are cut in thin slices, and put on a plate, to be renewed every six hours. This is just as true as that the smarting from the scratch of a pin becomes instantaneously unfelt, if the person is knocked down. The only safe, healthful, and effectual method of keeping a sick-room "sweet" is to keep everything scrupulously dry and clean; instantly remove every article of clothing or bedding which has an atom of dampness or moisture upon it, do not allow even pure water to stand a moment in the apartment, let the fireplace be always kept open, with a frequent and free admission of the pure and the fresh air from out doors. This should be done every two or three hours during the twenty-four. It is the pure air that sick people want, not an atmosphere loaded with the fumes of onions, for in a pint of air they displace just as many particles of fresh air as would burnt sugar, cologne-water, or the sulphureted hydrogen of the privy; for, be it remembered, it is not the odor which does the mischief, so much as the deficiency of nutritious particles of the atmosphere which it takes the place of. We should rather think that every additional odoriferous article introduced into a sick-room only added to the difficulty, even thought it were the perfumes from "*Araby the Blest*." The greatest humanity we can show the sick is, to secure to them the most important remedies ever known, to wit, quietness, cleanliness, and pure air; these alone would cure three-fourths of all our diseases, but we will not use them; yet they are everywhere attainable, and cost nothing but a little trouble. With the same physicians and the same medicines, the mortality of the British army in the Crimea was diminished one half, through the influence of Florence Nightingale, in the procurement of greater comfort and cleanliness among the sick.

SENATOR SUMNER'S CASE.—The horrible and barbarous as well as absurd and ridiculous system of drug-medication which, in the language of the late Illinois Physio-Medical Convention, is the greatest scourge and curse of civilization, is now being illustrated in Paris in the case of Hon. Chas. Sumner. He is now under the treatment of one of the most distinguished men of the medical profession. The Paris cor-

respondent of the *Tribune*, under date of July 26, said :

I have been spending an hour this morning with Mr. Sumner. Though my report of June 23 remains of general correct application to his present condition, some further details may now be added that can not fail to interest men of science as well as personal and political friends. His physical sufferings have been constant, and rather increasing than diminishing since I last wrote. The moxa has not been administered anew, but none of the wounds of the neck and back, left by the six first burnings, are yet healed. These render any change of posture difficult, slow walking very painful, and the constantly irritating motion of a carriage nearly intolerable. The bed gives only a cramped, labored repose, for the nature and position of the fire wounds are such as to forbid the poor privilege of tossing about under penalty of fresh agony. This state of things has lasted now for nearly six weeks. Meanwhile, however, the burns are slowly closing over, and Dr. Brown Sequard, who is in daily attendance, does not propose to apply the moxa again for the next two months.

Some new features in the case have developed, causing the patient intense new pains. It is throwing but little light on them to say that they are neuralgic, constricting and oppressing the chest as with a torturing, deadly weight. They have been considerably reduced by the administration of hot baths and powerful internal remedies. If I rightly understand the physician and his patient, these new pains are to be regarded purely as an effect of sympathy between the nerves in the region of the chest and the great nervous central column—not as an extension to that region of the malady of the latter, nor as an independent local disease of those nerves. On the whole, there is as large room for hope in his case as when I last wrote.

"Very interesting" indeed, "to men of science," this torturing a man by burning the flesh, until his terrible agony requires powerful doses of narcotic poisons even to mitigate his sufferings. But now, because he can endure no more without endangering immediate death, he is to have two months respite, and then those experiments, so interesting to men of science, and so unfortunate for invalids, are to be resumed. We have no doubt that the ultimate consequences of this mode of treatment will be much worse than those of the original injury.

But now the disease presents some new features in the form of neuralgic pains. We are not told that these are the effects of the treatment. The writer thinks it enough for us to be assured that they are not an extension of the original disease. They are the effects of sympathy. Well, what is sympathy? We most respectfully assure the writer, and all others concerned, that the word sympathy, in medical parlance, has no other meaning nor use except as a cover for ignorance. Whenever the physician does not know, or does not wish to tell, the nature of the malady nor the operation of the medicine, he says, "Oh, it's sympathy." And everybody is satisfied at once.

Senator Sumner has fortunately an excellent constitution and the advantage of a temperate life. If medical men would let him alone, he would eventually get comfortable health. As it is, he is morally certain of becoming, in a year or two, a miserable wreck, as every other individual has who has been subjected to such a plan of treatment.

To Correspondents.

Answers in this department are given by DR. TRALL.

