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# THE WATER-CURE JOURNAL

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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."

#### A MEDICAL TRIP TO EUROPE—No. 3.

BY GEO. H. TAYLOR, A.M., M.D.

THE world is so constituted, with its extreme variety of climatic influences, as to afford in every region new suggestions, tending to extend the latitude of intellectual development. Without such variety, the requisite incitement toward the realizing of the extreme possibilities of our nature would not be afforded. So we find the arts, sciences, and literature of every region peculiar by some added feature, all contributing in some way to enrich the general fund of human enjoyment. National idiosyncrasies often nurture into an active vitality principles that extend their blessings to the entire race. So this far-away, isolated northern peninsula of Sweden has so systemized some important principles in medical hygiene as must in time effect a radical change in the medical practice of the world.

The idea of treating diseases by such movements as are adapted to their nature can not be said to have originated at any particular time or place. It has been practiced in a fragmentary manner in China, from a date anterior to any authentic chronology; and among the ancients physical training was employed not only to prepare for games and gladiatorial displays, but to cultivate the health of the well, and to improve that of the sick. In modern times also, especially among the Germans and French, exercises have been practiced for similar purposes, and different plans and partial systems have been proposed by various persons of medical renown, to render exercise an important adjuvant, if not a chief element, in their means of curing the sick.

But none of these plans and practices, whether ancient or modern, were ever presented to the world as a system. Everybody readily concedes, that exercises properly used are unequivocally good for the health, and everybody allows that many diseases are caused by want of exercise, and others yet by improper exercise. These are ad-

missions plainly establishing a medical virtue in exercise—so far, at least, as hygiene is allowed to be a part of medical science. Besides, unequivocal benefit, and even the establishment of health in the chronic invalid, are well known often to follow many prescriptions wherein exercises are the principal and efficient remedy, such as traveling, riding, change of occupation or residence, etc. There have also been numerous instances wherein specific exercises have been prescribed by physicians as a purely medical recourse, and found to afford indisputable benefit in cases where they were indicated. But these observations and practices were still fragmentary—the various facts that were known were never gathered together and harmonized into the complete whole of which they were evidently the constituent elements. The different channels through which medical inquiries have ever been pursued are calculated to bewilder and mislead the mind with obscure and false views in regard to the nature of disease and the value of drugs. These mistakes have been perpetuated, with slight modifications, from time immemorial, and we heed them as representing the best attainment of medical wisdom. Physiological inquiry had not till the present era sufficiently advanced to allow physiology to be made the basis of therapeutical operations. Human experience had not so far culminated as to open to the mind a broad and comprehensive conception of the whole domain of life, and of its true necessities under all possible conditions.

Hence it is due that, with the advance of science, and especially physiological science, a corresponding advance, equivalent to a revolution, should take place in medical ideas.

The medical employment of exercises needed a proper terminology, so that its operations might be noted. This was requisite, not only for the purpose of describing its methods, but also to aid in a true conception of the pathological states for which its various applications are made. Without such a terminology, it is evident that success would be limited to the fact that any single medical operator might acquire, and the art so represented could never be transferred to another. It was reserved for the Swedish poet and scald, Ling, to push his investigations in this field of inquiry nearly to the exhaustion of the whole subject, and to furnish a basis for such a termin-



ology. Ling was fifty years before his time; and now inquirers on this subject must turn their faces toward Sweden, as the fountain from which, by some direct or indirect course, their chief knowledge of the "Movement-Cure" must be drawn.

Ling so far perfected his ideas of the means of utilizing exercises for medical purposes, and for the various conditions of the system indicating a process of training, as to win the confidence of the government, and in 1814 he was appointed director of an institution in which it was proposed to carry these plans into successful practice. Curiously enough, the grounds and buildings previously employed for the governmental manufactory of munitions of war, with the object of *destroying* life, were appropriated to carry out the newly-discovered means of *preserving* life, and unfolding the physiological capacities according to the objects that might be desired in any given case. Ling was succeeded at his death, in 1833, by his pupil, Prof. Branting, who is the present incumbent. This institution has been continued in successful operation for forty-five years. More than a thousand persons yearly partake of its advantages. It embraces several distinct objects, which are carried out in its different departments. It gives instruction to military officers in anatomy by dissections, etc., so as to qualify them for their duties in the care of the men under their charge, and as a necessary requisite to the art of fencing and bayonet exercise. This is also taught in the institution according to Ling's System, which I am told is used, with slight modifications, wherever this kind of discipline is taught, the world over. The institution also instructs teachers of common schools in *pedagogic gymnastics*, and all teachers throughout the kingdom are required by law to be qualified in this particular. It also receives the youth of Stockholm and the country around to be trained for health, strength, and activity. It besides has a medical department where chronic invalids of all classes are received for treatment, and this has grown to be the most important part of the institution, being open the year round, while the other departments are open by sessions. The institution is wholly supported by government, except the medical department, which is partly supported by a small fee from patients.

Stockholm is a city of about one seventh the size of New York, and it affords an abundant patronage to three institutions for the practice of the Swedish "Movement-Cure." Of these, for what may be regarded as strictly and exclusively *medical* practice, Professor Satherburg's is most noted. Dr. Satherburg is professor of orthopædic surgery in the medical college at Stockholm, and although he employs the Movement-Cure for all forms of chronic disease, he is particularly celebrated for his success in the treatment of spinal and other deformities by means of this practice. He is very ingenious in devising and adapting means to the ends to be accomplished, in the various cases, and his success insures him a throng of this class of patients. He has also numerous cases of pulmonary and heart affections, which he treats with eminent success. His plan is strictly after Ling, but his extensive erudition and genius enable him to carry out the treatment with unusual advantage. He is in the receipt of a government subsidy of 8,000 rix dollars per year, in

consideration of maintaining a free clinique for the poor. This clinique is always full, and numbers are always waiting to take the place of those whose terms of treatment expire. I am a witness of the great benefit of this clinique to the deformed youth of the city, many of whom are radically cured of what would otherwise have proved a life-inheritance, and are thus elevated to the means of attaining usefulness. Many of the cases attending here are quite delicate, and a majority are ladies. In the winter season, when the patronage is greatest, about twenty assistants are required to perform the treatment, and the number of patients that attend daily is from two to three hundred.

Dr. Satherburg was a regular physician in Stockholm, and his attention was first directed to the Movement-Cure on account of his own health. As he informed me, he was incredulous as to the merits of this method of medical treatment; but finding his lungs in a state of absolute disease—and his own judgment, as well as the advice of the most skillful physicians, afforded him no hope of relief—he went to Branting, at the Central Institute, as a drowning man will clutch at a straw, and with his judicious advice and management, soon found himself improving, and not till then did his faith in the treatment commence. A short time found him in renewed health, and ere long at the head of the most flourishing institution, where the Movement-Cure is exclusively practiced, in the world. His present appearance does not afford the least indication of his former disease, or of his hereditary pulmonic tendency. His own personal experience has stimulated him to devise methods that are peculiarly adapted to the end in view, and also to use such cautions in the means employed as to avoid all liability to injury of the patient. The end in view in the treatment of this class is to increase the aerating capacity of the lungs, and at the same time to avoid any tendency to congestion. I have met here with persons who have been cured years ago of bleeding and other grave pulmonic symptoms. They are not only cured, but fortified against succeeding attacks of disease, as the chests of such persons always exhibit a large increase of measurement.

In curvatures, the faulty muscles are first selected for operation. After these have been strengthened to a certain degree, and the form corrected in part, very ingenious mechanical devices are employed to assist in carrying on the cure, but never to produce extension of any part, and never to exclude the idea of depending on the movements as the main reliance. Indeed, the mechanical recourse is regarded as a form of the movements, and a legitimate part of the cure.

I am personally much indebted to Prof. Satherburg for his courteous attentions to my wants, by seconding my efforts in becoming acquainted with the special branches of medical hygiene that are brought to such perfection only in this country. He is now writing a work on orthopædic surgery, from the "Movement-Cure" point of view, and considering his qualifications for such a task, it must be an important one in the literature of the new medical era. Prof. Satherburg's institution has been in operation above ten years.

To Branting, however, as the exponent of Ling's conceptions, is due the chief merit of bringing the "Movement Cure" before the world as a distinct

and feasible practice of the healing art. The original and primary object of the Central Institution was far from medical in its chief purposes; but Branting applied himself with noble assiduity to the perfection of this branch. In this he was quite alone, and entertaining radical views on the subject, he was of course vigorously opposed by the medical fraternity, and it has been scarcely a dozen years since his views and practices have been so far appreciated as to be carried to any extent away from the Institution over which he presides. Branting holds to precisely the same views as do the most radical hydropaths among us, as to the omnipotence of hygiene, and the destructive tendency of drugs for medical purposes. He has a most lively faith in the one, and execrates the other. Although the members of the faculty are compelled to acknowledge the merits of the system that he represents, they of course are strongly opposed to him, and have circulated as false and ridiculous reports of him as they ever did of the Water-Cure doctors. He prescribes the use of water and dietetic regimen, and, what is more, rigidly practices his own doctrines. Personally, he is a man of small stature, very active, and though over sixty, he shows but few traces of advancing years, and is exceedingly affable in his manners. For forty-four years he has been connected with the Institution, and habitually performs an astonishing amount of labor, both mental and physical—for besides being always present in the "cure salle," at the hours of treatment for both male and female patients, he has to lecture to the different classes of teachers and military gentlemen for whom, in part, the Institution is designed, besides attending to the examination of patients, the making and reviewing of prescriptions for the guidance of the assistants, and the reception of the numerous callers, who occupy no small portion of his time.

The Russian government has established at St. Petersburg an institution similar in every respect to that at Stockholm, but it is in a style of magnificence corresponding to Russian ideas. The buildings are said to be very elegant and expensive, and the medical director is in receipt of a salary of ten thousand roubles per annum. Some of the members of the royal family take treatment in it from time to time. The royal family at Stockholm, also, do not disdain to grace the yearly examinations of the Central Institute with their presence. I am not aware that there are other institutions where both the training and medical purposes of Ling's System are combined in the same one. At Berlin, the Prussian government maintains a training department under Capt. Rothstien, who spent two years in Stockholm in becoming qualified, and has written, German fashion, numerous volumes in elucidation and support of his theme. At this capital there is also a medical, or "Movement-Cure" institution, of which Dr. Neuman is proprietor. Dr. Neuman has written more by far on the subject of the "Movement-Cure" than all others who have taken up the pen in its behalf. It is mainly through him that what little there is on the subject in the English language is derived. He is not only a fluent, but a critical writer; but it must be confessed that he indulges in some vagaries in his theorizing, and is not held in much esteem in Stockholm. There are twenty-five to thirty insti-



tutions for the practice of the Movement-Cure in Europe, and they are being extended with constantly-increasing rapidity. Besides this, many of the water-cures, which are numerous, affect to maintain a "Movement-Cure" department, showing the evident appreciation of this practice by the public.

### THEORY AND PRACTICE—No. V.

BY D. A. GORTON, M.D.

#### THE PHILOSOPHY OF THERAPEUTICS.

THERAPEUTICS is usually considered that part of medicine which treats of the application of remedies to disease. It is an art, therefore, the practice of which involves the life and happiness of thousands of our fellow-beings. In the humanitarian labors of men of science to perfect this important art, doubtless many precious lives have been, and are still being, sacrificed. Prof. M—, of one of our city colleges, came very near speaking an experimental truth, when he declared that he who had not destroyed a hundred eyes, could not be very skillful in treating their diseases! Knowledge, thus acquired, costs too much. Fortunate it is for humanity that all physicians do not aspire to be eminent or "skillful" in their profession!

We, of course, should not understand Prof. M—'s language literally. He desired to impress on the minds of students of medicine an important fact, namely, that knowledge of the practice of medicine is to be gained by experience. That in order to get experience, they would be obliged to resort to experiments now and then. Under such circumstances, an occasional blunder would be natural and inevitable. Hence the remark is beautifully applicable to the Allopathic management of disease generally. We do not make this extended remark at random. We believe what we say; yea, more, we *know it to be true*. Prof. Dunglison advises moderation to his young brothers in the following language; it will serve to illustrate the point under consideration: "The physician," he says, "exhibits his skill better by controlling disease by appropriate regimen, than by administering combinations of whose effects he often knows little, and where much of his practice must necessarily be involved in conjecture. Any experiment," he continues, "may have one of two opposite results—it may do good or harm." — *Therapeutics Mat. Med.*, Vol. I., page 24.

He who yields to the dictates of true philosophy need never be left to conjecture in the application of remedies for the cure of disease. Ignorance of the nature of disease, and the *modus operandi* of remedial agents, will always involve our minds in doubt, and render our practice conjectural. The indications of nature are always explicit and definite; she never contradicts herself, even in her morbid states; and unaided instinct, in many cases, will suggest the natural and best means of cure. Then, when we add to instinct the advantages of a correct philosophy, the true practice admits of an easy demonstration. That our conclusion may not seem overdrawn or illogical, we will briefly recapitulate our premises. To be wrong in fundamental principles

would be fatal to the superstructure, however beautifully it may have been reared.

1. We have previously shown that Vitality is the source and sustainer of organic beings; that its harmonious activity gives rise to physiology, and its discordant activity gives rise to pathology.

2. That, therefore, disease is vital action, in some one or all the tissues or organs, against morbid agents, to preserve the organism from destructive influences and maintain functional harmony.

3. That medicinal agents do not act at all. That they have no *modus operandi*. That the relation between the healthy or diseased organism and remedial agents is identical to that which exists between the organism and morbid agents. Hence the *modus operandi* of digitalis and poisonous miasm is the same.

