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# THE WATER-CURE JOURNAL

AND HERALD OF HEALTH, DEVOTED TO

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

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### General Articles.

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

### FAMILIAR LETTERS—No. 2. TO THE STUDENTS AND GRADUATES OF THE HYDROPATHIC MEDICAL COLLEGE.

OUR HOME, DANVILLE, N. Y., July 1, 1859.

THERE is no possibility of overrating the principles on which our method of treating disease is based. They are grand as human nature, and are therefore worthy of the most implicit faith. What they are, you who have had, or are having, the advantage of a college course ought to know. How to apply them, will come by practice; and as you have opportunity to see how, under fair circumstances, they will show their worth, your faith will increase intensely.

At least, such is the case with me. I am more and more satisfied with my practice, and have come to feel that nothing can keep my sick ones from getting well, but,

1, want of vitality to get well;

2, want of opportunity to get well.

Given these, I have no fears. It may not be uninteresting nor un-instructive to you, and I trust nor to the readers of the JOURNAL, to have me repeat cases which have passed through my hands, calculated to inspire you to great faith in our principles and to patient work in your profession.

As far as may be, I will, in the cases adduced, try to make it plain that the statement which our opponents offer, that our "system is not applicable to all forms of disease, and therefore not likely to come into general use," is made by them under a total misapprehension of the faith we hold and the principles we cherish. For our "System" is as broad as nature and as comprehensive as life, and therefore takes hold of and uses all that nature approves, rejecting only those means as *aids* or helps which nature rejects. Our system refuses "evil that good may come," and must be less exceptionable and more beneficial than any system which proceeds on the basis, that evil *may* be done that good *may* come. For when doctors assume to act on such postulate, they leave the sphere of determinate science for vague conjecture, and are therefore more likely to do harm than good.

Very few practitioners, including those called Water-Cure, know much of the science of life. Generally they know what books teach, rather than what the organism itself teaches; and while they are expert in recitations, are very far from being fitted to practice. For want of faith in nature they are led to diverge from her teachings in practice, and so mix up Water-Cure with drug-giving, bad living with bad notions of living, and establish their reputations on foundations that are sandy. Assuming that you are studying, or have studied, Hygeio-Therapeutics with a view to practice as physicians, permit me to offer you suggestions that possibly may aid, certainly can not injure you.

1. Lay your account with the public that it will oppose you, and that, therefore, you must conquer slowly and only by great patience. And what satisfaction you fail to get in and by way of professional practice, be sure to get it by means of communion with your principles. The world hates our system of practice. It is too natural, too simple, too redemptive for the world's conception. The world loves falsehood, cheatery, quackery, in this matter of treating the sick, no less than in managing the affairs of business and social life. He stands the best chance to get practice, therefore, who makes recovery from sickness the most difficult, the most mysterious to understand, who surrounds it with the air of exclusiveness. The very simplicity of our principles and practice is a spear for us to fall upon instead of a

shield to protect us. None of you should attempt to practice as physicians who are not by long and earnest reflection and deep and profound thought thoroughly prepared to eat the bread of carefulness for years, meanwhile enduring all manner of persecutions for the truth's sake patiently.

There is not, there has not been for years, there can not be, a particle of doubt in my own mind, that through the principles we hold, and the simplicity and purity of life to which they summon us who believe in them, Christianity is to make new, fresh, vigorous, and more successful approaches to the people than she has hitherto been able to do. The present modes of living, the style of taking care of the sick, the utter abnegation by doctors and patients of obligations to live healthfully, the substitution of the speculation of the physician for the precision of the vital forces, the entire abjuration of the authority of nature, and the abjuration by arrant quackery and fashion, the establishment of conventional restraints where God himself has most sacredly enjoined the widest freedom, and the indulgence of liberty where He has imposed the most exact regularity—these and like conditions of life with our people make it certain that the present order of things has only a sham life, and that till we, or some person more worthy than we, shall break it up, the labor of religious persons will be a nullity. I do not well see how it can be otherwise, and for the simple good reason, that in all that pertains to life on earth, no observable difference between Christians and worldlings is to be had. They live interchangeably. That is, the world's idea of life governs both. Now, so far at least as our school shall hold to, and through us who represent it elucidate, principles which, bearing on life here, shall make all who accept them as true, to live healthfully, simply, purely, tastefully, beautifully and freely; whether all of us or more or less of us professedly are Christians, we open such a channel for her blessings to flow and make glad the hearts she reaches, that of necessity her great INSTINCTS must see and appreciate the opportunity. And I say in all sincerity, and as a matter of fact known to all who have given the least attention to the subject, that the HEALTH-REFORMERS of the United States, so far as they in their individual personalities undertake to represent the philosophy of Jesus Christ, are very far in advance in



all that partakes of *vital* godliness of any other professors of religion now living.

For what is *vital* piety but piety of life? What but the conforming one's habits, tastes, indulgences, activities to the Divine requirements; what, but the subordinations of the passions to the essential principles of human nature; what but the propensities which are blind to the control of the affections which can see; what, but the bodily organism which is perishable to the supremacy of the higher nature which the Bible teaches us is immortal?

I am not attempting to *show* that I am a Christian, that *you* are Christians, or that our school is a Christian school. I am only saying that just as far as our ideas of HOW HUMAN BEINGS OUGHT TO LIVE prevail, they make it *possible* for Christianity to apply to them her higher truths and so save them, which, while living as they now do, it is quite impossible for her to do; and that therefore every pimp and pander to man's depravity, every man and woman *interested* to keep the world as it is, are in special compact bound to keep us from obtaining reputation and character. For these give us at once practice, and this success. So do not delude yourselves with the notion, that your paths are to be cast up for you, or that roseate light is to cover your heads always. *I am sure the facts will be quite otherwise.*

You may depend on the word of one who knows experimentally whereof he is talking, that

You have your paths to hew and build,  
That your success you are to win  
By close and arduous struggle.  
No helping hand will lift, till  
You yourselves have lifted.  
No word of cheer will come to you  
Till you have cried the first hurrah  
For Truth and Right. Men in mass  
Are cowards. So long they have served Evil  
That they get at best but glimmers  
Of the light, and this bewilders them.

I am sometimes tempted to write my autobiography as a Water-Cure practitioner. I would not do it to discourage any brave heart from going into the fight, but rather to stimulate such one to "go in and win." Gracious God! when I think of it, how my heart swells with thankfulness that Truth is no fiction; that she lives, and will surely sustain all who *implicitly* trust her. How happy I am that no solicitation of friends, no calumny of enemies, no persecutions, nor rivalries, nor competitions, no misunderstandings, nor misapprehensions, no losses of pretended friends, no human love nor human hate have served to turn me from the plain, straightforward advocacy of the great truths of the Hygeio-Therapeutic school.

Early in my professional career I decided that of the two ways I preferred to *establish the truth*, to that of overthrowing error. The former is essentially *constructive*, is therefore *vital*, has life in it, has power of growth in it, and can carry its advocate along with it to higher ideas and broader achievements. The other has in it that which is *destructive* only, and which while it is so far good as it is necessary, has no inherent, intrinsic strength in it. The power to *pull down* is not of as high order as the power to *build*. Knowing that our principles are essentially *vital*, because

they flow out of the great heart of nature, I readily settled it, that my best course would be to spend strength in showing their beauty and fitness in the sick chamber as well as in the sphere of health; and so I have gone on. The more I have been misrepresented, the less I have defended myself; but the more thoroughly I have studied, the harder I have worked, and the holier, purer, and simpler life I have lived. And thus THE FAITH which, like the fire of old on the altar of the Jewish high priest, has burned in me for years without going out, or even growing dim, has kept my heart to its purpose and my head to its work, till *I am ready to claim, under actual demonstration, for our method of treating the sick, results in the way of healing such as no other school would ever dare to set up.* This is what I call *victory*—solid, substantial triumph. And as it is for the cause it has been won, so for its sake I glory in it.

What I have been able to do has not been done in a corner. The sick who have been cured by me are my testimonials, and these are abundant.

It will give me pleasure always to aid by counsel or advice, if I can, any young practitioner in any case where wisdom and good judgment are needful. It will give me pleasure to let any person who is to be a practitioner of Water-Cure see what are the means and methods of my success.

It will afford me great satisfaction to entertain gentlemen and ladies who are practitioners of other schools, and give them opportunities of seeing that *nature* is greater than their teachers are, and that if they would study her more and their *materia medica* less, they, as I do, would succeed where *they* fail.

I report the following case:

No. 1.—The subject is a distinguished clergyman of New England, a man of large natural talent, and of fervent piety, yet who in his zeal forgot the law and obeyed not the commandments, and therefore was punished with *nervous dyspepsia* of the very worst type.

When I became cognizant of his condition it was through the kind intervention of a brother clergyman. I was freshly impressed with the utter disassociation existing among Christians, and ministers of the Gospel especially, between the faith in Christ they cherish and the lives they live. In their conceptions of the *true* way to illustrate Christianity, the two have no natural connection. They think, or *seem* to think, at least they *act* as if they thought, that a *sick* Christian was just as well fitted to show forth the regenerating power of the Gospel as a Christian who is in good, sound health; that the bodily condition has nothing to do in ennobling or disnobbling one to manifest the graces of the Spirit; if it has, the infirm, or the debilitated, or the actually diseased, or the almost or quite dying body is preferable, inasmuch as it gives one the opportunity to exhibit the grace of *resignation*. To see a human creature dressed in white, laid on a bed, bolstered up by pillows, with vials, and glasses, and teaspoons, and little plates with white powder papers on them on a stand close by, with the shutters closed and the curtains drawn, the whole bringing into relief the quality of submission to the *Divine* will, would be very pretty as a sight, were it not that no healthful imagination can ever connect Deity with the

scene without installing him over the whole affair as a judge, as one who with a heart infinite in its love, is yet determined that the laws governing human life shall be obeyed or the violator of them shall suffer. The resignation that one shows under sickness of *his own* begetting, is like the pious fervor that murderers often show on the gallows. It is proof to what degree the human soul can be misled and take refuge in its own complacencies. That you may see in what condition my patient was, I sketch my diagnosis:

1. Great loss in weight—say twenty pounds from the healthy standard.
2. Corresponding loss in strength.
3. Heat on the top of the head, and sense of fullness in the head.
4. Suffused eyes, cracked and furred tongue, parched lips, hoarseness of voice, aspect of countenance that of a soul in *despair*, voracity of appetite which would make him eat a dozen times a day, go to the neighbors and get it, walk into their houses and go to the stoves on which their food was cooking, and help himself; eating sometimes enough to satisfy three or four persons.
5. Incapability of sitting or lying in one place long at a time except from physical weakness, almost entire absence of sleepiness except from exhaustion.
6. Great costiveness, great suppression of the external circulation.
7. Prolapsus of the bowels, so that between stomach and bowels in front you could by pressure feel the back bone.
8. Loss of memory, loss of self-control, and instead childishness in the extreme, so that he would cry for anything he wanted and could not have, like a child two years old. Such in outline *was this man*, by most persons called *deranged*. I could make a volume out of the incidents connected with his residence in my family. If one, at least a hundred persons said, "Doctor, you can *not* cure that man." Yet I did cure him, and to-day he is in better health than for fifteen years previous, and is in active service as a preacher of the Gospel.

Now, what I wish to be known is this, that I gave him not a particle of medicine, used no extraordinary hygienic forces, made no mysteries of his case nor of the means used—as I *never* do—but simply placed that gentleman in such conditions that the vital forces could act normally on him, and in time they brought his body under their sway, and he "got well." His friends think I performed a miracle, whereas I only brought nature and her subject into *cordial* relations. I am, with best wishes for your success,

Yours, very truly,

JAS. C. JACKSON.

HYDROPATHIC.—The State of Maine, which has taken the lead of all others in the Temperance reform, is also soon to become world-wide known for her Cold Water-Cure establishments and summer resorts. A new and beautiful one is soon to be opened opposite Richmond, while our own Togus will soon offer as fine attractions as curative waters, as any place in this country. The latter we think is destined to become one of the most fashionable summer resorts of this country—the "Baden" of America. So mote it be.—*Maine Rural.*



## LETTER FROM DR. ROGERS.

PARIS, March 10, 1859.

