

When they have fairly possessed all the land, their work will be done, and their business at an end. There will then be a race on earth so intelligent in relation to the simple and unerring laws of nature, as to be above the need of doctors or medical journals of any kind. We care not how soon our business is ruined in this way. If our friends who really believe we are right—and they may be counted by hundreds of thousands—would do all they could do for a single year, to extend the circulation of the WATER-CURE JOURNAL, we should hope to live to realize the proudest dream of our earthly existence—the utter overthrow of that system of medical practice which is destroying human life like a pestilence.

EFFICACY OF THE MOVEMENT-CURE.

BY G. H. TAYLOR, M.D.

THE real value of a medical practice depends on the directness with which its processes grow out of Physiology. All other tests are illusory. But the ideas of the practitioner must be discriminating and comprehensive. Nothing is more mistaken than the popular feeling that the curative effects of an agency are in proportion to the amount of medical disturbance it produces in the system. It is not the apparatus, the unappreciable effects, judged by the standard of the feelings at the time, that are truly the medical ones. Nor is it enough that the changes induced in the system be through physiological means; that is, through the agency of the ordinary and natural incentives to action. Hydropathists very properly lay much stress upon this requisite, but often fail to harmonize and co-ordinate the functions of the system. Hence the difficulty with which chronic invalids are cured, since physiological balance is sought by exciting some function, or set of functions, to an extravagant degree, while others are neglected or even impaired by the effort. It is by no means true, that whatever is done for the patient, good in itself, or considered alone, therefore assists him by so much on the road to health. Medical means must not only be *absolutely* good, as hygiene, distinguished from drugs, but *relatively* so. For example, it is not enough that food be of proper quality and in suitable quantity, for it is plain that even after digestion and entrance into the vital channels, good or ill effects will be determined by the use the system makes of it. It may yet irritate the stomach, if the patient is feeble and listlessly assumes a faulty and fixed position; or it may poison the blood, if he retires to a hot, ill-ventilated apartment, so that it does not undergo its progressive changes; and if the supply for organic growth be not in time withdrawn from the blood, it may, under the influence of depressing emotions, also poison the blood by an exaggerated production of the proximate elements of bile; or lastly, the slightest

possible irritation of certain nerve extremities, from either accident or design, may cause food to be ejected from the stomach, or cast from the bowels.

So, too, hydropathic processes essentially give direction to nutritive supply, by the artificial necessities they induce in various classes of organs of the body, and the effect will be good or bad, according to their relevancy. That a common effect of ill-advised measures of this kind is morbid, nervous irritability, often to an extraordinary extent, with a certain amount of blood-poisoning, I have long ago proved. Gymnastic exercises are capable of producing some of the same effects, and others endangering the health still more. No hygienic treatment is what it should be, unless it is founded upon a comprehensive view of every relation, physiological and pathological.

In order to understand the theoretic appropriateness of the Movement-Cure, let us consider the object of all medical treatment. This object, in its ultimate analysis, is to secure *MOTION, chemical, organic, and molecular*, in the component matters of the body. These motions are *medical* when their amount and kind are determined and controlled by the physician, and are *curative* when made to approximate as nearly as possible such as are natural and healthy. Now, the great superiority and beauty of the movement-treatment consists in the fact that it is *direct*. The motions that are induced are those required, and no other. The intimate and ultimate physiological and healthy processes are produced, not by circumlocution and sympathy of relations, but the motion is the first and last step combined, implying no unnecessary expenditure and waste of force. So this treatment carries the idea of Medical Hygiene on toward its completion, supplies an important desideratum in its methods, and is above and beyond all others in its appropriateness and directness.

The Movement-Cure embraces a multiplicity of parts. One portion of it consists in breaking the existing antagonisms in the muscles of the body, and introducing new ones. For example, my arm moves freely in all directions, its moving powers in different directions just poising each other. But let the muscles of one side be opposed by resistance, and the conditions for supplying force, so far as the body is concerned, are thrown upon the acting muscular channel of force, to the neglect of the rest. It is thus that the loss of balance, which is the permanent condition of chronic disease, may be immediately restored. The muscle does not act alone, but it being the largest channel of force is the bent spring, impelling all other actions to follow in due order, as the movement of the blood, aeration, nutrition, etc. Now, while a single part thus acts, all other parts being quiescent, organic attention is directed to it, and organic purposes are perfected in it.

The medical efficacy of movements is inferred from the power of exercise to produce disease, and even change of form in the body. Thus the arm of the blacksmith, the calf of the dancer, the hand of the plowman, the exaggerated pectorals of the gymnast, are commonly quoted as the effects of exercise; I might with equal propriety quote instances of disease as illustrations of the localized effects of exercises; as for instance those peculiar

to the trades of seamstress, shoemaker, accountant, and student. These are chosen as illustrations of unguarded movements, rather than for reprehension, and to prove the potency of the means in question, in giving direction to the nutritive and dynamic powers of the system, and ultimating in health or disease, according to circumstances.

Even the bones, the most dense and unyielding portion of the body, are subject to the same laws as the soft structures, and present in a striking manner the evidences of the habits of the living individual. While the soft and fluid parts of the body denote in an unerring manner, by expression of features, color of skin, posture of body and available power, the bodily health and habits at the time, if these states are prolonged, the evidence is written imperishably in the osseous structure. The skeleton of the laboring man is much heavier, thicker, and with better developed processes than that of the man who has pursued sedentary employments. I had ample opportunity of confirming this principle in the anatomical rooms of Prof. Rezius, of Stockholm. Prof. R. is President of the Medical College there, and is celebrated for his anatomical and ethnological researches, and has extensive collections of everything pertaining to his science. In this collection I saw and measured a number of anatomical specimens illustrating the effects of the use and disuse of exercise. There is the skeleton of a man who for a trifling rheumatic affection in one limb, when a boy, took to begging, and sat at the end of one of the principal bridges of the city, receiving alms the rest of his life. The limb upon which he founded his revenues was in the mean time used as little as possible. The thigh-bone of the favored limb measured three fourths of an inch less in circumference, and an inch and a half less in length than the other, and there was a corresponding difference in the two sides of the pelvis. There is the skeleton of a criminal who was confined with a chain attached to one leg for five years, and who died by freezing in an attempt to escape. The bone of the chained leg, though preserving the size of the other, feels in handling to be as light as pine wood, and probably is not half as heavy as the other. Another specimen is that of an old lady who spent the last years of her life in an alms-house, occupied in knitting. The skeleton corresponds in shape to the position she assumed. The spine bows backward, the brim of the pelvis inclines backward instead of forward, the pubic bone is but nine inches from the sternum, and the transverse diameter of the chest, between where the elbows rest upon the side, is but five inches. Those who died of consumption measure from three to five inches less around the ribs than others of the same size that died of other diseases. There are numerous examples showing the effects of the trades upon the osseous system. The vertebrae of the carpenter are not only broader but heavier in proportion to size, while those of the shoemaker or tailor are lighter in proportion to size than the average; and the disparity between the two is very great.

Such are the permanent marks left upon the comparatively stable framework of the body by the voluntary actions of the individual. These are not singular examples. Persons that we

daily meet, bear in their frames the same kind of a history. But these are even the most dubious kind of illustrations of the principle. The state of the health, that is, the condition of the soft and fluid portions of the body, tell a much more emphatic tale of the habitual kind and relations of the movements of the body. Such deformities as spinal curvatures, Pott's disease, stooping shoulders, deformed waists and pelvises, and narrow chests, indicate abuses of the health, in the matter of exercise, to be restored by exercise, no less than do the faulty distribution of the blood, of the nervous powers, and the general balance of the chemical and nutritive action of the system. But the Movement-Cure seeks no exaggerated result; it rather puts a potent means in our power to *prevent* such results. In health, when the forces of the system meet with a proper distribution by means of habitually healthful exercise, the organs of the body neither increase nor decrease in power, but maintain a proper equipoise. Movements become medical and curative, when so adapted to unbalanced powers of the invalid as to just bring these powers into harmony.

It will be understood that the estimate here afforded of the therapeutic power of movements is in accordance with the popular notion, based on common practice, which virtually inculcates that the curative power of a remedy is in some ratio to its power of producing pathological effects. The movement practice, however, is far from admitting any such principle, for many of its curative processes are quite incapable of producing any other than salutary effects.

It is wrong to infer that because disease is slowly brought about by bad habits, the restoration must also be slow. On the contrary, measured by the ordinary standards of recovery, the Movement-Cure is very rapid in its effects. For in a well-considered and judicious prescription every operation tends to a restoration of strength and harmony, and it only requires that the good thus accumulated shall balance the previous ill, and the restoration is effected. The disease was brought on in opposition to the natural tendency to co-ordination of the powers of the organism, while the curative process consists in merely placing these powers in normal play.

Many slight affections are cured as it were through magic, by movements. I will give a few instances. Some kinds of headache cease immediately by an operation that moves the blood in its onward course in the cerebral sinuses, frequently occupying less than a minute's time. Chilblains and other similar affections are permanently cured by an operation that moves the blood, loaded with its gelatinous corpuscles, along the distended capillaries, generally requiring but a few minutes. Pains, unless depending on some grave, seated affection, are quieted at once by similar processes. Even violent, neuralgic pains, of many years' standing, have been permanently cured by us in a few days, by changing the general direction of the assimilating process. Diarrheas are stopped at once by operations that promote absorption, and so the symptoms of every phase of chronic disease are all met in the administration of every prescription, the direct and indirect indication being all combined in it. In administering a prescription, no matter how feeble

the patient, the skin and extremities are warmed, central congestions are removed, and the pulse is lessened to a notable extent.

It is incorrect to imagine that the curative effects of the Movement-Cure are all produced by the powerful muscular exertion of the patient. On the contrary, *gentle resistance* by the patient of an external agent or operation, and the *sustaining* of the weight of some portion of the body, caused by the position assumed by it, are important means in the production of medical effects. *Pressure* upon arteries and veins is another class of means. I examined a Swedish lady cured of *amaurosis*, in whose prescription pressure of a branch of the jugular was an important means in procuring absorptive effects at the terminal branches distributed to the diseased organs. So, too, pressure of the large internal organs is often an indispensable means of procuring specific medical effects, as of the bowels or liver.

I have thought it better appeal to the reasoning and reflecting powers of the reader, by a statement of some of the principles and effects of this mode of treatment, than to pursue the popular method of appealing to his credulity by an array of illustrative cases, that he would so naturally class with the clap-trap of the drug-mongers.

That there resides in the living body powers that are capable of being unfolded and directed medically, to a wonderful extent beyond the common medical understanding, I expect to enable the reader to believe and appreciate when a reasonable time has been occupied in the setting forth of facts on my part and in reflection on his. Whoever has suffered a spasm from a gentle touch of the sole of the foot, or violent vomiting from irritation of the fauces, or dizziness from swinging, sleepiness from rocking, or the soothing effects of stroking, is prepared, when reminded of these effects, to carry the principles concerned in their production into the domain of medical science. He will be able to understand the appropriateness of the comparison of the body to a musical instrument, whose range of power is perceived only when it is subjected to the manipulations of a master player.

TO THE STUDENTS

AT THE

HYDROPATHIC COLLEGE, 15 LAIGHT STREET,
NEW YORK CITY.

OUR HOME, DANSVILLE, LIVINGSTON CO., N. Y.

GENTLEMEN AND LADIES—I trust you will pardon any seeming impropriety there may be in my thus *publicly* addressing you. My object in doing it I confess at the outset *not to be* exclusively to talk to you, but along with the desire to speak to you, a desire to say what I say in such manner that, if worth heeding, others than yourselves may have the opportunity to heed it.

You are preparing yourselves to become public advocates and illustrators of our great principles. Deferring to no one in love and admiration for our principles; feeling an intense desire to have them take root and grow up in the hearts of

THE PEOPLE, so as to change their *notions* and habits of living, I joyfully seize on any and every opportunity that presents itself to give additional character and impetus to the great truths of our School.

Laid alongside of them, how foolish, inconsiderate, and wicked the teachings of other medical schools appear! They are all false, while ours are true.

They are aiding man to destruction, while ours tend directly to save.

They are acting on him blindly, while ours open his eyes and make him intelligent and helpful.

They strip him of all confidence in Nature, while ours teach him to rely on her.

They start wrong, proceed wrong, and end wrong, while ours are philosophical, and only need proper application to end right.

When you shall have concluded your studies at college, I trust you all will be good theorists of hygieo-therapeutics; but as to know *what* to do, is scarcely more important to you than *how* to do, I have been thinking that I might be of service, if in no other way, in offering you some suggestions in regard to general and special practice. With your permission, therefore, and that of the conductors of the WATER-CURE JOURNAL, I propose to address to you, to be published in the JOURNAL, a series of familiar letters—to be as many in number as shall seem to be interesting and profitable. I shall endeavor to divest them of all dryness and technical phrase; to get out of the *beaten* track, and to tell you just how and by what means I have been able to succeed in curing hundreds and thousands of invalids after physicians of other schools had failed. For that such is the fact does not admit of doubt; nor does the statement depend for its verity on my assertion, but can be made to appear in far more glowing colors than I choose to make declarations of the patients themselves. More than three fourths of all the persons who have been treated by me have gotten well: of them, two thirds came to me with diseases pronounced *incurable* by the physicians they had employed. I declare to you, therefore, that it does not dishearten me at all from accepting a patient, that he or she has been pronounced incurable *by physicians who use poisons as remedies*.