ADVICE GRATIS, OR NOT.—B. A. I., Brashear Falls, N. Y. I see by your notice that you offer to write letters of advice, on receipt of postage stamp. I am very dyspeptic, bowels constipated, much troubled with palpitation and nervous debility. I have taken a great deal of medicine, which I fear has done me injury; age 28, occupation sedentary. Please give me particular directions as to diet. What baths shall I take? How much, and what kind of exercise? Do not answer through the JOURNAL.

You do not see anything of the sort. We have never agreed to write private letters of advice for all who would pay their own postage. We have offered, and will with pleasure answer questions through the JOURNAL, because this benefits our subscribers. But if you want a private prescription, send a private fee, which is \$5.

PALPITATION.—R. T. D., San Luis, Cal. We have no doubt of the curability of your case. The time required would be from three to six months. You must abandon all forms of stimulation, whether in the shape of beverages or foods.

DECAYED TEETH.—R. O., Solon, Ohio. Should teeth, after the nerve is killed, be filled and allowed to remain, or be extracted.

It is best usually to have them filled. They may still be useful for mastication and articulation.

FALLING HAIR.—L. A. M., Sacramento, Cal. How can I prevent my hair from falling out? It is growing thinner every day, and I fear total baldness, if the tendency is not soon checked. What is the cause?

Cut the hair very short, bathe it with cool water twice a day, and shampoo it thoroughly. We can not tell the particular cause in your case, for the reason that you do not tell us how you live. Probably the cause may be in some one or more of your personal habits. The excessive use of such is a frequent cause.

TAPE-WORM.—A. S. H., Boylston Centre. You will doubtless remember receiving last January, or near that time, a communication entitled the "Tape-worm, Remedy, etc.," written to be published with your consent, in the WATER-CURE JOURNAL. Believing it to be an important remedy, I sent it at that time. Will you have the kindness to inform me whether it has ever been published?

We did not publish it, for the reason that we had no faith in it. We could easily explain your mistake, but as the same explanation applies to all drug-medication, it is not worth the trouble to make your "remedy" a specialty of reprobation.

TURKISH OR RUSSIAN BATHS.—D. C. S., West-boro', Mass. We are not aware that these baths are given in this country. All the benefits to be derived from them may be obtained by means of the ordinary bathing appliances of the water-cure establishments.

COARSE BREAD.—W. V. B., Bloomington, Ill. Many persons tell us they can not eat brown bread and fruit. The reason they give is that it scratches the throat, and is too laxative. But these same persons can use tobacco, strong coffee and tea, hot, greasy biscuit, scrofulous pork pickles, onions, strong cheese, radishes, etc. Now, good doctor, if some poor invalids should visit your establishment for a cure, and your victuals should scratch their throats at a fearful rate, and threaten to make their bowels run out of their bodies, would it not be a bad state of affairs? Please tell us if there are persons who can not use bread made of unbolied flour, and fruit? and if so, what would you do with them?

Such objections are often raised, but we have no difficulty in managing the cases. They are morbidly sensitive, and their appetences and sensations crave the very agents which are destroying them, as is the case with many dyspeptics and drunkards, who can take large doses

of Cayenne pepper or brandy with immediate comfort, while a glass of pure water would feel disagreeable in the stomach. The patient must overcome his morbid sensibilities by perseverance in the better way, or die; and as this is a free country, many prefer the latter course, as they have a perfect right to do.

BAD TASTE IN THE MOUTH.—N. W., Fairview, Ky. Your diet, as we judge from your description, is very far from being physiological. This, with the many drug-poisons you have taken, are sufficient to account for your condition. You say you would be willing to pay \$50 to be entirely cured. You will be lucky if four times that sum suffices. You ought to be three months at a good water-cure. You are greatly mistaken in supposing that the effects of bad habits must cease, so soon as the habits are discontinued. The effects of many of the drugs you have taken will remain while you live.

THE LAW OF SEX.—L. S. T., Detroit, Mich. We have already stated editorially our opinion that the book entitled "The Mysteries of Nature" contains a correct exposition of the physiological law of sex, by the application of which parents can have the voluntary choice of the sex of their offspring. It is sold by Trall & Gorton 15 Laight Street. Price \$2.

INCIPIENT CONSUMPTION.—H. K., Peoria, Ill. Last spring I was taken ill with the lung fever. I called in a homeopathic doctor, and got very near well, when a relapse occurred. I then called the same doctor, who cured me again. About two weeks ago it again attacked me, with great pain in my bowels when I coughed; the pain has left me now. I want you to give your opinion of my case in the WATER-CURE JOURNAL, which I have taken for eight years. I feel well enough, all but the cough; have a good appetite. The doctor says my lungs are feeble, and the cold will run into consumption if not properly treated.