AFTER eight years' absence from the columns of the JOURNAL, I feel the necessity of some sort of an introduction in again presenting myself before its readers. Physicians, though remarkable for modesty, do occasionally meet with exigencies which teach them the lesson of self-introduction. Fortunately for me, the particular circle which am entering contains some familiar faces. Some which I have seen smiling in the private paths of life, and some which have changed from the pallor of disease to the rosy hue of health. So I trust there are a few friends who will care to accompany me from time to time in my medical excursions and experiences. We shall sometimes sail smoothly on the ocean of life, and sometimes the wild storms of disease will dash us against the rocks. The good genius of health will not always stand at the helm, but we must not forget that the angel of death is also good. Both have the same Divine origin; this glowing conviction illuminates the darkest hours of the physician, and sustains him in a healthy enthusiasm.

But I hear some one say, "What do I care for your medical experiences? Haven't I again and again read in the JOURNAL that the '*Hydro-drug-o-paths*' are not to be trusted? that they are a set of ambitious, unscrupulous men who sail under false colors, and who decoy innocent victims into their 'drug-shops,' and then fill them with terrible poisons? And does not everybody know that the advertisement in these columns of the *Worcester Water-Cure* has positively abjured the exclusive hydropathic treatment?" Keep cool, my friends—*nous verrons*.

Unfortunately, I have no records with me; but I think it was in the spring of 1851 that I was called into a neighboring town to prescribe for a gentleman who had been three weeks prostrate with typhoid fever. A Thompsonian quack had been treating him for "inflammation of the liver." I found him in that extreme prostration known as the adynamic state of typhoid disease. The circulation was very rapid and feeble. The whole cutaneous surface was of that dark-red or purple hue which is seen in cases of general collapse. The tongue dry, dark-brown in the center, and red at edges and tip; the whole surface of it cracked in irregular lines. Limbs cold; intellect not much disturbed; abdomen tympanitic. The extreme prostration and the general inaction were the two gravest symptoms we had to combat. In the absence of the softest spring water, I advised very copious drinking of snow water—not very cold—and frequent and thorough irritatory frictions of the body and limbs. During the first twenty four hours he drank about six gallons of water, at the end of which time I found him in a gentle perspiration, and all the symptoms much improved. Soon after this I thought he needed tonics internally, and they were administered. The recovery was satisfactory. The only strong point in the treatment of this case rested upon the administration of such quantities of water. The softness of the water permitted its rapid absorption.

This case interested me so deeply that I described it for the JOURNAL, but on the ground of its medicinal odors, it was refused admission.

This refusal at the time seemed to me unjust. I felt that all medical treatment was based upon experience, and that my hard-earned mite was as true and earnest as any. The editor justly replied that the WATER-CURE JOURNAL could receive only Water-Cure reports, but that if I wished to enter upon the discussion of the merits of drug treatment, its columns would be open to me. There were three reasons for my refusal to accept his offer; 1st. That of inexperience. 2d. My duties to patients would not allow the necessary time for research; and, 3d. I believed then, as I do today, that elaborate theories about medical treatment are not a whit more valuable than the theories about religion. The two must alike be a matter of earnest experience, and the greatest good may grow out of the simplest report of that experience. I now remember with peculiar delight the usual closing advice of my first master in medicine, Dr. Shew, after our frequent discussions on these matters. He used to say: "Obey the dictates of your own conscience in medical treatment, without regard to me, and in this you will always find the best success."

It was a long time before I saw that I might in justice report my Water-Cure experiences for the JOURNAL, and leave the others unreported. So I have till now worked on in silence. Time alone will decide whether my work during these eight years has been in opposition to the real interests of hydro-therapy. Hereafter I propose to report for the JOURNAL, from time to time, such cases, and translate from the French such matter, as may have a direct bearing upon Water-Cure.

But now let us continue the subject of typhoid fever. In the autumn of 1852 I left my establishment under the direction of another physician, and came to Paris. During the whole of the ensuing year there reigned here an epidemic of typhoid fever. Excellent opportunities offered for the study of the diagnosis, treatment, and pathology of the disease. The types witnessed here are much the same as those of New England. The most common form is the simple continued; the next, the nervous or ataxic; and the most rare is the putrid or adynamic form. Each hospital physician has his peculiar mode of treatment. I have seen five different modes in practice at the same time in the different wards. To me the most interesting thing about it was the fact that nature was careful to make the percentage of recoveries much the same, in spite of erroneous treatment. Thus the good mother sometimes so unmistakably whacks our *egoismes*, that we can not help feeling the smart. I have, however, seen the worst type of the disease recover under Trousseau's treatment, which, when left to itself, the patient usually dies. He insists upon his patients taking large quantities of fluid. In one of his clinical lectures he remarked that he thought it of the utmost importance that the absorbents should be constantly supplied with fluids—that withholding them doomed the patient to a self-consuming process which was not the most desirable cuisine for him. He instanced those terrible symptoms which are developed in shipwrecked crews during the period of starvation, and stated that the suffering was immensely enhanced and death hastened in cases deprived of water. This, of course, all the world knows, but the analogy between this and

our fever cases has not been observed by all. The nervous system is often so much disturbed in fevers, that the patient will not demand drinks, and many cases even refuse to swallow. Trousseau overcomes this in three ways. I have just now witnessed his successful treatment in Hôtel Dieu of an adynamic case of this description. He resorted to long, hot, stimulating baths for cutaneous absorption, and introduced a flexible sound through the nasal passage into the esophagus, and then injected nourishing fluids into the stomach. The medicines were injected per rectum.

Trousseau also uses the bath of affusion in his worst cases of the irregular nervous action, but never when he suspects inflammation of any important organ. In the adynamic form he always found the cold treatment extremely hazardous.

During the winter of '53, an American physician who was visiting the hospitals here was brought very low by the nervous type of the disease. He was under the medical care of a personal friend, a Scotch physician of talent and experience. Some of the medical compatriots of the patient hearing of his illness, very naturally spent more or less time at the bedside. The patient gradually became worse. At the end of three weeks his delirium increased; opiates no longer procured sleep; tongue dry, red at sides and tip, brown in center; obstinate diarrhea; conjunctiva much injected, and the expression very restless; pupils contracted; pulse small and frequent; general trembling of body and limbs; quite constant picking at the bed-clothes; and finally one was obliged to hold him on the bed. Such was the condition of the patient when Trousseau was called in consultation. After satisfying himself that no local lesions either of the cerebral membranes or of the lungs had commenced, he without hesitation advised a cool bath of affusion, after Cuvier's method—this to be followed by a large dose of pulverized cinchona in a decoction of coffee. It devolved upon another physician and myself to see that the treatment was properly administered. We placed the patient in a bathtub at the bedside and poured two pailfuls of water at 70 degrees Fahr. over his head and shoulders. He became deathly pale, and we both thought he would die on the spot. But the bath was quickly given, and without waiting to wipe him, we enveloped him in thick woolen blankets, gave him his medicine, and after several hours quiet sleep, he awoke quite rational. He required but little more treatment. The recovery was slow, but without accident.

Trousseau administers the same treatment in the hospital for similar cases. Soon after the success in the above case, I saw the bath given in Hôtel Dieu to a poor fellow in much the same condition. Before leaving the ward I returned to the patient and found the chest imperfectly covered. He was shivering with cold, and within three days he died of pneumonia.

I must not close my letter without writing a paragraph for those who are aware of my voyage to Rio de Janeiro last year, with the thought—provided I were satisfied with the country, etc.—of establishing a Water-Cure in the neighboring mountains of Jijuca. I found a better opening there than I anticipated. The best physicians at



Rio were educated in Paris. They have read Dr. Fleury's excellent treatise on Hydro-therapeutics, and are free from prejudice against the system. I was received very cordially by them, and urged to carry out my plans. Rio contains three hundred thousand inhabitants, mostly Roman Catholics, who are only approachable by foreign physicians through the advice of their native medical men.

The climate is humid and relaxing. The most prevalent chronic disease is pulmonary consumption, and perhaps the next in prevalence is elephantiasis. There are hosts of nervous affections and uterine displacements, resulting from relaxation and the absence of muscular exercise. The females from northern climates soon lose their healthy color and become sallow. The mountain and bay scenery is sublime beyond description. There are plentiful supplies of excellent soft water in the mountains. Natural showers and douches seem to invite the lame and halt to come up and be healed.

Jijuca is one of the most charming spots on earth for a sanitary institution, yet I would be far from advising any northern man to go there with a family. It is not a fit climate, and there are no social, religious, nor intellectual advantages to satisfy the needs of our northern wives and children. While it offers attractions to thoroughly educated professional men without families, it seems to me an excessively unattractive country for farmers and mechanics, and women and children. Portuguese is the language of the country, yet all educated persons speak French. Their manners partake of the French, and a professional man, without a pleasing address and a few thousands of cash capital, would hardly succeed. The expense of living in Brazil is between three and four times as great as it is in our Northern States. Americans are very popular with the Brazilians. It is neither disappointing nor unpleasant associations which lead me to discourage general emigration from the States to Brazil, but a conviction that our Northern people can not, in the best sense, flourish there. During my short stay of six weeks in Rio and the mountains, each day was crowded with emotions of delight. S. ROGERS.

#### LETTER No. 13.

From Harriet N. Austin

To ———:

Do you know, friend mine, how nice a thing it is to ride with delightful companions, on a Sunday in the latter part of May, when earth, having been refreshed by a shower-bath over-night, wakes in the morning with a sunshiny face, and laughs outright in the voices of birds and rivulets? Such a ride I had yesterday, going over the hills eight miles to see a sick girl.

And, Blank, why is not a journey from Dansville to ———ville as worthy of description as a journey from New York to Kansas, or as a journey from Alexandria to Jerusalem? True, it may not be as interesting to all the world, but it may be as interesting between you and me. I will tell you something about it.

The first remarkable (*i. e.*, eliciting remark) thing I saw was quantities of fine, thrifty milkweeds. Do you know the use of milkweeds? Why,

they make most excellent greens. Just cut up the stalks when they are from four to eight inches high, and leaving on the young, tender leaves, after washing carefully, boil in clear, soft water till thoroughly tender, then skim them out of the kettle and dress with a little sweet cream; and you will have a dish, which if not equal to, is next to, asparagus.

But all this, of course, relates only to *physical* taste. The next thing, however, is of a higher order and has reference to *artistic* taste. I observed that nature's ideas of fitness do not always correspond with man's ideas. For instance, persons of cultivated taste do not like to see the colors of blue and green brought together. They say it is in very bad taste for a lady to wear garments of each of these colors at the same time. But nature does not abhor the conjunction of blue and green. It is true that before the green landscape touches the blue sky in the distance, it is spread over with a bluish tint, deepening as it approaches the horizon, and so blending the two colors that there is no distinct line of meeting. But frequently, as yesterday on the high hill directly above us, the dark, rich green foliage of the trees is thrust up into the deep blue of the sky. And if it is in bad taste, it looks magnificently.

"Well, we went along a little farther and came to" a country church. Now the man or woman who has not "hung on memory's wall" some childhood scenes of "going to meeting at the school-house," which stood at a four-corners in the country, or to a little meeting-house in some out-of-the-way place, has a sad want in his picture-gallery—there is a void there which naught can ever fill. To have no recollections of church-going but of congregations all dressed in style, and all marching straight to the church and to their seats, at the ringing of the bell, and then at the close of the service marching straight out, and home again, is pitiable.

But those were good times when from all the region roundabout there came on foot, and in buggies and lumber-wagons, old men and maidens, young men and children, mothers and grandmothers, to the country meeting, of a Sunday morning, or as the shadows grew long in the afternoon. There was some variety in styles of dress. The bonnets were not all made within the last six months, but all the fashions which had appeared in ten years were represented, and in a good state of preservation, too. A new bonnet with bright pink ribbons in a family was an object for admiration and congratulation a whole year. In these days, in town, the character of ladies resides so entirely in their dress, that if they get three months behind the fashions they lose caste.