Not quite seven years ago, an allopathic physician of some local reputation was a guest of mine at dinner. I was then at Glen-Haven, and had at my table about thirty-five patients. After dulling the edge of our appetites, conversation began to flow, and he, after looking along the table and scanning my sick ones, said,

"Doctor, what do you expect to do with these folks?"

"I expect to cure them," I replied.

"Do you?"

"Yes."

"Honestly?"

"Yes."

"What are the grounds of your anticipations?"

"*Vis medicatrix nature*," I said.

He threw himself back in his chair and laughed heartily. I saw that he did not believe me, and whether he thought me the dupe of my own enthusiasm, or whether he thought me an impostor, at work to dupe my patients, I did not certainly know; so I rejoined—

"Why do you laugh? Is it because *you* have no faith in the vital forces of the human organism? or is it because you think I rely on their action when they do not exist?"

"Oh! the latter," said he. "Certainly three

fourths of these people will be dead in eighteen months, and some of them—it was in October—will be dead before spring, and die on your hands, if you do not look out.”

“Think you so?” I asked.

“Surely I do.”

“Well, will you be kind enough to cast your eye along their line again and pick out those who are so far gone that you think I had better send them home?”

He did so. I drew my tablets from my pocket and wrote down their names, went to my room and wrote the whole conversation in my diary, and went on with their treatment. In every instance did his dying patients get well; and of all whom he declared could not live more than eighteen months, only three have as yet deceased.

I mention this incident to illustrate a point, which is, that the symptoms shown under water-treatment are so diverse from those shown under drug-medication, that allopathic, and homeopathic, and hydro-drug doctors do not diagnosticate correctly. Of all the physicians who have visited me during the ten years I have been in practice, I do not now remember one, outside of the Water-Cure school, who was not surprised at the results produced, so simple yet so effective, so regular yet so certain, so ordinary yet so extraordinary, the cause so apparently inefficient, yet the result so complete and joyous. All seemed so inadequate to the end sought, yet the end seemed so certainly attained, that they were beyond measure puzzled. In not infrequent instances they were evidently set to deep reflection, and were so influenced as to abandon their theories, and ever after trust much more to Nature and less to medicines.

One of the points which will demand your attention when you come to practice, and on right adjustment of which, in great measure, your success will depend, is—

What shall your patients eat? For nothing is more certain to my mind than that very much of the sickness prevalent is remotely or proximately owing to *errors of diet*. The cook gives business to the doctor. The dining-room and the drug-store are cousins-german, so related to each other in *most families*, at least, as to leave no question of consanguinity. No matter what other ill habits or practices a man, or woman, or child may have, unless some casualty has befallen him, if sick, somewhat—generally a good deal—of the causes which have made him so are to be found connected with his eating. And the errors are perpetuated by and through the influence of physicians to the utmost extent of which they are capable, to such degree, indeed, that were one disposed to be uncharitable, he could easily divine the reason for the advice they give. When I see *how* persons eat and *what* they eat, I am not surprised that sickness is common with the people. How could it be otherwise? They eat at all hours, in haste, and of all imaginable things. They eat so much that at least one third of the nutritious food taken is unassimilated, and passes through the body on mechanical principles only. They drink either with their food, or near to the time of eating, such unhealthy drinks as to render proper digestion nearly impossible. How, then, can they help being sick?

Of those who have been under my care, a very large moiety, I am sure, laid the basis for their ill health in and through errors in diet. The first organ deranged was the stomach. Having made themselves sick *there*, they made themselves sick elsewhere by taking poisonous medicines. Can greater folly be seen than that of overcoming the debility of the stomach consequent on eating improperly, by taking into it poisons whose legitimate effect is to produce the very difficulty of which they already complain?

Should not one, reasoning on abstract principles, expect to be sick, who

“Eats like a glutton,

And gets physicked like a horse?”

Medical men see last of all the causes of sickness which lie hidden in *gluttonous* habits, for they themselves are not exempt from sharp criticism in that direction. They are keen to hunt up reasons for the production of fever and ague and chills and fever in the miasma of the swamp, of the low lake, or the mill dam, not thinking that there is nothing in the structure or function of a *human* body to make it more liable to take on these special abnormalisms than there is in the organization of a horse; and that in *natural* conditions one would have the fever and ague as soon as the other. That in nine cases in ten, treat a horse as men are treated, he would be liable and likely to have some or other of the forms of sickness which they have, and that in nine cases out of ten treat a man as truly and naturally as horses are treated—by those who know *how* to treat them well—and his ailments would dwindle to a minimum degree.

As illustrative of the effect of proper diet on morbid conditions of the human body, let me say that I have been able to produce two results, either of which has been satisfactory, as going to show that the notions commonly entertained by physicians and the people generally as to *what is the best diet for invalids*, are wrong.

1. Persons who for years have been troubled with periodical chill and bilious fevers and fever and ague—living as they did in what is called miasmatic districts—have, after taking hygieo-therapeutic treatment at my Cure, gone back to their homes and lived for years without a quiver of their flesh. Now all their exposures from miasma, from changes of atmosphere, from fogs, from want of the nicer accommodations and comforts of life, have been the same as before. How, then, is this to be accounted for? On the ground of radical change in food and drink and nervous expenditure. By my suggestion they ceased to use *flesh-meats*, especially domestically-fattened meats. They abstained from the use of table condiments and spirituous liquors, and used filtered rain water for cooking and for drink, and were very careful in the expenditure of reproductive power. When others had the sicknesses “usual to the climate,” they had none of them; when others had doctors, they were unvisited; where formerly they had “shaken, and shivered, and chattered their teeth, and then burned up with fever,” they now passed up and down life’s way unsmitten. I was much interested in finding this view corroborated by an intelligent physician who thus describes his conversion in a Western medical journal:

LIVER COMPLAINT—CAUSES OF.

BY J. E. SPENCER, M.D.

The community in which I practice abounds with diseases of the liver; but certainly there is no local cause for this or any other disease, for the country is rolling and rocky, with an abundance of the purest, clearest, and softest water that ever I saw—no low or marshy grounds, no dead or stagnant ponds or lakes, but water clear, limpid, and rapid; therefore we must look to some other cause for the malady.

The most probable cause which I can assign is, the habitual use of swine’s flesh. I am strongly inclined to the opinion that the effete particles contained in all greasy or fat pork are lodged in the liver, for it is well known the venous or black blood from all parts of the body charged with impurities, waste matter, and effete particles, passes to the lungs for purification. It is also known that a portion of this blood is sent through the liver. This fact proves that the liver has much to do in relieving the blood of some of its useless and poisonous elements.

I was for many years much troubled with a torpid condition of the liver, but a little blue mass would soon set it right (as I supposed), till at last acute inflammation succeeded, which led me to not only change my practice from Old School to Botanic, and from thence to Eclectic, but also my regimen, from pork to beef, and from beef to chicken, and from chicken to a strictly vegetable diet. From which time I have had no liver complaint, no pains or aches except from fatigue, etc. It is about six years since I commenced abstaining from meat, and for the last two years have not taken one ounce of any kind of flesh, and have enjoyed perfect health without taking a single dose of medicine.

Were all physicians as patient in their investigations, much less sickness would prevail.

The other result which I wish to call your attention to is the greatly superior advantages which invalids have for recovering health in and by the use of farinaceous and fruit foods over a flesh-meat diet, or a diet in which flesh-meats form a staple of food. As I write to commend this view particularly to your consideration, and urge it with somewhat of force, I will omit it now, and make it the subject of argument in the next letter. Meanwhile, in good and ill report,

I remain yours, truly,

JAMES C. JACKSON, M.D.

LETTER No. 17.

From Harriet N. Austin

To ——— :

DEAR FRIEND—There are many points which present themselves to the Water-Cure physician, demanding his sympathy and advice, which do not come within the province of the drug physician. One of these is the conviction on the part of individuals of the injuriousness of particular physical habits, and the attempt to break them off. And it is of much more consequence to a medical student, like yourself, that he learns how to aid persons in such endeavors, that he learns just what symptoms are produced in the human system by the use of certain poisons, called medicines.

I am in receipt of a letter from which the following is an extract—“There are plenty of books treating on the *evils of using tobacco*, but I know of none telling us the *proper course after stopping its use*. A friend of mine chews tobacco, and he is fully sensible of its injury to him; but when he leaves it off (and he has done so six months at a time), he soon gets weak and trembling; it is with

difficulty he can get up a slight step into the house, his teeth turn black, his skin looks more like leather than anything else, and he continues to grow worse as long as he goes without it. I would like to get hold of something telling how a person should manage under such circumstances, to recover the proper tone of the system."

No clearer demonstration of the destructive tendencies of this weed could be given than this description. No other article used by man, except it be opium, makes such impotent, abject slaves of its victims. Thousands of these long to be rid of their chains, would make great sacrifices to be able to rid themselves of them, and yet know not how to do it.

A few men, by great force of will and almost superhuman struggles, do overcome this habit; many more attempt it and fail, and a vastly greater number have not courage to make the attempt. And yet this thing may be done with certainty, and with comparatively little suffering, if one sets himself about it intelligently. I know whereof I speak, for we have succeeded in effecting permanent cures in hundreds of cases, and some of them of the very worst character. And I would advise any tobacco user who has determined to abandon it to go to a water-cure at any sacrifice. It is better to do so, because he will there have intelligent sympathy and help, and because the same time that the poison of the tobacco is being eliminated from the body by the processes of water treatment, the depressed nervous system gets a healthy stimulation by the same processes; or where there is great nervous excitement, the brain may be sedated by the treatment.

But if one can not go to an institution, how shall you deal with him at home? In the first place the man must *resolve* that, *live or die*, he will conquer this habit, and he must have faith, too, that he *can* do it. Then he must arrange his business so that, for some weeks, he need have *no mental or muscular labor*. It is a wonderful demand that is made on the constitutional vigor when it is proposed to take away, at once, an article so deadly as tobacco, but to which the system has become so habituated that abstinence of twenty-four hours causes intense excitement. Hence no great drafts should be made on the nervous system in other directions. The mind or the hands may have light occupation, but exhausting labor must be avoided. The person must be so free from care or responsibility, that he is at liberty to go to bed and remain there whenever he feels like it. *Rest* is nature's remedy for such prostrations.

Then he must *live on a plain vegetarian diet*. This is of the greatest importance. The tendency under such circumstances is to resort to all sorts of stimulating foods and drinks, and to eat and drink at all times of day and night. The outrageous morbid appetite clamors for indulgence, when the effect of indulgence is to irritate still more the inflamed mucous lining of the stomach, and thus perpetuate the evil. A moderate quantity, twice a day, of unleavened Graham bread, fruit, and vegetables, simply cooked, is all the person should eat. He will be amply rewarded for his self-denial by the shortening of his period of suffering. He may drink all he chooses of pure, soft water, taking small quantities at a time and not at too low a temperature.

The man should have a *daily washing of the body* in water from 75 to 80 degrees. A wet linen abdominal bandage, covered with a dry cotton one, and worn day and night, would be of service to him. And, if he is so situated that he can have it skillfully administered, a wet-sheet pack, about every other day, will do him good. This should continue from thirty to sixty minutes, and be followed by a dripping sheet at 85 or 80 degrees.

Following these general rules, my dear Blank, I am sure that you, a woman, will be able to render substantial aid in cases where the deepest wisdom of the greatest doctors has hitherto failed.

But if in any instance you do not succeed, or the patient does not succeed, you and he may be assured that the failure is not owing to his want of ability to live without tobacco, or to subdue the appetite, but to the want of proper external surroundings. He must not be discouraged, but he must go to a water-cure, where all the hygienic agencies may be brought to bear upon him under the most favorable conditions; and where he will not be exposed to temptation to indulge, not only his tobacco appetite, but his desire for stimulus in food and drink. He should seek a cure where tobacco, beef-steak, coffee, and lager-beer will not meet him. It is particularly desirable in the case of one who is much diseased, or who has feeble vitality, or who has frequently attempted to leave off the use of tobacco, and has been overcome by it till he has become discouraged, that he should be in an institution while making this change, and then he may be confident that he will make it with safety, and he will yet stand up *emancipated and free*.

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

THEORY AND PRACTICE—No. VI.

BY D. A. GORTON, M. D.

REMEDIAL AGENTS.

We have seen, in previous essays, what art can do for the cure of disease. We have also seen how disease is cured by the interposition of substances which are called, by general consent, Remedial Agents. In our present number we propose to discuss the subject of remedies; and, in doing so, we shall not stop to inquire into the propriety or impropriety of classing all substances used for the cure of disease as Remedial Agents. We shall for the present recognize *all* agents as belonging to this class, that are administered for the beneficent purpose of restoring health.

There are a great many agents in the different kingdoms of nature which have been brought forward by the medical profession, and classed as remedial in their effects upon the living organism. Some are, unquestionably, under certain circumstances, justly entitled to the exalted name; some are useless; some are worse than useless; some do positive injury; while the great majority of them point, like digitalis, to the grave! Knowing this to be true, it becomes our duty as guardians of the public health, to select from this vast catalogue of remedies—not as Eclectics do—nor yet as do Physio-medicals—but as WISE MEN and TRUE PHYSICIANS, with a full understanding of the merits and demerits of each and all the reputed remedies in or out of the *Materia Medica*.

I am not prejudiced against drugs, as such, for

the cure of disease. I do not enter my protest against the use of poisonous agents because they *are* poisonous, but because their use in most cases tends to increase those disorders which they are intended to cure; and because there is a safer, surer, better, and a more philosophical way to manage the suffering and diseased. However good and benevolent the motive that prompts the administration of poisons as remedies, it can not change their actual qualities, nor mitigate their deadly effects on the powers of life. If they are poisons *before* they enter the system, they must of necessity be poisons *afterwards*.