These propositions have been fully demonstrated, we think, in previous essays. They do naturally lay the foundation of rational Therapeutics. They will, when practically understood, be far more serviceable in guiding the wavering conduct of the young physician, than years of empirical practice, under the most favorable circumstances for the acquisition of experience, that our diseased world can afford. They will always, and under all circumstances, be to him a criterion of judgment that, in the darkest and most trying hour, will be safe and reliable, like the mariner's compass at sea, pointing unmistakably the proper course to pursue. So long as the constitution of this rolling universe remains the same, so long will they remain unchangeable. So long as the principles of physiology continue as now, so long will they be authority in practice. So long as the modes of vital activity remain unalterable, we are certain that they will afford him a pleasing and reliable source of reference—a reference infallible; as it is incapable of being distorted by the innocent tricks of the profession, or misled by mystical, unmeaning technicalities. From them we deduce two important propositions, viz.:

1. That there is but one principle of disease. And—

2. That as there is but one principle of disease, so, also, *there is but one principle of cure*. The first proposition, we think, has been fully demonstrated. To substantiate the second is the purpose of the present article. We will, therefore, proceed with the inquiry—

*What is the principle of cure?* The true object of remedial action is the removal of morbid causes. And the undisputed object of all remedial appliances, to a body whose spiritual constitution has been thrown out of harmony, is to aid nature in such a manner as shall best conserve the interests of all the parts. For when the disturbing causes are removed, nature, by a wise provision of her Creator, seems satisfied with herself; and, gradually leaving off her irregularities, again resumes her normal operations. It is to preserve the living organism from destruction, that the physician co-operates with nature, to assist her in the accomplishment of her design. Now art does not necessarily intensify vital action, in order to promote this object. On the contrary, it is oftener the best policy to *oppose* this vital effort of nature—the lobelia and steam doctors to the contrary notwithstanding. For, as

we have before remarked, the appliances of art should be conservative in relation to the whole organism.

When the conditions of vital activity are preserved, which is, obviously, sound and healthy tissues, the effort of self-protection is continuous, varying in intensity according to the quantity of nervous power, and the conditions upon which it is mainly dependent for its manifestation. Hence it will appear evident that the skill of the physician consists in conducting this vital struggle, against morbid causes, to a favorable termination.—There is no skill acquired in getting rid of the exciting causes of disease at the expense of the life of the patient; or by deteriorating the conditions of life, so as to render an earthly existence more unfortunate than a premature death. Yet, alas, how often this is the case with drug management! and at the hands, too, of those who arrogantly boast of being the only scientific exponents of "RATIONAL MEDICINE!" It must often be the case in the application of any system that does not recognize the principle we are endeavoring to inculcate.

In the treatment of disease, therefore, two things merit the careful attention of the therapeutists. The first that impresses us as the most important is, *the preservation of the organic structures*. The second is to *economize the expenditure of vital power*. This is all that the cunning hand of art can do to restore the invalid to health. Nature must do the rest.

Now the true principle of cure will appear obvious. It consists in the *modification of the efforts of nature*; to *exalt, depress, or diffuse*, as circumstances demand; knowing that the real danger consists in the intensity and concentration of the disease to particular parts. The morbid causes would do no positive harm, in most cases, were they not, by a law of the vital economy, resisted—warred against.

The more important the organ in the vital machinery upon which the disease is concentrated, the more suspicious is the intelligent physician of the consequences. And the farther the disease is removed from important organs, the less, of course, is he concerned with the results. Hence the comparative insignificance of *eutonic* diseases—such as continued fevers and acute inflammations; including all forms of cutaneous disorders. The leading feature in the management of such irregularities being those measures which are most naturally adopted to reduce the too great intensity of vital action, and at the same time preserve the capabilities of the vital powers. To fulfill this desideratum, different systems of practice resort to different means. Allopathy recommends the bleeding lancet, calomel, colchicum, tartar emetic ointment (*Unguentum Antimonii*), etc. Homeopathy, aconite, dulcamara, belladonna, etc. Chrono-Thermalism, Peruvian bark, arsenic, ginger, cayenne, etc. And lastly, the Physio-Medicals would *stimulate* and *deplete* with lobelia inflata, ginger, ipecacuanha, wine, steam baths, etc., etc. Not any of these reputed remedies, however, answer the end in view. They are all inconsistent with the object to be attained. There is not much choice between them; each is liable to stimulate, or reduce, at the wrong time, and in the wrong place. Would it not be better, when guided by a true understanding of the *modus operandi*



di of vitality, to reduce too intense arterial action with *common water*; abstract preternatural heat, and soften the dry and parched skin with *aqua pura*; thus modify and prolong a struggle liable to prove destructive to the superficial capillaries; and, finally, conducting the disease to a desirable termination?

We are not to consider all manifestations of morbid action as belonging to the same order, and thus requiring the same topical appliances. Although all expressions of disease are identical in principle, and requiring the application of the same principle in treatment, yet, from the peculiar locality of the disease, the difficulty of directly reaching it, different applications are necessarily resorted to. The internal organs or tissues may become the seat of morbid action. The vital effort may be concentrated upon the lungs, liver, spleen, intestines, or their investing membranes, when *diffusive* means are to be employed, or destruction will be inevitable. This naturally suggests the principle of *counter irritation*. This principle, the discovery of which dates back to the ancient days of Hippocrates, is important in the practice of the healing art. The "regulars" may be justly proud of it. So long as they recognize it in theory and practice, they can truly boast of having one pillar to support their crumbling fabric, whose broad and solid base does indeed rest on *terra firma*.

The rationale of this principle we have more than once intimated. Reflex action is induced in parts remote from the disease by local irritation; and as but one vigorous effort can be maintained at one and the same time, the vital energies are thus drawn away from its work of destruction, and the disease is cured by *contraria contrariis curantur*. The cause of the disturbance has not been removed; but art has interposed her magic cunning and restrained the energetic powers of nature, causing her to work more consistent with the enduring capacity of material fibers. Hence the remark of the eminent scholar and professor Martin Paine is consistent with true medical philosophy. It can be maintained against all the Eclectic and Physio-Medical reformers in the world. "In the treatment of disease," he says, "we do but substitute one morbid action for another."—*Inst. Med.*, Sec. 854. And again the Professor says, "In the cure of disease we do but substitute one disease for another." And elsewhere the learned author observes, "The most violent poisons are among our best remedies." In the latter remark, however, he is not as philosophical. He apparently forgets that the mildest agents capable of producing a *contraria* are the best. But this error, however, is not so much the result of a false philosophy or a failure to perceive true pathological principles, as a *mis* application of them. And notwithstanding this, we assert, without fear of successful contradiction, that there is more consistency combined with true medical philosophy, in the allopathic system, as taught by Prof. Paine, than in any, or all other medical systems, from Hippocrates down to Prof. Boles! In making this sweeping assertion, we are not unmindful of what might be the merits of the HYGIENIC SYSTEM, when its advocates shall have perfected its development. When its INSTITUTES shall have been written, we may confidently look for the true and infallible science of the healing art.

The great "fallacy of the Faculty" may be considered to consist in the abuse of the principle of *counter-irritation*. Their *alterative* effects are more to be deprecated than the disease itself. Their remedial agents are so positively anti-vital as to often produce an untimely and almost immediate dissolution! The patient is made to react until he is often "so far and so fatally drained of his living principle, that there is no longer any rallying or reactive power remaining, and gives up the ghost in a few hours, to the treatment instead of the disease."—Good's *Study of Medicine*.

Thus far we have labored to unfold the *philosophy* of cure. We have not intended to discuss the subjects of remedies; to show which are consistent, and which are not, with the principle of cure which we have endeavored to maintain. To indicate the best remedial agents—those best adapted to promote physical harmony—as well as the best mode of applying them, will be the burden of another article.

NEW YORK, Feb. 16th, 1859.

## HINTS TOWARD PHYSICAL PERFECTION;

OR,  
THE PHILOSOPHY OF HUMAN BEAUTY; SHOWING HOW TO ACQUIRE AND RETAIN BODILY SYMMETRY, HEALTH, AND VIGOR; SECURE LONG LIFE AND AVOID THE INFIRMITIES AND DEFORMITIES OF AGE.

### XI.

#### EFFECTS OF CLIMATE AND LOCALITY.

The whole physical and moral condition of man is modified by climate and locality.—Dunglison.



THE effects of climate and locality upon the physical character of man are too marked to be left out of the account in our investigations. All the other agencies to which attention has been drawn in the preceding chapters are modified, more or less, by temperature, altitude, and by atmospheric, electric, and solar conditions. The relation in which our bodies stand to the inorganic elements and forces of Nature is closer than we may at first be inclined to admit. Each of us may appropriately adopt the language which the poet puts into the mouth of Mithridates:

From the earth-poles to the line,  
All between that works or grows,  
Everything is kin of mine.

By understanding this relationship, which it would

be very absurd to dispute, we may turn it to our profit, as we shall presently see.

Heat, which many ancient philosophers regarded as the soul of the world, is truly (as modern science admits) one of the principal agencies through which Nature calls forth and sustains vitality; and within certain limits it always promotes activity and development; while cold, contrary to the generally received opinion, is a sedative, depressing life, and retarding or preventing growth. It is for this reason that both animal and vegetable forms in tropical regions are characterized by luxuriance, if not excess, whereas those of the frigid zone are generally stunted, and marked by evident tardiness and incompleteness of development.

Cold, it is true, has a stimulating and tonic effect upon the animal system, so far as it tends to excite a reaction (which produces heat), and no further. Beyond this it debilitates the body, and finally destroys life. Dunglison asserts that two fifths of mankind, at least, die of acute diseases, a majority of which are occasioned by exposure to cold. Its effects upon children and old people are particularly marked, the mortality among them being very much greater in winter than in summer. Heat, too, it should be observed, like any other stimulant, if in excess and long continued, enervates the muscles, and in the end produces that state of languor and inactivity which we are accustomed to associate with a southern climate.

The highest order of physical development and personal beauty, as we should naturally infer from what we know of the effects of the extremes of heat and cold, need be sought only in temperate climates. Alexander Walker says:

"The native country of beauty is not to be found either in regions where cold freezes up the living juices, or in those where the animal structure is withered by heat. A climate removed from the excessive influence of both these causes constitutes an essential condition in the production of beauty."

"In the finest climates of the globe," Dr. Lazarus remarks, "a more harmonious human life has generally been found indigenous. They favor the life of the affections and natural instincts. The more permanent and genial influence of the solar ray refines the organism with an intense animation, till the dull clod becomes all sense, all heart. The serene weather and the beautiful earth call men and women forth from that domestic seclusion whose artificial routine stifles, in civilized countries, our natural instincts." He instances some of the West India Islands, whose harmonious and affectionate natives are so well described in Irving's "Life and Voyages of Columbus," and such South Pacific isles as Typee, the Marquesas, and others, the physical beauty and perfection of whose natives the navigators can not find words to express.\* These regions are tropical in their situation, but their climates, being tempered by the surrounding ocean, are practically temperate.

We have no recorded observations of the physical effects of the various climates of the United States, sufficiently extensive and accurate to warrant any positive generalizations. That there are striking differences between the inhabitants of

\* "Passional Hygiene."



the North and those of the South, and even between the people of contiguous States, is a matter of common remark; but the precise nature of these differences has seldom been clearly defined, and it is difficult, where so many other conditions are also dissimilar, to determine to what extent the effects observed are due to climatic influences.

According to our own observations, which have extended from New Hampshire and Vermont on the north to the borders of Florida on the south, the finest race of men, in *physique*, in this country are to be found between the parallels of 34° and 40° north latitude, and particularly in the States of Maryland, Virginia, and Kentucky.\* They are large, symmetrically formed, erect and graceful in carriage, and have generally fine, open, and pleasant countenances. Between these parallels also lie our finest climates; and, although the concurrence of these circumstances does not prove that the relation of cause and effect exists between them, we are justified in considering such a relation as at least probable. The more aristocratic origin of the early settlers of these States, their higher culture, less austere religious views, and stronger social tendencies, their abundant pleasurable exercise in the open air, and their freedom from severe labor, have no doubt conspired with the genial influences of a milder climate to produce the striking differences observable between their descendants and those of the New England Puritans.

A comparison between the people of the North and those of the South, leaving out of view all smaller geographical divisions, will illustrate in a striking manner some of the most obvious effects of climate on the human physical system.

The Northerner is characterized by a tendency, more or less marked, to *angularity of form*, sharply defined, if not prominent features, a fresh complexion, density and firmness of muscle and bone, and rapid, but often ungraceful movements. These manifestations are of course modified by sex; and the women of the North, wherever there is a sufficient development of the vital system to give the necessary plumpness and roundness of contour, present a brilliant and attractive style of beauty; but even in them the tendency to hard and angular outlines is often apparent.

In the South there is a predominance of more elegant and gracefully rounded contours, greater symmetry of body, more finely chiseled, but less prominent, nose and chin, somewhat fuller lips, a softer expression of the eye, less relative breadth in the lower part of the face, and in general an indication of more delicacy and refinement, and less force. In the movements of the Southerner there is an easy grace, to which the inhabitants of northern regions are strangers. This is particularly observable in the women, who seem to float along with a swan-like motion, which belongs only to the most harmoniously developed forms.