The congregation began to gather an hour or more before the time for service to commence, for all the clocks might not keep exactly true time, and all the people wanted to be in good season. There were pleasant hand-shakings and cheerful greetings, and chatty little groups inside the house, and lingering about its corners, and on the door-steps; and in the shade of a tree or a fence would gather the young lads who were too old to stay by their mothers, and too young to converse with the young ladies. From these would occasionally come a boisterous laugh—not because they meant to be wicked, but because for the moment they forgot that it was wrong to laugh

out loud on Sundays. All the young maidens and some of the old ones brought roses, and pinks, and caraway-seed in their hands. These served instead of *Lubin's double extract*. And then the old grave-yard with its rough, gray stones and wild-briar bushes, and its few majestic forest-trees, where before or after meeting little parties wandered! Such a yard, oft visited in childhood, will be fresher, dearer, more sacred in memory down to life's second childhood than Greenwood, Mount Auburn, or Mount Hope can ever be.

Just such was the place we found yesterday. A grave-yard with a few persons walking in it, a cosy little church with those who had already arrived standing or sitting about talking, and men, women, and children walking and riding in from the four quarters.

But we will not stop too long at the church, for you must go with me to see my patient. She is a young lady with typhoid fever, very sick, but with no fatal symptoms. Herself and family believe in Water-Cure; she has had baths every day, and has taken no poisons. But they have made one important mistake with her, and I have brought you all this way to call your attention to it; for it is a point where Water-Cure people are prone to make mistakes. This young lady had been, for two weeks, staying with and nursing friends who were sick and dying with the fever. She came home two weeks since, feeling depressed and tired out. Had she then taken rest, had a few packings, and eaten very lightly for a few days, the cheerful atmosphere of home and the vital forces of her system would have completely restored her by this time. But determining not to *appear* sick, she worked so much every day as to feel exhausted at night. She grew a little worse from day to day, till her mother induced her to take a pack. It did admirably for her, but instead of lying down and getting the benefit of a quiet reaction, and allowing the nervous system to rally, she bustled about till the stimulation or excitement caused by the impression of the treatment on the circulation was gone, and then she felt worse than before. And so they managed from day to day. Her mother knew how to administer water-treatment skillfully, but she did not know how to get the greatest benefit from it.

Some Water-Cure practitioners behave very badly in the same respect. They are so anxious to have their patients *appear* to be doing remarkably well that they often encourage them to be up and put forth exertions, when they would be permanently better to keep quiet in bed. When there is great derangement of the system which shows itself in severe, acute action, that is about all the life-power ought to be called on to attend to. Persons have too much sensitiveness about what the neighbors will think of their friends being very sick under water-treatment. The best thing should be done for the patient, leaving the neighbors, for the time being, to take care of themselves. The superiority of our mode of practice will show itself in the capability of the patient to resume his duties with full vigor in a comparatively short time, and in his more complete health on his recovery.

If now, Blank, I have succeeded in making you understand that in acute diseases *rest* is one of the most essential agencies to restoration, I have done all I intended to do in this letter.

DANSVILLE, N. Y., May, 1859.



## THEORY AND PRACTICE—No. VII.

BY D. A. GORTON, M.D.

## REMEDIAL AGENTS—AIR.

THE importance of air in the organic department of our world is shown in the fact that it is the first demand of the young being previous to his awaking into independent life. Without its vivifying influence the lamp of life would never burn; humanity would be nipped in the bud. Deprived of air, the petals of the young plant would never shoot heavenward; the buds would never grow, unfold their tender flowers, and send forth aromas of sweet perfume! The earth, this magnificent ball upon which we live and enjoy conscious manhood, would never clothe itself with the variegated objects of vegetative life; but would roll in its well-beaten path, throughout the endless cycles of time, a plain, monotonous orb, never revealing to the human soul the beautiful classification of tints and shades with which she now, does ever, anon adorn herself. Indeed, we can not conceive of life or beauty existing anywhere without the presence of this ethereal element.

An element so important to organic life can not have its natural relations modified without materially affecting the conditions of health. It is well known that plants, when suffered to grow in an imperfect atmosphere, deprived of a natural supply of air and light, become weak and feeble, developing no buds or fruits that please the eye, or subserve the purposes of nutrition.

The effect of bad air on the human constitution is equally injurious. It is a frightful source of disease; it is the cause of the most deplorable physical calamities that do, or can afflict our common humanity. Next to bad drugs, bad air develops those conditions that are the most difficult to remove. There may be *miasmata*, but the influence of a miasmatic atmosphere on health is negative, rather than otherwise. As long as the elements of the air are present in their natural proportion, and the respiratory process receives its due attention, and we are not disregarding of other physiological habits, we need not concern ourselves about the "shakes" or the scientific preparation of quinine.

The disorders that imperfectly oxygenated air, when habitually used, is most likely to engender, are fevers and agues, consumption, and a long train of skin diseases; in brief, those numerous disorders dependent upon a vitiated circulating fluid.

Now you can safely lay it down as a rule, admitting of no exception, that the use of a hygienic element or remedy for the cure of disease is *most indicated in those disorders which are engendered by a deficiency in the supply of that element to answer the normal demand*. Hence, breathing largely of pure air is important in some forms of consumption. In jaundice and eruptive diseases it is especially indicated. Asthmatic patients will find the practice both agreeable and promotive of rest. These statements of the pathological adaptation of air are mainly predicated upon what I conceive to be the uses of that element in the animal economy. Observation, however, confirms the theory; namely, that *the object of the respiratory process is the purification of the blood*, the inspired oxygen converting its useless materials into a convenient form (carbonic acid gas) for exhalation.

There may be, and doubtless are, other uses which atmospheric air subserves, not discernible by material eyes. What we don't know, however, we do not feel assured to write about, and therefore we shall leave untouched the imponderable part of our subject. Nothing, however, is more fully attested by the facts of modern science, than the existence of chemical affinity on the part of oxygen and the effete materials of the blood.

Besides the therapeutic use of air already mentioned, it is recommended by some writers in cases of torpidity of the skin, in the form of the

**AIR BATH.**—It consists in exposing the body, in a state of nudity, to *cool, fresh air*. It is designed as a tonic, and may, perhaps, be sometimes followed with that effect, when resorted to with a due degree of caution and discrimination. It, however, confers no benefits which are not more easily and safely obtained by various applications of cool water. Then, it is a hundred times more hazardous to the patient than water. For these reasons the air bath is not to be recommended.

Other scientific modes of the use of air, as a remedial agent, might be mentioned. They are not, however, of sufficient importance to claim our limited space. The next remedy presented for our consideration is—

## FOOD.

The relation of food to animal life is obviously very intimate. Without a sufficient supply of aliment there would be no nutrition, no growth; aggregation and development would be rendered impossible. By a proper supply of nutriment the demand occasioned by the metamorphosis of tissue is immediately supplied. As often as a cell is worn away, by the constant activity of living forces, a new one takes its place. And thus the unceasing round of formation and decay go on, from youth to maturity, and from maturity to old age. This perpetual change is essential in the animal; but it is an *effect*, not a *cause*, of vital activity. Here is the fundamental distinction between *chemical* and *vital* physiologists. When they adjust this difference, there will be mutual harmony, from the formation of a cell to the evolution of a thought.

The great importance of nutriment to organic beings is strikingly manifested in the insatiable desire which the animal, especially the human, possesses, to eat everything, at all times, in all places, and under all circumstances. Nature has purposely made the *eating* propensity stronger than any other, that she may never lack the essential materials, wherewith to build and rebuild the organic edifice. What more could she do? Evidently nothing. Her omnipotence ends here. Endowing the human with *MIND*, she doubtless supposed he would be competent to the task of choice. But how sadly he has failed! In the midst of delicious fruits and herbaceous roots and flowers he has run wild in extravagance, making use of those things which work death and ruin, instead of such as lead to health and happiness! His dietary range is now from the poisonous mushroom that grows in a single night, to the delicious peach, the crowning glory of the vegetable kingdom. In the animal kingdom it is bounded upon one side by the headless *mollusca* that burrows in calcareous habitations; upon the other, by the highest

*vertebrata* that walks the earth in the majestic image of his Creator—God!

Now it is a divine law of nature that, *that which is capable of affording the greatest good, when normally used, is productive of the greatest evil when abused*. The supply of nutriment is evidently no exception to this law. The abuse of dietary principles, common observation abundantly proves. When we extend our vision over the vast continents of the globe, and reflect upon the prevailing disorders which afflict the human kind, we instinctively, and by no superior mental adroitness, trace their causes, in most cases, to imperfect, oftener excessive, alimentation. Man, universally more than any other animal, eats without discretion, having no regard to the choice of his *ingesta*, nor to the time of appropriation! This remark is more true of him in America than elsewhere. Hence the diseases which most affect our people are those of the digestive system.

Of the numerous invalids that enter our office for medical advice, nine tenths are laboring under some chronic affection of the liver, and, in fact, of the digestive system generally. These will be their primary difficulties, begetting, in some, heartburn, and a distressingly sour stomach after eating; in others, deficient gastric juice, or degenerated in quality. In others, bile floods the alimentary cavity and is absorbed into the circulation, causing dimness of vision and imparting a yellowish tinge to the skin, which is most strongly manifested in the white of the eyes. In others, extreme torpor of the bowels, congested kidneys, hypertrophied spleen, tuberculosis, catarrh, asthma, together with a long catalogue of "itises" that would astonish the non-professional reader with their bare repetition. These diseases are so common, that persons passing for fine specimens of health are not exempt from some of them.

There are many other diseases which might be justly classed in the same category, the causes of which are easily ascertained. Follow along the continuous chain of cause and effect, and examine, carefully, the nature of the substance to which the last link is attached. Examine well the commencement of that system of causation which envelops so many of the human family in physical ruin; that makes the green places of earth chosen habitations for so large a number of our early dead! Methinks it would require no long and labored mental process to find the primary causes to consist—

1. In the kind of aliments in use.
2. In the manner of preparation.
3. The prevailing habits of gratifying the alimentary instinct.

Hence we may reasonably conclude that the primary causes of these protean difficulties are in the dietary department of mundane operations. This pleasurable, and designedly, life-sustaining instinct, is turned, by abuse, into the most deadly instrument of physical destruction. The natural inference is, therefore, that in the successful treatment of these digestive and other depending disorders, the application of dietary principles is all-important. As in the abuse of the alimentary instincts these disorders came into the world, and death by them, so through the object of their normal desires we expect to banish them from earth, and raise the invalid to physical and mental harmony.



WHAT ARE DIETARY PRINCIPLES?—The diet of an animal or an individual is that food which nature designed him to use. In the present state of dietetic knowledge it is difficult to determine to the satisfaction of people generally what that design is. She has restricted every species to certain kinds of food; but in regard to man, the limits of that restriction are still a disputed question in science and human experience. I shall not undertake to settle this question scientifically, but will simply state that those diseases for which diet is particularly indicated, can be most easily and effectually cured by a fruit and farinaceous diet. We therefore, in the treatment of disease, select our aliments from the organizing kingdom of nature.

Diet as a remedial agent may be divided into three classes:

1. Spare or abstemious diet.
2. Dry or hard diet.
3. Nutritious diet.

This is an arbitrary division; yet, in a therapeutic sense, it has a foundation in nature, as they all have their adaptability to particular physical conditions. The first in the order of consideration is the—

**SPARE OR ABSTEMIOUS DIET.**—This consists in the moderate use of a few articles of food. Abstemiousness is the law of this diet. In *plethoric*, *rheumatic*, and *gouty* subjects it is important. It is especially indicated in the various manifestations of pulmonary consumption. In all acute diseases—when the organism is making some great and important effort to gain advantage over a foe—the more sparingly the use of food is indulged in the better. Under these circumstances, a spare diet may become an alterative, depletant, or *anti-expectorant*, as the case may be. As a remedy for pulmonary consumption it has no equal in the *materia medica*; especially when made to consist of unleavened bread, and the justly celebrated Graham cracker,\* and ripe fruit.