"*Ubi virus ibi virtus*," has been the motto of the regular profession for centuries. It has been reiterated by Prof. Paine, in the latter half of the 19th century. But he very prudently qualifies the assertion, by saying that, "In a remedial sense, however, we do not know them as poisons, but as among the choicest blessings bestowed upon man." (?) The irrationality of this and kindred propositions has driven thousands out of the profession. How strychnine purifies the blood when absorbed into its channels, or how the virus of the rattlesnake can renovate a patient whose blood is already one continued stream of pollution, is a paradox not so easily solved. It was such absurdities as this, doubtless, that caused Hahnemann, Dickson, and Thompson to enter their protest against the Regular System, and seek earnestly for a better system and a sounder philosophy. Having failed, however, to perceive any principle of Physiology higher than those previously entertained, the systems of practice which descended from them bore the same relation to the old as *the* by father and son. They were the same in kind but not in degree. They accept allopathic philosophy in theory, and then recommend practicing *as safely as possible*. (?) What more could they do? What more could any benevolent practitioner do, who sets out with the notion (for it is only a notion) that there are remedial virtues in drugs? Evidently nothing. All physicians holding on to this mistaken idea must, in due course of time, end an unfortunate Eclectic or Physio-medicalist. If they have talent they will be like giants creeping in the dark, or like a ship at sea without an anchor—subject to be driven hither and thither, or dashed upon some dangerous shoal by the least storm that sweeps across the horizon.

On the contrary, when we lay down the principle, that nothing in this wide and expansive universe can restore the primitive harmony of the disordered organism but the *conservative* power resident in all living tissues, we have a grand physiological idea or basis upon which to work understandingly. Taking this principle as our guide, we necessarily discard the use of those agents whose effects are to disturb the equilibrium of the vital forces. When we select our remedial agents, therefore, our choice necessarily lies between two classes of substances, which we might denominate *usable* and *non-usable* agents. Hence we are to select the former; and in so doing we do but imitate unerring nature. The agents which she spontaneously chooses for purposes of growth and repair are—

1st. WATER—the great vehicle for the nutrient materials of the blood, and the most convenient purifier of the fluids and solids of the body.

2d. AIR that is pure and fresh, including the imponderable fluids or gases, which may be supposed to be present in our atmosphere.

3d. FOOD that is good and pure, the same as nature forms it.

4th. EXERCISE, to facilitate molecular change, and aid in dispensing the nervous force to every part of the body.

5th. HEAT, to assist in maintaining an equable temperature.

6th. LIGHT, which supplies one of the conditions for vital transformation.

7th. SOCIAL RELATIONS, that are harmonious and free, affording exalted privileges for entertainment and recreation.

These are nature's remedies; they are the elements of Hygiene; they supply the conditions by and through which the greatest of all earthly blessings is secured, namely, health. There may be others; but these are all I feel at present warranted to mention. Electricity and Magnetism are generally classed among the hygienic agents, and perhaps justly so; but they can not be considered primitive agents. Hence they fall within the limits of a part of those previously mentioned.

These remedies are called *hygienic* because they relate to the preservation of health. Their relation to organic life is similar to that sustained by oxygen and the illuminating flame. As oxygen supports combustion, even so do they maintain the powers of life. When these agents are supplied *normally*, that is, according to the natural wants of the organism, they are highly promotive of health and harmony. An excess or deficiency of one or all is one of the most common causes of disease. Applied *pathologically*—according to pathological indications, their potency in restoring harmonious activity is not equaled by any drug in the *ateria medica*. We see, therefore, that nature's remedies answer the demands of health and the requirements of disease, according as they are applied or used. Their use in health is determined by nature alone; in the cure of disease, their use is left to the discriminating skill of man.

The distinction between preserving health and curing disease, it is well to bear in mind. Many prominent advocates of the hygienic system have failed to fully define the difference. They have argued indefinitely on this point. Hence their opponents have maintained, with a fair degree of logic, that hygienic medication does not meet the demands of an age of suffering and disease. It would not, certainly, were the elements of hygiene applied in a diseased state hygienically.

To illustrate this point, suppose we instance a severe case of *pneumonia* or *enteritis*. Were we to treat the case hygienically, we should give food enough to supply the actual demand of nutrition; water the patient according to thirst; attend to personal cleanliness by a daily morning bath; give good air to breathe; and provide such other moral and social relations as the nature of the patient demands. But, in defiance of all this, the patient would probably die—not of treatment, but for the want of it. This would be leaving him to nature alone. She, I grant, is fully competent in most cases to cure disease, but not in such cases. She, in this instance, is fast destroying herself, and her efforts must be opposed. Supplied plentifully with pure hygiene would facili-

tate her destruction. It would be like applying moral suasion to a disobedient youth who has no sensible appreciation of kind entreaties!

It is obvious, therefore, that the mere supply of the elements of hygiene are not adequate, in all cases, to cure disease. And when we assume this obviously erroneous position, we expose ourselves to the unrelenting attacks of our enemies, our fancied arguments are liable to be blown into "thin air," and the fabric of boasted system shattered into a thousand fragments. When art, therefore, effects the cure of disease by the use of hygienic remedies, it is cured *hygeiopathically*, and not *hygienically*. In an argumentative sense, the distinction is broad and important; in a practical point of view, it is superfluous. We come now to the important inquiry—

How are pathological conditions removed by hygienic remedies?—In a general sense, the question has been already answered. But to be more explicit, they are removed—

1st. By a *normal* supply of those agents by which life is preserved and maintained.

2d. By the application of the most available hygienic remedies to the principle of cure, which we endeavored to unfold in a previous number. We then found it to consist in the modification of remedial effort; to exalt, depress, or diffuse, as circumstances demand. To answer this requirement, a wiser discrimination between the different remedies is indispensable to success. Particular remedies are indicated in particular cases. Water should be the leading agent in some cases; food in others; air and light in others; exercise in others; and still, in others, harmonious social and spiritual relations would answer best the demands of nature. The therapist who combines a due share of observation with reason, can easily determine which one of the hygienic remedies are most indicated in every individual case.

To illustrate the harmony between our theories and the practice which necessarily follows, we now proceed to make the application. In doing so we shall consider each remedy separately, in the order above named. The first therefore is—

WATER.

Water is the most universal remedy known to the profession. It is acknowledged, on every hand, to be a universal febrifuge. From its property of taking on any desired temperature, and the great variety of forms which it is capable of being applied, it is more or less useful in the management of all diseases. Water has a most wonderful property—a property possessed by no other compound in nature. I allude to the power it possesses of assuming almost all those mysterious properties usually ascribed to the different classes of medicine. What greater tonic is there than pure cool water? Where can you find a better excitant than cold water, or a quicker relaxant than warm water? As a diaphoretic or diuretic it can not be surpassed. It is a good cathartic; it is one of the best anodynes in the world—much preferable to opium or belladonna. It is also a good counter-irritant, and is, therefore, an important agent in cases where derivative and revulsive effects are desirable.

Its use, however, is more particularly indicated in febrile and inflammatory conditions of the body. Hence, in the treatment of diseases depending

upon an increase of vital action, water, in various modes of application, would be the leading measure. The most convenient method of application in such conditions is in the form of the

WET SHEET PACK.—The wet sheet pack is a powerful alterative and depletant. It will be found far more efficient in reducing too intense arterial action than the bleeding lancet or big doses of colchicum or quinine. It is highly promotive of depuration by influencing the capillary circulation.

THE DOUCHE AND SHOWER BATHS have been recommended for the same purpose. Their use may be of service in local inflammations—as gout and inflammatory rheumatism. They should in all cases, for which they seem to be indicated, be used with caution and moderation. Another convenient application of water is in the form of—

THE DRIPPING SHEET.—It is valuable in health and good in disease. It is highly promotive of capillary circulation, and is hence always indicated, other things being equal, in torpidity of the skin and congestion of the kidneys. It is especially indicated for dyspeptic and hypochondriacal patients. We often see patients, however, whose circulation is too tardy—their powers of life being too low, from hereditary or other causes—to bear this application. But there is another form of bath susceptible of universal application; it does not matter how sick the patient, or how robust the man, it is indicated as often as once in the twenty-four hours, in whole or in part. This is called—

THE SPONGE OR TOWEL BATH.—It is conducive to cleanliness to bathe, and cleanliness is certainly one of the conditions of health. Some, I am fully aware, take the position that it were needless for a perfectly healthy person to bathe at all. To this position, however, I dissent. The more strong and vigorous the physical constitution, the more necessity there exists for a daily bath; and this should be the form of it. When the constitution of nature is changed, and the skin ceases to be an excreting organ, then, and not till then, can the human kind safely leave off this health-promoting practice.

THE ELECTRO-CHEMICAL BATH.—The merits of this celebrated bath may have been over-estimated by some. There are those, however, that discard the use of it altogether; while, by others, it has been, and is now, lauded to the skies. I regard it as efficacious in some particular complaints. It is a powerful alterative, and therefore valuable in diseases of the liver and kidneys. It is also serviceable in skin and mercurial diseases, and in paralytic and neuralgic affections. Many invalids, who are too nervous to submit to the packing process, bear this form of bath well. In such cases the electro-chemical bath may be used with advantage as a substitute for the wet sheet pack.

THE SHALLOW BATH.—This may be classed as a derivative, and is an important bath in the Water-Cure programme. When its temperature is carefully considered, it may be used in a great variety of diseases with marked benefit. Its use is particularly indicated in the whole train of nervous complaints; also in inflammatory diseases, as gout and articular rheumatism. Of equal, if not more importance, is—

THE HIP, OR SITZ BATH.—This form of bath is the best tonic in the world. It is especially in-

licated in local obstructions, and in diseases of the generating organs. Upon nervous invalids it is peculiarly quieting and soothing in its effects. At certain temperatures it is a valuable revellent; the same effect, however, is more easily attained by the use of hot water in the form of—

THE FOOT BATH.—The warm foot bath is not peculiar to the hydropathic practice alone. Every old woman knows its value, and every old practitioner bestows encomiums upon its virtues in cases of languid circulations, and in congestion and inflammation of the brain. Hence this, in connection with the cool head bath, may be called a *specific* for apoplexy and sun-stroke, etc. Evening foot baths are excellent in health or disease, for such persons as use the brain continually, and are thereby predisposed to giddiness and cephalalgia.

THE WARM BATH.—The full warm bath, in particular cases, can not be too highly recommended. It is a gentle relaxant; it is wonderfully soothing upon nervous and hysterical invalids. Nothing more readily breaks an ague-fit than a complete immersion in warm water. Water-cure may be slow in some cases, but I assure the desponding ague-shaker that he can get immediate relief from the full warm bath. It is not as celebrated, of course, as quinine or blue pills; yet I do not hesitate to pronounce it a much greater *specific* for the "chills" than either of those highly valued dignitaries.

THE CHEST WRAPPER AND WET BANDAGE are counter-irritants. Their use is most frequently prescribed for the various stages of inflammatory action with which the lungs, liver, spleen, kidneys and bowels may become affected.

THE FOMENTER is valuable in neuralgic and spasmodic affections. The most convenient form of application is flannel or thick linen, gently wrung out of moderately hot water, and applied to the part or parts affected. The "bran-bag" will bear a good recommendation for such purposes; it is unquestionably far superior to the ordinary fomentor in general use, which may be classed in the hydropathic classification as an anodyne.

There are many other forms of applying water in general use; some are useful and some are not. My limits will not allow me longer to dwell upon them. Those that I have mentioned are the most useful in general practice. There are circumstances, however, when various other applications of the same element are indispensable. For this reason, a good degree of common-sense, combined with a proper understanding of nature's *indications*, are necessary to the successful practice of the WATER-CURE. The "inspiration" of the moment is as valuable to the true physician as to any other class of persons. No person is really a true physician who is without this susceptibility of character.

HYGIENIC INSTITUTE, 15 LAIGHT ST., April 25, 1859.

HEALTH REFORM—No. 3.

BY WM. BAILEY POTTER, M.D.

BEFORE making an application of the three rules mentioned in my last, by which to distinguish food from poison, it will be necessary to explain what I understand by "a meal;" the difference between a natural and a perverted appetite; and how to determine whether the article is used as food or not.

Men in the armies and navies of France and England consume about two and a half pounds of solid or dry food per day. As food usually contains from one sixth to three fourths water, it will be necessary to take from three to ten pounds per day to obtain the two and a half pounds of dry matter.

The English Commissioners found that the Irish, when confined to potatoes, ate nine pounds a day. To test an article by eating a meal of it, we must take at least a pound. The natural appetite is that which all healthy persons possess until it is perverted by outraging the taste long enough to crave that which at first was distasteful.

Food is digested, changed, assimilated; that which is not digested, changed, nor assimilated is not food.