But in discussing the effects of climate, other conditions besides temperature must be taken into

the account. Prominent among these is altitude. This affects not only the temperature, but the weight and consequent density of the atmosphere, and through these all the functions of the animal economy. Both animals and plants require an atmosphere rich in the vital principles which they are accustomed to draw from it, and therefore can not thrive in the rarefied air of very elevated regions. A certain degree of atmospheric pressure seems also to be necessary to the preservation of their shapes. In a greatly rarefied atmosphere, such as is found on the summits of high mountains the pores of the skin are relaxed, and the vessels and veins swell. If the monks of St. Bernard do not occasionally leave their mountains to breathe the denser and more strengthening air of the plains, they gradually waste away. Trees and plants grow more and more stunted as we ascend the mountains, till they finally disappear altogether.

Riofrey says: "Elevated situations should be avoided by those who have short breath, or any complaints of the lungs or heart; but where the mountains are not very high, lymphatic and scrofulous persons may derive immense benefit from a residence near them, particularly if the chest be large, and the lungs expand without difficulty in the pectoral cavity, and the heart be sound."

The active bodily exercise and hardships of mountain life favor the development of the motive temperament, and if not excessive, promote masculine beauty; but they are not favorable to the development most proper for women. In illustration of this point, we may mention the fact noted by Walker, that in some parts of the highlands of Scotland the men are as remarkable for beauty as the women for ugliness, while in some of the eastern counties of England precisely the reverse is the case. The strong features, dark curled hair, and muscular forms of the Highlanders are as unsuitable to the female sex as the soft features, flaxen hair, and short-tapering limbs of the women of the eastern coast of Great Britain are to the male.

The luxuriance of fertile plains, the abundance of nutritious food which they afford, and the comparative freedom from hardships and severe toil which they permit, are favorable to the development of the vital system and to human beauty, especially in women. The same law applies to the inferior animals, oxen and sheep becoming large bodied, fat, and short-legged on low, rich soils, while in higher and dryer situations the bulk of the body decreases, and the limbs grow longer and more muscular.

The prevailing state of the atmosphere with reference to humidity has also a powerful influence upon human health, physical development, and beauty.

The effects of excessive dryness of atmosphere are an increase of insensible perspiration, a drying and hardening of the skin, a gradual stoppage of the pores, and an obstructed and painful action of all the bodily functions. With these direct physical changes are conjoined, in persons highly sensitive to atmospheric influences, a state of extreme discomfort, restlessness, fretfulness, and vacillation. This state of the atmosphere is in the

highest degree unfavorable to beauty, destroying the *embonpoint*, smoothness, and freshness which are among its essentials, and imparting prematurely the wrinkles and roughness of age. The lack of plumpness, which has become a prominent American physiological characteristic, is doubtless, in part at least, owing to the comparative dryness of our atmosphere.

"The air of England," a writer in one of our literary journals beautifully says, "seems favorable to richness and abundance of blood; there the life-vessels sit deep, and bring opulent cargoes to the flesh-shores; and the rotund figure, the ruddy, solid cheek, and the leisurely complacent movements, all show how well supported and stored with vital resources the Englishman is. But to the American's lip the great foster-mother has proffered a more pungent and rousing draught—not an old Saxon sleeping-cup for the night, but a waking-cup for the bright morning and busy day."

A Swiss *savant*, M. Desor, attributes to the dry and stimulating character of the American climate our national restlessness and impatience. He says:

"There is no European who, on landing in New York, Boston, or Baltimore, has not been struck with the feverish activity which reigns on all sides. Everybody is in a hurry—people on the wharves and along the side-ways run rather than walk. If two friends meet each other in the streets, they merely shake hands, and have no time to converse together. An impatience so general must, necessarily, have its source in some general cause. Although we do not yet possess much precise information as to the manner humidity in the air works more or less on the nervous system, we do not believe we err in attributing this nervous irritability of the people of the United States to the dryness of the American climate. Can we not cite in support of this opinion the less durable effect, but not less constant, that the easterly wind produces with us? [The easterly wind is a dry wind in Europe—the west wind being humid, and bringing rain.] The inhabitants of the Jura know too well what effect it has on the nerves, and even on the disposition of the mind, to such an extent, that when the easterly wind blows for a long time, people feel a sort of uneasiness, of irritation, which often degenerates into bad humor—so much so, that in certain localities it has become a common saying, that the easterly wind makes women wicked; and I have heard more than one remark, that they would invite no person to their houses during an easterly gale.

"If, therefore, dry winds produce such marked effects among ourselves, where they only occasionally blow, we may imagine that their influence must be much greater in a country where they are the prevailing winds all along the Atlantic coast."

An excess of humidity in the air is, equally with extreme dryness, inimical to health and physical well-being. Combined with cold, it deranges greatly the principal functions of the body, producing rheumatic, scorbutic, and catarrhal affections, and predisposing to consumption. United with heat, its effects are still more serious, eruptions, bowel complaints, and fevers—nervous, intermittent, malignant, and contagious—being among its most common results.

\* A newspaper correspondent, writing from the interior of Kentucky, says: "I have been struck with the profusion of really great-looking men at the State Fair. You may single out any group of twenty, and in it you will be sure to find two or three who, in stature, physical development, or expression of countenance, bear testimony to the manliness and royalty of their nature. It seems as if Kentucky were educating a race of kings, from which to supply the world."

\* Treatise on Physical Education.



A medium between the two extremes of dryness and humidity, which we have here contrasted, is, of course, most favorable to the well-being of the physical system; and, other things being equal, should be sought by those who are at liberty to choose their locality.

Wilkinson, in that unique and most admirable work, "The Human Body and its Connection with Man," thus characterizes some of the effects of climate upon the human features: "The inhabitants of the regions of gusty winds have weather-beaten faces, and lines as of the tempests blown howling into their skins. Mountain races have stony or granitic features, as of rocks abandoned to the barren air. The people of moist and marshy places look watery and lymphatic. Those where extremes of temperature prevail for long periods are leathern and shriveled, as though their skins had given up the contest with Nature, and died upon their faces."

The climate of the country, as we have already incidentally remarked, is more favorable to health and beauty than that of the city. It is so because the air is purer, the sunlight less obstructed, and our communion with Nature more complete. The last specification may provoke a smile on the lips of some readers, but it is the most important of the three. Considered as physical beings, we are, at most, but two steps removed from the clods among which we delve. There is but a single link (the vegetable kingdom) between us and the earth; and ties, unseen but strong, and inwoven with every fiber of our bodies, unite us to the rocks and trees and running brooks. We appeal to the student and true lover of Nature to say if this be not so. Are you not conscious of an accession of life and vigor every time your foot touches the fresh earth? Does there not come to you an actual, although it may be a nameless good, from the hills and fields and woods, which neither air, nor water, nor sunlight, nor all three combined, can impart? This magnetism of Nature (to give the influence a name) doubtless affects some more than others, because some are, so to speak, more completely *en rapport* with Nature than others, but all feel it more or less. In the city, the ties which unite us with living Nature—the invisible tubes through which her vitalizing currents flow into us—are mostly cut off. We loose our foot-holds on the earth, and tread only upon cold, dead hewn stone and burned bricks.

Bearing in mind the laws of human configuration set forth in a preceding chapter, we shall be prepared to admit that there may be some connection between beautiful scenery and beautiful human forms and faces, although we may not be able to trace it out clearly in every case. The magnificent parks of England have, we can readily believe, been instrumental, in more ways than one, in forming that high type of personal loveliness which distinguishes the women of the English nobility, whose walks and rides bring them daily within the sphere of their influences. The poets, with their intuitive perceptions of truth, have always recognized this influence. Wordsworth's "Lucy" furnishes an apt illustration. Nature, who will be equally kind to all who truly love her, is made to say of Lucy:

The floating clouds their state shall lend  
To her, for her the willow bend;  
Nor shall she fail to see,

Even in the motions of the storm,  
Grace that shall mold the maiden's form  
By silent sympathy.  
The stars of midnight shall be dear  
To her; and she shall lean her ear  
In many a secret place,  
Where rivulets dance their wayward round,  
And beauty, born of murmuring sound,  
Shall pass into her face.

In distinct recognition of the same principle, Alexander Smith, speaking of a maiden who

Grew up 'mong flowers and rills,  
In the heat of distant hills,

beautifully says:

There into her being stole  
Nature, and imbued the whole,  
And illumined face and soul.

Worthy to be placed on the same page with these quotations is the following stanza, by a writer whose initials only are known to us. It refers, we believe, to a real child of Nature, whose delight in the lady-like labors of the flower-garden is celebrated in the poem from which it is taken:

'Mid the roses she hath wrought—  
'Mid the lilies till she caught  
Health and grace in form and thought. F. O. T.

NOTE.—The completion of this work has been unavoidably delayed for many months. It is now, we are happy to announce, ready for the press; and as it will be immediately issued in the permanent form of a handsome bound volume, illustrated with numerous plates and wood-cuts, it will not be continued in the JOURNAL. The chapters which have appeared here have been mainly re-written, and much new and interesting matter added. The complete work will contain chapters on the following subjects:

- I. Structure of the Human Body.
- II. The Perfect Man and Woman.
- III. The Temperaments.
- IV. Laws of Human Configuration.
- V. Embryology.
- VI. Childhood.
- VII. Effects of Mental Culture.
- VIII. Moral and Emotional Influences.
- IX. Influence of the Fine Arts on Beauty.
- X. Social Conditions and Occupations.
- XI. The Physical Effects of Climate.
- XII. Direct Physical Culture.
- XIII. Practical Hygiene.
- XIV. Womanhood.
- XV. The Arts of Beauty.
- XVI. Signs of Physical Character.
- XVII. The Secret of Longevity.

This note will serve as an answer to the many inquiries which have been made in reference to the appearance of the work in book form. The price will be *One Dollar*, for which it will be sent post-paid.

#### LETTER No. 15.

From Harriet N. Austin

To \_\_\_\_\_:

MY DEAR BLANK—In studying for the medical profession you need to have two principles thoroughly established in your own mind, and then you will be prepared to lay hold of and appropriate whatever knowledge comes in your way in such a manner that it will be of use to you when you come to practice.

These are, 1st, that the recuperative power resides in the system itself—that persons when sick get well from inherent vitality, and not from the application of any external force.

And 2d, that the vital forces use the same substances, agencies, and influences for the restoration of the system when deranged or diseased that are used for its growth or perpetuation when in a state of health; and consequently, that whatever is destructive or injurious to the organism in its healthful condition, is more so in sickly conditions, in proportion as the vitality, or power of resistance, is enfeebled.

Let me draw an illustration from the vegetable kingdom, for in this respect animals and vegetables are precisely analogous. You go into your garden on a pleasant May morning to find a rare plant, which you have tended with great watchfulness, trampled and uprooted by the careless foot of some passer-by. Disappointed and grieved, you ask, "Can I not yet save my pet?" If on examination you find it withered and dry, you say, "The life is gone; I can not create vitality in it." But if it is yet somewhat fresh, you say, "It still is green, and full of life. It was so young and vigorous, I may hope it will survive this disaster." You apply my first principle. You depend on the vitality which inheres in the plant—the same power by which it has been growing, for its recovery and the restoration of its broken stalks.

And now you re-set it carefully in the earth. As the sun rises higher, you screen it from his warmer rays and let only his gentler morning and evening beams fall on it. You suffer not the winds of heaven to visit it too rudely, and if there comes a shower, you ward it from your charge till its severity is past, and then allow the last drops to fall softly on it. You soon perceive with joy that it is putting on again its former vigor and brightness; and in a few weeks it is able to endure and be benefited by the sun's full rays, strong winds, and beating showers.

You have applied our second principle. The sunshine, air, rain, dew, and earth, all influences which promoted the original growth of the plant, have contributed to its restoration. And everything which was unfavorable to its growth you have kept from it now. If the gnawing of a worm at its root would have been prejudicial before, it would be doubly dangerous now while it is in enfeebled conditions. Any substance which was poisonous to the plant in health, will do it greater injury now if allowed to come in contact with it.

You have learned, too, the office of a true physician. If all men and women were intelligent in regard to the relations which should exist between each other, between their bodies and souls, and between themselves and all external things, and if they related themselves rightly to the Creator, there would be no need of physicians or Water-Cure institutions. But ignorant as persons are, and ill-arranged as families and neighborhoods are, the invalid is just about as powerless to cure himself as the injured plant was to raise itself erect, gather the earth about its roots, and shelter itself from the sun, wind, and rain. As the plant when injured wants the same agencies as when well, but needs to have them modified or in different proportion, so the sick man needs the agencies and influences through which his health was preserved before he became sick, modified to suit his sickly conditions. The kind of food which was good for him when well is good for him when sick, but he may need to take it in very different quantity. Exercise was good for him when well; he



must have it when sick, but it may be in very different degree. So sleep and dress, etc., are preservers of health and restorers of health both, but yet they may need to be differently related in the two conditions. A person in order to maintain good health must have pleasant social relations, must be cheerful at heart, must love God and keep his commandments. These influences are just as essential to the restoration as to the preservation of health. In all these things the sick need to be instructed and guided, and they need to be cheerful and encouraged and helped. This is what the physician has to do.

On the first principle which I have mentioned, all medical men of all medical schools agree. So far all stand on common ground. But when we come to the second principle, there is wide divergence. All true Water-Cure men believe this principle. All who believe in the usefulness of medicine of any sort or kind, reject it. They think that what will make one sick when well, will make him well when sick. Their medical students and ours go together in studying physiology and anatomy—in learning all about the structure and functions of the animal economy in health, and the way in which the vital forces relate themselves normally to foreign substances and assimilate them to the sustenance of the body. Our system of Therapeutics grows naturally out of this knowledge. It is simply an application of it in abnormal conditions. Their system of Therapeutics is an entirely distinct and separate department from physiology. It teaches how to apply substances which are destructive in health, in such quantity, degree, and manner, when in abnormal conditions, as to restore health. It is like applying to the plant for its restoration when injured, those agencies which are destructive to it when vigorous and healthy. Judge you which is the better way, and act accordingly.