The *modus operandi* of this diet is not as obscure as “cod-liver oil” or the “hypophosphites of lime.” It modifies the combustion of carbonaceous matter in the lungs, and elsewhere, by withdrawing the supply, thus permitting a more complete decarbonization and cleansing of the entire system. It therefore puts a quiet veto to the fatal processes of inflammation, ulceration, and tubercular deposits, and cures disease by thus removing the cause. Closely allied to this is the—

**DRY OR HARD DIET.**—Water-drinking is recommended in a spare diet; but in cases where a dry diet is particularly indicated, water-drinking is not admissible as a remedy. The essential characteristics of this diet do not differ from the former, except in the non-admissibility of liquids and juices. Parched corn, dry toasted bread, Graham crackers, baked potatoes, and apples are among the best examples of this diet. A dry diet is indicated usually in dyspeptic complaints, especially when there is much torpor of the secreting glands of the stomach and mouth. It is more particularly indicated in the various dropsical diseases, when there is an excess of fluids accumulating in the cellular tissues and serous

cavities of the body. Least needed of any in this country is the—

**NUTRITIOUS DIET.**—We as a nation do not suffer from a want of aliments—the supply is always abundant; yet from a degeneracy in the quality of food we often find a source of disease. In children, a lack of a proper supply of nutriment is often the cause of rickets. In the adult as well as the young it is the chief cause of scurvy and marasmus. Hence a diet made up with special reference to nutrition is indicated in such disorders.

By a “nutritious diet” I do not mean concentrated food, highly seasoned preparations of all manner of “creeping things,” rich pastries and *bloody gravies*; but a judicious combination of those aliments which nature forms for the express purpose of sustaining animal life. Of the various preparations of the SEEDS, the *cereal* evidently stands higher than those of the other order of grains. Preparations of the *leguminous* grains are used extensively by vegetarians; they are wholesome and nutritious.

Among the fleshy fruits, the *pomaceous*, *drupaceous*, *baccate*, and *eterio* varieties possess the highest nutritive properties, and are, therefore, preferable to the others.

Let the invalid suffering with difficulties arising from imperfect nutrition compound his diet from these aliments—the highest gift of nature—and partake of it in quantities *carefully adapted to his digestive capacity*, and rest assured that as certain as there exists power in nature, truth in science, and consistency in logic, its remedial virtues will not long remain latent, but will diffuse themselves *through the individual*, giving symmetry to the angular form, a sparkle to the lifeless eye, and impart a rosy hue to the countenance that was once pale and expressionless.

HYGIENIC INSTITUTE, NEW YORK.

## THE NATURE OF DISEASE.

DIDASKO, BUTLER CO., ALA.

DR. TRALL: *Dear Sir*—THE WATER-CURE JOURNAL for February published a letter, in which we asked you to explain what poisons are; and to prove that lobelia, cayenne, American valerian, ginger, catnip, slippery elm, etc., were poisons.

In answer, you say that you have “frequently explained the nature of foods, poisons, medicines, *et ceteras*, and shown precisely wherein they differ.” Then, again, you say, “All the things in existence are either foods or poisons, in relation to the vital organism. Then we ask, where are the medicines? and what is their nature? and when did you explain them? Well may you call it the “puzzle of puzzles, which you can not unpuzzle.”

Then you say you will give us the “key whereby we can unlock this mystery ourselves.” Now, Doctor, we have searched your article for that key, and are not able to find it. We have called on the people about Didasko to help us hunt for that key, and still it is not found!

Please, Doctor, where did you put it? And in what shape is it? We think we see a *curious thing in it*, which, we guess, you intended should be used as the key; but, unfortunately, it

unlocks the wrong door, and lets us into still greater mystery. It is this: We know that if lobelia, cayenne, lady's slipper, slippery elm, etc., were administered in proper and suitable quantities, at such time as the action excited in the system by its administration is indicated, that remedial action would speedily and rapidly follow, and you call this remedial action disease. Now, if this were true, your demonstration would be correct. But this is a strange mystery to us. The idea that “disease is remedial action!” The recuperative energies of the system to remove disease! Surely that “Hygienic Institute, 15 Laight Street,” and its Professors have got “a feet” above the All-wise Creator! To think that He would create a system foolish enough in itself to get up a great excitement in its own system of the recuperative energies, even sufficient in some instances to destroy that system, and all for the purpose of removing its own action! Wise and great law of Nature this! Will not all the people go up to this Hygienic Institute, and learn something higher than Heaven, or greater than God can teach?

Disease is remedial action, and, *vice versa* (of course), remedial action is disease! Now, Doctor, we think we may cry out, “Bravo! bravo! Disease is remedial action, and remedial action is disease!” And the question still remains, “what is disease?”

Now, Dr. Trall, we took you up on your proposition to give any capable opponent one thousand dollars to controvert publicly the question, “What is disease?” and clearly showed in our argument that disease is one thing and remedial action is another; that they are two separate and distinct things; and made it so plain that even little children could understand it.

But you, instead of paying the thousand dollars, and publishing our argument, as you promised, and in order to divert the minds of the people from it, broke out and “cackled” in the language above. You acknowledged that our argument was both new and original (for which we thank you). But you knew that to publish it was more than you dared to do, for it would have broke down the WATER-CURE JOURNAL, and demolished your Hygienic Institute, and knocked you out of business.

But again: You ask us to try certain experiments, and if the result is not a satisfactory demonstration of your position, to let you know wherein defective. Now, sir, we have frequently tried these experiments, and seen others try them, and they do not demonstrate your position. But, on the contrary, we have seen hundreds of cases, in the cities and in the country, of persons laboring under disease from over-indulgence in good, wholesome food; but we have never yet seen a case of permanent disease, nor heard of a single *well-attested* case arising from the use of lobelia, cayenne, or any of the medicines I have named. But this request of yours is equivalent to asking us to define what poisons are, after we had requested you to do it, and had confessed that perhaps we did not understand what they were; since both the doctors and the people were disagreed as to their nature. But, as we expected, you seem to seek to draw it out of us.

Dr. Gorton, writing from that Institute, seems

\* Prepared and sold by Drs. Trall & Gorton, 15 Laight Street, New York; 10 cents per lb.



to reject your definition, that "disease is remedial action;" but applauds your remark, that it is "vital action in relation to things abnormal."

Now, if it were any other persons writing, we should think they meant the causes of disease, something a little more comprehensive, namely—vital action in relation to the cause of disease. But Dr. Trall may mean something else, for he says that "remedial action is disease," and then we should understand him as meaning that vital action is remedial action, and, consequently, vital action is disease—the same as Dr. Gorton says. We object to this also; but perhaps we do not understand properly what "abnormal" is. Now we understand abnormal to mean unhealthy; that an abnormal state, or state of unhealth, is a diseased state, a state of disease; and then his argument and Dr. Gorton's would be the same, namely, disease in relation to things diseased or, in other words, disease to remove disease. *Worse and worse!* But, perhaps, we are mistaken as to the meaning of vital action, and this may be the reason why we do not understand Dr. Trall. We understand vital to mean life, the living principle of all things that have life. 'As, for instance, for a seed to germinate and grow, or an egg to germinate and produce a live fowl, and the same in regard to animals and men. Then, living is disease! Then, for a man, or animal, or tree, or plant, to live and grow, is disease, or to be diseased; and that animal, or plant, or tree that is usually considered the most healthy, and grows the fastest, and is the most active, liveliest, and strongest, is the most diseased of all, and consequently the hardest to cure! We must infer, then, according to this argument, that Dr. Trall and Dr. Gorton, Professors of that wonderful "Hygienic Institute, 15 Laight Street, New York," in order to teach their students to cure disease, must teach them that they are to stop the vitality of the system altogether. From such doctoring as this, we pray to be delivered.

#### ONE OF THE PEOPLE.

#### REPLY.

In publishing the above, at the hazard of its "breaking down" our dearly-beloved pet, the WATER-CURE JOURNAL, "demolishing" our equally near and dear Hygienic Institute, and being "knocked" out of business, let us hope that we have redeemed our character for courage, and given the world a sufficient evidence of our willingness to be martyred for a principle. But as to that thousand dollars for a "capable" opponent—we shall make one more desperate effort to sustain our position before "forking over." Whether we declined publishing the former article of our correspondent, because we feared his terrible logic, or because we felt unwilling to bore our readers with his nonsense, our readers can better judge after digesting his present article and our reply. We give him credit, on the present occasion, of writing to the point—which he did not do before—and for this reason we are willing to attend to his argument.

He admits that our demonstration is correct, if the remedial action which follows the use of lobelia, cayenne, etc., is disease. Exactly so; and, now, Didasko, we have you at last. You have taken your position where you will be compelled to see the truth, with the little assistance we are

about to render you. Let us "lay out" the subject for you once more, and then show you how to use the "key."

Disease is remedial action, and, *vice versa*, remedial action is disease. This is a "strange mystery" to you, is it? The notion that the earth turned round on its axis was a *very* strange mystery to multitudes of people when they heard the doctrine announced for the first time. And there may be persons living now who will never be able to unriddle this mystery.

We have many times stated, that remedial action—disease—is the effort of the system to remove *impurities*. These impurities are the *causes* of disease. All poisons, and all impurities, are causes of disease; that is to say, their presence occasions an effort of the system to get rid of them. This effort is vital action in relation to things abnormal. All the actions performed by a vital organ are vital actions. A vital organ can not act *unvital*. And all of its actions are either normal or abnormal. When they relate to a normal thing, they are normal. When they relate to an abnormal thing, they are abnormal. Healthy actions and morbid actions are terms expressive of vital action in the appropriation of normal, or the rejection of abnormal, things. Food occasions normal vital action. Poisons occasion abnormal vital action. And this brings us to your question, "What are medicines?" We answer, *they are poisons*. On this subject we have the highest authority in the medical profession. And when they "cure" one disease, they only do it by producing another. There is no other rational explanation of their *modus operandi*.

To illustrate: A plate of strawberries and cream, when taken into the stomach, occasions the kind of vital action called *digestion*, by which the food is appropriated to the formation of tissue. A dose of lobelia and cayenne, when swallowed, occasions the vital action called *vomiting*, which expels it from the system. Now the acts of digestion and vomiting are equally vital; and they differ only as the objects to which they relate differ. One is conservative; the other is remedial. Conservative action relates to the state of health. Remedial action relates to the condition of disease. The object of healthy or normal action is, to nourish the system. The object of morbid or diseased action is, to rid the system of noxious matters.

It seems to us that this matter ought to be plain enough for "even little children" to comprehend. But we are reminded how difficult it has been for us to make our opponents on this question—Didasko not excepted—appreciate the proper distinctions between the *causes* of vital actions, the *conditions* of vital actions, *vital actions* themselves, and the *effects* or *consequences* of vital actions. In all our discussions on this subject, our opponents, without a single exception, have jumbled them all together, quite too promiscuously for scientific argument. "One of the People" has committed the same blunder that Curtis, Bedortha, Wilson, and others have done over and over again. We have repeatedly said, and have always been extremely careful to explain, that disease is the remedial effort of the system to remove—not itself, but—*causes* of itself. But with a strange perversity or carelessness, every one of our opponents has accused us of calling disease an action of the system to remove *itself*!

"The recuperative energies of the system to remove *disease*!" exclaims "One of the People," and then cries "bravo!" It is bravo! out of the wrong side of the mouth. We never expressed nor intimated any such idea of disease. When you will find any such language, written by us, we will hand over the thousand dollars without any further parley, or—confess judgment.

Is it not a little singular that we can not find a solitary opponent who will quote what we say as to the nature of disease without falsifying our language? We account for it on the supposition that the great masses of mankind, when once educated into particular theories, are so prejudiced ever after that they can neither hear, see, feel, smell, taste, think, nor read anything correctly to the contrary. Indeed, we know it very rarely happens that any person, after arriving at a certain age, changes his opinions.

Let us illustrate again. Suppose a hornet should light on "Didasko's" head and commence stinging with all its might. Then suppose "Didasko" should run with all *his* might, striking his head with his hands as he run. Suppose, again, that his neighbor should ask him, "What is all this fuss about?" Suppose, fourthly, that "Didasko" should answer, "I am running to get rid of this horrible insect." "Yes; but why are you so foolish as to pound your own head?" "Why, I'm trying to kill the infernal hornet." Now, suppose, lastly, that "Didasko's" neighbor should so report this conversation as to represent him as saying, he was trying to *run away from himself*!