Your doctor is correct; incipient consumption may exist already. You had better take proper treatment at once. Curing aches and pains with drug-poisons is one of the surest ways in the world to produce consumption.

COMPRESSED AIR-BATH.—B. L. T., Albany, N. Y. This will not cure consumption. For all forms of confirmed consumption there is nothing equal to a free inhalation of the pure air just as we find it out-doors. Consumptives should always exercise as much as possible, short of great fatigue, in the free, open air. If susceptible to cold, more outside clothing may be worn. Avoid flannel next the skin.

PUZZLES.—A. S. A., Morris, N. Y. 1. Do you consider a person a vegetarian who uses milk and butter? 2. Do you consider there is any difference in principle as a vegetarian, between eating cow's flesh and the using of her milk? If yes, please explain. 3. Suppose a man in health on rising in the morning to take a sponge-bath for one minute. Is he supplying a physiological want? 4. Does the system act *normally* on the water? 5. Is it "vital action in relation to things normal?" 6. Suppose he is sick—feverish—and takes a proper bath. Is he then supplying a physiological want? 7. Does the system act *normally* on the water? If yes to 4th, 5th, or 6th question, what are the symptoms when it would act *abnormally*, were the bath continued an indefinite period? I trust you will take my meaning without cavil, as the questions are prompted by a desire to get at the truth.

1. Not strictly. 2. No. 3, 4, and 5. It depends on circumstances—that is, on his condition. 6. Yes. 7. That depends upon how it is applied or used. Pain, chilliness, or other evidences of morbid action or condition.

MINERAL WATERS.—R. T. B., Clarendon, Vt. There is a mineral spring in this vicinity, the water of which is greatly admired by many who drink it. It is supposed to possess some peculiar, if not valuable, medicinal properties. Those who drink very large quantities say that it "sits much lighter on the stomach than common water." Can you explain this fact?

The water contains a large proportion of carbonic acid gas, and hence those who drink a gallon of it do not take into the stomach more than one fourth that amount of water. It "sits more lightly," because gas is lighter than water.

HYDRO-DRUGOPATHY.—M. O. N., St. Paul's, Minn. Please publish a list of the water-cure physicians who do, and those who do not use drugs, for the benefit of many subscribers.

Can't do it. If any one of our readers wishes to know whether any one who advertises to treat diseases hydro-pathically, mixes in the drugs or not, he can easily ascertain by asking the information of the physician whose establishment he purposes to patronize.

MEDICAL STUDENT.—We can not find employment for students to pay their way. All of their time while here ought to be devoted to their professional study and the exercises connected with the school. The Lectures of the ensuing winter term will commence Nov. 8. We advise all who can make it convenient to be here on the 1st of the month, or as soon after as possible.

DYSPEPSIA, WITH FAILING HAIR.—J. C. L., Kinniconick. The Hydropathic Encyclopedia will give you the desired explanations and directions. Price \$8.

SPINAL IRRITATION.—M. A. P., Springfield, Mass. The disease for which physicians so frequently apply caustics, issues, and blisters to the back, with the mistaken notion that it is an affection of the spinal cord, is, in ninety-nine cases in a hundred, mere functional derangement of the bowels, liver, or kidneys. Restore the organ really affected, and the tenderness along the spine will disappear.

CRISES.—H. C., Carthage, Ind. Is it best, in the treatment of chronic diseases of the digestive organs, to take such active measures as will produce early critical action, if the subject has sufficient reactive power?

Treat the case properly, and think nothing about any critical action. Let this take care of itself. It is always wrong to try by special means to force a crisis.

NOCTURNAL EMISSIONS.—F. R. W.—As you are not conveniently situated to attend to home-treatment, we see no chance for you but to go to a water-cure establishment. You could probably be cured in a few weeks. We do not recommend the instruments you allude to.

QUANTITY OF FOOD.—A. W. H., Philadelphia. In Cornaro's work on a Sober and Temperate Life, he gives 12 oz. of food and 14 oz. of wine as his daily allowance. Is this the English ounce, or is it a translation of the "uncia" and, if so, what is the relative value of our present ounce to the Venetian "uncia" of his day?

Substituting water for wine, and allowing for difference of climate, what would be the proper daily consumption of a person of similar bodily habit and experience and position in life to Cornaro?