"OUR HOME," DANVILLE, N. Y., Feb., 1859.

## MY SACHEL.

BY H. H. HOPE.

### THE NAMELESS.—CHAPTER II.

I NEVER knew a people who dreaded poverty as does the American people. I never knew a people who desired riches, and seemed to think that all there is of *good* in the universe is to be found nowhere but in connection with them, as does this people. Readily, I do not account for it, for the Americans are not destitute of strong sense, nor incapable of conceiving of and appreciating the better qualities of human nature. In this matter of wealth, however, they are all monomaniacs, who for *gold* would dig down the world's pillars, though in so doing they insured their own destruction.

As a natural consequence to this *dread* of poverty, comes the feeling that it is despicable. To be poor is to be a sinner of the worst stamp. One can not well be a criminal of worse grade. A thief—found out—is bad, an adulterer worse, a burglar, a manslaughterer, or murderer worse still, but worst of all is the pauper.

"Rattle his bones  
Over the stones,

He's only a pauper whom nobody owns."

The love of approbation which the Creator has

so kindly implanted in every breast, and whose legitimate exercise is to make us desire the good opinion of our fellows, is the faculty that is brought into service in establishing this dread of poverty so uniformly prevalent with the people of the United States. To stand well in the public mind, to be looked up to and not down upon, to be listened to and not laughed nor frowned at, is the aim of all. In the light of such a feeling one need not be at a loss to decide how and why everybody *loves money*—why Mammon is the god devotedly worshiped even in temples erected expressly for the service of the Most High.

Of all the inhabitants of the village there were not two persons who, by natural bent or drift of character, were more money-loving than the man and his wife who occupied so large a space in our last chapter. Young, poor at their marriage, well bred, intelligent, and talented, they had set out for the purpose of accomplishing *fame*—the man a lawyer, the woman a good-looking, neat, economical, loving housekeeper. Married five years or thereabouts at the time THE NAMELESS appears on the stage, they had gotten by the point where fear of want haunted them, and were standing on the round of the ladder where *ambition* shone full in their faces. But for the fact that this vagrant boy had been thrown in their way, they might have been ruined as Christians, for whenever one begins to count the *world*, he begins to divorce himself from the Saviour. The world and Christ are opposites, representing different philosophies, actuated by different motives, cherishing diverse aims, and producing different results. They are in strife, not at peace; they are in conflict, not in truce; and no mortal man can serve them both.

There is one thing which I wonder that Christians do not see, which is that their Master oftener than otherwise uses *material* means for their *spiritual* growth, and oftener still He uses such means as *least* of all and *last* of all they would think of using. Who, out of any hundred Christians would choose a dirty, ragged, wayside beggar to preach a sermon to a well-to-do lawyer and wife on pride and fullness of bread? They would choose a minister dressed faultlessly, and well strengthened up in the theologies; one who carried his weapons of war at command, who had learning and sentiment, rhetoric, oratory, and unction—to say nothing of "ordination"—at his disposal; he would be the man to approach such a personage and tell him that Christianity taught humility—not pride—and that vanity in a *Christian* woman was specially ungraceful. Under such circumstances they would expect the lawyer and his "nice," "smart" wife to receive what was said so far at least as not to be angry at the given criticism, but whether they would be inspired to change their air or not, would be to be seen.

How differently the Saviour acted! He saw the man was "puffed up." He therefore acted on the principal of using "the weak things of the world to confound the wise, and things that are not to bring to naught things that are," and for the purpose "that no flesh should glory in His presence." With what profound knowledge of the human heart he acted! A library of divinity could not have so changed this lawyer and his wife, had it been doled out in doses for a year. A whole

Presbytery or General Conference of clergymen could not have so modified their views of what constitutes Christianity as their contact with the boy who was nameless. The whole process was redemption, in that it brought to the *surface* their humanity, from which it long ago had receded. For the most fatal mistake one can make, and the hugest *sham* one can hug to his heart, is the notion that a religion is from God which has no humanity in it.

The evening had come, and the gentleman and wife, and our beggar-boy—now no longer ragged and disgusting—were seated by a comfortable fire. He was dressed in a new suit of clothes which became him much. He was, thus attired, of exceeding beauty. His face was mild, yet indicative of intelligence. His eyes were of the brightest blue, and lay out of his head rather than in it; his forehead high, broad, and the head covered with light brown hair that, now it was combed and dressed, lay in curls down his neck and shoulders. His form was delicate, but betokening vigor, and looking as though favorable circumstances only were wanting to make it actually robust. He looked no longer prematurely old, but looked unusually young, and under the influence of a sense of comfort as well as from fatigue, he was falling asleep. The room was pleasantly lighted, and the gentleman and lady both apparently reading were busy with their own thoughts. At length the deep, heavy breathing of the lad told them that he was far away in the dim, *unknown* land, a land never penetrated by the wakeful, a land of unconsciousness to all such, but peopled with myriads, all visible to sleepers. He was in the land of dreams—

"Glorious world! there

The angels dwell, and the fiends flit through it.

There the righteous inhabit and the wicked

Have no repose. Out from His state

Of royal goodness the face of the Redeemer shines,

And smiles on His beloved ones, and heaven

For the hour comes to stricken ones whose lot

On earth is full of sorrow."

His head lay back on the top of the chair, and the profile of his face, as it was shadowed on the wall, seemed to lay out in bas-relief like a side view—medallion—in marble.

"Well, darling," said the gentleman, "we have had our lesson to day."

"Yes, my husband, such as I shall never forget."

"What shall we call him?"

"I really do not know."

"Joseph?"

"No, I should think not—we should nickname him in a month and call him Joe."

"We can not call him Henry."

"O, no! aside from it being *your* name, it would be productive of confusion."

"Call him James?"

"Then he will be 'Jim.'"

"Edward?"

"Then he will be 'Ed.'"

"Daniel?"

"Then he will be 'Dan.'"

"William?"

"Then he will be 'Bill.'"

"Thomas?"

"Worse and worse! then he will be 'Tom.'"

What makes persons nickname boys so universally, dear?"



"I suppose because their names are too long. I am in favor of names of one syllable. John is better than William, or Peter, or David, or Jonathan—unless one wishes to call the names in a very loud voice, then the dyssyllables are capable of more effect. Thus Mrs. McNair, who used to live on the opposite of our gulf, could call her Peter with ease—giving the emphasis of her voice on the penultimate, as, Pe-ter, while her James or Jim she could not make hear, for she had to send forth her articulations in one intonation and then could not get up what elocutionists call 'the resonant swell.' They nickname for ordinary use because it is handier."

"Can not we get a name that neither we nor others can nickname?"

"There is a thought about his name worth attention not only, but necessary. He not only is without a first name, but also without a second or surname."

"So he is."

"What shall we do about this?"

"O, husband, call him by our name."

"Would you?"

"Most assuredly."

"Then he must be our adopted son."

"Very well."

"Pretty old for our son."

"So much the better."

"How so?"

"Excuse me, but it saves all the trouble of tending and training."

"Trouble?"

"Yes, husband; I assure you I am not of the class who think children an *uninterrupted blessing*."

"What do you think?"

"I think differently from *men*. They think 'babies and happiness' synonymous terms. I respect babies, but I know that woman, in our country, is a slave to the child-bearing mania. Look at Mrs. R. Eight children in twelve years, and herself only thirty years of age! She looks as though she were fifty—hair gray, cheeks wrinkled, teeth rotten, chest like a flat-iron on the smooth side, back bent, face sad and careworn, hands skinny, gait lopy, voice cracked, health impaired, duties without end, always at home, her whole elasticity and warmth, her life and soul, her worth and worship, used up under the liabilities of her wifely relation culminating in the mother."

"Why, dear, do you not want children?"

"Yes."

"What makes you talk so, then?"

"Because it is good, sensible talk. I am only twenty-two now; I come of a race who get their growth slowly, and till I am mature I do not mean to bear children. Unripe fruit I do not admire more in children than I do in peaches. The time has come for Christian people to think of their responsibilities. It is one part of a married woman's duties to bear children—it is another and greatly more important part of her duties to rear children properly."

"Well, wife, for a young lady of twenty-two I must say you are quite a philosopher."

"Thank you, husband! You were pleased to say, when you were my lover, that you thought me a beauty. I flatter myself that I have not

faded much; I mean to live so, that at thirty, or even at forty, my husband and friends shall not say of me, 'She was, in her younger days, a beautiful woman; but beauty in our climate—what oburgations we heap on our climate!—is very perishable.' I mean they shall say, 'What a noble-looking woman Mrs. Ferguson is!—she wears her age extremely well.'"

"Thank you! but we have forgotten the point of particular interest to us now—what our boy shall be named. You think his surname should be ours—I agree with you. Now for his Christian name; I am disposed to call him 'Gerrit,' after a great man whom we both love."

"Exactly, I like the idea. Let us name him thus—Gerrit Ferguson—that will not sound badly."

"He may have something to say about his name."

"How old do you imagine him to be?"

"I can scarcely tell—about ten years."

"O, husband! here is another point where a woman's penetration is superior to a man's judgment. The boy is sixteen if he's a day old."

"What?"

"Certainly he is. Watch him and see. He is no child. He is simply stunted and starved. Whoever has had the control of him has tried to alter his constitutional tendencies—tried to make him change, so that he would lose his family likeness. They have wronged this boy, and you must see him righted. I have a feeling strong within me that he is a victim of a conspiracy."

"Well, wife, I shall bless the hour that I picked him up, if for no reason other than that he has served to open to my view apartments in your nature which, up to this hour, I had never visited—some of which I did not know existed."

"What do you mean?"

"I mean that new phases of temper, disposition, tone of mind have been manifested by you to-day and this evening. You are more of a woman and not less of a wife than I supposed. You are more human and not less of a woman than I had thought. You are more of a Christian and not less human than I imagined. On the whole I love you better than ever before. And now we shall have something to do. We can direct our energies wisely. Ha! he wakes. Well, my son!"

"Who is it calls me his son?" the lad exclaimed, starting to his feet only half awake. "Son! I am no man's son. I am fatherless, homeless, friendless. Whatever is indicated by the *less*, that I have—whatever indicates the ownership of anything that I want. O, yes!" opening his eyes; "O! my dear sir, I crave your pardon—my sleep must be my apology for any idle words I may have uttered. I think I have talked in my sleep."

"Are you in the habit of it?"

"Quite frequently I do it, and it is owing to the great susceptibility of my brain to take on impressions. I live over in the night-time what transpires in the day; I wish it were not so, but it is, and as yet no remedy have I found for it."

"How have you lived?"

"O, stuffed and starved—now fat, then lean; you found me in lean conditions—a month later I might have been fat."

"Well, you said that you are nameless, though you believed somebody had told you your name was Henry. Henry what?"

"That I do not know—I never heard the least allusion made to my surname. Am not aware that I ever had any."

"Well, you have no sensitiveness in being named."

"None whatever, only that the name be reputable."

"My wife and I propose that you take our name, which is Ferguson."

"I should like to bear it; I have had opportunity to hear that name pronounced."

"Where?"

"I do not know, for where I was kept, I heard no names except the names of persons, and not often of them."

"We will call you by our surname, then."

"Very well."

"Now for a *given* name. What shall it be?"

"Anything but 'Nameless.'"

"Suppose we call it Gerrit."

"As you please."

"Gerrit it shall be, then, and your whole name shall be Gerrit Ferguson, and you shall be our adopted child, and our home shall be yours."

"Thank you! This has been a day of great events to a street beggar. I have found parents, home, a name. You may depend I shall prove worthy of them."

"Would you like to go to bed?"

"I would."

"Come with me."

He arose, went to Mrs. Ferguson, and said—

"Lady, I kiss your hand. You will find me grateful and dutiful—good-night!" and following Mr. F., found his way to a snug little chamber, when undressing himself and getting into a clean bed, fell asleep. There for the present we will leave him.

## WATER vs. INSANITY.

WE are indebted to the politeness of the Rev. J. B. Thorp, of Frankfort (Ky.), for the following facts, communicated through Messrs. Fowler and Wells, while they were discoursing a successful course of popular lectures on the subject of Phrenology, at the capital of that State. *Ad hominum*—it is a Hydropathic truth, and one among many that support the Water-Cure theory as an infallible remedy for the many ills to which human flesh is heir. It is an *apropos* argument in favor of the system, and, *per se*, more weighty than all excuses hatched up by its opponents.

In the summer of 1858, Mr. John Storchors, a German, of Covington (Ky.), about forty years of age, became insane from pecuniary embarrassment, and was carried to the Western Lunatic Asylum, at Hopkinsville (Ky.). By dreadful ravings on his way thither, he succeeded several times in breaking his fetters, and as often tore off his clothes. At such times, Mr. A. Montgomery, who had him in care, *poured cold water freely upon his head*, which *instantly* quieted him. In less than three months from that time he was perfectly restored to reason, and, with returning sanity, he remembered the water application, and said that *that* had cured him.

The Asylum is under the judicious superintendence of Dr. F. G. Montgomery, who will corroborate the above statement.

FRANKFORT, KY., Feb. 10th, 1859.



# The Month.

NEW YORK, APRIL, 1859.