Eat a pound of bread—it will not injure a well person. The natural appetite craves it. The stomach digests it, and it is assimilated and becomes a part of the living organism. *It is food.* Eat a pound of tobacco—it will kill you. The natural appetite rejects it. It is not digested by the stomach, nor assimilated, nor changed in the system. *It is a poison.* If you drink a pound of alcohol—it will kill you, or at least seriously injure you. The natural appetite rejects it. Early navigators found that savages at first disliked it. So do children that have never used it; *but such are scarce.* It is not digested in the stomach, nor made into tissue. *It is certainly a poison.* A pound of tea, cooked and eaten as food, would kill any person. Dr. John Burdell found that a pound of green hyson tea would kill over ten thousand cats, and over seventeen thousand rabbits; estimating from what it took to kill one. The natural appetite rejects it. All that taste clear tea for the first time, dislike it. That it is not assimilated is very evident from the fact that it arrives at the skin and tans it, giving it a leathery feel. *It, too, is a poison.*

A pound of coffee, saleratus, soda, mustard, horse-radish, any kind of pepper, spice, essence, or any *hot, pungent* thing would kill or at least injure the person who is silly enough to try the experiment. The natural appetite rejects each and all of them; but they are in such common use, that nearly all have the appetite perverted so early that they can not recollect how distasteful they were at first. Dr. Beaumont found that minced meat, filled with condiments, was digested, and the pepper and spice left undigested.

All of the substances enumerated in this article, except bread and meat, are, without a doubt, poisons. In my next I will consider their effects.

KNOWLESVILLE, ORLEANS CO., N. Y.

MOTHER—"Here, Tommy, is some nice castor-oil, with orange in it." DOCTOR—"Now remember, don't give it all to Tommy; leave some for me." TOMMY (who has been there)—"Doctor's a nice man, ma; give it all to the doctor."

A NEAT reply was lately made in the Maine Legislature by Mr. Tilson, of Rockland. A member had replied to something Mr. Tilson had said, and pausing a moment, he inquired if he saw the line of argument. "Mr. Speaker," said he, "in answer to the gentleman, I would say, I hear the humming of the wheel, but do not see any thread."

MY SACHEL.

BY H. H. HOPE.

THE NAMELESS—CHAPTER IV.

So Gerrit Ferguson was placed at school. It was an introduction to a new life, for, as I have said, he had never been inside a school-house. The school was a "select school" of high order, and the Master was noted for pushing his scholars. But our hero needed no pushing—in fact, could not bear pushing, for his tendencies were to over-work already.

He began with reading, writing, and spelling, and mental arithmetic. He could read already, and so his task was easy to learn to spell and write.

The school, unfortunately, was a school for boys only. I say unfortunately, for boys are always worse where the restraining influence of girls is wanting. He had been at school the forenoon, when, at intermission, the boys gathered in groups and wanted to know who he was.

"Who is that new fellow?" asked Bill Jones—Bill Jones was the minister's son—of Sam Lawrence, who was the son of the minister's deacon.

"I don't know—who does? Do you know, Kit Fones?"

"Know what?"

"Who this new scholar is?"

"No."

"Well, I know he doesn't know much, for I saw him studying spelling."

"That may all be, Tim Randall, and yet what you say not be true, for knowledge is not all of it to be found in books, I can tell you," said a bright little Michael Angelo in miniature.

"Well, what if it isn't? A fellow as big as he is might have got beyond his spelling-book by this time."

"But, you are as big as two of him, and you can't spell half the words in the spelling-book—you know you can't."

"I can, too, you little fool."

"I'll bet you something on that, if you dare."

"You bet! I'd like to see you bet; you haven't seen a sixpence this three months. You'd look well a-betting."

"Oh, on such a bet I could borrow, I have no doubt. Come, will you bet, and plank the money? I'll bet you anything, from six cents to a dollar, that I'll put you three words from the spelling-book, and that you'll miss two out of the three."

"Done! I'll take your bet. Now let's see you plank your money."

"Done! Fred Thomas, come here; I have bet Tim Randall a dollar that he will miss the spelling of two out of three of the words I shall put to him to spell from our school spelling-book. He takes the bet, and we want you to hold the stakes. Will you do it? you are Tim's friend."

"Yes, Charlie, I'll do it. When is the trial to come off?"

"Oh, now; I want to carry my winnings home to dinner. Here's my money. Come, Tim Randall, please cover; ha! ha!" and little Charlie Ames laughed most merrily. "You didn't think I had the dollar, did you, Tim? If you had, you would not have bet, would you, Tim? But never

mind, Tim; a dollar is nothing to you, Tim; your mother is rich, Tim, and riches make up for want of knowledge how to spell. If you should miss, Tim, as I know you will, Tim, never mind. People will say, Oh, pshaw! what of it? what does Tim Randall want of book-larnin'? His mother's got money enough. So Tim, my boy, 'prepare to pucker'; which, being translated, means, prepare to lose your dollar. Hurrah, boys! All come to spelling school."

The boys gathered round on the square, and for a minute or two confusion reigned. So many were the questions asked, Fred Thomas explained, and the cry went up—

"Adjourn to the school-room! adjourn to the school-room;" and it was reiterated with acclaim. So all went to the school-room, and Gerrit Ferguson with the rest, who, while he had heard the bet, did not know that he was the innocent cause of it.

Having reached the room, Charlie Ames said: "Boys, please come to order. You all probably know what I have done. Tim Randall and I have made a bet that he will or will not miss two out of three words in spelling them that I have selected for him out of our school's spelling-book. I bet that he will. He bets that he will not. We have planked our money in the most approved style, and Fred Thomas is the holder, and is bound to pay the stakes to the winner. Am I right, Tim?"

"Yes."

"Am I right, Fred?"

"You are."

"Well, then, Tim, to the trial. You are to spell correctly the first time, or it is considered a miss. Are you ready?"

"I am."

"Boys! give your attention. Silence! Mr. Tim Randall, spell pony—a small horse."

"Po-po, n-e-y-ni, pony."

"Lost, sir," said Charlie; "there is no *e* in the word."

Tim's great stolid face looked red, but he said nothing.

"Next word," said Charlie. Cunning little fellow. He knew as well as an old diplomatist or an old angler what he was about. He knew the next word Tim would be sure to spell wrong, because it was spelt wrong on a mechanic's sign in the village, and Tim had seen it there from his "time immemorial."

"Next word. Are you ready, Tim?"

"Yes."

"Spell wagon."

"W-a-g (wag) g-o-n (gon), waggon."

"Lost, sir, there being but one *g* in it."

"I tell you there is," cried Tim, for I've read it a hundred times on Mr. Hall's carriage-shop."

"That may be," said Charlie; "but Mr. Hall's sign is not the standard; Webster's spelling-book is, and in it it is spelt only with one *g*. Now for the next word."

"What's the use of the next word? He has missed the two first," said John Ingersoll.

"The first two, and not the two first, if you please, Johnnie, as there can only be *one* first, all the rest succeeding," said Charlie Ames. "But to your question. He is bound to spell two words out of three. Now while it is impossible for him

to win, should he spell the word to be put to him correctly, if he did not try to spell it, or have the chance to spell it, he could not be said to have lost, because he would not have missed two words out of three, he would only have missed two words; so you see he must spell three words, in order that I may win my bet fairly."

"I won't spell," said Tim.

"In that case the stakes are mine by forfeit," said Charlie; "so do you as you please; I shall put the word: spell high-wines—raw liquor."

Tim, sure of spelling this word right—for he had seen it written in his father's books, who, when living, was a distiller—held his head up, and spelt—

"H-i-(hi)w-i-n-e-s (wines), hi-wines."

"Lost!" cried Charlie. "I told you, Tim, you could not do it; so you see you had not better speak disparagingly of others till you are sure you are their superiors. Fred, I'll take the stakes."

"Fred, don't you give them up," said Tim.

"Charlie Ames may have his own dollar, but mine he shan't have. I'm not going to lose a dollar because of a mishap in spelling which wouldn't have arisen but for your interloper"—pointing at Gerrit, and turning all eyes on him. "What right has he coming here making disturbance? I say, fellow, who are you?" addressing Gerrit.

Now Gerrit did not know what this conduct meant, and so he looked round to see if he could find out. At last his eye met that of Charlie Ames, and, walking up to him, said—

"My name is Gerrit Ferguson; can you tell me why this big bully of a boy talks to me as he does?"

"Oh, he is angry at you for having been, unknown to yourself, the cause of this bet and his loss."

"Why! how?"

"This way. On school being dismissed, it was asked by some of us who you were. Nobody knew, but Tim here said you were not much, or you'd be out of the spelling-book; and as I knew him not to be beyond it, I thought I would take him down a peg or two, and so provoked him to this bet, which I fancy he would never have taken had he not supposed I had no money. Now having lost, he does not mean to pay me, and means to get you into a quarrel, so as to abuse you, and with the fighting boys in our school keep up his reputation, for he is the crack fighter of our select boys. I advise you to be extremely civil to him, or he will act rudely to you; and in this respect he has no one to govern him."

"Ah! don't the master govern him?"

"No, not in his fights."

"Oh, he has fights, has he?"

"Yes."

"Does he whip all the boys in the village?"

"Yes, or he would if they dared one by one to fight him."

"Humph." Turning away from Charlie Ames, Gerrit walked to where Tim Randall stood, and said—

"You asked me who I was, a little while since."

"Yes, I did, and I'll make you tell, too, or I'll break every bone in your body."

"Well, to save my bones from such a general

cracking as you threaten them with, I will tell you my high mightiness who I am. I am Gerrit Ferguson. Now it is my turn to ask you a question, and if you do not give me a civil answer as I have you, I'll pound your face into such a jelly that your mother won't dream you are her son. What made you tell your once chosen stakeholder not to give up the money you had fairly lost? Answer me that, you great overgrown bully, or I'll whip you within an inch of your life."

Had the house felt an earthquake; had Noah's flood come back; had a gold-mine been found in the banks of the village creek, excitement more intense would not have shown itself than showed itself among those boys at the audacity of this new-comer. Who was he—who dared to defy Goliath? They all felt pretty much as Israel did when David went to meet the giant. And Tim Randall, he looked at Gerrit, and then on the school-boys, and then back again on Gerrit, as if he too was astounded at the boy's audacity, till out of his bull-throat came words hoarse with passion.

"You mean, little, white-livered baby-faced, puling ignoramus, if in less than one minute you do not get down on your knees and ask my pardon for having talked to me as you have, I swear if I have to go to State Prison for life, I'll take you up and throw you out of that window."

"Perhaps you will and perhaps you will not. It takes two to make a bargain. Boys, you are all strangers to me; but I take it you all like to see fair play; if, therefore, you will be kind enough to move these benches, so as to make a hollow square of some twelve feet across it, and range yourselves on the outside, and this big bull will come into that ring and fight me, I will teach him a lesson or two that will do him good as long as he lives. If he will not do this, I will run out into the street and at the top of my voice yell out, the whole village through, that Tim Randall is a great coward."

"The ring! the ring!" cried forty voices at once; and the ring was formed.

"Now, Tim Randall, take your place in this ring, you who can make bets, and when you lose them call on your stakeholder not to pay—step into the ring, I say, and I will quicken your moral sense." Tim did not stir. "Boys, your village bully is afraid, I do believe."

"Afraid of you! I'll show you," roared out Tim, as he bounded into the ring, and throwing off his coat and hat, rolled up his sleeves, and stepping up to Gerrit, struck at him a furious blow. By some means to him inexplicable, the blow did not hit the object aimed at, but went off in a tangent, and before he knew it he was struck a blow square on the nose which set it bleeding profusely. Quick as a wink he was hit in the eye, then in the other eye, and then the battle all went one way. In less than five minutes he was begging like a whipped spaniel, and Gerrit stood over him like a conqueror.

"Get up, you great overgrown, coarse, brutal piece of flesh, and take your filthy carcass out of this room, and when you come back think less of yourself and somewhat more of others, and I shall let you alone. Now, Charlie Ames, take your money, and, boys, let us all be friends."

What a shout went up at the release from the tyranny of the bully of the boys in that school! They gathered around Gerrit and thanked him, and said they were sure they should like him: the story of grown-up human nature which the world has witnessed since Adam fell—fear of the tyrant when he is strong, joy at his overthrow.

Handwritten notes and calculations at the bottom of the page, including numbers like 8649, 8610, 8612, 8613, 8614, 8615, 8616, 8617, 8618, 8619, 8620, 8621, 8622, 8623, 8624, 8625, 8626, 8627, 8628, 8629, 8630, 8631, 8632, 8633, 8634, 8635, 8636, 8637, 8638, 8639, 8640, 8641, 8642, 8643, 8644, 8645, 8646, 8647, 8648, 8649, 8650, 8651, 8652, 8653, 8654, 8655, 8656, 8657, 8658, 8659, 8660, 8661, 8662, 8663, 8664, 8665, 8666, 8667, 8668, 8669, 8670, 8671, 8672, 8673, 8674, 8675, 8676, 8677, 8678, 8679, 8680, 8681, 8682, 8683, 8684, 8685, 8686, 8687, 8688, 8689, 8690, 8691, 8692, 8693, 8694, 8695, 8696, 8697, 8698, 8699, 8700.

The Month.

NEW YORK, JUNE, 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.

A MODERN MIRACLE.—The days of miracles are *not* past. Time was when sick persons "washed and were healed." There has been a time when invalids were familiar with the idea of purification. Once a disease was regarded as very like a devil within the organic domain—a something to be expelled, cast out, ejected, got rid of, exterminated, annihilated. Then it was no miracle to restore health by such processes as purified the body of its morbid materials. It would have been thought a miracle, indeed, if a drug poison had been successfully employed to rid the system of disease. The idea of casting out devils through Beelzebub, the prince of devils, is a modern notion.

Three hundred years ago Aureolus Philippus Paracelsus Theophrastus Bombast de Hohenheim became the head of the medical schools, burned the works of Galen, proclaimed that the human body was composed of salt, mercury, and sulphur, and introduced the plan of curing diseases by the administration of mercury, antimony, and opium. This theory was purely chemical, and contemplated not the expulsion of impurities from the system, but their neutralization *within* it. And to this day the followers and disciples of Paracelsus have been dosing and drugging the bodies of sick persons continually with all manner of poisons, under the hallucination that they were curing them of their maladies. When and where is this to end?

