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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."

THEORY AND PRACTICE—No VIII.

BY D. A. GORTON, M.D.

REMEDIAL AGENTS—EXERCISE.

MORE than two thousand years ago, and centuries before civilism dawned upon the now enlightened continent of Europe, Academies were instituted in Greece, one of the earliest and most ancient Republics, for the encouragement of physical training. Into these Academies the children of the country were sent, at an early age, and subjected to the most hardy exercises possible for them to bear, to fit them to excel in those games for which their country was so justly celebrated.

"The Greeks, by nature warlike, and equally intent upon forming the bodies and minds of their youth, introduced these exercises, and annexed honors to them, in order to prepare the younger sort for the profession of arms, to confirm their health, to render them strong and robust, to inure them to fatigues, and to make them intrepid in close fight, in which the use of fire-arms being then unknown, strength of body generally decided the victory."—ROLLIN'S *Ancient History*, Vol. 1, p. 422. They seemed to have understood, as by instinct, that in order to develop athletic bodies, strong constitutions, and big, round, beautiful

muscles, it was necessary to bring into vigorous and continuous activity every part of the physical man. In brief, they seemed to have made the great and important discovery that "Exercise is the law of growth," and to have applied it successfully to Physical Development.

It is reasonable to suppose that a Medical Profession, proud of its antiquity, and emulous of good deeds, as is ours of the 19th century, would have taken advantage of a suggestion thus ancient, and incorporated into their *Materia Medica* exercise as a remedial agent. But no, we can not find it there. We look in vain through ponderous volumes to find what standard authors say of its therapeutic relations. Enough can be found on the various modes of moving the bowels, or exciting torpid glands to a healthy action, or increasing the thinking capacities of such as have been unfortunate in parental endowments; but nothing on the best "ways and means" of distributing the nervous force, once generated, to weak frames and torpid muscles! But, nevertheless, Exercise is a remedy—one of nature's own remedies—in spite of its non-recognition by Paris, New York, or Philadelphia; and it remains for those existing outside of the regular profession to explain its *modus operandi*, and define its therapeutic relations to disease.

What the Greeks knew by instinct, we have finally learned by sad experience. On every hand do we witness the fearful consequences arising from a neglect to perceive the hygienic relation of exercise to healthy, bodily conditions. Unfortunately, they are not confined, in America, to that comparative few who are rocked in the lap of luxury, and can well afford to pay for it, having nothing to do, and caring to do nothing; these we can well afford to spare, as they are of no service to themselves or the world. But, alas! the consequences are extended most to that numerous and most useful class who, to gratify a burning zeal for business and literary attainment, engage in avocations which occupy all the powers of the mind, absorb every worldly interest, and command every moment of wakefulness, leaving no time for physical recreation—for bodily development—for the supply of those fountains of force upon which an over-exercised mentality is a continual and exhausting drain!

This is the obvious tendency of our American

youth! Those forces, which nature in harmonious design intended to use in building and maintaining the physical form—the ground-work of the individual—are used to manufacture brain-fabric, and to support extravagant imaginations. Thus the head absorbs all the juices and real substance of the body. To such an extent is this carried in many instances, that there is no such thing as "harmonious proportions" in him who was "created but a little lower than the angels." The divinely human form is often distorted from its original into ghostly proportions. Big heads and small rickety frames, large faculties and slender muscles, lively imaginations and dyspeptic stomachs, are often found in one and the same person. But, unfortunate for that person, they were never intended to exist together; their union is a forced one; they war with each other continually. The life of their possessor is one of misery; it is strewn with sorrow and disappointment; yet, happily, it is of short duration; it is as fleeting as a shadow, and as evanescent as a dream.

This *inharmony* of development, which prevails so universally, may, in one sense, be considered a disease. It is at least a *deformity*, and as such is justly entitled to the attention of those whose chief duties involve the practice of the healing art. It is not a question of mere hygiene, to be gabbled about by school-teachers, clergymen, and physiological lecturers alone—not that it is a matter which does not concern this class—but it comes more particularly within the limits of the Medical Profession's field of action, and it can not dodge the responsibility. The physician, whose duty it is to prescribe for a subject of this deformity—deal out drugs or water to him—and who does so, disregarding of the causes, and hence cure, of that which is as certain to bring destruction and ruin, as any effect is to succeed a cause, has not attained unto that exalted sphere of usefulness in which the true physician is privileged to live and enjoy. Such disorders need neither drugs nor water for their eradication. They are more easily resolvable by a judicious system of exercise. A harmonious system of physio-mental training is the only remedy that can possibly be considered as possessed of "specific properties" for this disease. We come now, naturally, to the consideration of its *modus operandi* and therapeutic application.

1. *The Modus Operandi of Exercise.*—There is probably but one mode through which remedial effects are produced by exercise, and this is very simple. Motion of any animate or inanimate body can not be effected without the expenditure of Force. The voluntary movement of an organ or member of an animal body creates a want of moving power, by exhausting the conditions upon which alone motion is rendered possible. Hence this want amounts to the same thing as an actual demand on the fountains of life. The supply of this demand is a continual stimulus to the Vital Forces. An increase of circulation is thus induced; arterial blood is supplied with new vigor; molecular change is more rapid and perpetual; the vital processes of nutrition, secretion, excretion, etc., are augmented, and parts that were once weak and useless are rendered strong and vigorous. Hence we find that exercise produces its diffusive or remedial effects by inducing contraction and relaxation of those tissues which possess the property of contractibility. This principle is involved in common Gymnastics; and if there are other principles involved in the "movement-cure," we are not able to perceive them. We therefore confess our profound ignorance and deep skepticism of their existence.

2. *Therapeutic Application.*—The idea that is most fundamental in the application of exercise is motion, within natural limits, of the parts debilitated by disuse. We are not partial to any system of "movements," without it is that system involved in manual labor processes, such as sawing wood, hoeing corn, planting and hoeing potatoes, etc. Those exercises connected with the useful are generally attended with the best results; they are more in harmony with natural design, and on the idea of economy of time, they answer best the demands of a utilitarian age. But from the peculiar circumstances under which very many of our people live, especially in the city, there is no choice of pursuits, when an avocation is once engaged in. Only one thing is done at one time, or if two, they are both done to a disadvantage. This is especially the case with those who follow literary and professional pursuits, and in brief, all such as are engaged in in-door occupations. These are the classes that are in need of special exercises, and for whose special benefit the Gymnasium was instituted, provided with numerous conveniences for jumping, turning, climbing, twisting, dumb-bell, and club exercises, etc. I have known the best results to follow the careful and judicious participation in the exercises of a well conducted Gymnasium. Of equal importance—yea, of more importance to the young, are—

CALISTHENIC EXERCISES.—They consist in the free movements of all the limbs, muscles, and, consequently, joints of the body. Calisthenics are more valuable, because applicable to all persons, all places, and all situations. With a knowledge of "how to do them"—and this is easily obtained*—all can practice them at their leisure, and be richly repaid for their trouble. Vocal Calisthenics can not be too highly recommended; they are important to all classes of persons. They subserve a two-fold purpose. Not only do they cultivate and strengthen the vocal organs, soften

and harmonize the voice, but they increase the breathing capacity, and relieve the lungs, liver, and other vital organs, from a cramped position, in which a contracted chest has forced them. A contracted chest is one of the many evils that usually afflict dyspeptics; hence, vocal exercises are especially good for them. Practice them, ye yellow-colored, hypochondriacally-disposed sufferers, and reap the reward!

KINESIPATHY.—Some have made this a special medical practice, with more or less success. As a part of a general course of hydropathic treatment and nursing it is highly valuable. It consists, as the term implies, in the application of motion or force by the hand of an operator. Rubbing, pounding, twisting, compression, etc., so as to affect particular parts or organs specifically, are illustrations of kinesipathic processes. As practiced by its advocates in this and other countries, ingenious machinery and supporting apparatuses are employed; and many make use of "free movements;" all, however, to effect the same purpose—specific influence over diseased action. Under this head is very naturally included—

ELECTRO-MAGNETIC MANIPULATION.—This is a powerful means of inducing motion and vibratory action in torpid glands and wasted muscles. Under the imposing title of "ELECTROPATHY" a new and distinct medical system has been put together, from the relics of many medical fallacies that have passed away within half a century. Practically, it is the Kinesipathy of Ling, connected to the electrodes of an electro-magnetic machine, by a pair of soft sponges, gently wrung out of water—pure or saline, hot or cold, and applied with as much friction and battery force to the surface of the patient as he can bear without serious inconvenience. That the practitioners of this exclusive system do make some important cures, as well as signal failures, can not be doubted. Its *methodus medendi* is perfectly clear and intelligible. There are few agents capable of arousing vital action so thoroughly and effectually as an electric charge. Every living fiber, in the part within the circuit, is thrown into an intense vibration by the rapid change of polarity that occurs. Hence, by variously modifying the application to suit special cases, powerfully remedial efforts are promoted. Congested tissues are thus quickly relieved; torpid glands excited to a healthy action; wasted muscles invigorated, and functional harmony restored when within the possibility of human art.

ELECTRICITY and MAGNETISM have, therefore, their sphere of usefulness in the treatment of human diseases. They are emphatically motor forces, and as such important agents in the exercising processes. They are nothing more, nor can they be anything other than motor-pathic agents. When used discriminately and by an experienced operator, I am fully satisfied that they are valuable auxiliaries in the treatment and cure of various paralytic and neuralgic affections. When used indiscriminately and unscientifically, they may be, and doubtless are, often effectual barriers to the successful treatment of these, or any other disorders that can afflict the human kind.

REPORTS OF CASES.

BY B. W. CHILDS, M.D.

DURING the year 1858 a young man, whose name I am not at liberty to use, came to my establishment to take treatment. About eight months previous he had contracted syphilis, and promptly resorted to an Allopathic physician, who gave him the common remedy, mercury. The disease was suppressed, and he thought himself fortunate in thus easily escaping a disease, at once the most loathsome and distressing among men. But in a few weeks it returned again, with all the horrid train of symptoms attendant on secondary syphilis. He applied a second time to the drug-doctors, and was for several months kept under the influence of mercury. Instead of getting better, he steadily grew worse, till his feet and lower limbs were almost covered with ulcers, his throat considerably ulcerated, with dyspepsia and premonitory symptoms of consumption. He consulted several eminent physicians, all of whom concurred in the opinion, that if the mercurial treatment would not cure him, he must die. He had heard of Water-Cure, and resolved to give up the drug system, and try it. Thus he came to the Franklin Water-Cure, and for three months took thorough treatment, when his ulcers were all healed, his system invigorated, and his health restored. He had but little apparent critical action, but marched smoothly up from a state of squalid disease to that of joyous health. His first prescription was a tepid sheet-bath on rising in the morning, pack for fifty minutes at ten o'clock A. M., sitz-bath for five minutes at four o'clock P. M., and a warm and cold foot-bath at bedtime, a wet girdle and compress to the throat during the night. This prescription was changed afterward according to the indications. His diet was plain, and rather abstemious. Exercise according to inclination. He writes, "I still enjoy uninterrupted health." A lady came to our place to be treated for ozena. She had measles six years before, since which time she had been afflicted with ozena. The discharge from the nose was very offensive, especially in warm weather. The bones in the nasal cavity had given way slightly, leaving an indentation on the external surface. She took treatment for ten weeks, when she returned home sound and well. I learn, by a letter from a friend, that she has had no symptoms of ozena since she left us. I have described this case to several eminent physicians in our part of the country. They say it is a strange affair; that they have never known a case of confirmed ozena cured by any system before. A young lady having had neuralgia about eight months, took treatment at the Franklin Water-Cure, not quite one month, and went home entirely well. I attributed her quick recovery to the electro-chemical baths. A gentleman, residing at Tullahoma, sent for me in November last. I found him confined to his bed, and almost unable to move from the effects of neuralgia. He had been under the treatment of a drug doctor, one of the best in that section, for about six weeks. The doctor came in the next morning before I left. He said he was perfectly willing to give up the case, as he had tried everything known to the profession, as good for neuralgia, without any good result. He had,

* See Dr. Trall's "Family Gymnasium," p. 179.

of course, taken arsenic, belladonna, prussic acid, and many other of the most powerful poisons; for all these are recommended in standard works.

I prescribed for him, and put him under the care of a faithful friend of the cause, Mr. John Pearson, and in less than two months he was perfectly well, and able to work at his trade, carpentering. He says, when he commenced the water-treatment, he could not see, feel, nor hear properly; but that these senses improved with the first pack.

Such are the triumphs of Water-Cure in the South. We have had a fine time during the winter past, and a prospect for better in the future. We have had success beyond our most sanguine expectation, which renews our hope to press forward in the great work with renewed energy.

FRANKLIN WATER-CURE, WINCHESTER, TENN.

WATER-CURE IN OHIO.

TO OUR CLASSMATES OF THE HYGEO-THERAPEUTIC COLLEGE.

DEAR FRIENDS—Though scattered far over earth, and separated by broad States and deep rivers, yet we may each speak to the others through the medium of the pen, and in common share our joys and bear our sorrows. How glad I should be to take you each by the hand, and hear again the familiar voices; or once more look upon that group of happy, thoughtful faces, as we once sat in that well-remembered hall, listening to the words of wisdom, as they fell from the lips of our honored senior professors.

But those happy days and familiar scenes are passed, never to return. Yet the impress they left upon our minds time can not efface; and the wisdom of the words which there fell upon our ears has molded our minds in its own image, and shaped our lives according to its own great truths.

For the fostering care of our "Alma Mater," may we ever remember her with gratitude; nor forget the more material duty of aiding her in her present struggle for independence. Independent she now is of the prejudices and conservatism which fetter other medical schools; but, pecuniarily, she is not yet independent, and we must help her to become so. Let each do his duty, and the work can be done. It is not an excuse that we are poor. Our patrons are rich, and will give up their wealth in a good cause, if we show them that it is such. This is our work; let us not shrink from it.