## 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.

ONE OF THE LOST ARTS.—The researches of travelers and historians render it probable that, in various periods of the world's history, arts which had arisen to a high degree of perfection, have, in the revolutions of governments and the changes of social customs, been utterly lost. Ages before those eventful days and nights when a Hydropathic flood deluged the earth, and cleansed it of all wickedness, we read of an *art of bread-making*. So common was the knowledge of this art, that all the mothers, of high or low degree, and all of their daughters who had arrived at years of discretion and marriageability, were competent to practice it. In those days children did not die of convulsions; dyspepsia had not been heard of; quacks did not amass princely fortunes by selling nostrums to dying consumptives; scrofula was not a constitutional taint of the majority of the people; pills were not essential to a movement of the bowels; mortals did not famish of anemia, nor suffocate of obesity; gout and rheumatism were not.

Traditionary records have come down to us that the aborigines of this continent once possessed the art of making bread. Some tribes of American Indians, even at this day, are reputed to have a method of mixing meal and water into a kind of paste, technically called *dough*, and baking, roasting, or in some way heating it before the fire, or under hot ashes, so as to produce a perfectly wholesome bread.

And we have heard or read that, in the early days of New England, many of the descendants of the Pilgrims understood the art; and so generally was it taught and practiced, that every female head of a family, and every daughter who had entered upon her teens, could make all the bread the family required. Indeed, we have great reason to believe, that bread-making was then regarded as a household duty, to be learned before the piano; and, as an ele-

gant accomplishment, to take precedence of lessons in French.

Be this as it may, it is quite certain that they do not possess the art now. They buy and eat whatever the baker finds it profitable to manufacture and sell. Some few of our American women do indeed "muss up" a conglomeration of flour, water, milk, yeast, salt, grease, and alkalies, and call it bread. But, in nine cases out of ten, it is more the way of death than the "staff of life."

A number of distinguished physiologists and humble philanthropists have labored assiduously for nearly a quarter of a century to restore the lost art. But they have made very slow progress. Not one American girl in a hundred, of marriageable age, can make bread which is fit to be eaten—nor can tell a good from a bad article when she sees it. And the worst of it all is, the tastes of the people have become so vitiated from eating bad bread, that they prefer it to a good article, just as a person whose secretions are morbid, whose blood is foul, and whose taste is depraved, had rather smoke a filthy cigar than inhale the perfume of a rose.

The theory of the art of bread-making—the true science—is exceedingly simple. It consists in mixing together water and meal, so as to incorporate more or less of the atmospheric air, and baking in a quick oven. The water may be of any temperature, and the sponge or dough of any degree of consistence or stiffness, as the bread is required to be lighter or heavier. It may be made as light as sponge-cake or as hard as a brick, or of any consistence between. The general rule is, the softer the dough or the thinner the sponge or batter, the hotter must be the oven, and the lighter will be the bread. With this rule as a guide, and a little pains-taking, any female ought to learn, after a few experiments in mixing and baking, how to make bread in its perfection. We prefer bread made as hard and firm as the teeth can easily masticate. But as tender teeth and gums are the rule, and sound masticatory organs the exception, in civilized society, we subjoin the following communications, which explain very convenient methods for making light, tender, and delicious bread:

M. W. writes: "We have a method of making bread without yeast or saleratus which I have not seen in your JOURNAL, and if you think it worthy of notice you may publish it. Take pure cold water and flour,

or meal, and stir up a batter about the consistence for griddle-cakes. Pour the batter into tins till it is about one fourth of an inch thick, and bake in a very hot oven or stove until it becomes brown. It excels all other bread for lightness and sweetness."

Mrs. A. C. Edgerton writes from Galesburg, Illinois: "Will you allow me, for the sake of variety, to give your many readers another recipe for making unleavened bread, which is one of the most wholesome articles of diet I am acquainted with. It is the result of experiments made by myself while practicing as physician and nurse in the vicinity of New York, as I occasionally did, while pursuing a course of studies at the Hygieo-Therapeutic College:

"Take unbolted wheat flour (sifted or unsifted at pleasure), stir into it gradually sufficient cold water to make a *batter* just stiff enough to drop readily from a spoon, and not flatten out much. A little salt may be added, if desired. This batter should be stirred quickly for a minute or two, to entangle as much air as possible in the dough, and then dropped, a tablespoonful in a place, on a tin plate, previously sprinkled with white flour, leaving space enough between the cakes to prevent their running together; place them immediately in an oven hot enough to bake common bread to a crisp, and if all these particulars have been properly attended to, the cakes will come out in from twenty minutes to half an hour, very light and nice.

"I have mentioned this to many of my friends, who, after one or two trials, have succeeded in making them so that they consider them very excellent, especially when warm. Unleavened bread is not hurtful while new, like raised bread, unless butter is eaten on it while warm enough to melt it. Melted butter is, of course, very unwholesome. When stale, the cakes can be made as good or better than new, by dipping them in cold water for an instant, and then placing them in an oven till thoroughly heated through, but not too much dried.

"A lady residing in this vicinity still further improved them, by baking them in patty pans or small cake molds, the batter being thinner than in the other case, and thus baked, they are as light as any cake I ever saw. This lady's name is Mrs. Barnhisel, a relative of Drs. Wm. B. and Sarah W. Kerney, formerly of the Electro-Chemical department at Dr. Trall's, and who are now conducting the 'Galesburg Hygienic Home,' with credit to themselves and the cause. I hope many more such may be sent out from the College to cure the 'ills that flesh is heir to,' and thus be a great blessing to mankind."

SENATOR SUMNER'S CASE.—As we predicted, the experiment of cauterization turned out disastrously. After undergoing the most excruciating torture, under the direction of the celebrated M. Brown-Sequard, for several weeks—burnings along the spine—Mr. Sumner was obliged to go to Water-Cure for relief. All the narcotics that the physicians dare give him would not mitigate the terrible sufferings the barbarous practice had brought upon him.

After a few weeks' sojourn in a water-cure, Mr. Sumner returned to Paris, to



undergo the process of torture again, his physicians having assured him that two or three months' more treatment of the same sort would be necessary. But, on seeing their patient the second time, the physicians very wisely declined to renew the foolish experiment; and ordered him to the south of France for the winter, since which we have not heard from him.

If the Senator, who has always improved in health the more the further he has been from drugs and doctors, could only learn by his sad experience to let them alone, and rely on nature and common sense, he might, perhaps, recover from his original injury. But his nervous system never can recover from the effects of the caustics and narcotics which have so badly damaged it.

**FIRST PRINCIPLES.**—The following communication—a fair sample of half a hundred ones we have received on the same subject—shows that our attempts to induce the people to study the premises or first principles of health and of medical science, have not been in vain. We fear, however, that our friend will have to wait a long time before he hears of any "Regular" accepting our challenge to discuss publicly the respective merits of Allopathy and Hydropathy.

"FARIBAUT (MIN.), Jan. 5, 1859.

"DR. TRALL.—While writing to the publishers on business, I can not refrain from expressing my interest in the Health Reform, and the gratification I feel, and the useful knowledge I derive, in reading the JOURNAL. Each number is fresh with articles of lively interest from different writers, from which we glean much to benefit us, if we will practice what we learn. But the principles so plainly elucidated and set forth in your controversy with Dr. Curtis & Co., which you handled to my satisfaction, are and have been of especial interest. From that controversy, and what you have written in connection therewith, I have received more real knowledge of *first principles* than from any other source. And this is what the people want. When once they understand the true relation of drugs to the human system, they will never permit such to enter the vital domain. And when I say *drugs*, I mean anything and everything which the human system does not require as food—which do not supply needful aliment. When it is understood that the system *appropriates the food, etc., necessary for its continuance, and rejects all that is of no benefit*; and when it is understood that *foods or poisons are acted upon by the system, but that the system is never acted upon while vitality exists*, then will drug-taking be over. But the contrary belief, in reference to poisons, seems ingrained into the very constitution of man, and you can not convince him without great difficulty that he is in an error. And that the readers of the JOURNAL may have an opportunity to read such a discussion, I hope some 'Regular' may 'dare' to accept your challenge.

"Six years ago I commenced the practice of Hydropathy, and living on a vegetable diet. I saw that disease was the rule, and health the exception, and that of those who used drugs as medicines, so far as my observation went, injury followed, in very many cases even death. My friends died, many of them, I sincerely believe, poisoned

by doctors in whom the community had confidence. I might pen many interesting cases, which *ought* to be a lesson to every one, as they have been to me; for I concluded to experiment, and if injury followed, I could but return to my former practices. I eschewed tobacco, rum, tea, and coffee from childhood; but then (six years ago) I abstained from all flesh, fish, or fowl, and medicines, and after these six years of practice, I am as strong in my belief of Hydropathists and Vegetarians as in the belief of my existence.

"If ever I have seen an unwell hour since that time (and I have had but few of them), I could trace it to a non-observance of the rules of health. All this time, I would remark, I have been a laborer, and find that my powers of endurance are greater than when living on a different diet.

"Recently I have been married to a vegetarian girl, and we will be living examples of the practicability of such a diet. Yours truly,

"C. E. DAVISON."

**LIVING WITHOUT FOOD.**—Since we published an account of Mrs. Hayes, who, it was alleged, had subsisted for more than a year without having taken a particle of food, we have heard of a woman in Minnesota who has, as the story goes, lived for some two years and a half without having taken any food whatever. But now comes a report still more marvelous. We confess our credulity is taxed to its utmost ability; indeed, we can only put them on record and let them remain there for what they are worth, until time or accident shall confirm or explode them. We can vouch for the character of our correspondent; but before undertaking any explanation or expressing any opinion, we should like to have a full history of the person and her habits from Mr. Johnson:

"TO DR. R. T. TRALL.—*Dear Sir*: I have been thinking about, for some time past, giving you an account of a person in Lexington who lives without food. I will be as brief as possible. She is a colored woman, a slave belonging to a dry goods merchant by the name of Johnson, of that city. She says that she has not eaten any food for the past eight years. She has been in Mr. Johnson's family near three years, and he nor any of his family have ever yet detected her in taking any food whatever, though they have watched her at all times, and in every way that they could think of. The man of whom Mr. Johnson bought her declared that he sincerely believed that she did not eat any food, and said that he had once confined her for some weeks to ascertain whether she did or did not really eat, and during that time he could not detect her in eating anything whatever. She says herself that she does not eat. She drinks water freely, but nothing else. She is stout and in good health, never complains of being sick; does the cooking and washing for Mr. Johnson's family, which is large. She is a professed and a practical Christian.

"Another peculiarity of hers is, she will not wear shoes nor stockings in summer or winter. I am acquainted with her father and mother; I am also acquainted with Mr. Johnson. I have seen the woman once.

"Mr. Johnson is a man of good standing in the Methodist Church, and has been doing business in Lexington for twelve or fourteen years.

"If you deem it a matter worthy of your notice, I should like to hear your opinion about this woman, according to the above statement; and if you wish any further information about her, I suppose that Mr. Johnson would gladly give you

a more satisfactory account of her than I have done. Please let me hear your opinion in the next W. C. J.

B. T. GRAY.

"SPRUCE GROVE, KY."

**AN ECLECTIC HYDRODRUGOPATHIST.**—More than one hundred drug physicians have written us, that they were fully convinced that the system we advocate is the right one, and they would practice it if the people would tolerate it. As a sample we publish a brief extract from a letter recently received from an intelligent Eclectic practitioner in Tennessee:

"I am an Eclectic physician, doing an extensive business, and find the drug system, as you euphoniouly term it, admirably adapted to this section of Hunkerism. Water seems too simple for this section. The people *must* take something in the shape of medicine. Where I can get them to carry out the water-treatment, I always prescribe it, and that, too, with the most happy effects. I use no drugs in treating myself or family. I have lost some practice by recommending bathing, etc. This very evening a gentleman called upon me to prescribe for his infant of only eight months old, that certainly could have been cured by one single bath; yet, had I recommended such, he would have called in some Allopathic savior, and, as a result, the child submitted to the action of mercury, and *my* fee lost. Gents, we all love money, and if I can't get the people to have faith in water, but will be drugged, I will do it in a mild way. I am laboring to win the people over to Hydropathy, and shall cease using drugs as soon as I convert enough to sustain a respectable practice. Am I correct in acting thus?"

**PERSONAL NOTICES.**—Mrs. C. L. Smalley, M.D., has disposed of her interest in the Hygieo-Therapeutic Institute in this city, and proposes to take the medical direction of the female department of some country institution. She is amply qualified for the position she seeks, and we invite those in need of such assistance to address her, care of Drs. Trail and Gorton. Dr. A. Smith and lady, of the Bethlehem (Pa.) Cure, are about to take the medical direction of the Water-Cure in Bristol (Pa.). Dr. J. P. Wallace, who was in extremely precarious health when he went to Glen Haven, has since died at the residence of his mother, in Huntsville (O.). Dr. Benedict, formerly of Skaneateles, is his successor in Glen Haven. Dr. J. B. Gully is lecturing on the Hygienic Practice of Medicine in Illinois. We are informed that he presents the subjects in a manner so interesting and instructive as to make an excellent impression in favor of the "the better way." Dr. Thayer, of Binghampton, has been complimented with a surprise-party, who presented him with a beautiful silver goblet. William Stewart, Esq., made the presentation speech, to which the Doctor eloquently responded, after which the company partook of a "splendid supper."



## To Correspondents.

Answers in this department are given by DR. TRALL.