It is of very little consequence to us what precise amount of food was taken by Cornaro. Each individual must be a law unto himself. By using only simple, natural food, one can easily determine how much or how little he should eat. The quantity will vary at different times, as the articles are more or less nutritious, and as the habits of the person vary, in regard to exercise, temperature, and other hygienic influences. We are of opinion that six ounces of wheat, half a pound of potatoes, and one pound of apples, or their equivalent, would be ample in quantity for the majority of mankind.

Business Notices.

Our publications may be obtained of L. WILLARD, Troy, N. Y.; W. O. MCCLURE, Utica, N. Y.; PECK & RUDD, Syracuse, N. Y.; D. M. DEWEY, Rochester, N. Y.; T. S. HAWKS, Buffalo, N. Y.; RICEY, MALLOY & WEBB, Cincinnati, O.; JOEL McMILLAN, Salem, O.; STEWART & BOWEN, Indianapolis, Ind.; GEORGE C. KIMBALL, Iowa City, Iowa; KEITH & WOODS, St. Louis, Mo.; J. S. TAFFT, Houston, Texas; HOMER, HOLLAND & CO., Oregon City, O. T.; J. W. BOND & CO., Baltimore, Md.; MACLEAR & CO., Toronto, C. W.; THOS. H. PEASE, New Haven, Conn.; GEER & HURLBURT, Hartford, Conn.; M. BESSEY, Springfield, Mass.; SYLVANUS BENNETT, New Bedford, Mass.; WM. HORSELL, 13 Paternoster Row, London, England.

Our list of agents will be continued in subsequent numbers.

THE NEW ENGLAND FEMALE MEDICAL COLLEGE announces its Eleventh Annual Term in our advertising columns.

SUBSCRIPTIONS WILL COMMENCE with the month in which the order is received.

SIX MONTHS' SUBSCRIPTIONS will be received at the yearly rates.

CLUBS may be made up of persons receiving their Journals at different post-offices. It often occurs that old subscribers are desirous of making a present of a volume to friends at a distance.

PRESENT SUBSCRIBERS are our main reliance. Those who know the utility of the Journal will work for it, and recommend it to their friends and neighbors, that they too may participate in the benefits of its teachings.

HAVING BEEN a member of a club at some previous time *does not* entitle persons to renew their subscriptions at club rates, except a new club is formed. Our terms are: for 10 copies (ordered at once) one year, \$5; 5 copies, \$3; single copy, \$1.

SUBSCRIPTIONS for either of our publications—the PHRENOLOGICAL JOURNAL, the WATER-CURE JOURNAL, or LIFE ILLUSTRATED—may be ordered at the same time; but care should be taken to specify particularly which is wanted.

Miscellaneous.

GYMNASTICS.

BESIDES the gymnasium and palaestra, where the youth were trained to vigorous exercises and sports, a system sustained in Sparta at the public expense, and compulsory on every citizen, there were various games, like the Olympian, to arouse the most emulation between both individuals and states, and to reward proficiency in physical culture with the most brilliant and coveted honors. The simple crown of oak or pine leaves set on the brow of the victor was hailed as a symbol of renown all over Greece, and almost stood for immortality of fame; while both beauty and letters lent their presence and charms to these state occasions, the poet reading his lyric or epic, and the historian his world-enduring narrative before the assembled thousands of their countrymen at the great games.

Some of the old Asiatic nations were not wholly devoid of physical discipline as a part of their education, and even among the rude tribes of North America the young warrior was early trained by diligent exercise to hurl the spear and bend the bow adroitly. Xenophon, in his Cyropaedia, in describing the Persian education, says:

"The boys who frequent the public places of instruction pass their time in learning justice; and tell you that they go for that purpose, as those with us who learn letters, tell you that they go for this purpose. They learn, besides, to shoot with the bow and to throw the javelin. These things the boys practice till they are sixteen or seventeen years of age; then they enter the order of youth. The tribes that remain at home pass their time practicing the things they learned while they were boys, in shooting with the bow and throwing the javelin. These they continue exercising in emulation, one against another, and there are public games in these kinds, and prizes set."

It was in such a discipline that Cyrus the Great, the hero of Xenophon's historical romance, was trained, and taught as the two most princely accomplishments, to speak the truth and hurl the javelin. This may seem to be a rather meager programme of education in our days of numerous and distracting studies, but whatever of dignity materially associates itself with the name of Persian in history, is derived in no small measure from these two elements of a moral and a physical athleticism, both of which we have, perhaps, too much lost from sight in our overweening devotion to intellectual power.—*N. Amer. Review.*

SCENE IN COURT.