And let us not, meantime, neglect to cheer and encourage each other in our labors. Our calling is a laborious one, and we meet with much to depress, as well as much to cheer us, and we need each other's counsels to strengthen and console us.

When we there parted, and bade adieu to those College walls, we each expressed a wish to hear from the others and know of their success when distance should divide us. That desire has been but meagerly satisfied.

This journal is the only medium by which we can reach all the class, and few of us have spoken through its pages. I have been frequently requested to do so but have, heretofore, declined, not wishing to occupy these precious pages unworthily.

But we have now been engaged in the good work one year, though my husband has not been here quite all the time, and will tell you something of what we have done and hope to do, promising to write again after hearing from others of that class.

Upon leaving New York we came here, where we still remain, and, in a short time, had considerable practice. The Journals and hydropathic books were quite extensively known and appreciated here before we came; and we have spread them wherever we could, having sold over a hundred dollars' worth, showing that the ground was prepared before we came. But it was for us to cultivate, and we have endeavored to do it faithfully.

Our first case here was three weeks after arriving—a child with convulsions, which were soon relieved by the warm bath and tepid injections.

The next, a lady with uterine disease of several years' standing. Had been mostly confined to her bed for several months. Had taken medicine of all sorts until she was tired of it; and continually grew worse. Her suffering was very great, at times causing her to cry aloud with pain. She appeared wholly discouraged, and was every way a pitiable object. This case looked rather discouraging for a young practitioner. But by the careful use of sponging, sitz baths, tepid injections, and wet compresses, the pain was in three days relieved to return no more. And, with proper diet, plenty of pure air, and a little gentle exercise, she was in three months walking and riding out; and in three months considered herself well, as she still remains.

Then came several cases of whooping cough, which were much relieved by hygienic treatment.

From this time we have been treating all kinds of diseases, both acute and chronic, of men, women, and children.

Ague and intermittent fever, which some have considered so hard to manage, we find no trouble in curing, where we can have the control of the patient, without which we do not pretend to cure anything.

Of other fevers we have treated numerous cases, and always with the same result. Oh! if all could but know the wondrous power of water over fever, what worlds of suffering might be avoided! Could they but realize its all-controlling influence over pain, what untold agonies might be assuaged!

Lung fever we are often called to treat, and I am always pleased to find such a case, knowing that the patient will soon be well; and is, thenceforth, a believer in water-cure, whether in the whole of the hygienic system or not. There is, perhaps, no disease which more beautifully illustrates the power of water-treatment than lung fever. For, under drug-treatment, the suffering is so great and so often ends only in death, when under water-treatment the suffering is very slight and recovery speedy and sure. We often find the patient very sick, and leave him in a few hours nearly well.

Typhoid fever, of which there is latterly a great deal, must have more time, yet less than one fourth what it has under drug-treatment; and the suffering is nothing in comparison, and recovery a hundred-fold more certain.

In inflammations of the bowels, kidneys, brain,

uterus, and all others, we have had the best of success; as will any careful and thorough hydropathic practitioner.

Of parturient cases we have had quite a number, all of which passed that perilous period in a manner highly pleasing to all parties.

In chronic diseases our treatment has been equally successful. Dyspepsia, liver complaint, bronchitis, neuralgia, rheumatism, white swelling, hip disease, etc., we have treated, and are still treating, with the happiest results.

Indeed, we are oftener than otherwise surprised at the rapid recovery of these cases, most of whom have been sick for years, and taken all kinds of drugs from all kinds of doctors; and, as a last resort before giving up to die, they conclude to try the "Water-Cure," as they call it; and how great is their surprise and delight, when, in a few weeks or months, they go home comparatively well! Raised from the verge of the grave they begin a new life, and a happy life it is. Often have I seen them really childlike, and half wild with delight because of their recovery.

One woman almost shouted in her joy, saying to me, "Don't think I'm crazy. I'm so glad I'm getting well that I don't know how to act."

But the most pleasing chronic cases are those old diseases of females, which have withstood the test of time and drugs.

Of such we have had a number. The most recent came three weeks ago upon a bed, to which she had been confined much of the time for one year, having been out of health twenty years.

She is now walking and riding out with a good prospect of coming health. Such ones must have careful treatment, but it is nearly always successful. To recount the recovery of one such case is to tell the story of all; for all alike have been badly drugged, and all alike are soon on the straight and narrow road to health. Not that every one can be cured, but such as can not we do not treat, except in one case where we could not well deny the sufferer the last faint hope of recovery.

To take money for treating people who could not get well would be wrong, besides bringing reproach upon the cause and disgrace upon ourselves. Therefore we do not take incurable cases, and have been obliged to refuse several applicants, all of whom might probably have been cured had they not been destroyed by drugs before thinking of hygiene.

If I was, before practicing, a full and firm believer in Nature's healing power, practice has but confirmed that faith, or more truly increases that knowledge.

Our practice has been in every respect strictly hygienic, that is, according to true physiological principles, as taught in our old lecture hall in the Hygeo-Therapeutic College. Before we left there, I had resolved that no drop of any poison should ever again be administered, as a medicine, by my advice; that I would practice Hygeo-Therapeutics in its purity, if at all; that if we could not live by a practice true and pure, we would live by some other calling, and not bring reproach and disgrace upon the cause by defiling it with the mammon of unrighteousness.

That resolve I do not regret, but thank Heaven that we have had power to sustain it amid all the temptations and corruption which surrounds us.

We have proven, at least to ourselves, that Hydro-pathy in its purity will sustain itself, if it has the strong hands and stronger hearts to carry out its principles.

We have visited some of the establishments in this State, and think some of them well conducted, but generally they are not uncontaminated by the surrounding wickedness of druggery.

Have lectured some, generally to good audiences, and have reason to think it was not without some effect.

You see what we are doing, and the past is the preface of the future. We have given our lives to the work, and hope to die at our post.

Hoping to hear from others of our loved class. I remain yours in the good work of medical reform,
SARAH R. HUMPHREY, M.D.

LANCASTER, OHIO, 1850.

LETTER No. 19.

From Harriet N. Austin

To ——— :

DEAR BLANK—It is wonderful, when we think of it, how much time, and money, and learning, and really hard labor have been brought to the investigation of the diseased conditions of man, and in finding out remedies for them. What hosts of books have been written, descriptive in their minutest details, of the almost innumerable diseases which afflict our race! It has been complained of that men devote years, aye, their whole lives, to the study of the organization, growth, development, and perfection of the lower animals, till a good degree of knowledge of that whole matter has come to be very general, while comparatively little is known of the organization or of the proper physical training and development of man himself. The difficulty seems to me to be, not that sufficient attention has not been given to the condition of human beings, but that they have been studied in relation to disease rather than in relation to health. This may be natural enough, since it may almost be said that disease is the rule and health the exception. Men have been taken as they were found, and not as they might be, and the question has been, not "How do they come to be in such conditions?" but "Can not temporary relief be given?" And so an unnecessary amount of labor has been expended, for the study of truth is always easier than the study of falsehood. Truth is simple, and easy of comprehension; error is complex, and leads its students in many a misty, mazy way. Health is man's natural condition—disease is unnatural. Health is true—disease is false; as manifested under the complications wrought by the means employed as remedies, it is immensely, darkly false. Hence we find that after the employment of so much genius and strength in its investigation, very little is known of its nature or cure. The simple truth is, that all the wisdom set forth by the schools in regard to it is little better than folly, and so their representatives acknowledge.

But in this age of the world a class of persons has arisen who take a different view of man. They look upon him as placed on the earth in such relation to it and all external forces that if he does not violate these relations he will live on health fully till his life comes to its natural close. They

think sickness is but the result of some violation of the established relation or natural law, and that its only remedy is a return to a correct life. This philosophy has the advantage of great simplicity. It is readily comprehensible by all, and bears upon its face so evident marks of truthfulness, that one holding himself free from prejudice has only to hear it stated to perceive its beauty.

I think no person has made a plainer or better statement of these principles than D. H. Jacques, in his work recently published by Fowler & Wells—his *HINTS TOWARD PHYSICAL PERFECTION, OR THE PHILOSOPHY OF HUMAN BEAUTY*. He makes the matter of human life, and health, and progression so simple and natural as to be readily appreciable by the popular mind. This is what makes the book what it is said to be, a "remarkable book." But there is one particular point which it illustrates with remarkable clearness, and brings from the region of misty abstraction into the sphere of every-day practical life: it is, how the soul influences the configuration of the body. It has been said often enough, that if one wishes to have a beautiful face he must cherish a beautiful spirit; that living in the midst of fine scenery tends to develop beauty in men; that two persons living together will grow to look alike. But in this book the philosophy of all this is taught, and how it may be made to bear on all one's life. We see at once how persons of different religious faith may be known by the shape of their heads and faces. I do not know how others may be affected, but nothing in a long time, so much as the reading of this book, has impressed me with the necessity of men being in constant and loving communion with God in order to the growth of beautiful characters.

To parents, or those who are to be parents in the future, this book is invaluable. It shows them how far the welfare of the child is in their keeping, and holds them to their true responsibility.

Then there are recipes in the last of the book for acquiring and preserving beauty, which, if practiced by the daughters of our land, will have the effect to produce a handsomer class of women in the next generation than exists at present, and by the use of the same means the present generation of women might grow handsomer if they would. But the obligation to be beautiful is not understood. Women think it a matter simply of personal interest whether they are good-looking. This is a mistake. What right has your neighbor to present to you each morning, to hold opposite to you during every meal, and to show you the last thing before he parts with you at night, a homely face, when he might show you a beautiful one? When men better understand their relations to each other they will cherish good looks as a duty to others, rather than to gratify personal vanity.

But having said thus much of the book in question, I must make one point of criticism. Not because I wish to quarrel with the author, or seem to set up my opinion over his; but I should be unjust to myself if I appeared to you to give unqualified approbation to his writings. He approves the use of tea and coffee. He has the most eloquent support of such men as Henry Ward Beecher and Bayard Taylor. But yet I venture to differ with him. I think that here he

is inconsistent with himself. Elsewhere he allows nature to be his guide. I will be so presumptuous as to suggest that here he may submit to his own appetite and practice, for I know how hard it is for the judgment to go against a long-established appetite. He says stimulation is a law of our being, and asks, "Can any substantial difference be pointed out between the physical effects of a cup of coffee and those of a piece of good news received with one's breakfast?" Perhaps not, if we observe the effect for only one day; but if we wait till the next morning, I think the man's appetite would not wait for the good news, whereas if his coffee is not forthcoming, his breakfast and his good-humor are lost.

I believe this is a safe rule to guide us in selecting articles of food and drink. Whatever, being habitually used, makes us dependent on its use for strength and appetite, is bad food or drink for us. Whatever, being wholesome in itself, does not have this effect, is unobjectionable. Flesh-meats, salt, alcoholic drinks, tea and coffee belong to the former description. Bread, apples, potatoes, and a large list allowing us sufficient range from which to choose our food, belong to the latter. The former make a man a slave. The latter leave him master of himself.

OUR HOME, DANVILLE, N. Y., July, 1850.

MEDICINAL FERTILIZERS.

THE cultivation of science is often met with the utilitarian query, *Cui bono?* Of what practical use is the abstruse principle, when you get it, for which, with lens and crucible, you are probing the deep crypts of nature, and spying out her secret ways? Sometimes it is not easy to point out a special application to art of a scientific truth while it is yet new; but do not despair, O patient seeker after recondite truth, resting assuredly in the faith that, if your search be successful, your labors can not be in vain, for no great truth is valueless. Even the Gradgrinds, who can appreciate only what they can estimate the immediate productive capacity of, shall share in the meliorations to which your discoveries shall give birth, though they may never attain to the knowledge of them, or of their own indebtedness. When Ampere, and Sturgeon, and Henry, and Wheatstone were making the brilliant discoveries in electro-magnetism which alone made the electric telegraph possible, developing successively the principles previously unknown, which it involved, what thought they of the magnificent conclusion to which their labors tended? The artist and inventor, not himself a scientist or discoverer, who successfully combined these principles, and reduced them to working order, in application to a great practical purpose, thereby won both fame and fortune, while their agency in the achievement is scarcely remembered, and quite unremunerated.

And not only does science give rise to new and valuable additions to the domain of art, but chronic errors are eradicated. It tears down no less than it builds. A new revelation of foundation-truth may expose the unsoundness of a superficial doctrine long accepted and canonized, and thus correct an erroneous practice based upon it, from which, in one way or another, the world has suffered, perhaps, from time immemorial. The

application of chemical principles to the improvement of processes and increase of means, in agriculture, in multiplied ways, of late, furnish beautiful illustrations of the grosser kind of what is here asserted in behalf of scientific research.

The scientific distinction between animal and vegetable physiology is just one of those deep-lying truths which, *prima facie*, seem to have nothing to do with the practical results of either. I hope to show, however, that it is—and how it is—a test doctrine—a standard truth—by which subordinate or subsequent principles of great practical importance are to be verified or disproved. The particular doctrine which it is my purpose to bring to its ordeal, on the present occasion, is the *Churchill-hypophosphite* theory of the cure of consumption.

Upon the assumed starting-point of the hypothesis, viz., a diminution of the due proportion of phosphorus in the nerve-tissues, as characteristic—*pathognomonic* is the technical term—of the tuberculous diathesis, I have only to remark that it seems scarcely well established. It is needless to argue that point. Even were it demonstrated, I hope, by a brief statement of fundamental principles, to show the absurdity of the attempt to remedy it by the mode and means proposed. Nothing less than the *éclat* with which the new humbug “takes,” and its *quasi* sanction by a learned profession, could render necessary an exposure of the fallacy of a doctrine which proposes to renew the wasted tissues of a consumptive human subject upon the same principles and by very nearly the same means as are employed by the farmer to restore a temporary productiveness to his worn-out corn fields!