**VACCINE VIRUS.**—A. G., Port Glasgow, Scotland. How may I rid my child of impure matter received in vaccination? She is one year old, was vaccinated at four months. About two weeks after the operation, when the arm was healing, pustules broke out all over her body. She was quite a mass of fever and pox. We did not inform the doctor, but treated her hydropathically, and she rapidly recovered. We were advised to use sulphur externally and internally, but have only kept wet cloths on night and day, with the exception of a few poultices of slippery elm, which healed the sores for a time. We also applied wet body compresses for two to three months, day and night. The child was weaned at eight months. Diet since, oatmeal porridge and coarse bread boiled down; both used with milk. She has been bathed morning and night; no drugs ever given; health always good; nothing wrong now but a sore spot on the arm, which seems likely never to heal entirely. My wife has two small but continuous sores on the hands, which I attribute to matter received when dressing the child's arm. I see no reference to such cases in the Encyclopedia.

The case does not require any special medication. Keep the general health good, and the virus will be eventually destroyed, and then the ulcerated surface will heal.

**DISEASED LIVER AND LUNGS.**—S. C., Mount Pleasant, Wis. Your symptoms indicate a badly diseased state of the liver, and a slight affection of the lungs—the whole complicated with a severe prolapsus uteri. You would do well to commence treatment at a water-cure, or under directions of some hydropathic physician.

**INCIPIENT CONSUMPTION.**—F. E. S., Keene, N. H. The cough, night sweats, and general debility indicate an affection of the lungs, which must always be arrested in its early stage, if at all. You had better go to a water-cure.

**WATER-CURE DOCTORS.**—R. M. F. H., Parkersburg, Va. Can you not send us a good Water-Cure physician? There are many friends of the system in this place. A female physician of your school would do very well here.

We have had more than one thousand similar applications. But all we say is, send us the students, and we will return you physicians.

**NOCTURNAL EMISSIONS.**—C., Falmouth, Mass. You can probably be cured in three or four months at any good water-cure establishment. It is not for us to take the responsibility of publicly proclaiming which are the best establishments. We teach the true principles of our system, so that patients can judge for themselves whether our system is properly carried out, or not at any given establishment.

**TAPE WORM—FITS.**—J. H., Penn. Pork, old cheese, sugar, candies, sweet cakes, and grease of all kinds, are the chief causes of tape worms, and, indeed, of all other worms, in the human bowels. No person, child, or adult, who is kept clean externally by bathing, and pure internally by plain, simple food—as coarse bread and apples—will be long troubled with worms. The spasms, in the case you mention, were produced by the fall, which occasioned, probably, extravasation in the brain or spinal cord. She may outgrow them if her dietetic and other habits are correct. Drugs will only make a bad matter worse.

**LOCKJAW.**—C. S., Haverhill, O. Drugs can do no good in this case; nor will caustics applied to the original wound, nor dividing the nerve, be of any benefit. Keep the patient on a very plain and abstemious diet. Move the bowels daily with a tepid injection, if they are not entirely free. Give him a tepid sponge-bath in the morning, a tepid sitz-bath in the afternoon, and a hot-and-cold foot-bath at bedtime. He should not eat butter nor meat, nor drink milk.

**RHEUMATISM.**—J. P., Iowa. I have been troubled with rheumatism in my limbs the last six years, and have tried a good many doctors, but have thus far found no relief. My flesh feels sore from the toes to the hips, and I have aching pains which frequently keep me awake all night. I am thirty-eight years of age, and a blacksmith by trade.

Take a warm bath, followed by the cold, dripping sheet, once a day, and live on a very plain and abstemious diet of unleavened, coarse bread, with fruit and vegetables. You could be very soon restored at a good water-cure. The expense would be \$7 or \$8 per week.

**LIME WATER AND DYSPESIA.**—A. M., Jacksonville, Ill. A neighbor of mine is troubled a great deal with dyspepsia; and there is a certain gentleman in this town who told him that he would make him some medicine that would cure him in twenty-four hours. He was called upon to prepare the medicine; and what do you suppose it was? Simply lime and water! Now, I should like very much to hear your opinion of this preparation. The gentleman referred to various persons whom he has cured. He says, also, that any person may, by taking it, eat as much as he pleases without experiencing any uncomfortable feelings. Please give your opinion of this remedy.

Our opinion is very decided that the gentleman referred to is an ignoramus or a humbug, and that any person who can be bamboozled by such transparent nonsense must be an egregious booby. The Encyclopedia will give you all the information your fifteen or twenty questions call for and explain, also, the "wonderful virtues" of lime water.

**FLATULENCE.**—J. A. S., Racine, Wis. I have a child ten weeks old, strong and healthy, apparently, yet it is troubled some considerable with flatulence, and has a ravenous appetite, which, if not appeased by giving food, causes it to be very irritable and cry badly; otherwise it is a good child. It was taken from its mother's breast when but a few days old, on account of her milk not being good for it. I have your Encyclopedia, and treat it according to directions. If you can recommend anything more, please do so, and you will thereby confer a favor on me for which I shall ever feel thankful. Its mother has been troubled with dyspepsia, asthma, diseased liver, etc., for a great many years.

Never mind general principles and the Encyclopedia. Tell us precisely how you treat the child, and then we will advise you, if we can. Some persons write us that they treat cases "according to directions;" but, on ascertaining the particulars, we find they have in some way misunderstood our directions.

**VOMITING.**—B. L. H., Laclede, Mo. The patient is twenty-four years of age. The family is somewhat consumptive. Has lived on pork and fine flour biscuit, and chewed tobacco since five years of age. He was taken sick in June, with great soreness of the limbs, which the doctors called rheumatism; eat a butter cracker, and commenced vomiting. Cream of tartar was given, but the vomiting continued at intervals for two or three days, when he threw up considerable blood. Several physicians were then called in council, who gave tincture of iron and other drugs. His appetite is now capricious, stomach irritable, and he is troubled with dropsical swellings in the abdomen and other parts of the body.

We are of opinion that bad living and worse drugging have changed an ordinary disease of the liver into a fatal dropsy.

**LIVER COMPLAINT.**—C. M., Shelbyville, Ill. I have been troubled for the last two years with a dull pain across the shoulders, and sometimes under the shoulder blades; slight expectoration in the morning from the fauces, and apparently from the upper part of the mouth, of a light color, and in lumps; no pains in the chest; bowels constipated; appetite tolerably good. I use no meat, use a little coffee, but usually milk. Please inform me what my complaint is, and the necessary treatment.

Your complaint is a torpid liver. Leave off coffee and milk, and use coarse, unleavened bread, and daily bathing in tepid water.

**DYSPESIA.**—W. P. S., Troy, Tenn. Dyspepsia had better not use sugar nor molasses at all. In bad cases milk should not be used. There is no necessity for frequently changing the articles of diet. Get the right kinds, and stick to them, as unleavened bread, made of unbolted meal, good fruits, and plain vegetables.

**LUMBAR ABSCESS.**—C. P., Disco, Mich. I have a daughter, eleven years old, who has a spinal disease and curvature. She was about eight years of age when I first noticed it; then there was a small bunch between the lower part of the shoulders, that appeared as though a joint of the spine was enlarged, and inclined too much toward the left shoulder. It has gradually increased, several joints have enlarged, till the bunch is quite large, causing her to stoop very much. Her general health is not good; the most of last winter she had a slow fever, weakness across the small of her back, and pain through her right side; in the spring a large abscess formed in the same side, just above and back of the top of the hip; she then began to get better, and seemed to be improving through the summer and fall; the abscess was lanced and kept running till fall; it then healed over, and for several weeks appeared to be well; but recently it has opened again, and her health is declining. If Dr. Trall has known a similar case that has been cured, and the form restored to its natural shape, or partially so, I shall be very thankful to be informed by what means it can be done.

Such a case requires all the appliances of the best hydropathic establishments. The probability is, that the patient's general health can be improved, and the curvature somewhat diminished. But more or less deformity will always remain.

## DISCUSSION BETWEEN DRS. CURTIS AND TRALL.

ONE IDEALISM—REMEDIAL AGENTS.

BY PROF. A. CURTIS, M.D., OF CINCINNATI.

RIDICULE, as we may, the doctrine, and cast it as a slur on each other, as we too often do, it is nevertheless true that man—universal man—every individual of the race, is a being but of one idea at the same time. He sees but one object, hears but one sound, tastes or smells but one essence, feels but one substance, and entertains but one impression, perception, idea, or thought at the same moment of time. The difference among men in this respect is this: one entertains these in rapid succession, and compares one with another, detecting their similarities and discrepancies, and striking a just balance between them; while another continues the attention fixed upon one, and often but a single view of that one, regardless of all other things and considerations.

Whenever, therefore, I use this term, I would be understood to exhibit by it this latter sense, and not to apply it to any individual as a term of reproach. Further, in whatever I may write on this subject, I shall adhere to my universal rule—to regard and avoid all arguments or expressions not demanded by the importance of the subject, but calculated merely to secure personal triumph, or to depreciate the value of opposite arguments or expressions, as beneath the dignity of the writer as well as the office he assumes; and shall not waste time in replying to any such, should they be exhibited by any writer who may differ from me on the subject I discuss, or my mode of exhibition.

My object being simply to develop truths and to save the cause of humanity, which is the cause of God, I shall consider this alone deserving all my energies, and shall leave all minor ones to those who have a keener relish for them, and, of course, a stronger power to sustain them.

The first question in this discussion is, what is meant by an "agent?"

Evidently it signifies an actor, a something that produces an impression, that moves of itself, as caloric; and that produces motion in something else, as does the gravitating or the magnetic force. It is also applied to substances which, though they do not themselves move, yet, when placed in certain circumstances, liberate a power that does move and produce motion; thus, acids and metals, of themselves, neither move nor produce motion, but, united together with water, liberate a chemical power that does produce oxyds, chlorides, other ides and salts. It is also applied to substances which neither act themselves nor liberate an active power, but merely invite it from others that do. Thus, iron produces no action on water, nor liberates any power that does, but simply invites oxygen from water, with which it suffers itself to be passively combined; thus, also, merely mechanical substances, as glass used for worms, though it develops no power from itself, is the occasion of the development of power from the vital tissue, and is therefore called an agent.

Agents may therefore be divided into five classes: 1st. The pure forces, as gravitation, the alumnial principle, and the magnetic. 2d. The compound powers, as caloric, electricity, and light.



3d. The attractive substances, as oxygen, chlorine, fluorine, etc. 4th. The compound substances involving these, as oxyds, chlorides, and salts. And 5th and finally, organized compounds, and vegetable and animal substances in a state of organic preservation.

I don't include here the vital force or principle itself (though I consider it the purest and most efficient of all remedial agents), because I am treating of agents or remedies external to the living organism.

The next point is to define and settle the meaning of the term *remedial*; for nothing can be effected by discussion and argument, by those who have not continually in their minds a full, distinct, and permanent idea of the meaning of the terms they use; and no other term in all the history of medicine has been so indefinitely and erroneously exhibited as this. It has been indefinitely applied, equally to the causes that produce disease, and the means that cure it; and this, it must be confessed, is often unavoidable; for many agents are quite similar in character, or even identically the same, as food, exercise, clothing, etc., relaxing, astringent, and stimulating agents, the disease they produce arising from the abuse or misapplication of these as causes, and not from any differences in their essential nature. Even the vital force, the builder and sustainer of the body, by a perversion of its exercise, will produce disease which its proper exercise will cure.

But there are some substances in nature, as arsenious acid, or muriate of mercury, or prussic acid, that have a direct tendency to destroy life. These can not be properly called remedies for disease; they should be always classed among its causes. There are others, as caloric, light, electricity, bread, water, exercise, etc., which may, by excessive or perverted action, produce disease; but whose direct tendency, when used in proper quantity, time, and manner, is to sustain life, remove disease, and restore health. These are rightly termed remedies for disease. Hence we may properly say, that agent which in its nature has a direct tendency to aid the vital organism in the preservation of its integrity, and in the healthful action of all its organs, is a remedy for disease, and no perversion of its use can make it *essentially* anything else. Finally, this class of agents, if any, should be used to cure diseases, while those before indicated should always be rejected.

Prof. Abercrombie said, "Since medicine was first cultivated as a science \* \* \* a remarkable degree of uncertainty attends all our researches into the action of external agents on the body, whether as causes of disease or as remedies; in both which respects their action is fraught with the highest degree of uncertainty."—*Intel. Powers*, p. 294-5; *Lects. on Med. Science*, p. 214.

This uncertainty has arisen from the ignorance of the Allopathic faculty respecting the character of irritation, inflammation, and fever, not from the action of the external agents, which is simple and plain to even the common observer.

The doctrine that there are no agents in nature intended as remedies for diseases, with which the world is rife, is such an impeachment of the foresight, the wisdom, and the benevolence of the great Creator, the "God and Father of us all," that it is scarcely worth while to bestow a word

of argument on the few who may be so stupid as to entertain it. The only question is, what are and what are not the agents in nature that are properly denominated remedies. To this question the attention of the reader will be directed in the next paper, after which it can be easily ascertained whether any of them are embraced in the general and very indefinite term "drugs," and, consequently, whether drugs are ever remedies for disease.—Q. E. D.

REPLY BY R. T. TRALL, M.D.