HON. DAVID PAUL BROWN, of the Philadelphia bar, relates the following good story in a late work of his:

A quack had instituted a suit for medical serv-

ices against one of his neighbors, and the suit being brought for the use of another, became himself the witness. A Mr. Williams, who was employed to defend the suit, and to expose the quackery and ignorance and worthlessness of services rendered, subjected the doctor to the following cross-examination:

Counsel. Did you treat the patient according to the most approved rules of surgery?

Witness. By all means—certainly I did.

C. Did you decapitate him?

W. Undoubtedly I did—that was a matter of course.

C. Did you perform the Cæsarean operation upon him?

W. Why, of course, his condition required it, and it was attended with great success.

C. Did you now, doctor, subject his person to autopsy?

W. Certainly, that was the last remedy I adopted.

C. Well, then, doctor, as you first cut off the defendant's head, then dissected him, and he still survives it, I have nothing more to ask—quackery deserves to be immortal.

THE WATER-CURE JOURNAL FOR 1858.

Devoted to Physiology, Hydropathy, and the Laws of Life and Health—with Engravings illustrating the Human System—A Guide to Health and Longevity.

GOOD HEALTH IS OUR GREAT WANT.—We can obtain it only by a knowledge of the Laws of Life and the Causes of Disease. All subjects connected with Diet, Exercise, Bathing, Cleanliness, Ventilation, Dwellings, Clothing, Occupation, etc., are clearly presented in the WATER-CURE JOURNAL. Hydropathy is fully explained and applied to all known diseases. The Water-Cure is not equaled by any other mode of treatment in those complaints peculiar to Women. Particular directions are given for the treatment of ordinary cases at home, so that all may apply it. Believing Health to be the basis of all happiness, we rely on the friends of good Health to place a copy of THE WATER-CURE JOURNAL in every family in the United States. Single Copy, \$1 a year; Ten Copies, \$5; Twenty Copies, \$10.

THE AMERICAN PHRENOLOGICAL JOURNAL FOR 1858.

THIS JOURNAL is devoted to the science of human nature. It aims to teach man his powers, duties, and relations; how to make the most of himself, and thus secure the highest mental and physical well-being.

PRACTICAL PHRENOLOGY, or how to read character, Self Improvement, Home Education, Government, Selection of Pursuits, Choice of Apprentices, Clerks, Partners in Business, and Companions for Life will be clearly set forth. Biography, with Portraits, Natural History of Man, Mechanism, Agriculture, and Architecture, with Engravings, will make the Journal an interesting and valuable family guide and companion to all readers.

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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.

HYGEO-THERAPEUTIC COLLEGE.

—The Lectures for the Winter term of 1858-9 will commence on Monday, Nov. 8, 1858, and continue twenty weeks.

FACULTY.

R. T. TRALL, M.D., Institute of Medicine, Theory and Practice, Materia Medica, and Female Diseases.
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Mrs. HULDAH PAGE, M.D., Physiology and Hygiene.
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F. H. BRIGGS, Education.
L. N. FOWLER, A.M., Phrenology.
Mrs. L. F. FOWLER, M.D., Clinical Midwifery.
In addition to the regular course of lectures, clinical instruction will be given weekly by Dr. Trall, and occasionally by D. A. Gorton, M.D., and Mrs. C. L. Smalley, M.D., Associate Physicians of the New York Hygeo-Medical Institute.

Terms.—Fees to all the Lectures, \$75; do. with board in the Institution, \$150; Matriculation fee, \$5; Graduation fee, \$20.

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ciated in the management of his extensive establishment Drs. Gorton and Smalley, is now more fully prepared to give satisfaction in the treatment and cure of all curable diseases, of whatever kind or name. Invalids placing themselves under our care can have the very best security for being treated skillfully and scientifically, as we stand the acknowledged head of the HYGIENIC SYSTEM and HEALTH REFORM in the United States—yes, in the world.

Special attention is now given to *Uterine Diseases and Displacements*, by Mrs. C. L. Smalley, M.D., who has made this class of diseases a special study for the past ten years.

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Our location is pleasant and healthy, being adjacent to St. John's Park, and but a short distance from the Bay and the Hudson River, on the west side of the city.

Drs. Gorton and Smalley (experienced physicians) will attend to out-door practice promptly and efficiently.

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TO INVALIDS.—As PHYSICIANS

we aim to represent in spirit, and to carry out in practice, the highest conceptions of medical Hygiene that the times have attained to. In furtherance of this end we have not hesitated to amplify, and correct our own ideas, by means of other men's, not only by employing all the advantages to which recourse is ordinarily had, but we have also had personal intercourse with the principal medical Hygienists of England, France, Germany, and Sweden.