Doubtless the mineral kingdom is the primary source from which is derived all the matter entering into the structure of organized beings. But plants alone have power to take it directly from that source. Animals can only appropriate and assimilate material elements which have already assumed an organized form in their transit through the laboratory of plant-life. The tree and the herb, by their rootlets in the soil and their leaves in the air, gather together from their various combinations certain inorganic elements, and re-combine them into the more complicated but still definite and distinct compounds of which organic chemistry takes cognizance. These serve for animal nutrition, but are never originally products of the animal organism. On the contrary, a constant result of animal life is that the organized substances which are consumed in its support are thereby reduced, in part directly and in part remotely, to the unorganized state. This is the true and constant distinction between animals and plants, in some species difficult to distinguish by any other criterion—that the latter are constantly engaged in organizing what the former are as constantly engaged in destroying, or reducing to its original state of dead or inert matter again. The mutual relations of the three kingdoms of nature may be illustrated by a comparison to the arrangements observed in the social fabric. The mineral kingdom represents the raw material; the vegetable, the producing class; and the animal, the consumers.

Thus, carbon is a constant element of every organized being. Under the influence of the

solar actinism, the sap of plants, widely distributed in the capillaries of the leaves and bark, seizes upon the carbonic acid everywhere present in the atmosphere, decomposes it, absorbs its base, carbon, and carries it in a new form or combination back with itself into the body of the plant, there to enter into the composition of all its tissues, and structure, and products. In these forms it is made fit for introduction into, and support of, the animal organism, by which, when it has fulfilled its function, it is returned to the atmosphere again, as carbonic acid, through the medium of the lungs, by a process presenting strong analogies to that of the leaves, above mentioned, which has hence been called the respiration of plants, but exactly its opposite in its chemical reactions and results. In other words, the carbonic acid of the air furnishes one of the elements which, by the chemistry of plant-life, are wrought into the woody fiber, gum starch, sugar, albumen, casein, gluten, etc.; while these organic substances, when subjected to the chemistry of animal life, and consumed in its service, return the same element, in the same form, in part, to the atmosphere again. So of the hydrogen, oxygen, and nitrogen, which, with carbon, are the four principal constituents of all organic substances. So, also, of the potash, soda, lime, magnesia, iron, sulphur, and phosphorus, which also enter, though in less proportion, into the constitution of certain parts of the animal frame. They were, each and all, first brought into their present chemical relations by the processes of vegetable physiology. Not an organized substance containing any one of them ever became such in any other way; and only as constituents of such substances can they become incorporated into the animal tissues.

All that system of medication, therefore, which affects a direct supply of inorganic elements or materials, when they are known or supposed to be deficient, rests upon a mistaken view of the powers of appropriation possessed by the animal organism. However rational and successful that method may be in agriculture, it is quite the contrary in medicine. Thus, physiology finds it necessary to correct the views of the chemist, who, from the decompositions and recompositions of mere dead matter which he observes and effects in his laboratory, presumes to predicate and direct the processes of life.

These, I believe, are established principles. If sound, it follows incontestably that, however largely phosphorus may enter into the composition of the nervous substance, or any other part of the animal frame, and however it may be diminished by tuberculous disease, its direct supply, in inorganic form, oxydized or unoxydized, is impossible from the nature and limitations of the assimilative powers, and that it can only be supplied in the substance of those organic products into whose composition it enters. If, therefore, the increased supply of phosphorus as a deficient element be really the thing needed in the treatment of consumption, the source from which that supply must be sought is in those forms of aliment which contain it in greater proportion than the average of human food. Chief among these, in the vegetable kingdom, are the seeds of plants, especially the cereal grains, which all experience has distinguished as the very “staff of life;” in the animal

kingdom, shell-fish. Also, those vegeto-animal substances, the especial favorites of professed vegetarians, in which the proximate elements containing phosphorus are separated from those that contain it not, and therefore offer it in concentrated form. These are eggs and milk, the first of which are the germs of certain forms of animal life, and the food expressly provided for the nourishment of those germs previous to their hatch; the other is nature's provision for the support of other species during the earliest period of their lives. The ends which these substances were evidently designed to meet are sufficient evidence of their adaptation to the purposes of nutrition in general.

How, then, are we to account for the beneficial effects of these remedies? In the first place, you remember Dr. Franklin's solution of the problem which had posed the French savans. Let us be sure of the fact before we attempt its explanation. Is there any such benefit to be accounted for? For my part, I quite incline to the opinion that this present labor of mine, the refutation of the hypophosphite hypotheses, is a work of supererogation, since the *practice* is found inefficacious and delusive. I think that extensive, carefully conducted, and impartial experiments have proved it so. But if otherwise, then, in the second place, although it has been said that “the faculty of science is to foresee events, and the more complete a science is, the greater its power of prediction,” it is by no means true that successful prediction is conclusive of theoretic truth. A remarkable example of this is found in the recent history of astronomy. I refer to the discovery of the new planet, Neptune. That event has become a staple illustration of the wonderful achievements of science—and a triumph of science, indeed, it was, but not to the extent claimed—and two astronomers and two nationalities have disputed for the honor of priority in the “prediction.” Le Verrier and France were the winners in this rivalry; and it did seem that there could be no mistake about their title to the high distinction. Yet, after all, since the planet is found, and its position and path determined to a certainty, it turns out that the orbit calculated by Le Verrier was not the orbit of Neptune at all, and that Galle's success in finding the planet where Le Verrier had directed him to search for it, was the result of the fortunate accident that it was at that moment in that part of the true orbit where it was crossed by the hypothetical orbit which had been calculated for it. If true of astronomy, which is a “certain science,” how much more true of medicine, which, at the best estimation, is a very *uncertain* science! If, therefore, the hypophosphites have been found in any cases or any degree beneficial, that fact is not sufficient to establish the hypothesis upon which they are prescribed. It is from overlooking the fallacy of this method of proof that the history of medicine is burdened with so many hypotheses once held as established, but now long since exploded, and so many modes of treatment, which have since passed into deserved neglect. I entertain no doubt that the hypophosphite delusion is destined soon—the sooner the better, unless something less innocent is to succeed it in the public confidence—to take its place in the chronicles of medicine along with the phos-

phate of lime—the same thing “with a difference” of a vowel and a prefix—tar-water, Indian hemp, tanner’s oil, and a thousand-and-one vaunted or supposed specifics and panaceas, neither better nor worse than itself upon the average, which, from time to time, the enterprise of nostrum-venders, the voracious credulity of an ignorant world, and the easy virtue of an accommodating profession have conspired to bring into vogue, to flourish and reign, each for a little season, and then to follow each other into a lasting oblivion.

DYSENTERY, OR BLOODY FLUX.

[As this disease is liable to be quite prevalent during this and the next month, we publish the following from Dr. Shew’s excellent work, entitled, “Children: their Diseases and Management.” Price \$1 25, post paid.]

The word “*dysentery*” is of Greek origin, signifying “an intestine.” It is known also by the name of “*flux*” and “*bloody flux*.” There is also what is called “*dysentery alba*,” or white dysentery. In this latter affection there are mucous and other discharges from the bowels, and the pain and bearing down (tormina and tenesmus) are the same as in the common form of the malady.

Dysentery rages sometimes as an epidemic. It is then when it exhibits its greatest malignity. When it happens sporadically, that is, in a scattering or casual way, it is far milder, and more easily managed.

Is Dysentery a Contagious Disease?—Dr. Cullen and other physicians regarded this disease as decidedly contagious. It was supposed that if any individual followed another laboring under dysentery for the purpose of relieving nature, that he was more liable to catch it than by simply being with him. Thus it appears that the discharges were considered the principal source of the contagion. It can hardly, I think, be made out to be a contagious disease, unless, indeed, in that sense in which probably all severe diseases are, to a greater or less extent, capable of communicating their kind. Certainly we often enough see very severe cases of dysentery occurring in a family of children where only one or two members among a number are affected.

Predisposing Causes.—Everything that tends to debilitate the system, or in any way to derange the general health, will render the child more liable to dysentery when it prevails in any given locality. The lower the vitality of the system, from whatever cause or causes, always the more likely the individual is to be attacked by a prevailing epidemic. This is as true of dysentery as of any other disease.

Exciting Causes.—These are as numerous as the multiplicity of ways and means by which human health is impaired. If children are fed lavishly upon candies, sweetmeats, cakes, pies, rich pastries, superfine bread, and the like articles—things of daily and almost universal occurrence throughout the length and breadth of our country and the civilized world—parents should not be at all surprised if they find them being attacked every now and then with diseases of the bowels; and if this be in the summer or autumnal months, dysentery is apt to be one of the forms of such

attacks. Irregularity in taking food has much to do in the matter. Unripe fruit often causes it. Cold and damp at night may also bring on dysentery, particularly when the days are hot, I believe all agree that it is often produced by changes from heat to cold, and from cold to heat—by sudden changes of any kind. Among armies, it is said that a vast number of persons have been suddenly attacked, when, after being exposed to heat and fatigue during the day, there has been a sudden change of temperature at night.

Bad water has been known to cause this disease. “Dr. M. Barry,” as quoted by Dr. Cheyne, “affirms that the troops were frequently liable to dysentery while they occupied the old barracks at Cork; but he has heard that it has been of rare occurrence in the new barracks. Several years ago, when the disease raged violently at the old barracks (now the dépôt for convicts), the care of the sick was, in the absence of the regimental surgeon, intrusted to the late Mr. Bell, surgeon, in Cork. At the period in question, the troops were supplied with water from the river Lee, which, in passing through the city, is rendered unfit for drinking, by the influx of the contents of the sewers from the houses, and likewise is brackish from the tide, which ascends into its channels. Mr. Bell, suspecting that the water might have caused the dysentery, upon assuming the care of the sick, had a number of water-carts engaged to bring water for the troops from a spring called the Lady’s Well, at the same time that they were no longer permitted to drink the water from the river. From this simple but judicious arrangement the dysentery very shortly disappeared among the troops.”

Symptoms.—The symptoms of this disease are the following:

1. *Those Relating to the General System.*—There is generally, probably always, a greater or less degree of pyrexia or general fever; but this does not, in all cases, take place before the local symptoms declare themselves. There may be also, as in other inflammations, chills with the feverishness. Sometimes this fever seems very high, and is accompanied with a hard and frequent pulse, hot skin, flushed face, and a furred tongue. There is also headache and great thirst, as much as may occur in any fever or inflammation.

2. *The Local Symptoms.*—These may be compared to a mixture of those of colic and inflammation of the bowels. There are violent pains, like those of colic, in the abdomen, called *tormina*; but the most troublesome symptom of all is the strong forcing down of the rectum or lower intestine, constituting a frequent and very urgent desire to evacuate the bowels, without the power to do so. This is called *tenesmus*. These pains are not constant, but alternate, according to the severity of the case. The bowel sometimes protrudes itself during the progress of the disease.

3. *The Discharges.*—These are scanty and irregular. Mucus and bloody matters are thrown off, but not in great quantities. The natural evacuations are for the most part retained; occasionally, however, hard lumps pass from the bowels. The discharges are often very frequent, amounting to thirty, forty, or more in a day; but each particular discharge is scanty. Dr. Syd-

enham defines dysentery to be “frequent mucous stools, with griping.”

The blood discharged in this disease may be actual clots; or at other times it is quite liquid, and very considerable in quantity. Shreds of fibrin are sometimes expelled, and fatty matters have been known to be thrown off. “The liver very frequently ceases to secrete, so that no bile at all passes away; and sometimes it is in a state of great irritation, so that it secretes *green bile*, and the discharges are therefore green. Sometimes, however, the discharges appear to be of a pitch-like substance. Again, instead of thick mucus, there is thin serum; and from there being a little hemorrhage, this serum is reddish; so that the discharge from the alimentary canal has, very aptly, been compared to the washings of meat. The discharge may be of all colors and of all qualities, but the feces are usually retained.”

Sometimes pain and difficulty in passing urine are added to the above symptoms. The irritation of the rectum is reflected upon the bladder by sympathy from the lower portion of the spine, constituting what is termed dysuria, or difficult passing of urine.

The stomach not unfrequently sympathizes with the bowels, so that nausea and vomiting ensue.

With all this local suffering, and the continuance of general distress, the patient often passes many sleepless, dreamy, and disturbed nights, accompanied with great despondency and depression of spirits. When the disease proceeds to a fatal termination, the pulse becomes small and rapid, the countenance assumes a death-like appearance, the features become sharp, and the surface grows cold, an indication that death is beginning at the heart.

Dysentery as Differing from Diarrhea.—In both of these diseases there may be, and often is, severe griping pains; the discharges are frequently loose in both; but in dysentery the natural evacuations cease, or they are expelled only from time to time in small, hard, roundish, separate lumps, called *scybalæ*. But in diarrhea the discharges are fecal. In dysentery, too, the excruciating tenesmus, or bearing down of the lower bowel, is a very different thing from what usually occurs in diarrhea, and in fact constitutes one of the most prominent symptoms of the former disease. Dysentery often begins, however, as a mere diarrhea. Nothing is more common in our cities, in the summer and autumnal months, than for a child to have first, diarrhea, the discharges in which become at length streaked with blood, ending finally in severe dysentery.

Terminations.—Acute dysentery may terminate:

1. In health.
2. In a chronic form of the disease.
3. In another disease.
4. In death.

When the disease terminates favorably, we find a gradual abatement in the severity of all the symptoms. The *tormina* and tenesmus diminish; the fever grows less; the discharges become less and less frequent; the bloody and mucous dejections disappear, while the evacuations assume a more natural appearance; the strength gradually though slowly returns, until at length health becomes fully established.