The hornet is the *cause* of disease—the thing abnormal. The running and thumping are the vital actions in relation to the thing abnormal; the effort to get rid of the insect—the remedial action. The system has not got up this great excitement to "remove its own action," but to *remove the hornet*. The ability of the system to defend itself in this way is the primary distinction between living and dead matter. Deprive it of the ability to manifest its repugnance to abnormal or incompatible things, in the defensive manner we call morbid action, and which constitutes the essence of disease, and you deprive it of life.

It does not become us to insinuate that "Didasko" and others, who so persistently misunderstand us, and misrepresent our language, are either stupid, dishonest, or prejudiced. We may more modestly suppose that our method of presenting the argument is not sufficiently clear.

We need not reply to the other points you raise, as they are involved in the primary question, What is disease? If we are right here, all of your positions are exactly wrong. If we are wrong here, all of the problems in medical science, taught in our school, are erroneous. But so far from teaching our students to "stop the vitality" in order to cure disease, we teach that, in order to cure disease most successfully, the vital energies must be preserved by all possible means, so that the remedial effort *which is the disease*, will most thoroughly expel the impurities which are the *causes*.

R. T. TRALL, M.D.

It is merit that procures us the esteem of men of sense; but our good fortune procures us that of the public.



## MY SACHEL.

BY H. H. HOPE.

## THE NAMELESS—CHAPTER V.

To be a good judge of a horse is esteemed by shrewd men as a qualification quite desirable. We have so much to do with horses, and they for us, that it becomes a matter of some moment to be able to discern between an animal of the "points" you wish, and one that is lacking in them.

Gerrit Ferguson, though a mere boy, "had an eye" for a horse. He took to learning in this direction naturally; some boys do, and, for that matter, so do girls—or so would they if they had an opportunity. The more the pity that their fathers do not have the sense to teach them this practical knowledge. I should rather by far that a daughter of mine should know how to distinguish a good horse from a poor one, than to know how to play the coquette and gossip to a brainless tea-circle. That is, I should, had I only been blessed with a daughter—but the life of a single gentleman forbids large expatiation on the qualifications and attainments of *daughters*; to him the qualifications of a *wife* stand pre-eminent. But a truce to speculation in such directions. Mr. Henry Ferguson had made up his mind to buy a horse, and the day had come for him to do it, and he said, at the close of the breakfast:

"Gerrit, I am going to look at a horse this morning, and I wish you to go with me. It will take you out of school, but you may be of service somewhat, and I want you to have the advantage of the knowledge such occasion offers."

"I shall be glad to accompany you, sir. How soon do we go?"

"As soon as we can."

"Have you a horse in view?"

"Yes, or, rather, I have heard of one."

"Does any person go with us?"

"No. You and I must do the purchasing."

"May I ask who owns the animal?"

"Mr. Beebee, up at the head of the lake."

"Is he a farmer?"

"Yes, and horse-trader also!"

"Well, father, I am ready to go at any moment. Excuse me, while I step to my chamber," and Gerrit arose from the table and went up stairs, and as he went he soliloquized, "Farmer and horse-trader! bad conjunction. Most likely a knave. Wonder if father knows anything of a horse. If he does not, I must sharpen up my wits and see that he does not get cheated. Little does he know that I have been bred in a *stable*, and that probably not one *boy* in a hundred could be found who knows as much as I know. But, hurrah! I am determined, if I can bring it about, that he shall buy no cheap, lazy, spiritless nag which will cost all he can afford to keep him, and yet afford mother no pleasure to ride after him." And he ran down stairs, and declared himself ready.

They drove through a picturesque country, seven or eight miles, and came to the house of Mr. Beebee. Mr. Beebee's house was a new house, oblong square, quarter pitch in the roof, two stories high, painted white—had green blinds, and mahogany door—just such a style of house as is seen in *this* country among farmers who are well to do. It had a pretty *little* yard before it, in each corner of which stood a mountain-ash tree,

and scattered along the sides of a gravel-walk leading from the road gate to the door were rose-bushes. Mr. F. and Gerrit alighted, tied their horse safely, and walked up into the farm-yard, or as it is sometimes called *back-yard*, where they found Mr. B. at work.

Mr. Ferguson introduced himself, and made known his business, and Mr. Beebee said he thought he could suit him, and invited him to his stable to see. So they walked out with him. The stable wore the air of neatness, and was evidence to Gerrit that Beebee was an expert in horse-flesh.

"Now, Mr. Ferguson," Mr. B. said, "pardon me for saying that I am no *jockey*. I am a buyer, trainer, and seller of horses. I buy them green, break them, and bring out their powers, find out their habits, and sell them at my own prices, or not at all, it being an object with me to make money and get rich if I can, but never to ask for my horses more than they are intrinsically worth. I do not dicker. I have my prices, and from them I do not swerve. What kind of horse do you want—carriage or saddle, or both in one?"

"I scarcely know. Let me see. Lead them out."

"Here is a horse young, spirited, fast, wants a good driver, and will make an excellent horse. You see him unexceptionable in color and motion; head up, tail up, knows how to go, and can go. My lad," turning to Gerrit, "can you ride?"

"Indifferently well."

"Well, here, hold him till I bridle him, and then jump on to him, and stir up and down the street, and see how you like him."

Gerrit mounted him and started him on a *walk*, one of the best points in a horse being that of a good walker. But when he got him into the road, and out of the sound of call, he began to let him trot and warm to his work, while he sat upon his back as if the horse and rider were one, and he—the rider—the living, guiding force. He stooped over the side to see if he did not interfere. He watched to see if in trotting he kept his legs well under him. He studied his ear and its motions; he looked at him from all points. About a quarter of a mile from Mr. B.'s, the summit level of the hill land was reached; one descended quite a hill, and then struck a flat interval which stretched on for miles, and through which a fine smooth road was made. As soon as Gerrit's eye saw it, he exclaimed, "A capital place to try him—wind, limb, and temper. My bonnie boy, I'll sweat your coat for you," and he darted down the hill at a thundering pace. On reaching the bottom he put the gelding to his mettle, and "scooted" over the ground for four or five miles. Then he turned and came back as if he was riding to save a kingdom.

Meanwhile, Mr. Beebee and Mr. Ferguson went on looking after the other horses in the stud, Beebee showing them in the stalls, and expatiating on their "virtues," till the absence of Gerrit forced itself on their attention, and Beebee says:

"Where's that boy gone with that horse? He's been gone half an hour, as I live. Is he a good rider?"

"I do not know."

"Well, well; this may turn out ill. We must walk to the top of the hill and see what has become of him. He may have fallen off; the horse has no tricks, I think."

Mr. Ferguson said nothing, for he did not know what to think, and therefore had nothing to say. They reached the top of the hill and looked on the valley below, and the first words were from Beebee's lips:

"Who is that boy? He rides like a trainer. See! how he is coming. That horse is all of a lather. The scamp! indifferently well he said he could ride. Why, he can beat any rider in ten counties. The old Harry! what a gait he is getting out of that horse. 'Tis marvelous! It beats Dutch Hollow all to pieces. See! the fellow! how he brings the animal up that hill! By Jove! I did not think mortal man could make that animal trot at that rate. See him come! splendid!"

Gerrit by this time had reached them and spoke to his horse, whose sides were dripping with foam flecked over them from his mouth, while at the same time they were heaving and falling like bellows, from the great speed at which he had been ridden. But he hardly stopped before Beebee broke out with—

"Where have you been? who are you? where did you learn to ride? You've ruined my horse. Say, who are you?"

"If you please," sitting still on the horse and patting his neck with his hand, "I will answer your questions backward—that is, the last first. Know, then, that I am the son of this gentleman—that is *who* I am. Next, I have not *ruined* your horse, nor hurt him. I have only *tried* him. You would not have him buy a horse without trying him, would you? Why, we are not so *green* as that."

"Green!" exclaimed Beebee. "I should think *you* were not green. No man, forty years old, could have tried this horse's power better than you. Who are you, I say?"

"I have told you, sir; I am Mr. Ferguson's son."

"Where did you learn to ride?"

"Nowhere, sir. (I was born on horseback, and so came to the knowledge early.) But enough of this. I wish to speak with my father apart," and turning to his father, who to this moment had not said a word, asked him if he would step one side with him a minute; and Mr. F. replied, "Certainly."

"If I were you, I would buy this horse, provided he can be gotten reasonably. He needs training, and then will be valuable. I can do all this, and in three months we will have the gentlest, and fastest, and best-looking horse in town."

Now Mr. Ferguson was himself a capital judge of a horse; but it fell within his plan of studying Gerrit to appear as little informed as possible, so he had up to this time remained silent. But under Gerrit's advice he said, "Do you think you can manage him?"

"Certainly I can; I will make him, in a month, follow me all over the yard."

"What is he worth?"

"At least four hundred dollars; but, father, you can buy him for one hundred and seventy-five."



"Think so?"

"Yes, sir, or at most for *two* hundred."

"Well, I like him myself; let us see what the owner will take. Mr. Beebee, how much do you want for this horse?"

"Two hundred dollars."

"It is too much. He is green, and wants training, and that will cost you, or me, or somebody else, at least fifty dollars. He must be handled rightly, or his temper will be spoiled, and your price is all he is worth when he is broke. I will give you one hundred and fifty for him."

"Can not do it, sir."

"Well, what is your lowest price?"

"Could not think of less than one hundred and eighty."

"It is more than he is worth."

"That may be, but I rather keep him than take less—for that I will sell him."

"Very well; I will take him. You will lend me the bridle and saddle for Gerrit to ride him home. I will send them back to you."

"Yes;" and Mr. Beebee chuckled over the sale of the worst-tempered animal in his stable; and Gerrit laughed at having bought a four-hundred-dollar horse for less than half his value; and thus is so simple a process as that of buying a horse made the occasion of taking advantage of each other's ignorance to gain a point, as each thought to his benefit and the other's loss. Such is horse-trading, and, for that matter, such is the rule of buying and selling property everywhere. Gerrit rode the horse home, and slept that night as boys only can sleep who can boast of having had gratified a great and long-cherished desire. But neither he nor Mr. Ferguson thought that the buying of a horse—and this horse especially—would have so much to do with his future fate and fortune, which from this period began to show a very checkered, yet brilliant and successful side.

#### A FEARFUL RESPONSIBILITY.

It is said that one of the numerous manufacturers of pills who infest the country, turns out forty gross of boxes per day throughout the year. Whereupon the Painesville *Courier* remarks, in relation to the magnitude of the pill trade in these United States: "Physicians, think that! 43,000 patients a day who seek relief from the medical skill of one man. Surely that man should be, as he is in this case, one of the first intelligence and of the highest character. This occupation entails upon him a fearful responsibility for the weal or woe of his fellow-man."

Responsibility, indeed! We have for many years thought that if there were any beings on earth whose souls were mortgaged to the evil one, or who were too soulless to have any sense of responsibility at all, the nostrum-venders should rank first and foremost. There is not one, in our humble opinion, who does not know that his business, like the rum-seller's, produces a thousand injurious to one good result. The facts that people buy, and use, and praise them, prove no more than the same do in favor of rum. The world is horribly deluded on both of the subjects, and no persons know it better than do pill makers and rum-sellers.

## The Month.

NEW YORK, JULY, 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.

THE PHILOSOPHY OF HISTORY.—If history is philosophy teaching by example, the great lesson inculcated is this: From the creation to the year 1859, nations, governments, social organizations, and political institutions have been prosperous and progressive precisely in the ratio that the masses of the people have possessed sound minds in sound bodies. Just to the extent that the individual members of a community have become diseased in body, the body politic has become corrupt in mind, and, as a necessary consequence, political depravity and national retrogradation have sooner or later followed. So it has ever been. So, doubtless, it ever will be; for such is the order of nature, the mandate of Deity, the law of necessity. The problems, therefore, of individual happiness of social advancement, of progressive humanity, and of enduring liberty, all rest on the same basis, and are exceedingly simple.

This doctrine is not new. It has been taught by sages and philosophers in all ages. It has animated the poet and inspired the divine since the dawn of time. It has been the theme of the priest and the prophet from the beginning. But, alas! how few realize the great truth! How many hear it and not understand! How generally do the signs of dissipation and the sounds of drunken revelry mingle with the praises of Liberty and the songs of Freedom!