I confess myself highly gratified by the manner in which Dr. Curtis has commenced this discussion, in clearly defining his terms and carefully stating his positions. With a single exception, I see nothing to controvert, save on merely technical grounds; and where correct ideas are conveyed, I will not quarrel about words. There are, however, several intimations that positions will be hereafter advanced which I shall be obliged to dissent from and controvert. But I must hold Dr. Curtis to the proof of his first and fundamental premise. In his previous article he volunteered to demonstrate, beyond all question, the "self-evident" truth, that nature has provided remedies for diseases. He now intimates an intention to give this vital and primary question the go-by, and *assume* it to be true. He thinks it "scarcely worth while to bestow a word of argument on the few who may be so stupid" as to deny it, and so will pass on to the "only question—what are and what are not the agents in nature that are properly denominated remedies."

Now, Doctor, this will never do. We are among that unfortunate few who are so "stupid" as to disagree with you, and so we demand the "self-evident" evidence. When we have settled the starting-point—that nature has or has not provided remedies—we may properly proceed to the discussion of the next questions in order: what are the remedies which nature has provided?—how shall we know them? etc., etc.

#### BUSINESS NOTICE.

Our books may be obtained of GEO. NEEDHAM, Calhoun, Ky.; THOS. H. JONES, Delphos, O.; MASON CRESSY, Toledo, O.; J. A. WHEELER, Glen Haven, N. Y.; WM. K. TIPTON, Barnesville, O.; W. T. ANDERSON, Auburn, N. Y.; SAM'L T. GUSKINS, Ocracoke, N. C.; J. T. QUICK, Columbus, Ind.; JOHN A. HARVEY, West Meriden, Conn.; RICHARD SHEPPARD, Antwerp, New York; SAMUEL A. HOUCK, Hannibal, Mo.; M. D. NORTHUP, Rock Island, Illinois; F. SHELLING, Newcastle, Ky.; D. WOODRUFF, Tuscaloosa, Ala.; P. F. CHAMBERD, Gorham, O.; SAM'L BICKLEY, Jr., Flint, Mich.; F. D. WORKS, Cordaville, Mass.; R. M. RUDISILL, Memphis, Tenn.; GEO. E. SAYLES, Barrington, Mass.; R. C. INGALLS, Sherburne, N. Y.; LUCIUS EGGLESTON, West Winsted, Conn.; FRANCIS D. ALLEN, Galveston, Texas; JOHN REDICK, Wooster, O.; S. R. HUMPHREY, Lancaster, O.; JAMES W. PERDUM, St. Joseph, Mo.; DR. W. R. LOWRY, Guthrieville, S. C.; HORACE WOODCOCK, Portland, Oregon; B. LESSARD, Genevieve, Mo.; J. ISAAC JONES, Portland, O.; H. J. HAGAN, Westboro, O.; J. T. C. SWAN, Troy, Ala.; C. H. BECKWITH, Owasso, Mich.; JOHN SEARLS, Lancaster, O.; A. R. SHIPLEY & Co., Portland, Oregon; F. WILSON HURD & Co., Dansville, N. Y.; JOHN HARRINGTON, Green, N. Y.; J. M. MOTT, Memphis, Tenn.; N. BALDWIN, Hagerstown, Ind.; J. B. NEWTON, Tippecanoe, O.; SILAS E. FALES, North Wrentham, Mass.; WM. M. JAYNE, Brandon, Miss.; JAMES WILEY, Wellfleet, Mass.; D. H. POTTER, New Bedford, Mass.; E. J. CARR, Derry, N. H.; S. P. BENNETT, Cheyneyville, La.; J. A. KAUFMAN, Bolling Spring, Pa.; I. S. GUERNETT, Ingersoll, C. W.

#### TESTIMONIALS TO DR. S. S. STRONG.—PRESENTATION OF SILVER PLATE.

On the 24th of December there was a festive gathering at DR. S. S. STRONG'S "Remedial Institute," at Saratoga Springs. It was an occasion of rare interest. To see a large number of Saratogians, patients who had been cured or greatly benefited at the Institute, and who had now come from different parts of the country, bringing their testimonials of confidence, was delightful. At eight o'clock in the evening, a Service of Silver Plate was presented to the Doctor and his lady, one piece of which bore this inscription: "Christmas, 1858—Dr. S. S. Strong. A token of respect and confidence from his patients." Several appropriate toasts were presented by Hon. J. B. McKean, and responded to, and everything passed off pleasantly.

Such were the testimonials, and such the enthusiasm of those who had intrusted their lives and health in his hands—THE HIGHEST RECOMMEND. Many highly complimentary letters were received from those who had been restored at the Institute, and had returned home. Dr. Strong (not E. S. Strong, who formerly had an Institute at Saratoga: these names are frequently confounded) is meeting with decided success, and indefatigably devoting himself to the duties of his profession. His home standing may be judged from the fact, that his practice embraces many of the most respectable families of Saratoga.

Among the many letters received by Dr. Strong is one from Prof. Pearson, of Union College, indorsed by Dr. Nott, the President of the College, and two others below:

To SYLVESTER S. STRONG, M.D., Saratoga Springs, N. Y.

MY DEAR SIR: It may be a matter of interest to you to hear from my sister-in-law, your late patient. From the time she left your house, two months since, she has had no relapse, and, we are happy to say, may be pronounced well. Her recovery is a marvel to all her friends. A short account of her case may be of use to those who are afflicted as she was.

The foundation of her troubles was laid about that most critical period of woman's life—the time of puberty. Being away from home, at school, the necessary precautions which her case required were neglected, and she became a confirmed invalid. The ordinary means of relief failed of success; and in the spring of 1855 she was taken to Brooklyn, and placed under the care of a well-known physician, skillful in the diseases of females. Here she remained more than seven months, but without benefit. Leaving Brooklyn in January, 1856, she became the patient of an eminent New York physician, residing in his house, which was used as a private hospital for females. At the end of a year she was no better, but rather worse.

Her third physician, as well known in New York as either of the former, met with no better success after a trial of ten months. During her stay in Brooklyn and New York, the most learned professors were called as consulting physicians, and no means were left untried which seemed likely to afford relief. After a residence in Brooklyn and New York of two years and a half, she was removed to my house, with the settled conviction in the minds of her friends that, being past cure, it was useless to try further experiments; and it was only through the earnest persuasion of our friend, Mrs. B., that we consented to try your professional skill as a last resort. She was taken to your house in April, upon her bed, without sufficient strength to sit up an hour, and came away in September, cured.

We feel under obligations to you and Mrs. S. for your persevering attentions and kindness under many discouragements, which no mere words or money can ever repay. Very respectfully yours, etc.

JONATHAN PEARSON.

UNION COLLEGE, Schenectady, N. Y., Nov. 24, 1858.

Having read the above statement, and being well acquainted with the young lady in relation to whose sickness, sufferings, and cure the above certificate of Prof. Pearson is given, and being also well acquainted with the facts generally contained in said certificate, I don't hesitate to say, that it gives me great pleasure to be able to state, that I believe the same to be correctly and truly stated.

ELIPHALET NOTT.

UNION COLLEGE, December 4, 1858.

DEAR DOCTOR: I give you a statement of my case, that the suffering may be induced to seek the benefit of your skill. I had been in decline of health six years, and for the last two and a half years confined mostly to my bed. I consulted many physicians, without benefit. Learning of your skill in such cases, I was taken on a bed to the Remedial Institute, where I had the assurance of recovery. After being there six weeks I was able to walk about a mile; and in four months was dismissed cured. I had the best of care, and all that could be desired for health and comfort. While at the Doctor's I saw several, who came on their beds, restored to good health, and rapid improvement was seen in the patients generally. Whatever representation of skill or advantages which the Doctor holds forth for the encouragement of the invalid is fully believed and found true by all who know him.

MELINDA FOX.

BROADALBIN, N. Y., Decmber 16, 1858.

I hereby indorse the above certificate of my wife.

R. B. FOX.

MY DEAR SIR: It may serve the interest of the invalid to know that your skill in the cure of disease is demonstrated in the restoration of those who were regarded hopeless. I was taken to your Institute, a distance of a hundred miles, on a bed, to which I had been almost constantly confined for seven months, being unable to sit up for even half an hour. My friends feared the journey would prove fatal. Various physicians were consulted,



but without any permanent advantage, until I tried your skill, which, I am happy to say, resulted in my cure. My improvement was surprisingly rapid, so that in five weeks I walked about half a mile, and in three months walked two miles, with great pleasure. My recovery is one of the many remarkable cures of various diseases which I saw at your Institute, and which can be fully appreciated only by eye-witnesses of such extraordinary results. I am happy to be able to commend invalids to your care, not only because whatever can be done by medical science may be expected, but with the knowledge that you are governed by the highest sense of responsibility and Christian integrity.

ELIZABETH L. INGALLS.

Westport, N. Y., December 23, 1858.

## WATER-CURE AND HYDROPATHIC MEDICAL COLLEGE, No. 15 LAIGHT STREET, NEW YORK.

R. T. TRALL, M.D., } Proprietors.  
D. A. GORTON, M.D., }

To our friends and the afflicted generally we would say, that we have newly fitted our commodious Establishment, and provided, at no small expense, accommodations for the greater convenience of our patients. We have a great variety of parlors and single rooms, suitable for gentlemen with families and single gentlemen, furnished with direct reference to health and comfort.

All diseases are treated *hygienically* in our "Cure:" and thousands can attest that we have been remarkably successful in our practice heretofore; and we now feel, with improved facilities and large experience, confident of still greater success in the future.

During the past year we have treated every variety of rheumatism every stage of consumption, all forms of liver complaint, dyspepsia in all its phases, constipation in its most obstinate forms, piles of all kinds and degrees, fevers of all known types, and gonorrhea and spermatorrhea, with all their distressing consequences; also diarrhoea, dysentery, falling of the bowels, etc. We have also treated *sterility* successfully, with all forms of "uterine diseases and displacements" known to the profession. These affections, with cancers and polypos tumors, we have made a specialty heretofore, and shall continue to do so.

Our *Constitutional remedies* embrace *air, water, food, temperature, electricity, magnetism, catathetic and gymnastic exercises*, and mental recreations, variously modified and adapted to our patients, as each particular case demands.

The surgical part of our practice embraces the *knife, ligatures, cautery, and conglutination*, for the cure of cancers, polypi, hemorrhoids, and various ulcers and tumors.

Our location is near the business parts of the city, pleasant and airy, adjacent to promenade grounds of St. John's Park, and in full view of the beautiful Hudson, on the west side of the city.

**Terms**, from \$7 to \$15 per week, payable weekly in advance. Entrance or consultation fee, \$3. Each patient must bring two linen sheets, a pair of flannel blankets, two comfortable, and half a dozen towels. These can be hired for \$1 per week.

## DR. TAYLOR'S INSTITUTION,

at 67 West Thirty-Eighth Street, and 29 Cooper Institute, New York. We give advice and treatment in all forms of acute and chronic disease, especially in affections of the digestive and pulmonary organs, constipation, paralysis, neuralgia, female diseases, and all diseases connected with weakness of the muscular and nervous systems. Send for a pamphlet.

GEO. H. TAYLOR, M.D.  
CHAS. F. TAYLOR, M.D.

## BROOKLYN HEIGHTS HYGIENIC

Establishment, No. 63 and 65 Columbia Street, corner of Cranberry.

The establishment is located on the banks of the East River, commanding a full view of the Bay, Harbor, and City of New York, and is one of the most desirable residences in the country.

The house is supplied with the purest water, the rooms are large and airy, and no pains will be spared on the part of the Dr. and his wife to make their patients and patrons feel at home while stopping with them. The house is easy of access from New York, it being only two or three blocks from Fulton Ferry. The very best references can be given as to the Doctor's skill and success in treating diseases, and the general management of the house.

**Terms**—From \$10 to \$12 per week for patients; boarders, \$1.50 per day. An entrance fee is expected of patients.

GEORGE F. ADAMS, M.D.,  
Physician and Proprietor.

## GALESBURG HYGIENIC HOME.

All diseases treated upon *strictly hygienic principles*. ELECTRO-CHEMICAL BATHS administered. Address  
DRS. WM. B. & SARAH W. KERNEY,  
Galesburg, Knox Co., Ill.

## PETERSBURGH HYGEO-THERAPEUTIC AND MANUAL LABOR-CURE

(twenty miles east of Troy, N. Y.)—The Subscriber having become associated with Dr. WM. H. VINEY, of the Hygieo-Medical College, New York, will announce that his Cure will be re-opened under new arrangements, and with far greater facilities than heretofore, on the 1st of next May.

**Terms**, \$4, \$6, and \$8 per week for patients. Boarders, \$2.75 per week. An entrance fee is expected from patients.

AZOR ESTEE, Proprietor.

## HEALTH! HEALTH!! HEALTH!!!

Readers of the WATER-CURE JOURNAL,

Have you Rheumatism, or Piles, or Paralysis?  
Have you Bronchitis, or Sore Eyes, or Catarrh?  
Have you Deafness, or Sick or Nervous Headache?  
Have you Congested Brain, or Partial Loss of Sight?  
Have you Dyspepsia, or Congestion of the Lungs?  
Have you Liver Complaint, or Hysteria?  
Have you Chronic Diarrhea?  
Have you almost incurable Costiveness?  
Have you Scrofula in one or many of its forms?  
Have you Uterine Disease?  
Have you Spermatorrhea, or Genital Weakness?  
Have you an unaccountable Debility?  
Have you Loss of Appetite?  
Have you Dizziness of Head?  
Are you "nervous"?  
Do you get Despondent?  
Do you Chew or Smoke Tobacco? and would you like to be Cured?

Have you formed an appetite for Strong Brink?

Do you drink Tea or Coffee?

And eat stimulating and high-seasoned food?

And would you like to have your habits changed?