Chronic Form of Dysentery.—In some cases the constitution may have sufficient power to prevent immediate death from acute dysentery, while yet there is not recuperative power enough in the system to complete the restoration of the parts that were involved in the acute stage of the disease. So also the chronic form may occur in consequence of errors in diet, excessive fatigue, exposure to damp and cold, the improper use of medicinal and other stimulants, and from a variety of causes of similar kind. "The countenance is sad, pale, or yellow; and the whole of the forearms and hands become covered with an earthy-looking crust; this never fails to be a bad sign. The skin is dry, and rough to the touch; the lips and gums are without color; the face becomes edematous sometimes; the patient continually wastes; the dysenteric odor is even stronger than in the acute form; indeed, it becomes almost insupportable. The pulse is feeble, slow, intermittent, with evening exacerbations; sometimes the belly is hard, but not painful; the urine is brown, scalding, and passes off with difficulty; the feet and legs swell, and eventually become hydropic."

Often in the chronic form there is no general feverishness whatever; the disease degenerates into diarrhea, or what is sometimes called dysenteric diarrhea; that is, diarrhea characterized by griping, tenesmus, and a discharge of mucus, with or without streaks of blood. Chronic dysentery is reckoned by medical men generally as being an incurable disease.

Treatment of the Acute Form.—The indications of treatment in acute dysentery are:

1. To subdue the general fever.
2. To mitigate the pain.
3. To support the patient's strength.

This is a disease emphatically of inflammation. If there is much pain attending it, we may know that intense inflammation exists; so also of the tenesmus and the discharges. Entire constipation of natural discharges, that almost always take place, is also an evidence of the highly inflammatory state of the system generally.

The best authors who have written on this disease agree as to the propriety of the sedative, antiphlogistic, or anti-inflammatory plan of treatment. There are, of course, a great variety of ways in which this may, to a greater or less extent, be accomplished. Purgatives have the effect of reducing feverishness; sweating medicines, too, and more especially bleeding within proper limits, have this effect. But a very important question arises in reference to all these modes—modes, too, which have been for so many centuries resorted to by the greatest, wisest, and best of men in the profession—whether they do not often cause more harm than good in this formidable disease. Any one who will take the trouble to read all the various modes that have been and are still resorted to, and that by the most competent and skillful of the profession, will also see that there is among such writers a great want of system and uniformity, and that often one recommends a method diametrically opposed to that of another. But, as before remarked, the *antiphlogistic plan* is that which is aimed at by most practitioners in this disease.

But how are we to produce in the safest, best, and most effectual manner this sedative or anti-

phlogistic effect upon the system? This must be a serious question with every intelligent and conscientious practitioner of the healing art. Shall we go upon the plan of the most eminent practitioners of Cullen's time, who regarded that the disease is to be cured most effectually by purging, assiduously employed? Or, shall we regard Cullen's own opinions, that "the most gentle laxatives are usually sufficient; and as they must be frequently repeated, the most gentle are the most safe, the more especially as an inflammatory state so frequently accompanies the disease?" Or, if this do not succeed, shall we bleed the patient freely, as recommended by such authorities as Sydenham, Elliotson, Dewees, Mackintosh, Watson, and others? Or, shall we give heavy doses of calomel at intervals, so as to get the mouth sore (salivated) as soon as possible, as recommended by Elliotson? Or, shall we use tartar emetic, large and repeated doses of opium, leeches, and, in short, all of the most horrible enginery of the old school? If I have studied the human system and the healing art to any purpose, if I have practiced among the sick with anything like satisfactory success, I affirm that there is a better mode than all these, more powerful and more efficient, and, at the same time, incomparably more safe than any or all of these combined. The remedy is, moreover, as simple, cheap, and universal as efficacious; it is precisely such a remedy as we would naturally expect a good, wise, and benevolent Creator to place within the reach of all His creatures. It is, in short, COLD WATER.

So far, then, as general feverishness is concerned, in this, as in all other diseases, let it be kept continually subdued by the cooling or sedative effect of cold water. IT IS THE HEAT OF INFLAMMATORY DISEASES THAT TAKES AWAY THE STRENGTH. The strength diminishes in proportion as the temperature augments. Cool and cold water, cool air, and coolness generally, by preventing the abnormal heat, promotes the strength. Nor need the water be used very cold, if the patient is weak. Even tepid water is much cooler than the blood; and, if continued for a sufficient length of time, may be made to cool the system very effectually, and this even when the feverishness is high.

It is very necessary to watch constantly the condition of the abdomen and the head; these parts are very apt to become too hot, and the sooner all febrile symptoms are combated, the easier are they subdued.

The Cold Hip-Bath.—The second indication of treatment—the mitigation of pain—is a very important one; and here I am led to remark, if there is, in the whole range of human diseases, one instance wherein a remedial agent can be made to act in a manner most agreeably efficacious in subduing pain, it is the cold sitting-bath here. In the tormina and tenesmus of dysentery, a child may be writhing in agony a great portion of the time; opiates and injections, and all other remedies fail in bringing relief; we sit or hold this child in a tub of cold water, and directly the pain ceases. We use the remedy sufficiently often, the water being of proper temperature, and we are certain of securing our object so far as the relieving of pain is concerned. Whether the patient can LIVE is another question; but if death,

even, must be the result in any given case, it is certainly very desirable that we make this death as easy as may be. This every parent can well appreciate.

Let this bath be used thus; a common wooden tub is sufficient, the size being suited somewhat to the patient's age. It is better to elevate the back of the tub a few inches by placing under it a brick or a block of wood. If the tub is of pretty good depth, all the better, as we wish to have the water come as high upon the abdomen as may be; but if the tub is shallow, the water can be poured higher upon the body by means of a cup, or a sponge or towel dipped frequently in water may be used. MAKE THOROUGH WORK IN COOLING THE BOWELS, AND THEN THE PAIN WILL CEASE. If it is a young, feeble child, let two persons lay hold of it, one to support the head and upper part of the body, the other the feet outside of the tub. I would not object, in some cases, to having the feet in warm water at the same time. I am not certain but this would be good in all cases. I should not, at any rate, be afraid of it if the water were not used too hot. The feet, also, may be rubbed with the dry, warm hand, or warm cloths, or other moderately warm applications may be made. But I repeat again, *make thorough work in keeping the abdomen cool*, and repeat the necessary processes as often as heat and pain return.

Wet Compresses.—In the old practice, some have used warm fomentations of bran, wet flannels, etc., and others have used these applications cold. It is probably well to alternate occasionally with the two, but they should not be used hot. Each will act better in consequence of these changes. But I would depend mostly upon the cold applications externally. Warmth is also good often, I will remark, to relieve pain; but we must recollect that artificial heat is, as a general fact, debilitating to the system, and that we must therefore use it with extreme caution in the treatment of disease. Patients with dysentery should wear the wet girdle a large share of the time, until they become thoroughly well and strong; but it should be often re-wet, in hot weather, otherwise it would be very likely to do more harm than good by overheating the system.

If there be great soreness of the anus, or external opening of the lower bowel, a heavy, wet compress should be placed upon the part. We wet a heavy diaper, and apply it as for a young infant. This may be double or treble, according to the necessity of the case. This accomplishes much in relieving and preventing the soreness alluded to—the excruciating torture so often attending the disease.

Injections and Drinks.—I do not believe it best to use very cold water internally in bowel complaints, of whatever kind. Tepid or moderately warm water I now believe to be the best. *Water-soaking* the system internally, so to say, has a great effect in subduing inflammation and pain. It also dilutes morbid matters, rendering them thus less powerful for harm, so that the healing may go on much more rapidly than would otherwise be the case. I would give the child all the liquid he desires. I would even encourage him to take more rather than less; and the best liquid of all for this purpose, doubtless, is pure,

soft water, the purer and softer the better. People may everywhere have pure, soft water, if they will only be at the expense (which is, on the whole, a moderate one) of catching the water as it comes from the clouds. But use even hard water, rather than any other drink. Boiling the water, if it is hard, improves it somewhat.

MY SATCHEL.

BY H. H. HOPE.

CHAPTER VI.—THE NAMELESS.

SOME weeks after Mr. F. had bought his horse, Gerrit was riding it. He showed exquisite management of it, and had already become the "observed of all observers" in the village. In his hands, and under his training, the horse had changed very much. He carried his head better, swung his hind legs more under his body, lifted his fore higher, and put them down better, gave his body better and freer swing, and obeyed the bit admirably. *How* he did it no one could well say. They saw that he, a mere boy, did it—did it without noise, or bluster, or assumed airs—and that between him and his horse there was rapidly growing up such perfect understanding as to make it matter of great interest to all who had occasion to notice it.

On the morning to which allusion is made, Gerrit, in his ride, met a young girl. As soon as he saw her he exclaimed,

"Heavens! who can *she* be? I never saw so beautiful a creature!"

And as soon as she saw his horse she stopped and patted her hands and cried out, "Delightful! beautiful! splendid! I wish I could ride him! How he can *trot*—I *know* he can. See how strong his hind legs are! See how he lifts and puts down his fore feet! What an eye! What a nostril!"

Poor Gerrit! He was transfixed. The dart had gone clean through him and impaled him like a spear. He had heard all she said, and the praises of his horse, added to her own personal beauty, bore down on him with all-conquering force, and for the minute dispossessed him of all presence of mind. As they came against each other—she on the village path, and he in the road—they stopped as by common consent, and for the first their eyes met. The girl spoke, carried away by her enthusiasm, and said, "What a beautiful horse you have! I did not know that so splendidly built an animal could be found in this county, much less in this town."

Gerrit sat gazing at her like one in a cataleptic fit, but finally came to speech, and asked her, "Who are you? I did not know that a girl lived who, at first sight, could pick out all the good points of a horse as you have done in my horse. May I ask your name?"

"My name, fair lad, is Penelope Darling."

"But where do you live?" Gerrit asked.

"I live up here," throwing her hand overhead, backward, with inimitable grace.

"Up here!—where?" inquired Gerrit.

"Yonder, in the cottage."

"At Mr. Skutely's?"

"Yes."

"But Mr. Skutely is a shoemaker."

"Certainly he is. Is that any reason why I should not live with him?"

"No—yes, it is, too. What can a shoemaker know about *horses*? And if he does not, how came his daughter to know anything about them?"

"But I am not his daughter. My name is not Skutely; it is Darling."

"I beg pardon—I forgot."

"So I perceive," said she. "But I am going to ask a favor of you."

"What is it?"

"That you would let me ride that horse."

"Ride this horse!" said Gerrit; "ride—*this* horse! Do you imagine you could ride *this* horse?—the most spirited of all horses I ever knew. Why, child, you could not stay on his back a minute."

"Why, child, back again, I can ride him, or drive him, or do anything in five minutes with him. Hold! lay the reins on his neck, please. Excuse me;" and, stepping up to him, she patted his nostril; the bottom of his head—his mouth—was about as high as she could reach. She patted his nostril for half a minute, and soon he held his head down, and she put her mouth against his nose and breathed into it, and the horse became as still as though dead, while Gerrit sat on his back as General Washington sits on his horse, in the equestrian statue at Union Square, in New York city. So full five minutes passed, and then she stepped one side and said to Gerrit, "Sit still, say nothing, and fear nothing, and you shall see whether I can ride him or not. Come, Dare-All!" The horse opened his eyes; they looked as a drunken man's do—dreamily—and went toward her. She retreated. He followed. She got two or three rods from him, when, giving a little neigh, he started into a trot and came close to her. She stopped and patted him on his neck, and he went off into dreamland—the domain of deep quiet—again. His head rested on her shoulder; his eyes looked vacant and sleepy; his tail drooped; and for all you could see, he looked like a horse in a white clover lot in June, standing under a broad-shadowed maple at 3 p.m.

She looked up from under her gipsy hat, and laughed a little merry laugh, and asked Gerrit—

"What say now? Think I can not ride him? Are you a good rider?"

"The horse does not live who can get me off his back, unless he takes me unawares."

"Are you sure of it?"

"Yes, perfectly sure of it."

"I wish I was sure of it."

"You may be; but why do you wish so?"

"Because, if I were, I would let you see your horse act as you never saw him act, and I should have the pleasure of seeing him show his good points."

"How?"

"Oh, by just going off ten rods and calling him to come to me, while you tried to hold him *from* coming."

"What do you think he would do?"

"Come to me, if possible, though he might not find out for a little what kept him from it; but when he did find it out, you would have to show extraordinary horsemanship, or he would unhorse you, and perhaps hurt you."

"Ha! ha! ha! do it," Gerrit said; "do it; I'll take care of myself."

"Well, be on the alert, for I tell you he will show antics such as you never saw. I wish I had seen you ride. Positively, are you a good rider?"

"Yes, I am."

"First-rate?"

"Yes, never fear me. Let me see what you can do. Already you have surprised me; now proceed, and see if you can *astonish* me."

She turned and walked away about five rods, and stopped and said to Gerrit,

"Is your saddle a good one?"

"Brand-new."

"Girths stout?"

"Yes."

"Stirrup-leathers strong?"

"As a lasso!"

"What sort of bits has your bridle?"

"Mexican gag."

"Good!" she exclaimed. "Now make yourself firm in your seat. Everything ready?"

"Yes."

"Gather up your reins; draw on his mouth. Come, Dare-All!"

No sooner spoken than the horse opened his eyes, saw her, and, raising his head, started toward her, to feel Gerrit's pressure on his mouth. And then began a contest which it is difficult to describe so that the reader can understand it, but which, for dramatic interest, never was surpassed.