It is well to celebrate, with festivities and rejoicings, with orations and music, with processions and illuminations, the anniversary of our country's independence. May the memory of stern virtues, the patriotic deeds, the glorious sufferings, and the noble examples of the heroes of the Revolution be cherished in our heart of hearts forever. But let us not mistake licentiousness for liberty. Let us teach the rising generation not to make the great day of our national pride and glory the occasion for debauchery and crime.

OUR SYSTEM—WHAT IS IT?—We have long been convinced that if the people of the United States—even the portion of them who read the WATER-CURE JOURNAL—could understand precisely the groundwork of the Hygeio-Therapeutic system of medication, and realize its full practical import, we should never again have occasion to ask any one to aid us in extending our circulation. They would then do it because they could not help it. We should then have the law of necessity in our favor. But it happens that very few persons among our readers have time and opportunity to investigate its primary premises and make themselves thoroughly familiar with all of its practical applications. One of the demands of our system, and of the age is, therefore, competent teachers to go among the people and explain in parlor conversation, and in lectures or debates in halls, school-houses, or churches, or wherever an audience can be gathered. Some of the graduates of our School are prepared to talk to the people in their respective neighborhoods. Dr. Jackson, of "Our Home," in Dansville, is prepared, we understand, to make lecturing excursions occasionally. As a popular lecturer and speaker he has no superior. Several of the Professors of the Hygeio-Therapeutic College have also made such business arrangements as will enable them to give a course of lectures in any place within a day's travel of this city, when the friends of our system will provide a place and give them a call. We offer, therefore, to respond to as many applications to lecture in different parts of the country as we can during the summer and fall seasons, with this proviso—we can not promise any particular name as lecturer. We will, however, attend personally or by proxy. We will name Dr. Trall, Dr. Gorton, and Mrs. Dr. Page, all of whom are teachers in our School, and each of whom we will indorse as competent, not only to explain our system, but to *expose and refute all other medical systems*. Wherever there is a loud call, one of us will go. The people who invite us must be prepared to accept either. We especially desire, in all places where we may be called upon to lecture, that the physicians of the place, of all creeds, be especially invited to be present. And we authorize our friends to invite the physicians of any place—either one or all of them—to meet us in a friendly discussion on the merits and demerits, the truth or falsity, of our

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respective systems. All communications on this subject may be addressed to the Professors of the Hygeio-Medical College, 15 Light Street, New York.

**THE DEMAND FOR LECTURERS.**—We publish the following letter, recently received from Rowley, Mass., as a specimen of the kind of communications we are constantly receiving:

**DR. TRALL:** *Dear Sir*—Our little village is in trouble. Parents are looking on with anxious hearts, for the scarlet fever is prevailing, children are dying, and Dr. Allopathy is reaping a glorious harvest of—*fees*. Some are taken sick one day and die the next. Others get through the fever, and then come the after-symptoms, as the doctors term them. The patients *appear* to be recovering, but, suddenly, they begin to swell so that they can hardly walk; or they are taken with fits and expire immediately. The physicians look on in wonder and surprise, and say, "We did not expect this. This phase of the disease was wholly unlooked for, and we can not account for it!" Some of the people, who dare to think for themselves, say that these disastrous results are the effects of the medicine—the poisoning drugs with which the doctors are continually stuffing the little sufferers. Dr. Allopath asserts, positively, that the medicine is not to blame, and assures us it is *something* connected with the disease which he can not account for. I most earnestly request you to give your opinion in the *WATER-CURE JOURNAL*; and, also, how the first symptoms of the disease (which are generally vomiting and purging) should be treated. Is this disease contagious. D. M. H.

We have no manner of doubt that the medicine is to blame; nor have we a shadow of doubt that, if the patients had been left entirely to themselves, without any doctor at all, a much less number of them would have died. This is, perhaps, equivalent to saying that the doctors *kill*; and this is precisely what we think, though we would not charge it *directly* for the world! The early symptoms, as above described, should be treated with the warm bath, sips of warm water to drink, and fomentations to the bowels; after which tepid ablutions whenever the heat demands, and wet cloths to the abdomen and throat, will be sufficient. The disease is not contagious except in its most malignant forms, commonly called "black tongue" or "putrid sore throat."

#### A PILL FOR THE NEW HAVEN DOCTORS.

—Dr. J. P. Phillips, who has recently opened a cure in the exceedingly beautiful and very conservative city of New Haven, Conn., under the very eyes of the learned Medical Faculty of Yale College, has offered his opponents some excellent opportunities to distinguish themselves, extinguish him, and make money. The following advertisement appears in the New Haven papers:

#### \$100 REWARD!

THE subscriber offers the above reward to a physician of any school whatever, Hygeio-Therapeutic excepted, who will furnish him within three days with correct scientific answers to the following questions:—

1st. What is Disease? 2d. What is the nature of vitality. 3d. What is the difference between food and poison? 4th. What is the *modus operandi* of medicines?

The prize will be awarded by a Committee of scientific gentlemen, mutually appointed by the different parties. JOHN P. PHILLIPS, M.D.,  
36 Howe-st., New Haven.

We think, however, that Dr. Phillips will "still live," and that his money is perfectly safe. We will give any Professor of any Allopathic Medical School in New York city *one thousand dollars* if he will answer either of the above questions correctly, from any teachings, or data, or lectures known to his books or school.

**THE CONNECTICUT M.D.'s.**—The doctors in the land of steady habits appear to be determined to out-do the land of unsteady ways—we mean California—in the matter of professional intolerance and bigotry. They have recently expelled from the Hartford County and State Medical societies Dr. J. S. Curtis, for the high crime and misdemeanor of consulting with a homeopathist. Dr. Curtis, who is a regularly educated and legally licensed physician, urged, in his defense, that the physician with whom he consulted, though professing the Homeopathic faith, was, also, educated and diplomaed by a chartered institution of the same school, and had been held in high estimation as one of their number. But it was enough that he had departed from that method which has come down to us from the dark ages. Dr. Worthington Hooker, one of the Professors of Yale College, said during the discussion of the question of expelling Dr. Curtis: "You have disgraced yourself by such a consultation, and there is but one course to pursue. I will not speak to one of these homeopathics on the street. I will not recognize them in any way. I regard them as a set of pickpockets, and will have nothing to do with them."

This Professor Hooker must be a very worthy descendant of those who persecuted the Baptists, hung the Quakers, and put the witches to death! It is clear, from the spirit he manifests, that if his power were equal to his disposition, every doctor who did not subscribe to his creed and walk in his footsteps, would be put to the rack or banished from the land. There was a time when the *regular* physicians were banished

from Rome, so indignant had the people become at the obviously murderous results of their system. Well would it have been for the Romans if they had never returned.

**SWEATING AT MALVERN.**—A correspondent of the *N. Y. Express*, writing from the famous Water-Cures at Malvern, England, says:

The place is celebrated for the mountain behind it, the valley before it; for its ancient Priory Abbey, its pure water, which comes sparkling from St. Anne's Well and the Holy Well, like liquid diamonds; for its exhilarating atmosphere; and lastly, for its numerous and famous Water-Cure establishments. It has also been long a fashionable summer resort. Victoria lived here before she was Queen; and the exiled Adelaide, of France, finds a solace for her griefs in the sweet air and beautiful scenery of Malvern.

I have confessed myself a hydropathic patient. I am more—a disciple. It is good, either for the sick or the sound, to be here. But water, applied internally and externally, is not the only element to be credited in the account of cures. The air, the diet, the exercise, the regular hours, the rest, and the entire abstinence from all excitement—mental, moral, and physical; it is all this that works those marvelous cures—almost as miraculous as the restorations effected at the Pool of Bethesda.

Before arriving in Liverpool I took a severe cold by sitting in a draft three hours at the dinner table, in a vest, on the back of which water had been spilled, and this gave me a new sensation in a touch of the rheumatics or lumbago. For this I am here—but for four days only. Independently of this slight local difficulty, which is rapidly vanishing, these water-courses have already made me feel like a new-made being; and I can fully appreciate and cordially indorse all that the most enthusiastic beneficiaries of the system have written in praise of it. At Dr. Wilson's establishment, which is simply a hotel liberally supplied with watering accommodation, the parties are put through the various operations of the Sitz, the Shower, the Torrent, the Lamp, and the several other different kinds of baths, three times a day; at 6 o'clock, A.M., at 12 o'clock, and at 6 o'clock in the evening; and after each process he is ordered to dress and go out to walk as quickly as possible. In all the forms of the bath administered to me thus far, there is a sudden plunging from hot to cold, which at first, is "positively shocking; but the violent rubbing soon restores the equilibrium; and by the time the performance is over, the glow is perfectly delightful. The most agreeable and efficacious bath I have taken is the lamp operation; and as this is the most novel one, I will briefly describe the *modus operandi*. The patient, in the original costume of "our first parents" before they knew enough to be ashamed of themselves, is "called to the chair." This chair has a wood bottom, with a cushion on it, and a light frame round it. His feet are put in a hot bath, a lighted lamp is placed beneath the chair, when the bather begins to wrap thick woolen blankets around the neck of his patient, which, falling upon the floor, entirely excludes the air. These blankets are piled on until the head of the sitter seems to be sticking out of a huge stack of wool; then large linen sheets are wrapped around the entire mass; and lo, the dew begins to fall! Cold water is drank copiously, and the perspiration runs down the arms and sides of the body in streams. Each of the three million pores upon the surface of the skin is opened; and the fluids in the little canals, extending in the aggregate to a length of twenty miles (if the anatomists have estimated them correctly), are particularly active. The impurities upon the surface come off, and the obstructions under the surface come out. The rationale and the utility of



the operation are palpably apparent. When the blankets are removed, the patient steps into a cold bath and a deluge of cold water is poured over him. He is then rubbed dry by the quick and vigorous hands of an expert, and left to dress himself, feeling light and elastic enough to jump over the moon.

The chair I sat in while undergoing the glowing perspiration, has been filled by many illustrious predecessors; among them, Sir Edward Bulwer Lytton, Charles Dickens, the Marquis of Anglesea, Lord Alfred Paget, Admiral Codrington, Sir Henry Bulwer, Sir Hamilton Seymour, Mr. Tennyson, Mr. Bright, Mr. Roebuck, Sir Edwin Landseer, Admiral Elliot, Lord Seaton, Sir John Barrow, the Bishop of Oxford, the Count de Paris, etc., etc. Among the Americans who have been here to recuperate are, Miss Charlotte Cushman, Dr. Martin and Bishop Potter, of Phila.; Mr. Jas. Murdock; and Mr. W. H. Aspinwall and P. B. Sweeney, of New York. Dr. Wilson, the proprietor of the establishment, has made and married a fortune; and although independently rich, continues to practice his profession *con amore*. He has published a work on Hydropathy, which Messrs. Fowler & Wells of New York, who have done so much for the cause of human health in the United States, might find it for their interest to re-publish.

**METAPHYSICS vs. PHRENOLOGY.**—Sir William Hamilton, Professor of Metaphysics and Logic, in Edinburgh, Scotland, has recently published an elaborate work, in which he claims to disprove Phrenology. We have examined his work carefully, and find that all of his arguments are directed merely against some of the supposed facts of the science, and none of them against its principles. If all the data which Mr. Hamilton's investigations and experiments seem to prove, are admitted, it does not in the least affect the truth of phrenological science. Our readers who are interested in this noble and most important study of mental philosophy, will find a review of this work, from time to time, in the columns of *Life Illustrated*.

## To Correspondents.

Answers in this department are given by Dr. TRALL.

**ANONYMOUS AGAIN.**—S. H. C., Boston, Mass. R. T. TRALL, M.D.: *Dear Sir*—Some months since I directed a few inquiries to the editor of the WATER-CURE JOURNAL, which as yet have never been answered, probably because they have not reached the hands of the person to whom they were sent. I now repeat them.

I have been unable to find satisfactory explanations of two bodily evils to which many persons are subject, viz.: "the raising of phlegm" and "bleeding at the nose." Please, therefore, through the WATER-CURE JOURNAL, give in each case the cause and the preventive, and oblige.

Respectfully yours, A Subscriber, S. H. C.