We will occasionally respond to calls from other places to lecture on our favorite topics.

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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.

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BINGHAMTON, N. Y.—This establishment is so situated and arranged as to present unusual facilities for comfort and improvement in health during the winter months. For Circular, address
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DR. BEDORTHA'S WATER-CURE

ESTABLISHMENT is at Saratoga Springs.

GLEN-HAVEN.—TO ALL PER-

SONS who, having heard of this Water-Cure, wish to know more about it, and the method of treatment which is carried on here, we respectfully request them to send for a specimen copy of "The Letter Box," a monthly Health Journal, edited by Miss Harriet N. Austin, M.D., which will be sent, postage unpaid for 1 cent, or paid for a 3 cent stamp.

A business Circular, describing the Glen, for a 3-cent stamp.

4 Tracts written by us: "Dress-Reform," 6 cents.
"To Young Men of the United States," 6 cents.
"Spermatorrhea," 6 cents.
"Fish as Food," 6 cents.
"Dyspepsia," 8 cents.
"Female Diseases," 8 cents.
"Scrofula," 8 cents.
"Hints on Reproductive Organs," 15 cents.

We will send the whole for sixteen 3-cent stamps, postage paid; or all but the "Hints" for ten 3-cent stamps, postage paid; and the one who buys them, and reads them, and puts them into the hands of his neighbors, does not think his money well spent, we will refund it. We are doing a great work for the people, and we solicit the co-operation of Health Reformers in circulating our publications.

To those who wish to visit the Glen, our route is—from East or West, come on New York Central Railroad to Syracuse, thence by Syracuse and Binghamton Railroad to Homer, and stop at Van Anden's Hotel, then to the Glen by stage. Or, from East or West, on New York and Erie Railroad to Binghamton, thence on Syracuse and Binghamton Railroad to Homer, and so on to the Glen by livery or stage.

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For the PROPRIETOR,
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BINGHAMTON, N. Y.—O. V. Thayer, M.D., and Mrs. H. H. Thayer, Physicians and Proprietors; who, after an experience derived from an extensive, varied, and successful practice of thirteen years, in the curing of diseases Hydropathically, have recently built, newly-furnished, and opened, on their own account, the Extensive Establishment known only by the title above-named, at which, for the few reasons subjoined, they are enabled to offer curative facilities to the invalid, of whatever kind, and irrespective of season, that are available at but few similar establishments in this country.

1st. The Physicians are the owners and proprietors of the establishment; hence the two common clashing of interests between the proprietors and physicians, and the consequent very just cause for the dissatisfaction of patients, is, in this case, wholly avoided.

2d. The eligibility of the location for the purpose—the convenience of approach—the pure air, pure water, pleasant walks, and romantic prospects. And while our charges in all cases are moderate, we discriminate in favor of those whose means are limited, especially in the autumn and winter seasons.

3d. The most studious attention is constantly bestowed upon patients by a close observance from time to time of the symptoms of their maladies, directing the proper treatment in their baths, in their eating and drinking, walking, resting, sleeping and ventilation, and mental and physical exercise generally, varying the same with the variation of the symptoms of their diseases.

4th. This is not only a pleasant asylum for the over-taxed mind or diseased body in the heat of summer, but emphatically a cure alike for all seasons and all curable diseases. Therefore those who require treatment during the approaching fall and winter seasons—in short, all who contemplate testing the water-treatment for either acute or chronic diseases, are invited to a call upon or correspond with this establishment at once.

5th and last. While we disclaim any favor for, or alliance with, any of the obnoxious reforms of the age, which are embraced in the phrase "progressive isms of the day," which have, in some instances, been promulgated to the more or less injury, in the popular estimate of this excellent system of cure, they extend the right hand of fellowship to everything that tends to the improved health, improved minds, and improved morals, of their fellow-beings. Nor do they assume the bigoted position that all other systems and sciences of curing are worthless failures; but from their own experience in many years of practice, first allopathically and second hydropathically, they do assume that the Hydropathic system practiced intelligently will cure more of the diseases to which flesh is heir, and that with less deleterious consequences to the patient, than any other, if not all other, practices introduced in the common family of man. We invite the doubting to a test. For further particulars address
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JOSEPH DAVISON, Proprietor.
DR. C. W. GRAW, M.D., Resident Physician. 8t

ATHOL WATER-CURE.—FOR

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TER-CURE is at Hill Village, N. H. For several years past Dr. V. has given such of his patients as desired it, and were able to engage in it, employment at manual labor. No kind of exercise has so good an influence upon the mind and spirits of the invalid, and none is more valuable in the treatment of chronic diseases. It is always better than exercise merely for its own sake, while it affords many an opportunity to reduce their expenses.