"Come, Dare-All!" cried the girl; "come to me, pet!" and her girlish yet resonant voice rung through his brain till every nerve in his body quivered like an aspen. It fairly crazed him. He reared, he plunged forward, run backward, turned his head and tried to bite Gerrit's legs, snorted, neighed, whinnied like a colt after its mother; but his rider sat him like a Camanche—as a part of him. He was *astonished*, but he was himself. The sweat ran down the horse's sides. His fore legs and breast were white with the foam of his mouth. He was trembling with passion, and because he could not go at the beck and call of the girl.

The strife ceased. The horse was "stock still." The girl stood statuesque, and Gerrit, all alive, sat in his saddle for the next plunge. All at once the girl cried, "Come, Dare-All! come, pet!" and quicker than imagination the horse plunged headlong; but the terrible gag, with the muscular gripe behind it, brought him up. He changed his tactics; he raised himself on his hind feet, and walked like an orang-outang.

"Thoroughbred! thoroughbred! no horse with black blood in him would do that!" exclaimed the girl. "Come, Dare-All! come, pet! come!" and the horse, in spite of Gerrit, who clung to him as a boy would cling to a tree which he was climbing, actually walked on his hind legs to the girl, or rather *nearly* to her; for when she saw that he was doing what Gerrit could not help, she walked back toward the horse, and, when near to him, seated herself on a little grassy knoll. As soon as the horse got to her, he came down to his fore feet, and instantly laid down, doing it so quickly as hardly to give Gerrit time to get off his back. When fairly down, he stretched his

small and chiseled head toward the girl, and, giving a little neigh, laid it in her lap.

She accepted the confidence, and, stroking him between the eyes, said, "There, pet, go to sleep!" In an instant after she looked up and said to Gerrit,

"Have I astonished you?"

"Astonished me! You have bewildered me! You have crazed me! I am deranged! Who, in Heaven's name, are you?"

Laughingly she replied, "My name is Penelope Darling, and I live with Mr. Skutely, the shoemaker."

"The devil take Mr. Skutely, the shoemaker!" said Gerrit.

"Why, what has *he* done," she asked, "that you invoke the devil to take him?"

"Nothing, only that he has no right to have you. You were born to live in different associations than those which a shoemaker can furnish."

"Now you are unjust. But for Mr. Skutely, I should have been in the poorhouse."

"You would! Have you no father?"

"No."

"Nor mother?"

"No."

"Why not?"

"They are dead."

"Ah! then you *have* had?"

"What a question! Yes."

"You are better off than I was. Till lately, I never had *any* parents."

"You never had any parents?"

"Certainly; I was born without father or mother."

"No."

"Yes, I was. But now I have good parents."

"Who are they?"

"Mr. Henry Ferguson and wife are my parents."

"Are they?"

"Yes."

"How glad I am!"

"Why should *you* be glad?"

"Oh, because I have often wished that, having no children, they would adopt me. They are such nice people!"

"They *shall* adopt you."

"*Shall* adopt me?"

"Yes; haven't I said they should? And do you think I would have said so, if I did not know they would, if you and I want they should? I know they will."

"Oh, I wish I knew they would! See how Dare-All sleeps. Oh, if they would!"

"They will. Don't you fear?"

"If they do, then Dare-All will be the greatest horse in the kingdom."

"And we?" said Gerrit.

"Will be the most dutiful, loving children in the State," said the girl. "But it is time you and I were getting home. Hold still till I bring Dare-All to himself." And making a few transverse passes across the horse's forehead, she laid his head off her lap, and when he opened his eyes he sprang to his feet like an animal who is startled. But Gerrit had him by the bridle, and speaking to him soothingly, he quieted him, and saying to the girl that he would lead the horse, he and she walked along together.

The Month.

NEW YORK, AUGUST, 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 mornin' light."

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

WATER-CURE IN PARIS.—The interesting letter from Dr. Seth Rogers, published in our last number, shows that the Paris doctors are very much in advance of the New York doctors, in introducing hydro-pathy into their hospital practice. There, the physicians have departed so far from the regularity of their ways as to mingle water-cure processes quite freely with drugopathic remedies. But here, the bare mention of hygienic therapy still makes the orthodox medical profession shudder in its shoes.

The facts and observations communicated by Dr. Rogers seem to prove that the most awkward and bungling water-treatment is better than the most skillful and scientific drug treatment. Indeed, all the statistics which were ever collected in any place on this subject tend to the conclusion that the percentage of mortality, in every disease, is always in proportion to the quantity of drugs which the doctors administer. The experiments of the great Magendie, made in one of the largest Parisian hospitals, proved that those patients who took little medicine did better than those who took more, and that those who took none at all did best of all.

Dr. Rogers greatly errs in some of his conclusions, for want of a correct rule or theory by which to interpret the phenomena which have come under his notice. He seems to imagine that, when water-treatment and drug-treatment are employed conjointly, if the patient recover, the water and the drugs are equally entitled to the credit of the cure. But this is a most fallacious method of reasoning. It has misled the profession and deluded the people for ages. It is simply absurd to put forward any medical man's experience as a test of truth, in the face of the well-known fact that the experience of no two physicians is alike. Dr. Rogers should be reminded that sick folks sometimes recover *in spite* of the medicine.

This may be sometimes said of water-treatment. And we apply the remark, with especial emphasis, to the very case the management of which Dr. Rogers commends so highly. We protest against the practice of inducing any patient, low of typhoid fever, to drink "*six gallons of water in twenty-four hours.*" It evinces an entire misapprehension or ignorance of the fundamental principles of hygienic medication. No wonder that, after the performance of such a feat, Dr. Rogers thought the patient needed some tonic medicine! We object to having cases of malpractice put forward as evidences of the failure of the water-cure system. One might as well give a dyspeptic six pounds of bread to eat at a single meal, and then think that emetics were always necessary in the treatment of dyspepsia. We can not imagine how any physician can practice Water-Cure according to the theories of the allopathic schools, and we must be permitted to say that the teachings of the allopathic doctors, even though they are members of the French Academy, are peculiarly calculated to misfit one for being a successful Water-Cure physician. How can success in practice result from a false theory? We have a sad and significant illustration of this principle in the case thus briefly detailed by Dr. Rogers:

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 Hotel 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.

Here is a plain case of water-cure *kill*. The injudicious application of cold water, no doubt, produced congestion of the lungs and death. We are astonished that Dr. Rogers should see nothing to condemn in such practice.

Dr. Rogers, we are sure, will pardon us for calling his attention to the true theory of fever, without a knowledge of which no one can be as successful as he should be in the practice of our system. Dr. Rogers speaks of the "adynamic state of typhoid fever," as though this was peculiar to certain forms or stages of the disease. This is a very grave error. Typhoid fever is always adynamic from first to last; and this is also true of all visceral inflammations with typhoid fever. Had this principle been recognized in the case of the man who was, by too cold treatment, sent shivering to his bed, and who "died in

three days of pneumonia," the "poor fellow" might have now been among the living. We have known Water-Cure physicians in this country, who administered baths according to allopathic theories of disease, produce the same disastrous results. And we could give name, place, and date, were it necessary.

Dr. Rogers' allusion to our refusal to publish his case of hydro-drugopathic treatment of typhoid fever, several years ago, affords us the proper opportunity to make an explanation, which we now do, intending it for the benefit of Dr. Rogers particularly, and his patients generally. We objected to publish his case because he did not state the facts and circumstances so as to enable our readers to judge of the propriety or impropriety of the drug part of his treatment. Dr. Rogers *assumed* that the patient had been treated in the best possible way, hydropathically, under his hands, without telling us precisely what that treatment was. He *assumed*, also, that water-treatment had failed, and that the patient was in danger of dying, without giving any reasons for such opinion. He *assumed*, moreover, that the patient needed *some* tonic, without telling us why or what. He *assumed*, further, that the "pure tonic" which he did administer, and whose nature he carefully withheld, saved the life of the patient. We were asked to publish the case, so that our readers should have a triumphant demonstration of the truth of the hydro-drugopathic system, without having the evidence which would enable them to judge correctly. We protested then, as we do now, against any man assuming to himself infallibility of opinion, and asking us to swallow his conclusions without an opportunity to criticise the data on which they are founded. We offered to discuss the matter so as to elicit all the facts and establish the correct principle. He refused the discussion, and went to Paris, where, we are sorry to say, he has become more confirmed in his erroneous notions.

We now renew the offer we made in 1851. If Dr. Rogers will give us a full history of the case, with all the particulars of the treatment, we will publish it, and either point out his error, or acknowledge that drugs are a necessary part of our system. What more, in conscience, can any man ask? If Dr. Rogers is sincerely desirous to have the truth, the whole truth, and nothing but the truth, established

(which we will not at present doubt), he will not, he can not refuse to give the desired information. If we are wrong, it is his duty (as he assumes to be a public writer and professional teacher, and has held a professorship in a medical college) to expose our error so that we may not mislead others. We are ready and willing to point out what we conceive to be his mistake, whenever he will give us the opportunity.

WATER-CURE IN OREGON.—Dr. G. A. Weed and his wife, Dr. A. M. Weed, both graduates of the New York Hygieo-Therapeutic College, are doing a good work on the other side of the Rocky Mountains. They have spent one year in traveling over Oregon, and have lectured with excellent success in all of the principal villages. They have been well received by the people, and what is rather remarkable for the advocates of an unpopular system, they have been well paid. But there, as everywhere, our system has experienced, as Dr. Weed truly says, "the *meanest* kind of opposition from the drug-doctors," who seem to act as though their very existence depended on keeping the people in ignorance. Although Drs. Weed have, in all places where they have lectured, courteously invited the drug-doctors to attend, listen to their arguments, and make any objections, or debate any matters of difference before the public, not a single one of them has met them candidly, decently, openly, and fairly. On the contrary, they have undertaken to counteract their teachings and neutralize their influence in the same way they undertake to cure disease—by poisoning the body and destroying the constitution. They circulate all manner of slanderous imputations, misrepresentations, and outright, lying fabrications. Instead of argument they deal in slang. For want of facts and scientific data to sustain their murderous system, they hurl vile epithets and cunningly-devised falsehoods at the heads of those who advocate a better system. Instead of reasoning face to face with their opponents, like cowardly dogs or sneaking thieves they hide their distinguished heads behind some subterfuge of popular prejudice and superstition, and then and there bark out their denunciations with all the vigor and valor that a sense of safety and security naturally inspires. Dr. Weed writes:

SALEM, OREGON, May 11, 1859.

DEAR DR. TRALL: Since I wrote you last we

have traveled over nearly the whole of this State, lectured in all the principal towns, and have met with much better success in our enterprise than we anticipated, not only in a pecuniary point of view, but, in arousing the people to *think* on the subject of Health Reform.

Our lectures have generally been well attended, and not unfrequently we have had crowded houses. Mrs. Weed's lecture on The Education and Development of Woman, in particular, has been very well attended, and has excited considerable discussion, both favorable and unfavorable, through the Press, and otherwise. But notwithstanding the bitter and *mean* opposition we have met with in many cases, we are gaining friends from every part of the State; and what is more cheering still, they belong to the *intelligent class*; in fact, I believe the intelligent portion of the community would *all* be on our side, if the great practical advantages of the *Hygienic Healing Art* were fully and fairly proved and explained to them. Nothing has surprised or pleased me more than the apparently receptive condition of the minds of the people to the claims of our system.

As a specimen of the kind of opposition we have met with, I will cite one instance.

In one town in which we lectured, the dupes of drugs and rum tried to put us down. They circulated a story that we were "Free Lovers," and that Mrs. Weed's lectures "were too obscene for any decent person to listen to," etc. This story I traced directly to an allopathic doctor who kept a drug-store in the place. I went right to him, and proved it to be false by his own authority, and finally proved it to be a sheer fabrication of his *own*, assisted by some of his fraternity. They succeeded, however, in breaking up our lectures in one place, by the aid of a brass band, and such other annoyances as they could invent; but we were fortunate enough to secure the use of a church, and finished our course, and before we left there was quite a reaction in our favor, or, to apply an Oregon phrase to our opponents, "*they weakened*," and a gentleman recently from there tells me that they have damaged themselves in the public estimation very materially.

I have invariably invited our opponents to meet us in public debate, and defend their system; but instead of doing this, they have chosen to misrepresent, slander, and even lie about us in private. Not *one* has dared to appear in public and vindicate his practice, which I think looks rather shabby for the supporters of a system that claims to be the embodiment of all the talent, learning, and experience of the last three thousand years.

We have had, and are having, considerable practice, notwithstanding we have been traveling so much of the time. Mrs. Weed has had quite a number of obstetrical cases, and has a good prospect for as much as she will want to do in that line.

We have sent on to New York for some lecturing apparatus, and shall take the field again in the fall. Very respectfully yours, G. A. WEED.

PUTRID SORE THROAT.—In another article Dr. Weed says:

I have an item of statistics that will probably interest you, notwithstanding your familiarity with similar facts. During the past winter the *putrid sore throat* has been very prevalent and very malignant. Out of about twenty-five cases that I am knowing to, which have been treated hydropathically, *not one has died*; on the other hand, out of about thirty cases that I am also knowing to, which have been treated "scientifically," *only three have recovered*. Is not this a marked instance of the "proving" of medical science?

A HINT TO WHOM IT MAY CONCERN.—The moral of the story contained in the following letter is so obvious and practical, that we submit it to our readers without note or comment.

MOUNT AUBURN, ILL., June 10, 1859.

MESSRS. FOWLER AND WELLS: Two years ago we were living in Piatt County. There came in a young man very emaciated, and on inquiry as to his health he told me he had had the dyspepsia—that water-treatment at home had been the means of doing him good.