It is true that physicians have tried the experiment a thousand times, of treating diseases with and without drugs, and in every case the result has been in favor of no medicine; yet, prepossessed with the idea that disease would not be, could not be, or should not be cured without medicine, they have always seemed to regard the results of their experiments as entirely miraculous. They have taken the exceptions for the rule, and the rule for the exceptions.

Dr. E. M. Snow, Health Superintendent of Providence, R. I., has communicated to the *Boston Medical and Surgical Journal* an account of eleven cases of small-pox, which recently occurred in that city, all of which recovered. There is, perhaps, nothing very miraculous about this, for similar things may have happened many times before, though we have never heard of so many cases being treated by a drug physician without the loss of one or more. But for the marvel—the doctor did not give *any medicine!* Here is drug treatment with the part of druggery omitted. Is there not something very mysterious in such a performance? It is certainly one step in advance of Homeopathy, for with the infinitesimals the drug, though attenuated to practical nothingness, is theoretically present. Dr. Snow says:

The treatment was expectant to the fullest extent. Not one of the eleven cases took a particle of medicine of any description, from first to last. My efforts were wholly directed to measures to prevent contagion, the chief of which were cleanliness and ventilation. The result was, that all recovered—none died. Every case went forward to a favorable termination without a single unfavorable symptom.

Well, this is quite equal to the best of Water-Cure practice. We never claimed for our system, when directed by the most skillful and experienced hands, any better success than a cure of all the cases. If *Expectancy*, or *Expecticism*, or *Expectopathy*, or whatever else the no-medicine plan may be called, is going to cure all the cases of so formidable a disease as small-pox, will not the same principle apply to some other diseases? And if to some, why not to all? And will not the medical profession, as one man, be swift to proclaim the good news to a dying world, and to adopt it in practice? Let us see.

We know not how the other drug medical journals of our country may have received the glad tidings; whether their thoughts turned mainly on humanity relieved, or "Othello's occupation gone," we can only guess. But the same *Boston Medical and Surgical Journal*, which publishes Dr. Snow's report, blows a little hot and a good deal of cold upon it in the same breath. It seems to see the danger on the one hand of giving the light of its countenance to empiricism, and, on the other, the awkwardness of denying the unqualified statements of Dr. Snow. And so it admits the fact, hints that Dr. Snow may be a quack, and then argues the moral of the fact all away. The editors say:

In another part of the present number of this *Journal* will be found an interesting communication from Dr. Snow, City Registrar of Providence, R. I., describing a limited epidemic of small-pox and varioloid which appeared lately in that city. The statement that all the cases recovered without a particle of medicine being taken, may excite surprise in some readers, and indignation in others.

Indignation is it? What, in the name of wrath and all the Boston notions, is there to be indignant about? Are our Boston brethren indignant because they all got well? Suppose they had all taken medicine, and every one of them died? Would the Boston doctors have been either surprised or indignant? An epidemic has recently prevailed near New Haven, Conn., in which all the patients, with one or two exceptions, took various kinds of medicines, and all of them died, with one or two exceptions; the exceptions being those who did *not* take medicine. Eight or ten of the New Haven doctors attended these fatal cases. They did not know what the disease was. They confessed they did not know what medicines to give, and so they called the disease diphtheria, malignant erysipelas, putrid sore throat, scarlet fever, or black tongue; and so they drugged and dosed promiscuously, and so the patients died uniformly. But who ever thought of being surprised? Who ever suggested being indignant? No, no. If the doctors should exterminate half the human race during the next decade, we should not be surprised; and if any indignation should be expressed, it would probably be because here and there some eccentric medical man had let all of his patients recover without a particle of medicine, to the great and never-to-be-forgiven scandal of a learned profession.

We do not wonder if the *Boston Medical and Surgical Journal* is alarmed at such a bold precedent. Will it do to let a gainsaying world know that the worst diseases can be cured without a particle of medicine? Is not the idea revolutionary? Should such a notion get abroad, would it not endanger the very existence of nine tenths of the doctors, and all of the drug shops in the country? Yea, verily, here is matter that comes home to men's bosoms, and *business*. If the worst diseases can be best treated without a particle of medicine, surely there can be no need of medicine in the milder forms of disease. Such will be, such must be the reflections of all reasoning persons, in view of the facts submitted by Dr. Snow. And it could not have been expected that

the Boston *Medical and Surgical Journal*, which is always among the foremost to denounce any departure in practice from the established usages of the profession, would admit into its columns such an apple of discord, without an effort to let the innovator know that such nonsense must not go any further. The *animus* is apparent in the following paragraph:

Many will doubtless consider Dr. Snow as a thorough skeptic in the effect of medicines in the cure of disease, and class him in the category of the eminent Skoda, of Vienna, who is said to be so singularly wanting in faith that he adopts, in all his patients in succession, the most vaunted modes of treatment, in order to show that no one method has any superior power over any other, in subduing or curtailing disease.

The grammar of our brethren of the *Journal* is very bad, and their logic is still worse; but these little trifles are doubtless attributable to their great "surprise," or "mighty indignation," or uncontrollable vexation, because Dr. Snow allowed eleven cases of small-pox to get entirely well without a particle of medicine of any kind. Is it not enough to perplex a saint, vex a sinner, excite a doctor, and discourage a medical journal?

After thus throwing "cold water" on Dr. Snow's reputation, for presumptuously and unprofessionally allowing his patients to get well without a particle of medicine (had there been a particle—just one—ever so little—even the most inconceivably small and incomprehensibly diminutive atom, it would have taken the curse of his report off), the editors seek to parry the effect of his statement by showing that it is no new nor uncommon thing for doctors to let their patients get well—that is, give no medicine. They say:

Whoever will look over the works of Sydenham, one of the most intelligent physicians that ever lived, will find that he was accustomed to rely very little on drugs in the treatment of acute disease.

Well, well, what are we coming to? If the most intelligent physicians rely the least on medicine, what is to be said of one who gives no medicines at all, and cures all his patients? Is it not a marvelous miracle, or a miraculous marvel? Should it not excite surprise, or indignation, or both?

But Sydenham agrees very well with Dr. Snow in the treatment of small pox. Says the Boston *Medical Journal*:

In his directions for the cure of small-pox patients, he rather points out the evils of over-medication, than insists on the employment of remedies. The same may be said of his treatment of measles. The following details, in the case of five or six children in one family, who were ill with this disease, will serve as a sample of his method of dealing with the measles: "I ordered them to

keep their bed for two or three days before the eruption, in order that the blood might follow its natural bent, and eliminate, through the pores of the skin, the more separable particles that were causing the disease. I allowed neither fire nor bedclothes beyond what they had been used to in health. I forbid meat, permitting only oatmeal porridge, barley broth, and now and then a roasted apple. Their drink was weak small beer, or milk mixed with three parts of water. The cough, as usual, distressed them. For this I ordered a pectoral ptisan to be taken frequently. Under this treatment they *wholly recovered* within the usual short duration of the disease, suffering neither during its course, nor after its decline, from any extraordinary symptom."

Sydenham was almost as "expectant" as is Dr. Snow. Both were almost hydropathic in their treatment of small-pox and measles; so much so that all of their patients recovered. But let us see if this powerfully curative no-medicine system will not apply to other formidable diseases. Says the Boston *Medical and Surgical Journal*:

In nothing has the advancement of medical science been more clearly shown than in the abandonment of active interference in ordinary cases of acute disease. That small-pox should be so treated with success, is not much more remarkable than that measles, scarlatina, typhoid fever, pneumonia, and other acute febrile affections should, in the majority of cases, recover without active treatment.

The only thing remarkable in the matter is that they ever recover *with* "active" treatment. But medical science "has advanced as it has abandoned active medication." Precisely it has. And it may continue to advance in the same direction until it abandons all drug medication of every name and nature.

ECLECTICISM AND STRYCHNINE.—The advocates for "sanative medicines" seem to be rapidly falling back into the wake of Allopathy, and adopting all of its murderous appliances and deadly drugs. In looking over the journals of the Allopathic and Eclectic schools, we find such poisons as hydriodate of potassa, iodine, henbane, stramonium, morphine, strychnine, etc., prescribed quite as freely in the latter as in the former. The Philadelphia *Eclectic Medical Journal* for April gives a report of the clinical practice of Professors Newton and Freeman, of Cincinnati, in which strychnine is recommended as, *par excellence*, the remedy for dyspepsia! The ground on which its use is predicated is its power to increase the "excitability" of the nervous centers—a power which is possessed equally by any agent or any instrument which can in any way be made to poison, cut, tear, lacerate, burn, or in any way injure the living organism. Because Marshall Hall found that a frog, immersed

in a solution of acetate of strychnine, was thrown into violent tetanic spasms, Drs. Newman and Freeman infer that irritating the nervous centers by poisoning the whole system with the drug must in some mysterious way energize the functional activity of the organ or part to which those centers send their branches of nerves. A full dose of strychnine will produce tetanic spasms in men or in animals. So will cutting, tearing, or otherwise wounding the nerves. We can not imagine how any physician who has a single correct physiological idea in his head, can perpetrate such preposterous nonsense. Allopathic physicians have experimented extensively with this horrid poison for twenty years, and although they are still prescribing it freely, their best authorities admit that it has never done any good, and in most cases has done positive injury. Has Eclecticism no better resource for remedies than to pick up the cast-away relics of Allopathy?

MR. SUMNER'S CASE.—As we predicted, the Hon. Charles Sumner has received irreparable injury instead of benefit from the torturing "counter-irritation" he was subjected to by the celebrated physician, M. Brown-Sequard, of Paris. If he had kept away from the doctors during the last two years, he would probably by this time have been in comfortable health; but now there is little probability of his ever taking his seat in Congress again. Certain it is that he will never recover from the damaging effects of his medical treatment. The history of his medical trip to Europe is painfully interesting, and ought to be instructive. How it is that men of sense, to say nothing of doctors, can submit to such outrageous treatment, is beyond our comprehension. But we learned the lesson long since, that there is nothing too absurd for medical men to teach, and nothing too ridiculous for persons, who are sensible on other subjects, to believe in relation to diseases and remedies.

MEDICAL PROFESSORS VS. THEMSELVES.—The Biennial Catalogue of the Hygeio-Therapeutic College, just published, contains, under the head of "Gems of Medical Science," a few pages of extracts from the lectures of the Professors of the various Allopathic Medical Schools in this city. They are rich and racy, and exhibit in beautiful contrast the contradictions of the teachers in the same school, and their confessions that they actually know nothing of

the nature of disease, or of its proper treatment. We select a few specimens:

Many of the chronic diseases of adults are caused by the mal-treatment of infantile diseases.—PROF. C. R. GILMAN, M.D.

Blisters nearly always produce death when applied to children.—PROF. C. R. GILMAN, M.D.

From thirty to sixty grains of calomel have been given very young children for croup.—PROF. ALONZO CLARK, M.D.

Five grains of calomel will sometimes kill an adult.—PROF. C. R. GILMAN, M.D.

The administration of powerful medicines is the most fruitful cause of derangements of the digestion.—PROF. E. R. PEASLEE, M.D.

Mercury is a sheet-anchor in fevers; but it is an anchor that moors your patient to the grave.—PROF. H. G. COX, M.D.

All medicines are poisonous.—PROF. ST. JOHN, M.D.

I prescribe strychnine, but I do not know how it operates.—PROF. W. PARKER, M.D.

Opium diminishes the nerve force.—PROF. E. H. DAVIS, M.D.

Opium increases the nerve force.—PROF. B. F. BARKER, M.D.

All of our curative agents are poisons, and, as a consequence, every dose diminishes the patients' vitality.—PROF. ALONZO CLARK, M.D.

It must be confessed that the administration of remedies is conducted more in an empirical than in a rational manner.—PROF. W. PARKER, M.D.

Of the essence of disease very little is known; indeed, nothing at all.—PROF. S. D. GROSS, M.D.

Of all sciences medicine is the most uncertain.—PROF. W. PARKER, M.D.

How it is, or why it is, that medicines produce their effects, are subjects entirely beyond our comprehension.—PROF. JOHN B. BECK, M.D.

The confidence you have in medicine will be dissipated by experience in treating disease.—PROF. HORACE GREEN, M.D.

Digitalis has hurried thousands to the grave.—PROF. JOS. M. SMITH, M.D.

If such are the sayings of the friends and exponents of the drug system, what should be expected from its opponents?

THE DISCUSSION.—Our personal friend and professional opponent, Dr. Curtis, of Cincinnati, called on us just before the close of the late term of the Hygieo-Therapeutic College. We invited him to lecture before the medical class in advocacy of his views on the subjects we differ about. He did so, and we briefly replied. Since then we have not heard from him. He was then engaged in delivering lectures in exposition of our present banking system, which may explain the reason why he has not yet attended further to the written discussion recently commenced between us. We shall doubtless hear from him ere long.