Dr. V. has had much experience in the treatment of a great variety of chronic diseases. In the treatment of all the various diseases peculiar to females he has been remarkably successful. Protrusion, ulceration, leucorrhoea, amenorrhoea, dysmenorrhoea, have generally been made to disappear, never again to return.

Dr. V. has treated numerous cases of spermatorrhea and other disorders of the male sex, with perfect success. Young men who find their health declining from these causes should not put the matter off until it is too late.

Many years' experience has shown us that very many cases that look perfectly hopeless are completely curable. We say to the sick, take courage. Long years of suffering do not preclude your recovery. Hundreds of our patients will testify to this. Send us an account of your diseases and we will tell you the prospect of your success. Enclose a stamp also for circular.

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ANNOUNCEMENT FOR 1858.—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. Dickinson, who has had an experience of fifteen years as a teacher of Gymnastics and Kinesiotherapy. 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, FINEZZE 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 scrofulous 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 needful 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.

PITTSBURG WATER-CURE.—

This Institution is located on the Ohio River and Pittsburgh, Fort Wayne 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 patients 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.

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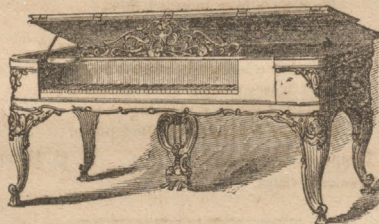
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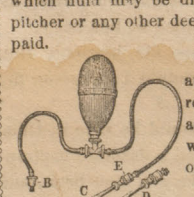
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LETTER FROM H. C. FOOTE.

MESSRS. FOWLER AND WELLS—You may, as soon as I get a spare dollar or two, consider me a life-subscriber to both the WATER-CURE and PHRENOLOGICAL JOURNALS. I have been without both for five months, and I miss their familiar faces and welcome pages. Truth is precious, and the truths embodied in Water-Cure, and Phrenology, too, are precious to me. Water-Cure is a purifying and enlivening banisher of physiological error. Phrenology affords the only consistent and practical scientific definition of the term "human nature." To both I owe much. As the magnetic needle points faithfully to the North Pole, although the North Pole is not immediately in sight, so Water-Cure and Phrenology point to CHRIST just as faithfully, if we only get the scales off our eyes sufficiently to trace it out.

Dr. Jackson's stirring appeals in the WATER-CURE JOURNAL may afford reflection to every lover of truth. His arguments are based upon truth. He tells more truth than is agreeable to our sin-darkened souls and bodies, *unless we follow his precepts*. But, oh! doctor, how could you wield your scalpel in such a merciless manner? Few men have had such an insight into the horrid depths of human physiological depravity as thou hast. Thy denunciations are just; thy descriptions are faithful. The horrible pictures which thou drawest of the utter fallen state of man, I have reason to believe and to know, are fearfully, wonderfully true. But the half has not been told. Seest thou that dark turbid stream of putrid filth making its way down the Canal Street sewer? Such is human nature! And Jesus Christ came into the world to save a race lost and sunken in sin, pollution, and misery, hopeless and helpless in its turgid depravity like that Canal Street sewer! It will be in vain for men to attempt to save themselves. The more we learn of human nature the more we see our own weakness and helplessness, and the miserable futility of our *frantic* attempts to render *perfect* obedience to the laws of nature. The more earnest and desperate our efforts to close every breach and fulfill every law to the letter, the more we see God's laws widen and multiply themselves to our astonished vision on every hand; and as our moral insensibility gradually vanishes, we see a

mighty wall before us which it is impossible to climb, and we find no refuge till we come to the door provided for us by Christ. But Dr. Jackson utters a great deal of truth which may seem to some conservative minds almost impious in its daring boldness and scathing honesty. There is a shameful want of obedience to hygienic law even among professed Christians. I have seen many pious clergymen preach Christ one hour, and in the very next OFFER UP A TOBACCO-SACRIFICE TO MOLOCH! Here is inconsistency, and the serving of two masters, which the devil chuckles over and angels weep. Let us hope and pray for the "good time a-coming," and do all we can practically to hasten its progress. Let Water-Cure, Phrenology, and the Bible go hand in hand to hasten the time when "all men shall know the Lord, from the least to the greatest."

Unbending Justice stood in view;
To Sinai's fiery mount I flew,
But Justice cried, with frowning face,
"This mountain is no hiding-place!"
But, lo! a heavenly voice I heard,
And Mercy's angel soon appeared!
Who led me on a pleasing pace
To Jesus Christ, my hiding-place.