He was soliciting subscribers for the WATER-CURE JOURNAL. Provided he could get up a club of twenty, we could have the WATER-CURE and PHRENOLOGICAL JOURNALS for one dollar. After looking over the Journals, I subscribed for them, and we bless the day that young man had it in his heart to call on us. It has done more for us than anything else could have done. I have been troubled with a scrofulous affection in one of my hands, and occasionally in my eyes. Mr. H. has been troubled with what the doctors called quinsy; had it break as many as six times in one winter. Since we commenced reading your excellent JOURNAL, Mr. H. has discarded pork. We use neither tea nor coffee, but little salt, and very little spices. Mr. H. was in the constant use of tobacco from the age of twelve to forty-six, but now uses none at all, and does not feel the want of it.

We have taken a great deal of strong medicine, which has injured our constitutions, and no doubt will shorten our lives; but farewell to it all—we do not intend to use any more; we have Dr. Trall's Encyclopedia, and intend to follow its directions. Last summer Mr. H. saw an account of a gentleman doctoring horses with water in one of the Journals. He had a horse they did not consider worth anything—had it on hand for months; he commenced doctoring it after the directions in the JOURNAL, and cured him so that he appeared to be as well as any; sold him for \$125.

We have tried to get up a club for the WATER-CURE, but have not succeeded. We have concluded we can not do without it. We hail it as a harbinger of good; it comes to us full of life and comfort. Oh, that it might spread to the ends of the earth.

We now send for the WATER-CURE JOURNAL, Phrenological Journal, and Life Illustrated. I inclose three dollars for these three papers, commencing with the next numbers.

A little daughter of ours was taken with the chills; we gave her water-treatment, and cured her in three weeks, in spite of the neighbors saying we could not do it, and they have not returned, while our neighbors have had the chills, took medicine, and the chills have returned.

If you think this worthy of publication, you can publish it. Yours with respect,

M. B. HOPKINS.

THE PREVAILING MALADY.—A dreadful epidemic seems to have broken out among the medical profession of these United States. We know not what it can best be denominated. Whether, in a Nosological arrangement, it would be more properly termed exanthem, fever, plague, flux, war, pestilence, famine, fear, frenzy, phobia, phlegmasia, tic, dolero, or rascalivitis, we say not. Whether, in an *arbor morborum*, it should be regarded as root, body, or branch, becomes us not to signify. It is known by the gathering together of a society of doctors, and passing terrific resolutions against all the M.D.'s in their respective jurisdictions, except their own sweet selves. Though, like Time, "it cuts down all, both great and small," we do not hear that anybody actually dies. Nevertheless, it is a lamentable and strange

complaint. It affects the profession in different places in different ways. It commenced a year or two ago in Georgia, and induced the doctors to threaten to take away the diplomas of the graduates of their own schools, if they did not, to the end of life, and forever afterward, walk straightway in the footsteps of the dark ages. The disease, after raging a sufficient length of time in Georgia, leaped over the Rocky Mountains, and attacked the Medical Faculty of California, causing the doctors there to attempt to make the Legislature pass a law outlawing all practitioners except the most orthodox of the most ultra of the most regular drugopathics. With a singular eccentricity of conduct the malady next appeared in New York, where it made the Academy of Medicine to threaten to discountenance all members of its sanctified body who in any way countenanced any irregular practice. From this point the pestilence seems to have followed the telegraphs, railroads, steamboats, and winds into Connecticut, where the doctors a few weeks since expelled one of their members for counseling with a homeopath. Then it apparently took a voyage by sea to Philadelphia, and its symptoms put on the following type and diathesis:

The report of the Board of Censors of the Philadelphia County Medical Society, in reply to the propositions embraced in the resolutions submitted for their opinion, the censors would respectfully report, that they would recommend the members of the regular profession to withhold from the faculties and graduates of female medical colleges all countenance and support, and that they can not, consistently with sound medical ethics, consult or hold professional intercourse with their professors or alumni.

D. F. CONDIE, Secretary Board of Censors.
R. J. LEVIS, Rec. Sec. Phila. Co. Med. Soc.

The complaint is evidently contagious, and bids fair to spread over the land; and, like other malignant disorders, spares neither age nor sex. Indeed, in Pennsylvania virulence is directed especially at female doctors and their instructors. "The members of the regular profession will withhold from the faculties and graduates of female medical colleges all countenance and support." Awful and more awful! We await the next telegram with tremendous forebodings. Is there anything more awful yet to come? We almost begin to think the Millerites were more than half right. We sort o' feel that the end of the world is about "going for to come." Why, only think! After warring upon female medical colleges since their commencement, and being unable to check their progress, or in the least retard their prosperity,

these afflicted professors of *materia morbus* have suddenly resolved not to support them! The malady seems to have taken a sudden determination to the brain. We advise the infallible derivative treatment that was once recommended for toothache. Let the patient take the mouth full of very cold water, and sit on a hot stove till it boils.

SUMMER COMPLAINTS.—On this subject we must add the testimony of one more year's experience to our usual annual report. For fifteen years we have been in the habit of treating all forms of what are commonly called bowel or summer complaints, without a particle of medicine of any kind, and have never lost a case where we have had the whole management, and where no drugs of any kind were employed. We have treated scores of cases of diarrhea, dysentery, cholera infantum, and a few cases of cholera, and have not yet lost the first case. Our associates have also had the same uniform success. Our patients have been of all ages, from the infant of a week old to the adult of eighty years of age. These facts we have published, in the face and eyes of the people and the doctors of this city, where they could easily be disproved if they were not true, and where, at this season of the year, the drug-doctors lose several hundreds of patients every week from the above-named diseases alone. Our plan of treatment has always been exceeding mild and simple. In the first instance, we free the bowels with an enema; then give the patient small drafts of cool water frequently, so long as there is thirst; apply cool, wet cloths to the abdomen so long as there is pain and heat; sponge the whole surface occasionally with tepid or cool water, so long as the superficial heat is above the normal standard; if the heat is very great and uniform over the whole surface, we prefer the wet-sheet pack once or twice a day; for very feeble persons we prescribe the warm bath daily; sitz-baths are recommended two or three times a day in all cases where there is severe local inflammation, with high fever. The patient should abstain entirely from food until fairly convalescent, and then use the simplest articles of diet very abstemiously.

HOW TO REMIT.—In sending funds to the Publishers, always write in a very plain hand, at the top of your letter, the Post-office in full, the County and State. When the sum is large, obtain a draft on New York or Philadelphia, if possible, and deduct the cost of exchange. Bank-bills, current in the subscriber's neighborhood, will be taken by us at par; but Eastern bills preferred.

To Correspondents.

Answers in this department are given by Dr. TRALL.

DROWSINESS.—W. M., Wisconsin. Taking advantage of your offer to answer questions for inquirers, I send this, requesting information upon a subject which troubles me seriously. It is drowsiness, whenever I attempt to read or study, and to such an extent sometimes, that I am prevented altogether from studying for the time being. I have been more or less bothered with it for the last two years. It affects me mostly in the summer season. I enjoy a common share of health otherwise. I work at farming about half my time, and study the other half. If you can advise me of any means by which I can escape the above-mentioned pest, I shall be very thankful indeed.

Goodness, gracious! how are we to know what makes you drowsy? That is just what you ought to tell us. Sometimes we wish we knew a hundredth part as much as some people seem to think we ought to know. If you will tell us what your habits are, we will have the data on which to predicate an opinion of the cause of your "botheration," and indicate the remedial plan. But to say that you feel drowsy, and then ask us to tell you the cause and cure! We may *suspect* that you eat too much, or drink too much, or eat improper food or drink improper drink, etc., but a hundred other things *might* induce the affection.

VARICOCELE.—E. T. T., Kenduskeag, Me. We can not tell precisely how we should treat the case you mention, without seeing the patient. It is a surgical case, and can not be managed at home.

CUCUMBERS.—A. L., Syracuse, N. Y. We regard cucumbers as perfectly wholesome to healthy stomachs. We would not advise dyspeptics to use them.

ONIONS.—I. M. Z. Onions are not the best food, and are objectionable for dyspeptics. It is better for all persons, as a habit, to drink between meals. To your question, "What kind of food or diet should farmers use?" we can only say, "Fruits and Farinacea, the Proper Food of Man." Those who labor hard require more food than others, but not a different kind.

ICE-CREAM.—What do you think of ice-cream (domestic manufacture) as an article of diet?

We think that ice-cream and iced-water, and all other icy-cold preparations, are to be considered in the category of remedies, not in the list of dietetic articles. Nature repudiates all such foods and beverages, yet in given states of disease, or in reference to particular habits, they are sometimes useful—that is to say, remedial.

IMPORTANT.—I. S. B., of some place in Indiana, writes us on "something important," but his chirography is more unintelligible to us than are "footprints in the sands of time," or hen scratches in the garden of cucumbers and melons. We can not make out one word in five. Try again, Mr. B.

OBSTINATE INTERMITTENT.—P. B., Muhlenburg, Ky. I have lived in the usual farmers' way, eaten meat freely, drank coffee, chewed tobacco, etc. Last fall I was taken with what the doctor called intermittent fever. I had one or two chills, then the fever, all the time. Does intermittent work in this way? I have taken the usual drugs, calomel, quinine, etc. This spring it came on again, and was broken with more calomel and quinine. In two weeks "the shakes" returned. Then I resorted to water-treatment for four days, and broke the ague. Soon after it returned again, and again I resorted to medicine. I now have chills, cough, and night-sweats, and am very weak. What shall I do?

You have been cured until you are nearly killed. The drugs have poisoned you through and through, and converted a disease of the liver, with intermittent fever, into disease of the lungs, with hectic fever. In a word, you have consumption. Your case is too serious for home-treatment, and you should to a good water-cure at once.

GOITRE.—H. A. E., Barry, Ill. The tumor originated from the previous diseases you have had—liver complaint, dyspepsia, etc.—and has been greatly aggravated and confirmed by the numerous drugs and patent medicines you have taken. It will require a long time, and a very strict regimen, to effect a cure. Avoid all saline and alkaline matters in your food; drink no hard water; eat only coarse bread, vegetables, and fruits, and bathe once or twice a day, with tepid water. A gentle douche to the tumor, and the electro-chemical baths, would be serviceable.

HYGIENIC LECTURES IN MARIETTA, PENN.

ABOUT the first of February last, several persons in this vicinity, who believe Hydropathy to be the true system of medication, resolved to make an effort to more fully enlighten this community upon the hygienic truths that the "WATER-CURE JOURNAL" has been for many years so faithfully disseminating throughout the land.

The effort having been determined upon, we concluded that Dr. James C. Jackson, of "Our Home," Dansville, was the man we needed, as we all knew him through the admirable productions of his pen; and several of our friends who had been afflicted with disease, had gone to him while he was at the "Glen," and after a few months' stay returned home with the floridness of health and vigor mantled on their cheeks, and they represented him as a clear-headed and fluent speaker, we accordingly wrote him, asking him to make his arrangements to come, if possible, and deliver a course of lectures for us. Our invitation was accepted, and on the 15th ult. he delivered the opening lecture, the subject of which was, "Hydropathy, or What is Water-Cure?" and on the subsequent evenings his subjects were: "The Necessity of Physical Development before Mental Culture," "Food," "Dress," "Brain Labor." On the evening of the closing lecture (Saturday night), while a quartette was singing, the ladies presented a note to the Doctor, numerous signed, asking him to remain over Monday and deliver a lecture to them at 1 o'clock. The gentlemen also solicited him to deliver a lecture to them in the evening of Monday. A few minutes before these requests were made, a dispatch was handed him from home, saying that his patients were all doing well, and he thus felt at liberty to stay. At the close of the lecture, the audience organized by calling Barr Spangler to the chair, and appointing James Wilson and J. M. Larzellou vice chairmen; Dr. Thomas C. Child, and A. H. Summy, secretaries. The object of the organization was stated, and C. L. Mehaffey, S. F. Eagle, J. E. Kreybill, H. M. Engle, and John Musser, were appointed a committee to present resolutions expressive of the indebtedness of this community to Dr. James C. Jackson for the much valuable information that he had so ably presented to them. They made the following report, which was adopted by the unanimous vote of the entire assembly.

Whereas, Public attention has been recently irresistibly awakened from a torpid stupidity by the lecturing and eloquence of one distinguished in science;

And whereas, This quondam inactivity in our intellectual condition has yielded to a spontaneous movement, having for its aim the great and laudable purpose of prolonging human life;

And whereas, From the continuance of a public dissemination of hygienic truths, we may attain to the ideal of a perfect and faultless manhood, Therefore

Resolved, That a united effort be made to procure a similar course of lectures, thereby securing the most prolific source of a healthy development of the seed so newly sown.

Resolved, That it is with unfeigned pleasure we acknowledge our profound indebtedness to Doctor James C. Jackson, in approbation of his practical and instructive course of lectures.

Resolved, That in giving public testimony to our appreciation of his eminent worth as a man, we fully attest to his most extensive knowledge of the organic structure of the human body, and his ability to impart that knowledge in a plain and satisfactory manner.

Resolved, That the foregoing resolutions be published in the *Marietta, Daily Evening Express*, *WATER-CURE JOURNAL*, and *Letter-Box*.

On Sunday afternoon he preached to a full church, and on Monday afternoon lectured to the largest and most intelligent female audience that ever assembled here, and in the evening to an audience of exclusively gentlemen, which was fully as large. On Tuesday morning he left in the early train for home.