Believe me when I tell you that there is no place in the United States where you can so *surely get what you so sh* as at "OUR HOME"—a Water-Cure in Dansville, Livingston County, N. Y. I know what I am talking about, for I have visited many of the best establishments in Europe as well as in this country, and I have never met two Physicians who in their knowledge how to apply Hygienic Agencies could compare with Dr. J. C. Jackson and Dr. H. N. Austin. Men and women had better travel 2,000 miles to be under the care of these persons, pay \$10—if they have to borrow the money at ten per cent.—than to have treatment given gratuitously at some hydro-drug establishment. Here are some fifty patients from all parts of the Union and Canada. Among them is *not one* who is not doing well. One of them, a gentleman from South-western Texas, came nearly 3,000 miles to be treated of Dyspepsia and Cough. He had the *malady* some five years since, which were suppressed, and ever since he has been a weakly and failing man. After being under treatment some nine months he has broken out with the measles anew, and now will get his health. Cures not less extraordinary than this are taking place in this establishment all the while.

But this is not all.

Do you want to learn *how to live*?

Do you want to learn how to cook?

Do you want to learn how to eat and drink?

Do you wish to learn how to dress?

To walk? to sleep? to think?

Do you want your son trained?

Or your feeble, sickly daughter made strong?

Or their bodies and mind better related?

This Water-Cure is the best place in the Union.

I would rather my family would spend three months with Dr. Jackson and Miss Austin at any cost, than to go to Saratoga or the White Sulphur Springs for nothing. When will the people learn good sense? Here are a man and woman who have by patient and unwearied labor for ten years *mined* their way to the *heart* of Nature, and found in her depths the

SECRET OF HER STRENGTH.

and by applying her resources to human ills, have *cured* more persons than any two practitioners in America in the same space of time. And yet widely as they are known, there are millions of the sick who know them not, who might get good health if they only could know them. I shall bless God as long as I live for coming to them, and so will my family. Only one thing do I regret—that Dr. Jackson's voice as a public speaker can not be heard in every village and town in this whole land. Why, the instructions he gives us are worth all it costs to stay here. He and his co-workers are *in earnest*. They really *believe* what they say. And they prove it by their lives. And I am rejoiced to learn that the Dr. has in co-temperament next winter to lecture. Then those friends of the CAUSE who are wise enough to obtain his services for a course of hygienic lectures will know whether I exaggerate or not, when I say he is *one of the most extraordinary men of this age*, and is doing by pen and tongue and practice for the health-reform a stupendous work. It will pay a walk of a hundred miles to get the privilege of sitting down in this "Cure" and see things work. Everything is *real*. From the least to the greatest in his home, his helpers are like him—*unwearied*. Their faith in him is complete. And I do not wonder at it. For in great degree it is the same with his guests. "Odd," and "curious," and "novel," and "strange" it may seem to one a little while, but soon you are carried by some means over to his side, and accord to him that he is *in the right* and you are in the wrong. It is no ignorant class that is thus moved. Men of the highest culture in the land, and women of the choicest refinement speak the same language with regard to him. Of these, by the way, I mention Ira Spaulding, of Canada West; Prof. John Clark, now of Oberlin, formerly of Mississippi; Prof. Thomas, Georgetown, Ky.; Rev. Wm. A. Simmons, of Georgia; Rev. Samuel L. May, of Syracuse, N. Y.; Lyman A. Spaulding, Esq., Lockport, N. Y.; Sam'l Wilkeson, Esq., formerly editor Albany *Evening Journal*, N. Y.; now of the editorial staff of the New York *Tribune*; these, with hundreds of others who know Dr. Jackson intimately, regard him as I do. Of ladies, I may mention, out of hundreds, Mrs. Louise Johnson, Buffalo, N. Y.; Mrs. C. A. Joy, Hopkendale, Mass.; Miss D. Burgess, Boston, Mass.; Mrs. Fanny Johnson, Fiskeville, Mass.; Mrs. Henry Jones, Brockville, C. W.; all of whom are in the highest social standing, and will bear me out in these statements. Miss Harriet N. Austin is also a *notable* and

worthy of distinct portraiture. I shall call public attention to her in the next number of this Journal, saying nothing further now than that she edits a health journal called

*The Letter-Box,*

which I wish every man and woman in the land would read one year. It costs fifty cents a year, and would pay in any family to which it was introduced five hundred per cent. on the outlay. Drs. Jackson and Austin have written tracts which are doing great good, and if the HEALTH REFORMERS knew their value, they would order them from all parts of the Union. I am happy to be able to say that the call for them is increasing, and that those who have purchased them report very favorably of the good they are doing. I can not close this letter without saying that the Cure is pleasantly situated, is well managed internally, has well-ventilated and well-furnished rooms, and the *able* is the best of the kind I ever saw. The food is well-cooked and plain, and *very* *delicious*—those of the patients who eat meat having private meals. I wish the sick could see for one week what I have seen for months; Dr. Jackson would have to build a "*cup*," that would accommodate thousands. He will not thank me for saying this, for it is his wish to conduct an institution not *over-grown*, but quite moderate in size, and compact; but I am greatly mistaken if he does not find himself forced the present season to enlarge, for his reputation and his usefulness are widening every day. The following are the tracts alluded to above:

No. 1—Scrofula.....	price 8 cents.
2—Dyspepsia.....	" 3 "
3—To the Young Men of the U. S.....	" 6 "
4—Spermatorrhea.....	" 6 "
5—Flesh as Food.....	" 6 "
6—Dress Reform.....	" 6 "
7—Hints on the Reproductive System.....	" 15 "
8—How to rear beautiful children (a private circular).....	" 50 "
9—Christianity and the Health Reformation.....	" 6 "

We will send one or more of them for their prices and pay the postage ourselves, or we will pay the postage and send the whole nicely wrapped up and carefully mailed for *one dollar*. Circulars describing the Institution sent on receipt of a stamp to pay postage.

**PACKING CLOTHES**—Persons visiting the Institution with a view to take treatment should bring them, unless they prefer to buy them on arrival. They consist of two large comfortable and one large woolen blanket; or one large, heavy comfortable and a pair of large and heavy woolen blankets and two linen sheets. These latter, in any event, had better be bought *here*, as they can be made to fit.

**ROUTE**—Come from the East on the New York and Erie Railroad to Corning, hence by Buffalo and Corning Railroad to Wayland; or from East on the New York Central Railroad to Rochester, hence on the Genesee Valley Railroad to Wayland; or from the West to Buffalo, thence on the "Buffalo, New York, and Erie" Railroad to Wayland, and so to "OUR HOME" by coach.

Letters asking for Information, or for Tracts, or for Circulars, should be addressed to

JAMES C. JACKSON, M.D., or  
HARRIET N. AUSTIN, M.D.,  
(Our Home)

Dansville, Livingston Co., N. Y.

Respectfully, AN OLD PATIENT.

## PITTSBURGH WATER-CURE.

This Institution is located on the Ohio River and Pittsburgh, Fort Wayne and Chicago Railroad, ten miles west of the city at *Haystack* 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.

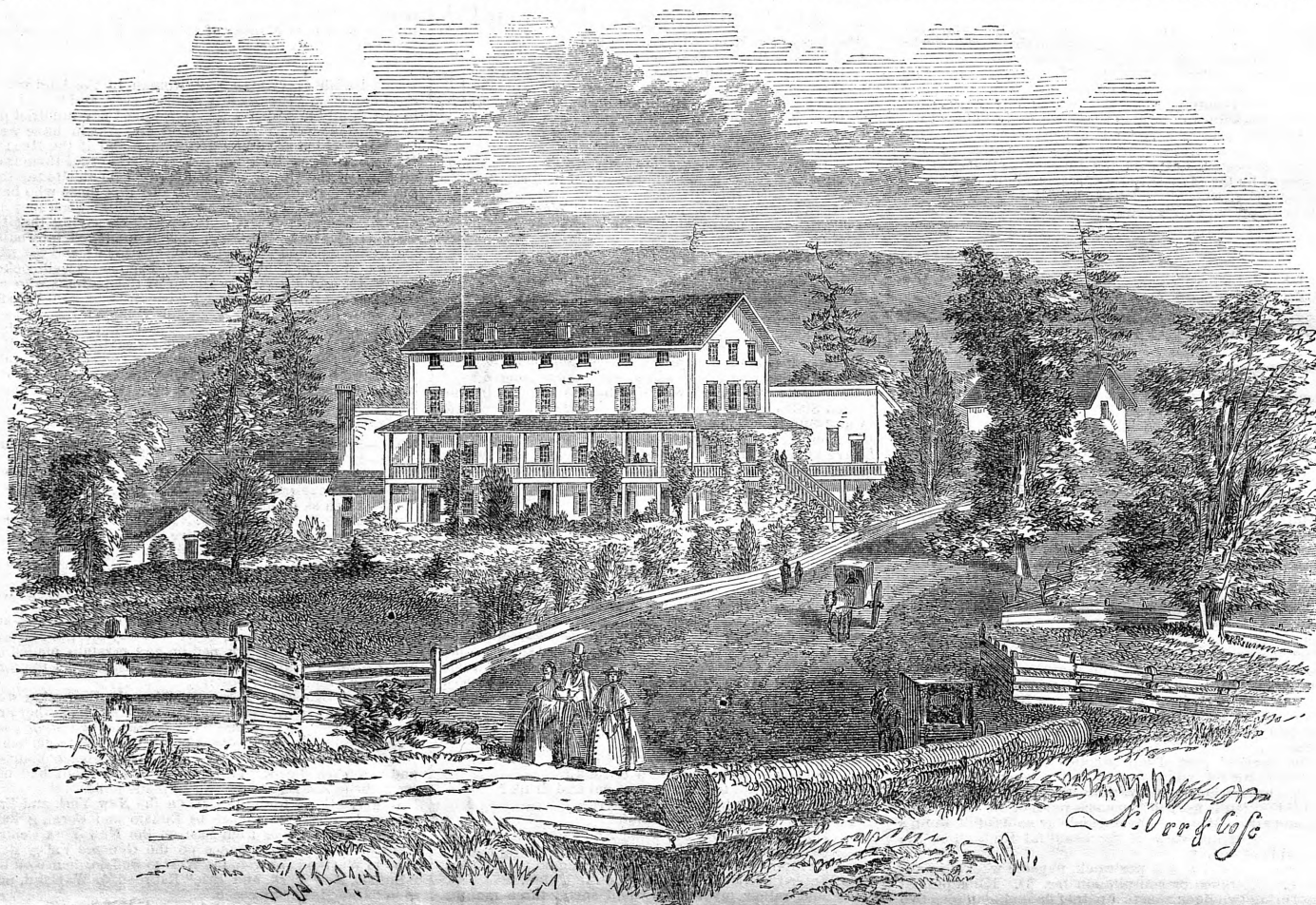
3. Scenery. The scenery here is truly varied, and enlivening. Though within fifteen minutes' ride of a city containing 125,000 inhabitants, we are in the country, and surrounded by hundreds of acres of native forest. In the rear of the Cure are lofty hills, deep ravines, huge rocks, majestic forest trees, 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 every 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.

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

We have the Electro-Chemical Baths.  
For further particulars, address S. FREASE, M.D., or Mrs. C. P. FREASE, M.D., Box 1304, Pittsburgh, Penn.





**DR. GLEASON'S WATER-CURE AT ELMIRA.**—THIS CURE HAS BEEN OPEN SEVEN YEARS. FOR FOURTEEN years its physicians have devoted their best energies to the Hydropathic practice. Our location elicits the admiration of all. We have spared no pains to make our *Mid-Side House* a desirable retreat for the invalids. Mrs. Gleason devotes her attentions to special diseases of females. Our aim and desire is to *cure the sick* who come to us for relief.

S. O. GLEASON, M.D.; or  
MRS. R. B. GLEASON, M.D., } Elmira, N. Y.

**DR. E. J. LOWENTHAL'S WATER-CURE AND GYMNASIUM.** No. 110 Bleeker Street, New York. Treatment may be had in the establishment without board. Out-door practice attended to.

**A CARD.—DR. THAYER,** OF the Binghamton Water-Cure, has made Seminal diseases his special study, and has had a large experience in their treatment.

Spermatorrhea of years' standing permanently cured in a few weeks by his mode of treatment. Prescriptions sent (and his method of treatment fully explained) to any part of the United States, on receipt of \$3.

Address (*in case of a stamp*). O. V. THAYER, M.D.,  
Binghamton, Broome Co., N. Y.

**KENOSHA (WIS.) WATER-CURE,** situated in one of the most healthy cities on Lake Michigan. Water pure and soft. Building large and commodious. All diseases treated with success.

H. T. SEELY, M.D.  
Feb. 31\* E. PENNOYER, Proprietor.

**BATH SPRINGS HEALTH INSTITUTE** will accommodate one hundred patients; is situated eighteen miles from Philadelphia, near Bristol, Pa. Address A. SMITH, M.D.,  
Bristol, Bucks Co., Pa.

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

**A HYDROPATH, PUPIL OF** Vincenz Priessnitz, who has been engaged for several years in this country, intends to make new arrangements with a proprietor of a Water-Cure Establishment, or with a society in a place that favors this mode of treatment. Applicants, please direct a few lines to F. W. M., care of Fowler and Wells.

### CLEVELAND WATER-CURE.

**ANNOUNCEMENT FOR 1859.**—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, FINETTE 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 useful facilities and the most careful attention can do, to give again the blessing of health—we kindly invite them to give us a trial.

T. T. SEELY, M.D., Proprietor.

### GRANITE STATE WATER-CURE,

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