DEATH OF DR. MAY.—Dr. Oliver W. May died at his residence in Peekskill, N. Y., on the 5th ult., aged 56 years. He was early bred to the medical profession, and practiced the regular system for several years in the marshy districts of Cayuga County, where ague and fever, and other bilious diseases were prevalent. For two or three years he suffered severely of intermittent fever, for which he took large

quantities of calomel and quinine. This treatment at length "broke up" the fever, but with the usual result—*breaking down* the constitution. Being obliged to relinquish business, he devoted a couple of years to travel, after which he practiced dentistry in Lockport, N. Y. But his health continued so feeble that he was not long equal to the duties of this calling. In the mean time a closer attention to the laws and conditions of health and disease had fully convinced him that the popular system of medication was wrong, both in theory and in practice, and rendered him a thorough convert to the philosophy of the Water-Cure, or Hygienic system. On adopting a simple and nearly vegetable dietary, and abandoning tea, coffee, and all other stimulants, his health so improved that he was enabled to discharge the onerous and often severe duties of a Water-Cure physician for the last ten years. Until within a few days of his decease he was enabled to attend to his ordinary business. He had been long convinced that the morbid condition of the liver, induced jointly by disease and drugs taken thirty years ago, was incompatible with a long life; but he always entertained entire confidence in the resources of hygienic medication, so far as the cure of any disease was possible; and this conviction was expressed frequently, and almost to the last moment of consciousness.

On a post-mortem examination of the body of Dr. O. W. May, we found the following condition: The liver smaller than in health, and of a dark color; structure solidified and dense; weight slightly increased from the normal standard. Gall bladder filled with healthy bile, only thick and a little darker color, and it did not empty itself when the duct was cut across, as is usual. The hepatic and portal veins sacculated. The cystic duct contracted. The ductus choledochus so small as scarcely to admit the smallest-sized silver probe. The hepatic duct enlarged and sacculated. The pyloric orifice of the stomach almost obliterated by thickening of the mucous membrane. The coats of the lower third of the stomach also thickened, and their structure as they approached the pylorus, and around that orifice, almost cartilaginous, the opening barely admitting the point of the little finger. The duodenum corrugated, and walls dense as that of the stomach; the opening of the biliary duct at this point was with difficulty discovered. The whole mass in this locality, composed of the lower third of the stomach, the duodenum, the biliary ducts, and the liver, presented a firmness and hardness and resistance to the scalpel, so unusual in this locality as to excite wonder that the vital forces could so long hold out. The spleen was enlarged, and its surface studded with button-like projections; the internal structure hard, resistant, of a dark, purple color. Colon impacted with scybala from the cæcum to the descending colon; this and the rectum empty; colon not otherwise diseased. Thoracic organs healthy, and the body not much emaciated.

J. P. MANN, M.D.,
Geo. F. ADAMS, M.D.

NEW YORK, May 7th, 1859.

To Correspondents.

Answers in this department are given by DR. TRALL.

DEAFNESS AND BLINDNESS.—E. H. A., Springfield, Ill. Your deafness and dimness of vision originated from bad blood induced by a primary disease of the liver, and have been greatly aggravated by the huge doses of quinine you have taken. The strychnine, also, has had a very pernicious effect on the whole nervous system. If you are so sensitive that you can not bear water unless of a warm temperature, use that. The electro-chemical baths might benefit you.

CANCERS.—The freezing process alone will cure some cases of cancers in their incipient stages. We have cured several in this way. It will also improve the condition and favor the healing process in many open cancers. But in all these cases we have to use some kind of caustic more or less. We have cases now under treatment which require both processes. We can not send "a remedy," as we never know precisely how we can manage a particular case of cancer until we see it.

ENLARGED TONSILS.—M. E. C., Lycoming, Pa. It is seldom or never necessary to remove enlarged tonsils in young persons. We have had many such cases to treat, and have always succeeded without the knife. The diet must be very strict, and the patient carefully guarded against over-eating.

ITCH.—G. P., Northfield. We have never failed to cure patients of this complaint, without the use of drugs of any kind. Flatulency is removed by curing the dyspepsia or indigestion which causes it.

PIMPLES AND ERUPTIONS.—N. D., Waterbury, Conn. There are many causes of these complaints, but one of the most frequent is drug-poisons given as medicines. Many faces are badly disfigured for life, by medicines given in childhood. Pungent seasonings, as salt, pepper, etc., are among the causes, as are grease and gravies of all kinds.

DYSMENORRHEA.—M. L., Philadelphia. Use warm sitz-baths, and also warm foot-baths during the menstrual period; afterward as cool as can be borne without chilliness. If the periods are preceded by very great pain, take a full warm bath at the time.

NASAL POLYPI.—C. D. E., Catskill, N. Y. We have succeeded in making radical cures in every case which we have treated for the last ten years. Our plan is to gradually disorganize them with instruments, and then cauterize the surface from which they grow, so as to prevent their reappearance.

GLAZED STONE-WARE.—G. W. M., Boston. Will you please inform me if the *Stone-Ware Pipe* made from clay, with glazed surface, is a good and healthy conductor of water for household purposes, drinking, etc.? No: but the pipe without the glazing is good.

DIAGNOSIS.—N. K., Waverly, N. Y. Do hollow-ness of the cheeks, opposite the double teeth, and costiveness always accompany confirmed dyspepsia? No.

DRUG DISEASE.—J. H. N., Hillsboro', Iowa. We wish information, through the WATER-CURE JOURNAL, in regard to a person eighteen years old, who has been afflicted over eight years with what the doctors call "rheumatism." During that time he has had three attacks of fever; the last, which was over a year ago, was pronounced by respectable physicians of the Allopathic system, *Typhoid*, and treated by them accordingly. He was confined for four months, a part of the time covered with running sores, after which he began to walk about; but he soon became stiff in the back, and continued so for about three months, when his hands began to get numb, and grew worse until he entirely lost the use of them. Then he applied to one of the best practitioners of the aforesaid system, who said it had become the spinal affection, or dropsy in the spinal cord, and gave medicine which seemed to help for a time, so much so that he was able to attend school the last winter by being taken to the school-room; but the numbness returned and he was taken with severe pains in the joints, and has continued almost helpless ever since.

His malady is no doubt chiefly owing to the drugs he has taken. He needs all the appliances of a good Water-Cure Establishment.

DRUG DISEASE WITH SPINAL AFFECTION.—L. M. I., Harminton, Conn. You ought to go to a water-cure for a month or two. The "Hydropathic Encyclopedia" will answer and explain all of your questions.

Advertisements.

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

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

SARATOGA SPRINGS, N. Y.—

MR. EDITOR: Permit me, through your excellent and widely-circulated paper, to direct the attention of the public to a subject of increasing interest to all travelers.

Who of that class is not already consulting with the family and other friends, concerning the most pleasant and healthy place of resort for a summer retreat from the cares and responsibilities of business?

When, in your deliberations, you reach the name of Saratoga Springs, pause a moment, if you have not already decided to linger a few weeks or months in the spacious halls, shady walks, and fragrant groves that surround her healing fountains.

The world has but one Saratoga.

Nowhere besides is there such a varied and mysterious mingling of medicinal agents, and yet so nicely blended as to be at the same time palatable and remedial. Who that has tasted does not long to taste again? And who has drank often and not felt their revivifying influence?

Within the miles there are no less than twenty springs, the waters of which are all found to differ when submitted to analysis; some of them apparently boiling as though there was a volcano beneath, and yet cool and refreshing as if fresh from the perpetual snows of the Alps.

The most curious spring of all has been discovered during the past winter. It is a few rods above the Medical Institute of Dr. Hamilton, and but a short distance from the far-famed Congress, which it promises to rival in public estimation.

A shaft is sunk about 30 feet, resting upon the solid rock, from which pours forth in greatest profusion (about fifteen gallons in a minute) the most delicious beverage of Nature's own providing. The waters have not been analyzed, I think; yet I judge the ingredients will be found substantially the same as the Congress, although there is probably more fixed air.

Your readers will doubtless judge me to be a resident of Saratoga Springs, and deeply interested in entertaining and taking in strangers. This is not the case. I am, in common with many others, only a sojourner. I came to this place a few months since, feeling that the blessing of health had been irretrievably forfeited. My difficulties were most distressing and tenacious, and seemed to defy all efforts directed to their removal. Physicians did not seem to understand my disease, and could not help me. Friends were discouraged, and I felt that my mission in this life was almost terminated. With great difficulty I reached Saratoga; not as most, to mingle in gay circles, and try the resources of pleasure in fashionable life, but to seek relief from a physician of whose skill and success I had heard much.

I was most fortunately, may I not say providentially, directed to Dr. Robert Hamilton's Medical Institute.

After a careful diagnosis, he gave an opinion, the discrimination of which is apparent in the result which I am happy to proclaim to the world. My painful and alarming symptoms were soon materially modified, then one by one disappeared, until I find myself in good health, able to return to my post of arduous labor. I can walk from fifteen to twenty-five miles a day, labor as usual; in short, feel that I am returned to the responsibilities of life, to meet them with vigor, energy, and pleasure.

None but those similarly affected and restored can appreciate my feelings. To all others my expressions may seem like rhapsody; but I can not forbear, in justice to my obligations, saying to all the afflicted, "Don't despair" until you have tested the skill of Dr. Hamilton, of Saratoga Springs.

His success, in my opinion, has no parallel. Many have been brought to his institution on beds, who in a few weeks have exercised in the gymnasium with a relish, and gone miles on their pedestrian excursions.

The Doctor is indefatigable in his efforts; a gentleman and Christian in all his deportment; and is the last to abandon the patient to the relentlessness of disease.

His Institute is a delightful home; cheered with innocent amusements; semi-weekly lectures on subjects calculated to make the patient his or her own doctor; social meetings for devotions; ample rooms and parlors; music; attentive nurses; all harmoniously presided over by the Doctor and his most amiable and intelligent wife. No one visiting Saratoga can find, I think, a home so pleasant, and no invalid a road to health so safe, direct, and sure.

May, 1859. L. BRIGHAM, Worcester, Mass.

THE BROOKLYN HEIGHTS

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REFERENCES:

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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.
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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 gonorrhoea and spermatorrhoea, with all their distressing consequences; also diarrhoea, dysentery, falling of the bowels, etc. We have also treated successfully, with all forms of "uterine diseases and displacements" known to the profession. These affections, with cancers and polypous tumors, we have made a specialty heretofore, and shall continue to do so.

Our Constitutional remedies embrace air, water, food, temperature, electricity, magnetism, calisthenics 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, ligature, cautery, and emolument, 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, \$5. 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.

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the Binghamton Water-Cure, has made Seminal diseases his special study, and has had a large experience in their treatment.

Spermatorrhoea 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.

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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 *Hotel-Side Home* 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. Address, S. O. GLEASON, M.D.; or Elmira, N. Y.
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R. HAMILTON, Saratoga Springs, N. Y.

HOME FOR INVALIDS.—ACCOM-

MODATIONS for a limited number of patients, who will receive judicious treatment and more home comforts than can be obtained at large institutions.

Mrs. E. A. Phillips, M.D., who has made Female Diseases a special study, and had a large experience in their treatment, will have charge of Female Patients.
J. P. PHILLIPS, M.D., 36 Howe Street, New Haven, Ct.

TO INVALIDS.—WE ARE INQUIR-

ed of from all parts of the Union and the Canadas, what diseases we can treat at our Water-Cure successfully. We reply:

Liver-Complaint, Sore-Eyes, Bronchitis, Incipient Consumption, Scrofula in all its forms, Dyspepsia, Seminal Weakness of Young Men—(We have treated over 3,000 cases with the most happy results, never using Caustic, which we pronounce the most intrusive and hurtful, nor ligatures, which do no permanent service).—Prolapsus Uteri, and all other kind of Female Complaints.—We have treated over 1,500 cases of Female Diseases, Disease of the Kidneys, Diabetes, Piles, Fistulas, Gonorrhoea, Old Ulcers, Fever Sores, White Swellings, Hip Disease, all kinds of skin diseases, Prolapsus of the Rectum, all forms of Rheumatism, Asthma, Deafness, Scald Head, General Debility, Spinal Disease, Apoplexy, Epilepsy, Cataplexy, Fever and Ague, Bilious Fever, Typhus Fever, Chills—In fine, all sorts and all kinds of diseases known to our climate.

Our Cure is beautifully situated. The air is pure as ether, the water we use soft as dew. Our rooms large and airy—our Home being without question the best ventilated building used as a Water-Cure in the Union.

Our method of treatment is entirely different from that of other Cures. Our style of living different. Our entire régime for the patient is different. Our first object is to cure the sick who come to us. But ours is so different from other so-called Water-Cures, that were one to visit a dozen of them in succession, he would have no idea at all how we do things. Everything with us is after an original plan founded on eleven years' experience, and a very large practice. Of the thousands of persons treated by us and cured, and to-day in good health, not one of them was ever given by us a single particle of medicine. Think of that, ye poor drug-smitten, poisoned creatures! Our Home is no phreic shop, nor place for dissipation, nor for spending money foolishly, nor for indulging in fashionable display. It is a place where the sick are to get well, and where they are to be taught, when cured, how to keep well. I tell you, we who are conducting this Cure are in earnest. We believe what we preach, and we live it out. We invite strangers to visit us, and see a Water-Cure that is one, where persons from all parts of North America are assembled to recover health, and where they have the comforts of Hotel life, but the comforts of the well-regulated private family. Read the following extract of a letter of a written to Doctor Jackson by an accomplished, experienced, and successful Water-Cure physician—a LADY who has had the amplest opportunity whereby to enable her to judge correctly the point in question. It speaks for itself. It tells the whole story.

FREDONIA, N. Y., April 24, 1859.