As to the effect of these lectures, we must add, that never before was this community so generally interested in any subject that was discussed before them. The hall was well filled every evening by our best informed citizens; and although some went there on the first evening through idle curiosity, or with the intention of condemning what might be said, they soon found themselves so delighted with the earnest, argumentative, and truly eloquent style of the speaker, and so greatly interested in his comprehensive explanations of the laws of life and health, that they not only attended regularly themselves, but made effort, also, to get their friends to attend. That these lectures will benefit this community, no observer can doubt. The minds of the people have been impressed with many facts that will induce thought upon a subject that they have hitherto given but little reflection; and hereafter, when sick, they will prefer hygienic means for their restoration, and avoid the abominations of the drug stores. And above all, more thought will be expended upon the value of health and the advantages of keeping well, by regularity of habit, and care in diet.

In short, the good accomplished here is incalculable. For years to come the seed sown will be gathered in health and vigor of system, by children who may never hear the name of Dr. Jackson. From the complete success that attended this, our experiment, and the entire satisfaction manifested all around us, we believe that the hydropathists, elsewhere, could in no other way benefit their respective communities so much as by having a course of hygienic lectures delivered to them by Dr. James C. Jackson, or some other distinguished advocate of the subject. The people await information, and will not reject it if properly presented to them. Sickness prevails everywhere, and mankind long to get well. Give them, then, the truth, made clear and plain, and yet with impressive earnestness, and they will grasp it as a pearl long sought for and not to be parted with. Young physicians could establish themselves at once favorably in the confidence of the people if they would convene them and explain the rationale of their practice, or get an able lecturer to do it for them, and thus a spirit of inquiry would be started and a demand would follow for health journals and publications, and the cause generally would be given such an impetus as would make it known in many vicinities where its light has never dawned.

B. S.

MARIETTA, 1-59.

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.,
D. A. GORTON, M.D., } Proprietors.

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

During the past year we have treated every variety of rheumatism every stage of consumption, all forms of liver complaint, dyspepsia in all its phases, constipation in its most obstinate forms, piles of all kinds and degrees, fevers of all known types, and gonorrhea and spermatorrhea, with all their distressing consequences; also diarrhoea, dysentery, falling of the bowels, etc. We have also treated *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 *Clinical* *remedies* embrace *water*, *food*, *temperatures*, *electricity*, *magnetism*, *crithenism* and *chemism* *in all its*, and mental recreations, variously modified and adapted to our patients, as each particular case demands.

The surgical part of our practice embraces the *knife*, *ligatures*, *cautery*, and *embolism*, 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.

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

KINESIPATHIC INSTITUTE,

52 Morton Street, New York.
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. TAYLOR'S INSTITUTION,

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

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

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.

GLEN HAVEN WATER-CURE,

Cortland County, N. Y., has long been the favorite resort of invalids, most especially in the spring and summer months. Its location is admirable—amidst attractive picturesque scenery, on the sear of a beautiful little lake (Skaneateles), removed from the injurious and disagreeable influences of cities or large villages, with a society happily adapted to promote tranquility and cheerfulness. Its medical staff is well educated, able, and with ample experience. Charges from \$5 per week upward. For farther information we will send you our Circular.

W. L. CHAPLIN, Proprietor.

DR. BEDORTHA'S WATER-CURE

Establishment is at Saratoga Springs.

PHILADELPHIA WATER-CURE IS

beautifully located at 79 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.

GO TO OUR HOME!!!

Let me tell you why. Because
1. The whole establishment is so well conducted. Order, neatness, system are there.

2. The place is a very beautiful one. The air is clear and bracing, and pure.

3. The water is soft as rain water, is cold, and runs into the bath-house at the rate of 50 barrels per day.

4. More attention is paid to "it" than in any "Cure" in the world. And a greater number of the patients gain in flesh than in any Water-Cure in existence.

5. Ladies can have the privilege of dressing healthfully—one of the greatest wants of this age for woman. The physicians of Our Home are entitled to the everlasting gratitude of woman, for daring to sustain her in attempting to wear a healthful dress at a Water-Cure.

6. The physicians know enough to cure their sick ones without *poisoning* them. What a blessing this is! I came (2,000) two thousand miles to this institution that I might have physicians who, as soon as I was more than usually unwell, would not ask nor insist that I should take poison. For twenty years I had been an invalid, and had taken medicines nearly every day, and grew worse all the while, but when I became acquainted with Doctor Jackson and Doctor Austin, they said I was *poisoned*, and I never would be well till the poisons were eliminated from my body. They said they could cure me, and *they did*, though it took them fourteen months to do it. And like thousands of others, I this day owe them a debt of gratitude I can never pay. God bless them!

7. Better bath-attendance is given at Our Home than at any health establishment I ever saw; the bath-house and its arrangements are admirable.

8. The lectures delivered to the patients teaching them *how* to live, are worth going across a continent to hear, thus

9. Making the "Cure" a school where, while one is getting well, he can learn how to *keep well*. It is a common remark of the patients here, "I have got the worth of my money in the knowledge I have gained how to take care of my health."

10. The genial, and Christian, yet liberal intercourse that prevails at Our Home makes it pleasant to reside here, and the great attention given to the improvement of the manners of the young make it very desirable for young men and young women who are invalids, to seek restoration here. Said a lady in my hearing the other day, whose son, a young man, has been a patient for a year with Doctor Jackson: "I would not take five times what it has cost me in the improvement my son has made in his ideas of life and in his personal manners saying nothing of the fact that his health has been restored."

This, then, is the place for *he sick* who want to get well so as to stay well. Six months here is better than a year at some fashionable drug-giving "concern" where the patients eat, and drink, and dress as invalids do at the watering-places in this country. Here is a Home, a real sunny spot, where the stricken and smitten by disease can be warmed into life.

Young man, if you have seminal weakness, by all means go to Our Home. There, if not doomed to *die*, you will surely get health. Dr. Jackson has cured three times as many young men of this disease as any physician in this country and never gave one of them a dose of medicine. Do not go and consult doctors who have some *new*, some wonderfully potent *drug*. Let the "Howard Associations," and "ring doctors" and "caustic burners" *alone*, unless you wish to spend money foolishly, and go to "OUR HOME," whose physicians will treat you intelligently and skillfully.

Sick women of the United States, if you have diseases peculiar to your sex, go to "OUR HOME." There you will find Dr. Harriet N. Austin, who along with Dr. Jackson has treated thousands of women successfully and given them back health. What a pity my countrymen, and especially my countrywomen, do not personally know Miss Austin!

Invalid, whoever you may be, wherever you may be, of whatever disease you may be sick, let me entreat you before you decide to go elsewhere, to send for a circular of this institution, and when you write for it state your case to Dr. Jackson or Dr. Austin, and rest assured if you state it carefully and fully, and they hold out to you a hope of getting health, they will turn that hope into a *joy* as surely as you give them opportunity. Every day most wonderful changes are going on among the sick ones here, so wonderful as to defy belief unless sustained by ocular evidence. To-day (22d June) there are (70) seventy patients here from nineteen States and the Canadas, and of those who have been long enough to produce change, *not one* is *there who is not on the gain*.

To such as are *not sick*, but have friends who are, do you send for a *water cure*; also send for a copy of THE LETTER-BOX, a monthly health-journal, edited by Dr. Austin and Dr. Jackson. In-close a stamp to pay postage, and it will be forwarded to your address promptly.

Health-reformers, if you are in earnest and want to do good, send for one or all of the following tracts. Introduced to your neighbors who are in the gall of bitterness and bonds of iniquity so far as knowledge of how to live is concerned, these tracts will cut clear to the marrow, so true are they. Buy them and set them in circulation.

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

We will send one or more of them for their prices, and

pay the postage ourselves, or we will pay the postage and send the whole nicely wrapped up and carefully mailed for *one dollar*. All letters addressed to J. C. Jackson or Harriet N. Austin, M.D.

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 *inner* 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 from New England.

DANVILLE, LIVINGSTON Co., N. Y., August, 1859.

ELMIRA WATER-CURE.—THIS

Cure has been open seven years. For fourteen years its physicians have devoted their best energies to the Hydro-pathic practice. Our location elicits the admiration of all. We have spared no pains to make our *little home* a desirable retreat for the invalids. Mrs. Gleason devotes her attentions to special diseases of females. Our aim and desire is to *cure* *those* who come to us for relief. Address, S. O. GLEASON, M.D.; or MRS. R. B. GLEASON, M.D., Elmira, N. Y.

GRAEFENBERG WATER-CURE AND KINESIPATHIC INSTITUTE, near Utica, N. Y. For particulars, address

R. HOLLAND, M.D., New Graefenberg, N. Y.

BINGHAMTON WATER-CURE,

Binghamton, Broome County, N. Y.

This is the place for pursuing *water-treatment* during the warm season.

The "CURE" is in a beautiful grove of native forest trees, overlooking, and within a few minutes' walk of, one of the most beautiful villages in this State, with excellent facilities for Bowling, Rowing, Sailing, and Fishing privileges. No pains or expense have been spared to make this place acceptable to those who are in pursuit of health, or desire to spend a few weeks in recreation or pleasure.

Terms, from \$5 to \$10 per week. For further particulars send for a circular, or address

Aug. 11 O. V. THAYER, M.D.

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.

COLUMBIAN SPRINGS HEALTH

Institution is a first-class water-cure. Invalids have all the comforts of home at this establishment. The very best of bathing facilities, and experienced male and female physicians. Post Office, *1st*, N. Y., to either A. SMITH, M.D., MRS. C. SMITH, M.D., or J. F. BROWN, Esq. 11.

NATIONAL HEALTH ASSOCIATION!

This society will hold its anniversary in the village of Dansville, Livingston Co., N. Y., on Wednesday and Thursday, September 14th and 15th, the first session to commence at 2 o'clock, P. M.

The Health-Reformers of the United States and Canada are earnestly and respectfully invited to attend. No pains will be spared by the executive committee to make the meeting a large gathering, and give to the reform a grand impulse.

Distinguished speakers have been written to, some of whose names we hope to be able to announce in the next number of this Journal.

Meanwhile, get yourselves ready to attend.

ROUTE.—Come from the East on the New York and Erie Railroad to Corning, thence 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 Dansville by coach.

F. WILSON HURD, Chairman Ex. Com.

HOME FOR INVALIDS, 36 HOWE

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

WATER-CURE PHYSICIAN.—CON-

sultations may be had on all diseases, and treated on strictly hygienic principles.

Particular attention paid to scrofulous and pulmonary affections and female diseases.

Prescriptions given for home-treatment when desired, either verbal or by letter. Address

Aug. 21* H. PATRICK, M.D., Abbott, Maine.

GRANITE STATE WATER-CURE.

The proprietor of this Institute assures those about visiting a water-cure, that he has one of the best establishments in the land (not better than all others, nor one of the largest, but *one of the best*), and that he devotes himself and his Institute entirely to the purpose of curing the sick, and teaching his guests the way of life—that they may be cured not only, but maintain their health and that of their families after they have departed from him. His success in accomplishing these ends for the last eight years he believes has not been surpassed by any other individual engaged in the profession.

The patronage of the Granite State Institute has grown to its present large extent almost entirely through the influence of those who have visited it and been cured. It has been advertised but little. It is now, however (July 1st, 1859), entirely full; but patients will be accommodated still in adjoining buildings near by, until vacancies occur, receiving the same treatment and attention as though lodged in the building.

We treat our patients with the single purpose of curing them of their ills, never allowing them to depart without being restored, or put in the way of recovery, if the thing is at all practicable.

We give all our patients who desire it, some manual employment about our garden, or house, or outbuildings, for which we allow them a reasonable compensation; assisting to occupy their thoughts which is often very important; assisting them to get well; and assisting them in their purse, which is important to many of them.

We make our Institute a home to every sick one who sets foot within its doors, so far as possible.

These ends steadily pursued, as they have been for years, are what has made the Granite State Water-Cure a favorite resort with so many, and are what will make it a resort for a much larger number in the future.

The buildings will be much enlarged the coming year. Its location for such an establishment can not possibly be surpassed. Every visitor acknowledges this. The surrounding scenery is beautiful. No purer water ever gushed from hill-side than supplies its bath-rooms and cooking department. No purer air ever fanned the temples of the sick man than sweeps over our hills.

The Granite State Water-Cure is a fixed fact. It has outlived all the opposition and misrepresentation of drug doctors and their allies, who have steadily predicted its failure, while it has steadily gained in the confidence of the people by steadily curing its patients of the worst forms of disease after the usual modes had utterly failed, and death was predicted as the sure, only prospect for the sufferers. It has now reached such a satisfactory degree of prosperity, and has acquired such an amount of resource that it can take care of itself, and is exerting a powerful influence towards the eradication of the drug practice. Patients will find it at Hill Village, N. H., 21 miles north of Concord, the capital of the State. Post Office address is simply, Hill, N. H. Patients desiring further information will please inclose a stamp for circular, addressed to

W. T. VAIL, M.D.

PITTSBURG WATER-CURE.

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

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

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

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

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

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

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

We have the Electro-Chemical Baths.
For further particulars, address H. FREASE, M.D., or Mrs. C. P. FREASE, M.D., Box 1804, Pittsburg, Penn.

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 was 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. R. De-ming, 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.

DR. GEO. HOYT HAS REMOVED

to the MONTGOMERY HOUSE, Boston. In addition to general practice he gives special attention to the cure of chronic diseases by electricity and galvanism, in combination with hydropathy.

PITTSBURG WATER-CURE.—A

CARD.—To our numerous friends whom we have been unable to accommodate for want of room, and to the many others whom we have reluctantly been compelled to crowd into rather close quarters, we are happy to announce that we have erected a large edition to our main building, by which we shall be enabled to accommodate *fifty* more patients than heretofore. It is a pleasure for us to announce, and we have no doubt it will be a pleasure for our numerous friends to learn this, as for a considerable time we have been "cabineted, cribbed, confined" within entirely too narrow limits for the comfort of ourselves, and we fear sometimes for the comfort of our patients. In the future we are determined our house shall be kept large enough to accommodate our rapidly increasing business. Now, as we are prepared to receive all who may apply for admission, we would especially invite the attention of the people of the West and Southwest to our Cure, as we can assure them that there is *one Cure* west of the Alleghany Mountains free from all malarious influences, supplied with pure *soft* water, with fine natural and artificial scenery, and everything else that serves to make *The Water-Cure* for the sick.