Respectfully yours, H. C. FOOTE.
CLEVELAND, OHIO.

EXTRACT OF A LETTER FROM MRS. PETRIE.

EATONVILLE, HERKIMER CO., N. Y., July, 1858.

MY DEAR MRS. PAGE—I thank God daily for the light I received in the lecture-room at Laight Street. It will lead me onward and upward, where pills and calomel do not corrupt, and where mistaught doctors can not mislead the people.

Do you remember the morning on which I presented myself at Laight Street? Ah! that long face of mine! My very heart was sick; for with every organ of the body diseased, and a cancer by way of variety, I had no future. Though Dr. Trall bade me look forward with hope, yet, tortured by that twinging, biting, burning pain which was consuming me, long life, if possible, was not pleasant to contemplate. But the four months spent with you last year, subject to your renovating processes, made me as good as new. My health was never better than it is now.

When I think what a terrible disease I am freed from (to say nothing of minor ones), I want to go upon the highest hills and shout Hallelujah!

I bless God and my kind physicians for teaching me how to live, and, perhaps I should say, how to die. You would be surprised to meet your old patient, now that she has some breadth, and thirty pounds weight added to her body.

Enjoying good health, pure air, hygienic diet, and a clear conscience, why should I not go on my way rejoicing? * * * * *

If others having cancers would be wise in time, many a child would be spared a desolate orphanage, as well as my own little girl has been, and many bright intellects would still longer bless the world.

The maiden lady whom I advised to go to Dr. Trall's to be cured of her cancer (mentioned in one of my letters), was persuaded not to go, and she died last April. Do write to me, if it is only two lines. Ever yours, MARY H. PETRIE.

A SHORT SERMON TO SEXTONS,

WHICH MAY BE OVERHEARD BY ALL CHURCH OFFICERS.

DEAR BRETHREN—You occupy an important office in the church of Christ, which is the kingdom of God on earth. An ancient saint, with a crown on his head, said he would rather be one among you than dwell in the tents of wickedness. *Very honorable, then, is your office.* This is the firstly of our sermon. Let us now pass to—

Secondly. *Very useful* may your post be also. No man in the congregation can more effectually stupefy the preacher; no one can more effectually put to sleep the hearers. Know you, brethren, the importance of *good air*? it is next important in the worshipping assembly to the good Spirit from on high, of which Holy Scripture maketh it the emblem. As the Lord hath the gift of the latter, so the sexton hath of the former. If he giveth it not, the thoughts of the preacher flag, and the heads of the hearers bow in worship to the false God Morpheus. Keep idolatry out of the Church, brother sexton. There was a band of old saints once who were called Iconoclasts, because they tore down idols, and cast them out of the temples. The temples of our land are degraded by the worshippers of Morpheus; sextons are the champions to make a crusade against the abomination. They could purge the land of it if they would. Up then, brethren, and expel this heathenism. Do you ask how it shall be done?

1. Up with the windows at seasonable times.
2. Especially keep open, a little, those nearest the pulpit, during the whole service. The preacher will repay you by better sermons.
3. Manage this matter with skill; blunder not as some in your honorable office do, by having the windows either too much open, so as to chill the hearers, or not open at all, so as to stupefy them. Distribute the ventilation in small drafts all along the casements.

Again: Never freeze the congregation by neglecting the fires; begin them early, to make sure the comfort of the temple; it is better to begin too soon than too late, for when there is too much heat it can be relieved by ventilation; when there is not enough, ventilation has to be lost without remedying the deficiency. How many in your honorable functions, brethren, have thus robbed the Lord of the worship of an entire assembly? Remember, that with your peculiar honor is connected peculiar responsibility, and we must all give account.

Again: Men in honorable posts should always have *courtesy* up to their honor. A sexton should be a model of politeness; he should move with alacrity, accommodating everybody, and when he can not accommodate them, showing that he feels the privation more than they do. Next in importance to a good preacher in the pulpit, is a good sexton at the portal; his smile lighteth up the face of the multitude; his whispers of courtesy openeth the ears of the people for the trumpet of the truth. A rude sexton is out of his place; he is beneath its gracious honor, as much as a bear would be, guarding the palace gate of a king.

Application: And now, brethren, let him that hath ears to hear, hear this message. Harden not your hearts against it. He that hath sinned in these respects, let him sin no more, but make haste to repent. Let all our temples on the coming Sabbath show that the word has been fitly spoken, and the seed has fallen into good and honest hearts. The Lord add his blessing. Amen.