If you are really a subscriber, and have read our answers to correspondents, you must have seen, more than once within a few months, that we pay no attention to anonymous correspondents. This hint may answer for many others.

**PALPITATION.**—C. M. G. Constipation is the principal, if not the only cause of your palpitation and other difficulties. Diet very abstemiously, and use unleavened coarse bread with fruits and vegetables only, as food. Sitz-baths and tepid enemas should be used daily. Soft water is always better than hard.

**FEMALE DISEASES.**—R. A. L., Eugene City, Oregon. The Hydropathic Encyclopedia, and Uterine

Diseases and Displacements, will give you the desired information. It is immaterial whether the female wears the hair long or short, but it should always be worn loose and flowing about the head.

**INCONTINENCE OF URINE.**—E. A. C., Tonica, Ill. Butter and sugar are both objectionable in the case you mention. The supper should be light and dry, milk should not be taken with the evening meal.

**HEPATITIS.**—A. H., Indian Springs, Cal. Your symptoms indicate a diseased liver. The secretion is from the mucous membrane of the nasal and frontal cavities. Adopt a strict and simple diet, and take a tepid towel wash each morning, and a tepid sitz-bath each afternoon. Wear the wet-girdle two or three hours each day. Be careful and not over-eat.

**GRAHAMISM.**—J. C. B., Marion, N. Y. Sylvester Graham did not, at any time, renounce his theory of vegetarian diet; nor did he ever confess that his teachings were in any respect wrong; nor that his opinions had undergone any change—all the false and ridiculous stories to the contrary notwithstanding. It seems to be the policy of many "drug-doctors and beef-eaters" to circulate all manner of false statements about those who advocate such habits of living as would deprive them of a lucrative business.

**SPASMODIC SPELLS.**—L. B., Huntington, Tenn. The "spells" you describe are owing to a congested state of the liver with constipated bowels. Use sitz-baths two or three times a day, wear the wet-girdle, and adopt a fruit and farinaceous diet.

**COSTIVENESS.**—T. B., Richmond, Ind. Hip-baths and plain coarse food are necessary in all cases of chronic constipation. Enemas may be employed daily until the bowels become free. Rhubarb and other laxative drugs afford temporary relief, but aggravate the difficulty in the end by wearing out the susceptibility of the alimentary canal.

**DEAFNESS.**—H. C., Mantua, Ohio. I awoke one morning, five weeks ago, and found my left ear deaf, and in spite of electro-magnetism, drugs, and even water, am still deaf. I had no warning, no pain before or since. Now what is the cause, and can the hearing be restored? My age is thirty-eight, occupation a farmer, my reading includes LIFE, the PHRENOLOGICAL and WATER-CURE JOURNALS, and of course my habits of life are governed by obedience to natural laws as far as I can, yet I transgress a little, for I have drank coffee and tea the past winter (I leave out coffee now) and have never enjoyed better health.

P. S.—A neighbor, now nearly seventy years of age, tells me that his hearing in one ear was destroyed as suddenly as in my case.

For every effect there is a cause; can you shed a little light through the WATER-CURE JOURNAL?

If you will tell us precisely what your habits are, we will try to answer your questions. To say that you follow our teachings as well as you can, and transgress occasionally, is loose and unmeaning talk. Tell the kinds and quantities of your meals, your vocation, habits of exercise, etc., and the kind of drugs you have taken.

## THE WILL OF THE LORD.

"I NEVER let her have a bit of fruit. She is not improperly fed," said a mother of her puny little daughter of the age of five. The dear little thing would be sickly in spite of all the wonderful medical skill of that prodigy of wisdom, "*The Family Physician*." The lady had been highly educated, I believe—graduated at one of the nine Georgia Female Colleges. And still this highly intellectual and pious lady could be so misled by M. Paracelsus Ignoramus, M.D., as to discredit her Bible, which says, "Of every tree thou mayest freely eat." "*I never allow her to have a bit of fruit*." The doctor prohibits it, and says she must be fed upon fat meats and sweet things, to create carbon in her system. His medicines are appropriate and wholesome." How, then, madam, do you account for your child's failing health and premature decay? "*Ah! 'tis the will of the Lord*."

## PREMIUMS.

Any person sending us Ten Dollars or more at one time, in payment for subscriptions to either or both of our JOURNALS, or LIFE ILLUSTRATED, shall be entitled to receive any of our publications to the amount, at retail prices, of ten per cent. of the amount sent, that is—

For \$10 we give in books, retail prices,	\$1 00
" 15 " " " "	1 50
" 20 " " " "	2 00

and so on for larger amounts. The money may be paid and premiums received either at our office, 308 Broadway, New York; or to D. P. Butler, 142 Washington Street, Boston; or to John L. Capen, 122 Chestnut Street, Philadelphia.

The premiums must be named when the money is paid.

If less than \$10 are sent, no premium will be awarded, neither will smaller sums sent at different times, although they may in the aggregate amount to more than \$10, be entitled to premiums.

## SWIMMING.

[The author of "*Hints Toward Physical Perfection*" thus extols the noble art of swimming. He thinks it will be seen that women should learn to swim:]

When the ancient Athenians wished to designate a man who was good for nothing they were accustomed to say, "he can not even swim;" which shows how important the art was considered by them. With the moderns it is by no means a common accomplishment, notwithstanding we are so often placed in situations in which it may at any moment become of more importance to us than all the rest of our boasted acquirements put together, and even essential to the preservation of our lives, or of other lives even dearer than our own. Really good swimmers—men who might bridge the Hellespont with their strong limbs, as Leander did for love and Byron for glory—are very rare indeed among us. Even sailors, it is said, are not infrequently unable to swim a single stroke.

As a hygienic agency and means of physical culture, in which aspects, mainly, it concerns us here, swimming very properly takes a high rank. In fact, we consider it to be, within the range of its application, one of the most efficient of bodily exercises. Its free and graceful movements give healthful action to the muscles; the contact with the animate waves, so full of magnetic virtue, refreshes and invigorates the body; and the conquest of a new element dilates the whole being with a sense of triumph and of power.

Everybody, we believe, should learn to swim—women no less than men. "Beauty, the mother of love," according to one of the significant myths of the ancients, "is the daughter of the waves and of light." Water and sunshine still acknowledge the relation-ship, and the fairest forms grow fairer still in the loving embrace of the limpid elements.



The maidens of the Pacific islands swim like water nymphs; so do the Italian, Mexican, and South American women, and many others. Our wives and daughters need not be ashamed to follow their example in this matter; and we earnestly recommend our fair readers (as well as our readers not so fair), who have not already learned, to commence their lessons at the earliest opportunity.

A practical treatise on swimming with the necessary illustrations would occupy too much space to be admissible here; but all necessary instructions, so far as they can be conveyed in words and drawings, may be found in Walker's "Manly Exercises," Trall's "Family Gymnasium," or in a little paper-covered volume entitled "The Science of Swimming," which may be bought of the publishers of this work for twelve cents.

## Literary Notices.

**HINTS TOWARD PHYSICAL PERFECTION; OR, THE PHILOSOPHY OF HUMAN BEAUTY:** showing how to Acquire and Retain Bodily Symmetry, Health, and Vigor; secure Long Life, and avoid the Infirmities and Deformities of Age. By D. H. JACQUES. New York: Fowler and Wells, Publishers, 303 Broadway.

The science of human physiology, and the laws of human configuration, on which symmetry, beauty, and general physical improvement depend, have found an able expositor in Mr. Jacques. While numerous species of the animal and vegetable kingdoms have been objects of the most minute study and attention for the purpose of advancing them to excellence and adopting them to our wants, man has neglected the practical study of his own moral and physical conformation. He is not aware to what extent he is under his own control, and that his happiness, morally, physically, and socially, is dependent upon his knowledge and observance of those laws by which he is created and physiologically governed, and the continued violation of which results in disease, deformity, and ultimate degeneration. Mr. Jacques gives the following summary of the fundamental principles of human configuration:

"1. The active and plastic principle is the soul—the true man—of which the body is but the external expression and instrument.

"2. The soul forms, changes, and controls the body through the instrumentality of a nervo-vital fluid, which forms the connecting link between mind and matter.

"3. This vital fluid strengthens and develops any part of the brain and body in proportion as it is brought to bear upon it.

"4. The vital fluid, or creative life-spirit, may be thrown upon any organ or part by the exercise of that organ or part, or by a simple act of the mind directing the attention intently upon it.

"5. Impressions made upon the mind by external objects affect the configuration of the body by acting specifically upon particular parts or organs, through the nerve-spirit or vital fluid.

"6. Impressions made upon the mind of the mother affect the configuration of her unborn child; and they are far more striking in this case, because the fetal being is in process of formation, and is more pliant and impressible than after birth."

On the subject of pure air as one of the indispensable conditions of health, the author observes:

"Bad air—air deprived of its proper proportion of oxygen and surcharged with carbonic acid and other poisonous gases, has killed thousands of strong men. \* \* \* Air, the vitality of which has been consumed by combustion or by previous breathing, is entirely unfit for the respiration of any human being, and most of all for that of the newborn child, whose delicate tissues are so readily poisoned.

"The copious breathing of pure air is absolutely essential to beauty, whether in the child or the adult. That alone can vitalize the tides of life and give the roseate tinge to the fair cheek. Give your child, then, as the first condition of a healthy growth, a plenty of PURE AIR;

attend scrupulously to the ventilation of the nursery and the bed-room."

"A single person will deprive from one to two heads of air of its blood-purifying qualities, and saturate it with poisonous gases, in a single hour. In the light of this fact, consider what must be the effects of the in-door life of our people, and especially of our women. Think of our crowded work-rooms. \* \* \* Is it a wonder that pale cheeks, sallow complexions, cutaneous eruptions, dyspepsia, scrofula, and consumption prevail? It can not be otherwise. To maintain good health, and live through the winters which prevail in the northern part of our country in unventilated or ill-ventilated rooms, is utterly impossible. Beauty fades, the cheek loses the roseate tinge which, as we have seen, fresh air alone can give, and body and brain alike sink into premature imbecility."

After dwelling at length upon the various branches of physical culture, the author advances to the subject of mental culture. Of the influence of external objects, and the impressions they make upon the configuration, through the medium of the mind, he says, in reference to the Fine Arts:

"The permanent effect produced upon one's face and figure by a single visit to a gallery of painting or sculpture, is doubtless too small to be readily appreciable; but we are by no means justified in affirming that no effect is produced. Let the visit be repeated daily for a few months, or, what is better, let the subject of the experiment be constantly surrounded by works of art, and habituated to their contemplation, and their effect will be marked and evident. The wonderful art-loving Greeks well understood this; and there can be no doubt but that the worship of gods and goddesses of ideal beauty had an immense influence in perfecting their configuration."

In a chapter on climate and locality, as favorable or detrimental to health, beauty, and longevity, Mr. Jacques remarks that there is

—"a connection between beautiful scenery and beautiful human forms and faces, although we may not be able to trace it out clearly in every case. The magnificent parks of England have, we can readily believe, been instrumental, in more ways than one, in forming that high type of personal loveliness which distinguishes the women of the English nobility, whose walks and rides bring them daily within the sphere of their influences."

A portion of this work is devoted to the subject of gymnastics and other exercises conducive to thorough physical development, and to a multitude of recipes of peculiar value and interest to those young ladies whose favorite study is dress and deportment. Mr. Jacques has produced a talented and interesting book, which he dedicates "to the beautiful daughters of his native land—the wives and maidens of America, whom he would gladly teach how to become more beautiful still." He has noticed every branch of the "philosophy of human beauty," in an easy and familiar style, carefully avoiding all scientific terms and technicalities. It is a book that should be read by the young and old of both sexes, in order that they may learn what they really are, and how they may make an advantageous practical use of this knowledge.

The book is copiously illustrated, and is got up in a style which is highly creditable to its publishers.—*Bos on Conservatory Journal.*

**THE PHRENOLOGICAL JOURNAL** for July contains—The New Self-Instructor; Hamilton vs. Phrenology; Self-Esteem—No. 2—by Dr. Gall; Robert Burns—continued; Favors Received; What to Read in Philosophy; Denison Olmsted, Portrait, Biography, and Phrenological Character; Baron Humboldt, Portrait, Biography, and Phrenological Character; The Realms of Song; Provincialisms North and South; Concentrativeness and Continuity; Phrenology in Boston: To the Reader; Literary Notices; To Correspondents; Business Notices.