DRS. FREASE, Box 1304, Pittsburg, Pa.

CHESTNUT SPRINGS WATER-

CURE, at Chestnut Hill, Philadelphia County, Pa.
July, 5th DR. WEDEE, Resident Physician.

GRANVILLE WATER-CURE, UNDER

the care of W. W. BANCROFT, M.D., Granville, Licking County, Ohio. Especial attention paid to physical education and diseases of females. Open summer and winter. Terms, \$6 to \$10 per week.
Aug. 31.*

PEORIA WATER-CURE, PEORIA, Ill.,

beautifully located on the bluff. Address DRs. NEVINS & KENYON. if

PETERSBURG HYGEO-THERAPEUTIC CURE AND MANUAL LABOR INSTITUTE.

This Institute now offers advantages within the reach of such of all classes who wish to enjoy the benefits of *Hygeio-Therapia*.

Aware of the desire on the part of a large class of persons to enter a "Cure," for the purpose of "Hygienic Medication," yet, being "short of means," and at the same time anxious to "do something" by which to lessen their expenses; besides, receiving pressing communications to that purport, the proprietor and physicians have been induced to add further facilities, and such as shall carry out the "accommodation" and *design of the Institution*, to the fullest extent. Such preparations they are prepared to make known.

Invalids, and persons of *either sex*, can now, if they wish (so far as their conditions admit) have such employment as shall enable them materially to lessen their charge, at the same time being light, pleasant, and grateful, combining the pleasantness of a *captivity* with *treatment*.

It is the design of the managers to afford the most pleasant and grateful means of cure, leaving nothing undone which shall add comfort to the inmate, nor trusting to others what they should do themselves.

For further particulars see circular. Address, through physicians,

WILLIAM H. VINNEY, M.D.,
MRS. E. M. ESTEE, Physician,
REV. AZOR ESTEE, Proprietor.

Aug. 11.*

NEW ANATOMICAL AND PHYSIOLOGICAL PLATES.—By R. T. TRALL, M.D.

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

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

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

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

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

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

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

Price for the whole set, beautifully colored and mounted, \$12. We do not sell single plates. Address,
FOWLER AND WELLS, 318 Broadway, New York.

MATRIMONIAL.—I AM A FARMER,

about forty—wish to open a correspondence with a lady of suitable age, with a view to matrimony. Am a thorough hydropathist and reformer, and industrious, persevering, and intelligent. Address EDWARD WESTON, Linden, Iowa County, Wis.

I WISH TO CORRESPOND WITH A

lady between 25 and 35 years of age, with a view of selecting a companion for life. She must sustain a good reputation, be intelligent, affectionate, amiable, domestic in disposition, and be willing to make the journey through life pleasant, agreeable, and happy, and above all be well educated, and a true Christian. Any lady possessing the above requirements, that wishes a home on the pleasant prairies of Central Iowa, and will correspond with real name, will find a true correspondent.

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

It possesses the following properties—

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

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

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CHILDHOOD,	PHYSICAL CULTURE,
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GIRLHOOD,	ARTS OF BEAUTY,
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celebrated for the curing of nervousness, neuralgia, rheumatism, and similar diseases, with instructions in its philosophy and modes of application. Price \$10. Address, FOWLER AND WELLS, 308 Broadway, New York.

NEW FEATURE—THE BUILDER.

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

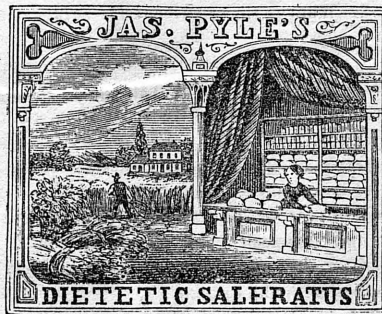
The work of which we have faintly sketched the outlines can not be accomplished without a profusion of illustrations, and these will not be wanting, where necessary.

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

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

AN ACCEPTABLE FAMILY PAPER.

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LIGHT AND WHOLESOME BREAD.

—This is a subject that should interest the masses. Much has been said and written of the dangers arising from the use of common Saleratus, and justly too, when the nature of the compounds that are put up and sold for Saleratus is considered. The proprietor of James Pyle's Dietetic Saleratus is not only borne out in the fact of its excellence in making wholesome bread, biscuit, cake, etc., from his own knowledge and experience, but the approval of a discerning public. The orders that come pouring in from all parts of the country speak volumes in its favor, and if certificates were necessary to verify our statements, we could fill this paper with the testimonials of the best grocers and intelligent families from the New England and Middle States. But we want every house-keeper to try it, mark the result, and judge accordingly. Another striking proof in its favor is found in the attempt of unscrupulous rivals to deceive the public by counterfeiting our label, so far as they dare. House-keepers will please remember that the only genuine Dietetic Saleratus has the above picture on every package. Tell your grocer you want that, and no other. Many of them will run it down in order to sell something on which they can make larger profit, but most all the best grocers keep the genuine. Manufactured by JAMES PYLE, 245 Washington Street, New York.

IMPORTANT TO INVENTORS.—PATENT OFFICE DEPARTMENT.

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This work comprises the most approved methods of applying direct physical culture to the development of the bodily organs and the invigoration of their functions, the preservation of health, and the cure of disease and deformity; and answers in an admirable manner one of the most urgent wants of the day. Were it introduced, as it should be, into every family in the Union, our cadaverous men, sickly women, and puny children would soon give place to a more robust race. Parents, Guardians, and Teachers, examine THE ILLUSTRATED FAMILY GYMNASIUM. Price, prepaid by mail, only \$1 25. Address, FOWLER AND WELLS, 308 Broadway, New York.

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INTERESTING EXPERIENCE.

PORT REPUBLIC, ATLANTIC CO., N. J., 1859.

EDITORS OF WATER-CURE JOURNAL—I send to you for publication the following account of my struggles with disease, and my experience in treating it according to the rules set forth in the “Hydropathic Encyclopedia.”

I am nineteen years of age. I inherited disease, and have taken immense quantities of drugs, thinking they had power to cure! My habits have been like the majority of people who are in “the dark” in regard to health reform. I have formerly paid but little attention to any of the laws of health, ate and drank anything that pleased my horribly perverted taste, paid but little attention to bathing, and exercised when I could not avoid it. In consequence of my physical transgressions I added dyspepsia to my already long catalogue of diseases. I then began more vigorously to drug myself, and to be drugged, and grew no better accordingly, until January, 1858; then my diseases had seemingly reached the culminating point, and were about to triumph over my body. A few months previous to that time I very fortunately saw a WATER-CURE JOURNAL. I became interested in them, and subscribed for them, and, as I read them, my faith in drugs as health restorers began to grow weak, and at the time I speak of (January, 1858), I was converted, and convinced of the superiority of the “Hygieo-Therapeutic” system, and of the utter worthlessness of the drugopathic. I resolved to use no more drugs, adopted a very strictly vegetarian diet, dismissed my drugopathic M.D., and commenced treating myself rationally. I was then what is termed a living skeleton—could not walk more than a mile! My mind was frequently deranged to the extent as to render it impossible to sleep. My weight was ninety-eight pounds! People in general, and friend, in particular, remonstrated against my “new mode” of treatment. People exclaimed, “Poor fellow, he can’t live two months!” “I’ve tried the system, it will not do!” I knew no better way to do. I persevered, and in six months after I triumphed—I was well! My weight is now one hundred and forty pounds. I have ever since enjoyed health, the like of which I never before possessed. DAVID B. ASHLEY.

A MEDICAL EXAMINATION.

Professor of Anatomy.—How many bones are there in the human body?

Student.—That depends upon what one has for dinner. In shad time there are generally more or less.

Prof.—Where is the heart situated?

Student.—Commonly in the left side of the thorax; but the majority of the students lose theirs altogether before leaving college.

Prof.—Where are the carotid arteries?

Student.—They arise on each side of the neck, and pass up as high as the shirt-collar, then down the insensate canal, and terminate in both boots.

Professor of Chemistry.—Of what is the atmosphere composed?

Student.—Oxygen, nitrogen, and other foul gases, depending somewhat upon the inhabitants and the filth of the streets.

Prof.—Give an example of the non-electrics.

Student.—Rosin, feathers, hoops, old bachelors, and lightning-rods.

Professor of Materia Medica.—Name some of the emetic agents.

Student.—Ipecac, warm water, too much liquor, and sea-sickness.

Prof.—What is considered the maximum dose of opium?

Student.—One drop of the millionth dilution of one half of the smallest possible quantity is a powerful dose for a homeopathic; but we have been advised to give it as long as the patient can swallow, and repeat the dose.

Professor of Surgery.—How would you distinguish a dislocation from a sprain?

Student.—The safest way is to twist the injured limb until we are sure it is dislocated, then set it. All concerned are better satisfied.

Prof.—What is the treatment for enlargement of the tonsils?

Student.—That must depend upon circumstances. If I had a tonsil instrument I should remove them, but otherwise treat them rationally.

Professor of Theory and Practice.—Give us the best treatment for intermittent fever.

Student.—Give quinine until the patient is blind, and then send him to an eye surgeon.

Prof.—Would not the warm bath be good in connection with the quinine?

Student.—Certainly, and the warmer the better.

Prof.—How long would you keep the patient in it?

Student.—Until the skin slips, and then sweat him off with hot stuff.

Professor of Obstetrics.—Have you had any experience in the lying-in department?

Student.—Certainly, sir; I was noted for lying in our town, and came near being laid out for it. The student was allowed a degree.

ELEPHANTS BATHING.

BEYOND the dhoby, in cleaner water by comparison, a bevy of elephants are enjoying their morning bath; and they do enjoy it indeed! See how they roll away like so many porpoises, right under the flood, and leave the mahouts shouting and groping with their feet, for the unstable black island, which after a time rise up above the surface! Look at the great jets they blow over their backs, and listen to the deep breath of pleasure, or the shrill flourish of delight with which they lie down on the sand, while their attendants knead them all over! These great creatures are so sagacious, so sensitive to kindness, that even in their wild state I can not feel any sympathy for those who delight in killing them and call it “sport.” But these elephants, fond as I am of them, are, it must be admitted, dangerous playmates. In our camp there were no less than nine “koonies,” or “murderers”—beasts which have killed their mahouts, or other attendants. One huge criminal, with a speckled forehead and proboscis, is guilty of the murder of no less than three unfortunate natives. The magnificent, mild monster, which belonged to Sir Hugh Wheeler, was carried off by the Nana, and was delivered up to us by the Rajah of Furrucka-

bad, died a few days ago, immediately after carrying some officers to church. He was a fine, courteous creature, and his trunk and forehead bore marks of the claws of more than one tiger which had charged him and then been trampled to pulp by his ponderous feet. His “weakness” was fine French rolls, which he swallowed as an alderman would take Cockle’s pills; and the twinkle of his eye, as he gulped the loaf down, and gave a gentle sigh out of his proboscis, proclaimed the Sybarite. I used to take great delectation in observing the creatures at the bath in the river which flows by our camp. They came down in files, trumpeting gayly in anticipation of the treat, and floundering into the waters of the Goomtee, like so many portly Bruxellers enjoying the pea-soup of Ostend. Each takes a long, deep drink, putting his proboscis into the water, and then discharging the contents of it, when filled by suction, into his cavernous maw. Having thus filled up a wrinkle or two in his side, he deposits himself bodily in the stream, so that one side lies out of water and the tip of his proboscis is kept above the surface for the air. On this exposed island the mahouts labor diligently, washing the beast and rubbing him with hard brushes, cleaning his ears, kneading and shampooing him, while the pachyderm emits little squeaks of satisfaction. When one side is done, the elephant turns on the other, and he is very angry indeed if he does not get his full share of manipulation.—William Russell.

FELLOW-TRAVELERS.

[We can not vouch for the truth of the following; but it seems so very natural, we incline to give it our credence.]

“Will you help me out of this mud-hole?” said a traveling druggist, who had just been compelled to stop his team in a mud-hole, because they couldn’t pull him out.

“No, I can’t stop,” said the Yankee, who was heavily loaded, and was fearful that he would be too late for the cars.

“I would take it as a great favor, besides paying you,” said the druggist.

“What are you loaded with?” asked the Yankee.

“Drugs and medicines,” said he.

“I guess I’ll try and get you out, then, for I am loaded with tomb-stones.” They were seen traveling together after that.

WATER-CURE IN LEXINGTON DISTRICT, S. C.—A correspondent says: The principles set forth in the WATER-CURE JOURNAL are well received in this section of our State. They are revolutionizing public sentiment. I am the first person that practiced the Water-Cure here, and, until lately, was the only reader of your books and JOURNAL. I have Johnson, Shew, Rausse, and Trall, besides several smaller works by Wilson and Gully. I have been very successful in the practice of Water-Cure in my own family, and occasionally in the neighborhood. I have applied it to several persons with good effect. In conclusion, I wish you all manner of success in your laudable undertaking. I remain your most obedient, humble servant, NATHANIEL JONES.

[Mr. SAMPSON DUFFEY, postmaster, adds to the above the following testimony:]

My friend Mr. Jones is the only person in this section that has practiced the Water-Cure. He has been very successful. He has been a dyspeptic in some of its worst forms, and has taken quantities of preparations, recommended as infallible, by practitioners of the various systems of quackery. At last, the pure living water of Hydropathy and regimen has made a new man of him.