TO DR. JACKSON AND FAMILY—Dear Friends: Till my delightful visit at "OUR HOME," I had never found my idea of a Water-Cure realized, and had often wondered what was the secret of your power. But, "Eureka!" I have found it, and I no longer wonder. It lies, not only in your skill, but in your "HOME" influence, so cordially thrown around all your patients, and in the fact that all of you are so remarkably adapted to your work. I admit, if ever, have I found myself a guest in a private family where such good-will, such cheer, such uniform tone and harmony prevail. Those who are fortunate enough to be your guests will date back to their stay with you as to a new era in their lives.

God will bless you, dear friends, and may your shadows never be less, and your example be copied, so that yours shall not long be what it now is, the MODEL Cure of the day. Yours affectionately, C. L. SMALLEY, M.D.

Those who would like to know more of us will please send for a Circular, inclosing a stamp; and also for a copy of the LETTER-BOX, a Health Journal, edited by Miss Austin, and for the following

TRACTS FOR THE TIMES,

written by Dr. Jackson and Dr. Austin, and which are for sale by us. They are admirably calculated to promote the Reform to which so many men and women are at present devoting themselves; and we earnestly urge Health-Reformers to put them extensively into circulation in their neighborhoods. We have received orders for them from California, the West Indies, the British Provinces, and all the States in our Union; and in no instance have we ever heard other than words of satisfaction at having purchased them. We will send them gratis to any or gymnasium, on condition that they will read them, and having read them, write to us and tell us what they think of them.

Our prices for them are as follows:

1—Scrofula.....	3 cents, or	30 cents per doz.
2—Dyspepsia.....	3 "	30 "
3—To Young Men.....	6 "	60 "
4—Spermatorrhoea.....	6 "	60 "
5—Flesh as Food.....	6 "	60 "
6—Dress for Women.....	6 "	60 "
7—Hints on the Reproductive Organs.....	15 "	1 50 "
8—How to rear Beautiful Children.....	50 "	5 00 "
9—Christianity and the Health Reformation.....	6 "	60 "

We will send one or more of them for their prices and pay the postage, or we will send single copies of all of them for one dollar, and also pay the postage. For any number amounting to less than a dollar, postage stamps (3 cents) may be sent; but for a dollar's worth send current funds. If ordered in quantities by the dozen or more, they had better be ordered by Express, and the charges paid by the purchaser.

We urgently request the friends of Water-Cure and Health Reform to send for them. They will do immense

good to all who read them. They shall be mailed carefully and promptly.

All orders should be addressed to Dr. J. C. Jackson or Dr. Harriet N. Austin, Our Home, Dansville, Livingston County, N. Y.

ROUTE.—Come from the East on the New York and Erie Railroad to Corning, hence by Buffalo and Corning Railroad to Wayland; or from the East on the New York Central Railroad to Rochester, thence on the Genesee Valley Railroad to Wayland; or from the West to Buffalo, thence on the "Buffalo, New York, and Erie" Railroad to Westland, and so to "Our Home" by coach. F. WILSON HURD & CO.

BINGHAMTON WATER-CURE,

Binghamton, Broome County, N. Y.

The location of this establishment is unsurpassed in beauty. The "Cure" (built expressly for the business) is in a large grove of native forest trees, overlooking the villages, and commanding a view of the most picturesque scenery.

The physicians, Dr. Thayer and wife, have had a long and successful practice of many years, both in and out of the institution, and avail themselves of whatever method of treatment experience and science has proved beneficial in curing of diseases. Special attention given to the treatment of Female Complaints, diseases of the Eye, Chest, the Stomach, and the Seminal Organs.

Terms, from \$5 to \$10 per week. We have made arrangements by which persons *worthily*, but of small means, can be accommodated.

Invalids will find it to their advantage to consult us before going elsewhere.

For further particulars send and get circular, or address
O. V. THAYER, M.D.

TO THOSE WHOM IT MAY CONCERN.

As at this season Invalids will be making preparations to visit Water-Cures, with a view to recover from their diseases, the undersigned, at this date, guests taking treatment at "Our Home"

—a Water-Cure in Dansville, Livingston Co., N. Y.—beg leave respectfully and earnestly to commend this Institution to their attention.

Conducted, as it is, upon scientific principles, and with great skill, and not less simplicity, the Sick and their friends may accept our assurance that they will find it to be all that its Proprietors, Physicians, and many warm friends represent it.

It is, in our judgment, most admirably conducted in all its departments, and furnishes rare opportunities for those who have lost health to recover it.

Order, Freedom, Regularity, Neatness, Quiet, Simplicity, Kindness, Courtesy, Good-will, Cheerfulness, and Charity reign supreme in the house. The table is *amply spread with a different food*, the water used is *very soft*, pure, and plentiful, and the administration of baths is always under the personal supervision of the Junior Physicians. In fine, though guests are here, as will be seen, from various parts of the Union, the Institution has the air and bearing of a well-conducted *private* family.

DANSVILLE, LIVINGSTON CO., N. Y., May 4, 1859.

Thos. LeClear, Buffalo, N. Y.
R. S. Taylor, Jay Court House, Ind.
M. W. Simmons, Dansville, N. Y.
John W. Ross, Lewistown, Ill.
Archibald Robbins, Solon, Ohio.
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H. W. Chapin, Milford, On o.
Dan. W. Richardson, Almont, Mich.
Miss Rebecca A. Donovan, Rochester, N. Y.
Miss Mary S. Warren, Scottsville, N. Y.
E. M. Swetland, De Ruyter, N. Y.
Ira Spaulding, Esq., Clinton, C. W.
Charles Offield, Lewiston, Ill.
H. L. Brown, Sandy Hill, N. Y.
George G. Bosworth, Tannan, Mass.
Mrs. Caroline Burlingham, Moravia, N. Y.
Henry M. Merrill, Blanco, Texas.
Benjamin Smith, Rockford, Ill.
Irring E. Chapman, Toledo, Ohio.
Anson Boyes, Hillsdale, N. Y.
Richard O. Robbins, Solon, Ohio.
Mrs. Maria S. Landis, Mount Joy, Pa.

COLUMBIAN SPRINGS WATER-CURE

CURE is now open for patients and boarders. Dr. A. Smith and Mrs. Dr. C. Smith have taken the medical charge of this Institution, and are well known to the public as being able and experienced Hydropathists. A good Hotel near the Cure, where the friends of patients can stop at. Send for a circular. J. F. BROWN, Proprietor.

A. SMITH, M.D., Mrs. C. SMITH, M.D., Physicians; T. F. CRISTMAN, Assistant.

Post-Office, Columbian Springs, Herkimer County, N. Y.

MOUNTAIN-GLEN WATER-CURE,

Plainfield, N. J. Address

A. UTTER, M.D., Proprietor.

DR. VAIL'S GRANITE STATE

WATER-CURE is located at Hill Village, N. H. Patients will please inclose stamp for circular. Post-Office address, Hill, N. H.

WATER-CURE AND RESORT.

The Lehigh Mountain Springs, near Bethlehem, Penn., are open throughout the year; water unsurpassed—pure, soft, and cool; location well known as beautiful. Communication twice per day by rail from New York and Philadelphia each. From New York, foot of Cortlandt Street; from Philadelphia, Front and Willow streets.

DR. F. H. OPPELT.

WATER-CURE FOR SALE.—THE

LOUISVILLE WATER-CURE, one of the best arranged and most complete establishments, is offered for sale for less than one third of its original cost.

The present owner, who is not a physician himself, is engaged in some other business, and as he can therefore not attend to the Water-Cure is willing to sell it at very advantageous terms. For information apply to

JOHN ENGELN, Proprietor, Louisville, Ky.

CLEVELAND WATER-CURE

ANNOUNCEMENT FOR 1859.—The above establishment is now commencing its Twelfth Season.

It has been in successful operation for the past eleven years—has treated over forty-five hundred patients who have flocked hither from nearly every State in the Union. It is now the oldest establishment in America; having been under the charge of one physician longer than any other institution of the kind. The Proprietor intends, as his establishment was the great pioneer of the new treatment in the West, that it shall continue to be—what it ever has been—PRE-EMINENTLY the Water-Cure of the West.

EXCELSIOR being his motto, he has determined, the coming year, more richly to deserve it than ever before.

He has the pleasure of saying to his friends and numerous patrons, that notwithstanding in years past he has made numerous additions and improvements, yet this year will far exceed all previous efforts.

His additions this spring will nearly double his previous accommodations. He has just purchased the adjoining Cure, built by Dr. G. W. Strong and called the Forest City Cure.

The two Cures will henceforth be under one general management.

He is also building, in connection with the ladies' department of the Old Cure, entirely new bathing conveniences, which for extent and perfection will not only be unsurpassed, but UNEQUALLED. In connection with these he proposes to add the Russian bath and modified Turkish bath, the hot douche and spray, which will be fully equal for utility to the famous hot springs of Arkansas, and far more convenient.

These additions will be completed by the first of May.

He has also secured as co-laborer the services of Dr. P. H. Hayes, for the past two years connected with the Clifton Cure, but who has been long known to the sick and afflicted as one of the most distinguished pioneers in combating disease, by rational treatment. He has also the pleasure of saying to his old friends, that Dr. J. J. Sturges is again at his post, with renewed health and vigor, and now as well able as he is eminently qualified to discharge its duties. Ellen Higgins, M.D., still retains her connection with the female department.

To those unacquainted with her success, ability, and peculiar tact in the treatment of those diseases, reference will be freely given to those who have been under her charge.

The large experience we have had in the treatment of diseases peculiar to females, and the marked success which has attended our efforts, induces us to believe that they can be here treated with an EFFICIENCY and RAPIDITY of cure surpassed by none.

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.

Our enlarged and perfected Gymnasium will be under the personal supervision of Prof. F. R. Deming, who will spare no efforts to make this department as efficient as it is profitable for the patient.

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

T. T. SEELYE, Proprietor.

CLEVELAND, April 1, 1859.

LAWRENCE WATER-CARE,

BRATTLEBORO, VERMONT.

The Lawrence Water-Cure having been built expressly for a Cure, is the most complete arranged Institution in the country.

LAWRENCE WATER-CURE,

BRATTLEBORO, VERMONT.

Our Institution is conducted with the utmost liberality toward the patients, and every mark of attention paid to their comfort.

LAWRENCE WATER-CURE,

BRATTLEBORO, VERMONT.

We expect the sick, our care is for the sick, and we intend to cure all who come here sick if there is a possibility of doing so—at least, all our exertions will tend to that end.

LAWRENCE WATER-CURE,

BRATTLEBORO, VERMONT.

has enjoyed the reputation of curing patients—where a cure was possible. We strive to retain that reputation. We offer no flattering inducements; we state what we do, and no more.

LAWRENCE WATER-CURE,

BRATTLEBORO, VERMONT.

Patients sending us a diagnosis of their disease, we will advise with them *free of charge*, whether it would be of advantage for them to try a course of our treatment.

LAWRENCE WATER-CURE,

BRATTLEBORO, VERMONT.

Patients about visiting a Water-Cure would do well to send to us for our Circular before engaging elsewhere, and learn from that more particulars regarding Brattleboro, its Water-Cure, price, etc.

LAWRENCE WATER-CURE,

BRATTLEBORO, VERMONT.

We have attached to the Institution the best of nurses and attendants. Our rooms are large and airy, and our medical department under the direction of experienced and highly educated Physicians. All letters addressed to the proprietor will be promptly attended to.

JOSEPH DAVISON, Proprietor.

C. W. GRAW,

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GALESBURG HYGIENIC HOME.—

All diseases treated upon *strictly hygienic principles*. ELECTRO-CHEMICAL BATHS administered. Address

DRS. WM. B. & SARAH W. KERNEY.

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PEORIA WATER-CURE, PEORIA,

Ill., beautifully located on the bluff. Address DRS. NEVINS & KENYON.

PITTSBURG WATER-CURE.

This Institution is located on the Ohio River and Pittsburg, Fort Wayne and Chicago Railroad, ten miles west of the city at *Haysville* Station, and combines superior advantages.

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

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

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

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

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

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

We have the Electro-Chemical Baths.

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

ROUND HILL WATER-CURE AND

HOTEL, Northampton, Mass.

H. HALSTED, M.D., Physician and Proprietor.

Families and others desiring the first choice of rooms for the summer—those commanding the finest views of the far-known, unequaled landscape which the house and grounds overlook—will do well to apply immediately. No place within six hours of New York offers such attractions; with good table, prompt attentions, and home comforts. Invalids will not only save money but time by entering at once. Improvement in the diseases of Woman, for the cure of which Dr. Halsted is so celebrated, in spinal complaints, and in most chronic ailments, is far more rapid in the cool months. Circulars sent gratis. Treatise on Morbidity, 25 cents.

His success in the treatment of diseases is indisputed.—

Traveller, Boston.

His system of treatment has been approved by some of our most intelligent citizens, and has received the most flattering commendations in all parts of the country.—

Providence Journal.

May 3

WATER-CURE FOR FEMALES EX-

CLUSIVELY, at Columbus, Ohio. Terms, 7 to 10 dollars per week. For particulars, address,

W. SHEPARD, M.D.

DEAFNESS.—A NEWLY IN-

VENTED INSTRUMENT for extreme cases of Deafness, called the Sound Magnifier, Organic Vibrator, and Invisible Voice Conductor. It is adjusted to the head so as to be entirely concealed; the unpleasant sensation of singing noises in the head is entirely removed; it affords instant relief to the deafest persons, and enables them to hear distinctly at church and public assemblies.

All orders must be sent to

E. HASLAM, 181 Broadway, New York.

On the receipt of one postage stamp a Descriptive Circular, illustrating the above instrument with cuts, will be sent to any part of the United States.