**HEALTH AND DISEASE.** By DR. W. W. HALL. New York: H. B. Price. Price \$1.

This is a medical work of 301 pages, intended for the popular reader. It contains much valuable information and good advice, and some things from which we must dissent. Rarely do we look over the pages of a book written by a medical man, without finding what seems to us to be a medley of good things, bad things, and things indifferent; lucid expositions of scientific principles curiously commingled with "incoherent expressions of incoherent ideas," the result, as we suppose, of viewing the subjects

from two distinct, and, in some respects, contradictory stand-points—common sense, and the theories of medical books and schools. We know of no other way to account for the innumerable discrepancies of medical authors, the conflicting deductions of their experience, and the inconsistencies between the teachings and the practices of the same author.

Dr. Hall gives us a very able and correct explanation of the chief causes which vitiate the organizations of young persons, destroy myriads of our infantile population, and lay the foundation for the bowel complaints, dyspepsias, and consumptions so prevalent in our country. Yet, strange to say, with so much light shining around his pathway, he is an advocate for coffee, condiments, pork, and tight lacing! He condemns, in unstinted terms, the pills, and powders, and panaceas of the quacks, while he speaks vauntingly of giving to a little infant afflicted with the cholera, a *regular* dose of calomel, with the addition of "nineteen times more." The child "still lives," according to the doctor's testimony; but, was the case a most marvelous cure of the cholera, or a most wonderful escape from the calomel? Here doctors will differ. We commend the book for its many valuable hygienic precepts, but recommend the reader to "throw its physic to the dogs."

## Business Notices.

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## Advertisements.

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

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

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

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

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

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

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

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

The surgical part of our practice embraces the *knife, ligature, cautery, and compression*, for the cure of cancers, polyp, 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.

### NEW-YORK KINESIPATHIC INSTITUTE, 52 MORTON STREET.

CHARLES H. SHEPARD, M.D.

At this Establishment Invalids can have the advantage of Kinesipathy, or Swedish Movement-Cure, combined with all necessary Water-Cure appliances.

Dr. S. gives his personal attention to patients, and in the department for the treatment of Female Diseases he is assisted by an experienced female physician.

#### REFERENCES:

Fowler and Wells, R. T. Trall, M.D.,  
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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.  
CHAS. F. TAYLOR, M.D.

### THE BROOKLYN HEIGHTS

Water-Cure Establishment is located at Nos. 63 and 65 Columbia Street, Brooklyn, L. I. Outside practice attended to both in city and country. G. F. ADAMS, M.D.

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

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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### ELMIRA WATER-CURE.—THIS

Cure has been open seven years. For fourteen years its physicians have devoted their best energies to the Hydropathic practice. Our location elicits the admiration of all. We have spared no pains to make our *High-Site 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  
MRS. R. B. GLEASON, M.D., Elmira, N. Y.

### Do You Wish to Live?

Do you wish to have good health? Go and place yourself under the care of James C. Jackson, M.D., of "OUR HOME," a water-cure in Dansville, Livingston County, N. Y.

No matter what your disease, if you are curable you can get well at that establishment. It is beyond all doubt the best and most ably conducted water-cure in the United States.

Young man, have you lost health by foolish indulgence? Go to Dr. Jackson; he has treated over *three thousand* cases of seminal weakness (spermatorrhoea) successfully. Let the quacks alone, and place yourself in charge of one who will restore you to health naturally; who will not poison you, nor burn you (apply caustic, which is perfectly barbarous), nor stimulate you, but will restore you to health without impairing vitality.

Women of this country—your names are legion—who are sick, dispirited, despairing, bed-ridden under diseases which are local and peculiar to your sex, I advise you, by all means, to visit and place yourselves in charge of Miss HARRIET N. AUSTIN, M.D., who stands confessedly at the head of female Hydropathic physicians in the United States. Miss A. has, with the assistance of Dr. J., treated nearly (2,000) two thousand persons having uterine diseases, and cured them.

Besides these two distinguished physicians there is Dr. F. Wilson Hurd, who is their associate, and who has within the three years that he has been with them acquired a reputation second to no man of his age in this country. He is destined at no distant day to rank very high. Dr. Austin has for her assistants Miss Dr. E. P. Dewey, and Mrs. Dr. Letitia W. Lakens, both graduates of the Hydropathic Medical School, and very devoted to their work. Dr. Hurd has as his assistant Dr. Eli P. Miller, a gentleman in whom the whole Home places confidence.

The cure is beautifully situated, has *abundance* of soft spring water, not less than *five hundred* barrels a-day running through the bath-rooms. The rooms are large, well-furnished, and admirably ventilated, and the entire "Home" kept neat as wax-work.

The table is better suited to invalids than any "Cure" I have ever seen. The cooking is superb. Great pains are taken in this branch of the establishment. I have been here over *four months*, and I have not seen a poorly-cooked article on the table. The general table is *vegetarian*, those eating meat doing so under separate arrangement, but in both cases the food is ample and excellent.

DRESS.—The ladies under treatment most of them wear "THE AMERICAN COSTUME," the example being set them by Miss Austin and her assistants, and the matrons of "THE HOME." But this is *optional* with the guests. Dr. Jackson throwing the weight of his character in favor of the style, most of the patients adopt it, especially as a walking dress. For this purpose they all praise it. There are several highly-bred and fashionable ladies here now who preferred *this* cure because the privilege of wearing this dress while taking treatment is accorded them. Dr. Austin thinks she can cure a lady having female weakness, or uterine disease, who will wear

#### "THE AMERICAN COSTUME,"

in *one third* of the time that would be required were she to wear long skirts. I see no reason to doubt the correctness of this view, for dozens of ladies have told me that they could walk *four times* as far in the new style as in the common style, and with less fatigue at that.

I tell you, readers of the WATER-CURE JOURNAL, if any of you can avail yourselves of a visit to this "CURE," by all means do so. It will pay. It is the most orderly, systematic, best conducted INFIRMARY I ever saw, and withal is a SCHOOL where knowledge—*how to live*—is imparted in the most profitable manner. I would not—and I have heard fifty others since I came here say the same thing—I would not part with the knowledge—how to keep from being sick—which I have gained while here, for five times what it has cost me to take treatment. No longer ago than yesterday (June 7th), I heard a distinguished gentleman of Buffalo, N. Y., Thomas Le Clear—I give his name that you may refer to him if you wish—say, "that for *ten thousand* (10,000) dollars he would not, were it possible, part with the knowledge how to live healthfully, which he has gotten in *three months' residence* here." Depend on it, it is well worth a journey across this continent to get at the *ideas* taught by Doctor Jackson and his associates. Dr. Austin and Dr. Jackson have written a series of health tracts, as follows:

1—Scrofula.....	3 cents, or	30 cents per doz.
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3—To Young Men.....	6 " "	60 " "
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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 " "

They will send one or more of them for their prices, and pay the postage themselves, or they will pay the postage and send the whole nicely wrapped up and carefully mailed for *one dollar*.

They will send them to all those clergymen who will pay the postage on them, which for the whole is nine cents, or a cent each, and who will read them, and if they approve of them circulate them. They have a great many letters from ministers of the Gospel, speaking in high terms of the tracts, and thanking the publishers for the gift of them.

Health-reformers should buy them in quantities, and put them into circulation among the people.

If any want more minute information of "OUR HOME," let them send for circulars, which will be forwarded on application and the receipt of a postage stamp; also, for a copy of THE LETTER BOX, a monthly health journal, edited by Doctor Austin, and which is rapidly rising to a large circulation.

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

ROUTE.—Come from the East on the New York and Erie Railroad to Corning, hence by Buffalo and Corning Railroad to Wayland; or from 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 Wayland, and so to "OUR HOME" by coach.

#### A PATIENT

WHO IS UNDER TREATMENT, AND IS GETTING WELL.

### DR. ROBERT HAMILTON'S INSTITUTE

for the treatment of Female Lung and Chronic Disease is at Saratoga Springs, N. Y.

A pamphlet containing reliable information to those in search of health sent free, on application to

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Some of the finest baths in the world at this Cure, such as Douches, Plunges, Swimming, and a *Wave Bath*, also a Walking Foot-bath fifty feet long. This bath for persons suffering with *cold* feet can not be too highly appreciated.

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July, 11\*

### MOUNT PROSPECT WATER-CURE,

Binghamton, eight hours from New York city by the Erie Railroad. This establishment has a very beautiful and healthful location. There are few places which present greater attraction to the invalid, or to those who are seeking a locality in the country to pass a season pleasantly. For Circular, address

J. H. NORTH, M.D., or MARTHA FRENCH, M.D.  
July, 11

### HOME FOR INVALIDS, 36 HOWE

Street, New Haven, Conn. J. W. Phillips, M.D., Mrs. E. Phillips, M.D., Physicians.

### PHILADELPHIA WATER-CURE IS

beautifully located at 729 South Tenth Street. Electro-Chemical and Vapor Baths in use. CANCERS positively cured without Caustic or Knife. SEMINAL Diseases and Female Ills treated by a new and speedy plan, by Dr. Landis' improved ELECTRICAL CUPS and PLATES. Address the Physician,  
S. M. LANDIS, M.D.  
July, 11

### THE GRANITE STATE WATER-CURE

offers inducements to patients nowhere else to be found in the United States. The location is superb, the water as pure as ever gushed from hillside, and the accommodations good. Patients are furnished with employment if they wish it, for which a suitable compensation is allowed. This is one of the distinguishing features of this establishment. Five years' experience has shown this to be a practicable arrangement, and very advantageous to many patients in the cure of their maladies, better than exercise merely for its own sake.

Dr. Vail's success in curing disease has been extraordinary. Very many cases that have been pronounced utterly incurable have been restored in a few weeks or months. A great variety of cases peculiar to both the male and female sex are treated here with perfect success. Patients may feel assured that their cases will be skillfully managed, as the Dr. has given his attention exclusively to this mode of treatment for nine years; and hundreds of patients are ready to attest his skill. Those wishing special information will please inclose a stamp for circular, addressed to  
W. T. VAIL, M.D., Hill, N. H.

### 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.



**WORCESTER WATER-CURE.—DR.**

Seth Rogers being about to return from Paris, where he has spent several months in professional observations, will resume, after July 1st, 1859, the medical superintendence of this Institution. July, 11

**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 his 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. E. 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.

**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, unequalled 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. Rooms at \$8, 10, and 12 dollars per week, including board and treatment. The success of Dr. H. in the care of Woman's diseases is well known. For the successful treatment of various other chronic complaints, see circulars sent gratis to any address. Treatise on Motorpathy, 25 cents.

His success in the treatment of diseases is indisputed.—*Traveler, 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.*

**WATER-CURE FOR SALE.—THE**

Ephrata, Lancaster County, Pa., Water-Cure is for Sale on very reasonable terms. For particulars, address

11\* GEORGE LEVAN, Lancaster, Pa.

**GALESBURG HYGIENIC HOME.—**

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

**THE LAWRENCE WATER-CURE,**

BRATTLEBORO, VERMONT,

is located in one of the most beautiful sections of the whole country, has every advantage of climate, surroundings, etc.; has the finest accommodations, and is conducted in an unexceptionable manner, as

**A WATER-CURE**

ever should be; hence it is a popular resort for invalids at all seasons of the year.

It is supplied with an abundance of

**PURE SOFT WATER,**

from unfailing living springs, and has every other hygienic means at command for the

**CURE OF THE SICK!****THE LAWRENCE WATER-CURE**

is conducted with a view to secure the *confidence of the sick*, and every attention is paid to the **Diet and Exercise** of patients

**ELECTRICITY**

is applied in a scientific manner and with great success.

**THE ELECTRO-CHEMICAL BATHS**

are used in many cases requiring their aid, and nothing is left undone to insure *comfort and health*.

If you are sick, and would get well, and desire to remain so, come where you can find the object of your wishes.

Send for our Circular, containing full information.

JOSEPH DAVISON, Proprietor.

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