NEW ANATOMICAL AND PHYSIO-

LOGICAL PLATES.—By R. T. TRALL, M.D.—These plates were prepared expressly for lecturers and teachers, as well as for students. They represent all of the organs and principal structures of the human body *in situ*, and of the size of life. Every family ought to have a set, and every man, woman, and child ought to be familiar with the wonderful structures and functions which they so admirably illustrate.

THE HEART AND LUNGS.—No. 1 presents a front view of the lungs, heart, stomach, liver, gall-bladder, larynx, thymus and parotid glands, common carotid arteries and jugular vein; also of the principal portions of the bowels, and cavi or omentum.

DISSECTIONS.—No. 2 is a complete dissection of the heart, exhibiting its valves and cavities, and the course of the blood. The large arteries and veins of the heart, lungs, and neck are displayed, with the windpipe and its bronchial ramifications; also the liver with its gall-bladder and ducts; the pancreas; the kidneys with their ureters and blood-vessels; the descending aorta, or large artery of the chest and abdomen, with its branches into the right and left iliac arteries; the ascending vena cava, or great vein of the abdomen and thorax; the uterus and its appendages—ovaries, fallopian tubes, round and broad ligaments, etc.

NERVOUS SYSTEM.—No. 3. Side view of the brain, heart, lungs, liver, bowels, uterus, and bladder. Also the various subdivisions of the base of the brain, with the whole length of the spinal cord, showing the origin of all the cerebro-spinal nerves.

THE EYE AND THE EAR.—No. 4. The anatomy of the eye and ear, representing the arrangements of the minute blood-vessels, nerves, and other structures concerned in the functions of seeing and hearing.

DIGESTION.—No. 5. The alimentary canal complete, exhibiting the exact size, shape, and arrangements of the structures especially concerned in digestion, *viz.*, the mouth, throat, tongue, esophagus, stomach, small and large intestines, with the liver, gall-bladder, and the biliary ducts; also the internal structure of the kidneys, and a beautiful representation of the lacteal absorbents and glands, thoracic duct, and their connections with the thoracic arteries and veins.

CIRCULATION.—SKIN.—No. 6. The lobes of the lungs and cavities of the heart, valves, etc., with the large vessels of the circulation; also a minute dissection of the structures of the skin—the sebaceous follicles, sweat glands, etc.—exhibiting the extent and importance of the great depurating function of the surface. Every lecturer, teacher, and physician should have a copy.

Price for the whole set, beautifully colored and mounted, \$12. We do not sell single plates. Address,

FOWLER AND WELLS, 308 Broadway, New York.

STRAWBERRIES! STRAWBERRIES!

—MOUNT PROSPECT WATER-CURE, Binghamton, N. Y., eight hours' ride from New York city by the Erie Railroad. This establishment has a location of great beauty. The house has been newly fitted up, and is neatly kept. There are few places which present greater attractions to the invalid, or to those who are seeking a locality to pass a season pleasantly. Sick persons have the advantage of placing themselves under the care of educated physicians. A large garden is attached to the premises, from which fresh strawberries of the finest varieties will be furnished during this month. For circular address J. H. NORTH, M.D., or MARTHA FRENCH, M.D.

NEW FEATURE—THE BUILDER.

—We shall soon commence, in LIFE ILLUSTRATED, a series of articles under the general head of The Builder, designed to give our readers the most thorough knowledge, both theoretical and practical, on the subject of building in all its branches—wood, brick, stone, or concrete—with details as to the different styles of architecture and finish. In pursuing our object we shall give an analysis of the operations of the different trades connected with building, showing in each trade, not only the several portions of the building which it produces, but also the different methods by which the same result is produced. Our analysis will also embrace the comparative merits of the various materials employed, and their adaptability to the several purposes for which they are generally used.

The work of which we have faintly sketched the outlines can not be accomplished without a profusion of illustrations, and these will not be wanting, where necessary.

We hope this new feature of our journal will have an attraction for some of our country readers, more particularly such of them as feel any interest in building.

In presenting this feature, we shall not allow it to detract from any portion of the paper as now given, but shall use our best endeavors to make it in all respects

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in which SEVERAL HUNDRED WORDS are carefully discriminated, forming a fuller work on English Synonyms, of itself, than any other issued, besides Crabb, and believed in advance of that.

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Specimen pages of Illustrations, etc., will be sent on application to the Publishers.

Will be sold by all Booksellers.

"GET THE BEST." GET WEBSTER.

G. & C. MERRIAM, Springfield, Mass., May, 1859.

IMPROVED FAMILY HAND-MILL.

—I have taken the Agency for the sale of SWIFT'S PATENT HAND-MILL, and shall be glad to furnish the same to those who may desire. It will grind all kinds of grains, is so simple that it can not well get out of order, and is very durable. Prices, from two to seven dollars. The smallest size will answer the purposes of a small family. Circulars sent on application. Mills sent by express, on receipt of price, by M. W. SIMMONS, Dansville, Livingston County, N. Y.

A SUBSTITUTE FOR LEAD PIPE.—

A new and valuable article, *viz.*: a semi-elastic Pipe or Hose, which can be used instead of Lead Pipe, with pumps of any kind, and for conducting water with perfect safety. This Pipe is the result of many experiments and of years of trial under various uses, and is now with confidence offered to the Public or the Suction, Forcing, or Conducting of water in every or any place where pipe is required.

It possesses the following properties—

It imparts no deleterious substance to the water under any circumstances, nor in any way affects it unpleasantly after a few days' use.

It is sufficiently elastic to be easily bent into curves, etc.

It is not affected by either heat or cold.

It will not burst if water is frozen in it.

It is not injured by exposure to the atmosphere or sun.

It may be coiled and transported in almost any way, and (if handled with care) innumerable times, and from its elasticity can not be easily made to collapse.

It will bear a pressure of from 75 to 100 lbs. to the square inch, but can be made to stand that of 300 lbs. to the square inch if required.

Its durability must be great. Samples can be seen which have been in constant use exposed to the atmosphere for five years, and also some that have been attached to a common house-pump and buried in the earth for three years, none of which show any sign of decay. In short, this Pipe is composed of ingredients which are indestructible except by fire.

The price at which this article is offered, must, together with its invaluable properties, commend it to all who are in want of pipe for conducting water.

It can be made of any size, from half inch to three inches or more.

Couplings and suitable connections are prepared and can be furnished with it, made of a compound metal which will not corrode.

This Pipe is now offered for sale at the warehouse of the manufacturers, BOSFON BELTING COMPANY, Corner of Summer and Chauncey Streets, Boston, Mass.

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MY EARLY DAYS.—A VERY

interesting account of the early life of Mrs. ELIZA W. FARNHAM, written by herself. 1 vol., 12mo. Price, \$1 25.

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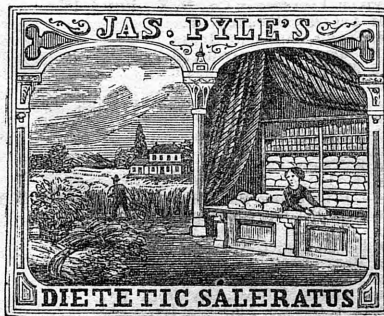
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HYGEO-THERAPY IN TENNESSEE.

MESSRS. FOWLER AND WELLS—According to promise, I will proceed to give the confessions and note the inconsistencies of the drug doctors in our section of the country.

On my return from New York last April, I happened in company with an elderly gentleman, whom I found to be Dr. Wright, of New York city. As we came down the Ohio on a fair and lovely morning, the company aboard gathered chiefly on the hurricane deck, to behold and admire the beauty of the landscape. The subject of medicine was the topic of conversation, with a few of us at least, and the missiles of the old Doctor were falling thick and heavy upon the devoted head of Allopathy, when some one present turned our attention to the adjacent hillside, where herbage and flowers were springing forth in rich and luxuriant profusion.

"Ah," said the Doctor, "these herbs and flowers are indeed beautiful to look upon, but how infinitely more beautiful would they appear if we only knew their several medical virtues."

He argued strenuously the doctrine that there is a medicine in the vegetable kingdom for every ill that flesh is heir to; but when asked to explain the *modus operandi* of medicines, he frankly confessed his ignorance upon that point, but said he knew they did act from experience, and that he could convince any one present that would consent to take a dose of lobelia. This was a knock-down argument. It was like Sambo's argument that a man can die before his time comes, which runs thus:

"S'pose a nigger eat a mess of peas for supper, and lie down and go to sleep, and get up next morning and find himself dead; dar, now, I reckon he die 'fore his time."

His sable brother of the antinomian school saw the point and gave it up. Said he, "Mebbe he might, dat way."

The old Doctor also said the medicines he used and advocated act in harmony with the living organism; that a man might take lobelia every day in the year, and be far more healthy at the end than at the beginning.

"Now, sir," said one of the company, "why don't you prove your faith by your works? We believe in water, and we drink and bathe our bodies daily, and know we are better off for so doing; but you, notwithstanding you are bending beneath the weight of years at fifty, when you should enjoy the might of vigorous manhood, notwithstanding your health is feeble, your frame is lean, lank, and tottering, your countenance pale, wan, and expressionless, your breath pestiferous from tobacco-juice and cigar smoke, your eye lusterless, and your mouth almost toothless, you, with all these ills pressing you down to an untimely grave, utterly neglect to take your daily dose of lobelia, when you know it would prove a panacea for all. According to your doctrines, you know it would act in harmony with the living system, and aid in depurating the poison of your tobacco, the scrofula of your favorite dish—the swine's flesh. In a word, you would be far better off at the end of the year than at the beginning. You old physiological sinner! Nay, verily; you are a moral sinner also! To violate the laws of your physical nature is enough; but then willful-

ly and knowingly to neglect the means of atonement is too much; and if a premature death is the consequence, your blood be upon your own head."

Dr. Wright sat mute. He was like the boy the calf run over—he had nothing more to say.

I will here note an error of the physio-medical school. They claim that there is a medicine in the vegetable kingdom for the cure of all diseases. Now, without stopping to disprove that proposition, though as baseless as the fabric of a vision, I will merely state that Almighty skill must have been taxed to the utmost to conceal those medicinal principles from the world of mankind whom they were intended to bless. In Howard's Midwifery we find diaphoretic powders recommended on almost every page, and in his Improved System of Botanic Medicine, page 369, we find seven different articles, taken in different proportions, all finely pulverized and well mixed, to form these same powders. Now, what but the most untiring empiricism could ever have learned the art of making diaphoretic powders? And if really necessary, how many thousands must have died before its discovery, for the want of it! Dr. J. T. Wells' Anti-Dysenteric compound has eleven different ingredients in different proportions; and his Anti-Dyspeptic twelve. Now, what a blessed thing it is for those afflicted with dysentery and dyspepsia, that the Doctor happened upon exactly the right number of herbs, and mixed them in exactly the right proportion; for if he had failed in either of these, he would evidently have spoiled the whole compound. Such nostrums are so perverse of nature, that none but a physio-medical would ever think of their acting in harmony with the laws of the physical organism.

I will now turn to the allopathic practitioners of our section.

Dr. Whitfield confesses that water is a sovereign remedy for measles and scarlet fever. He admits that he has killed many by giving strong medicines, but says he succeeds very well now by the use of water alone. I would suggest that he get the Encyclopedia, study it well, and try the hygienic treatment on all his patients. I fear he will not do this, however, as he admits that nine cases out of ten of typhoid fever—a very fatal disease in our part of the country—would get well without any treatment, when, in fact, he does not cure nine cases out of ten of all he waits upon. Ought he not in all conscience to try the let-alone plan a little more than he does?

Dr. Salmon agrees that disease is vital action in relation to things abnormal, but thinks medicines very necessary in many instances, to give direction to that action. Now, according to Prof. Payne, all medicines bear the same relation to the human system that the primary causes of disease do, and if medicines change the direction of the vital forces, it is clear they will only divert them from their legitimate work of cleansing the system of morbid matters, to the eradication of the medicines themselves. Hence the administration of drugs, in whatever form, is indeed Allopathy, the production of another disease.

Dr. Murrel thinks Water-Cure a great health system, but inefficient in the cure of diseases. That is a great step for a drug doctor, and requires but a little more investigation to convince him that what is good for health is also the best means to restore it.

Dr. Moore says no one believes in Water-Cure stronger than he does, but does not practice it, because of its inconvenience, because many would not be satisfied with it, and because the same objects can be effected by the means of drugs. This last proposition betrays his entire ignorance of the true principles of our system.

Dr. Hanly, in a public discussion with myself, admitted that water is a most efficient means of cure in all fevers. If he will study the system and practice it properly, he will find it most efficient in all cases.

Drs. Hoyle and Speward, in a discussion with myself and Dr. Hamilton, denounced Prof. Payne as an Eclectic, and Smith, Clark, Rush, Chapman, Waterhouse, and others as wandering stars in the profession. This shows to what extremes men are pushed to support the sinking fortunes of a fallen and dilapidated system. Allopathy is on the decline, and no one need deny it. Popular sentiment condemns it everywhere, and only supports it from force of custom, which, when long established, is hard to break up, however much our judgment condemns it. The world is undergoing a great transformation; old and rotten systems are tottering to their fall, and new and more perfect ones are taking their place. Allopathy is one of those old systems whose doom is fixed, and though the impending catastrophe be great, yet God speed its dissolution. It has been a scourge to the world, equaled only, if at all, by papal tyranny; and that man who aids in its overthrow can not be considered in a less light than a benefactor of his race.

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