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General Articles.

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

FAMILIAR LETTERS—No. 3.

TO THE STUDENTS AND GRADUATES OF THE HYDROPATHIC MEDICAL COLLEGE, NEW YORK CITY.

GENTLEMEN AND LADIES—Early in my practice as a Water-Cure physician I became satisfied that a large proportion of the sickness prevalent with the American people was fairly to be attributed to errors in diet. What my patients should eat, therefore, became with me a point of good deal of importance, and I am sure that my conclusions and consequent action have aided me greatly in restoring my sick ones to health.

1. Ocular inspection and large and varied inquiry led me to believe that the flesh of animals formed a greatly disproportionate constituent of their food. The American people eat largely of flesh-meats—much too largely for persons of their temperaments. Animal food is a *staple* of diet, whereas it should form only an occasional indulgence at best. Brought to the butcher's stall, as it mostly is, after long and vigorous feeding, it is unhealthy, and fit only to prepare the body of the person eating it to take on morbid conditions, wherever from any cause his vital resistants shall be less energetic than usual. If the inhabitants

of the South, and Southwestern, and Western portions of the Republic, as well as those portions of the Middle States living in low vales, and on the borders of lakes and water-courses, would stop their present course of dietetics long enough to see what change in health a diet nearly or quite abstinent from flesh-meats would induce, they would see that bilious, intermittent, remittent, and chill fevers; typhus, and typhoid, and nervous fevers; winter fever or pneumonia, and in large degree the eruptive fever, so common now to the young, are not produced positively so much from being exposed to *miasm* in the atmosphere as to poison in the food eaten and the water drank. In the *nature of things*, there is no more reason why a *man*—a human being—should have fever and ague than a horse. I defy all the physiologists to show such reason, save as it springs from the difference in the habits of the two. The horse has a stomach, and liver, and lungs and nervous system after the same general model as man. He chews, and swallows, and digests, assimilates, and excretes like him. He needs air as pure as does man, grows sick from being subjected to it in a vitiated state, and when sick puts on conditions so like those of the human being, that the same name is given to the disease in both instances. Look through the books and see the classifications. Just as far as we have carried our domestic habits over to the horse, we have given him our ailments. If we could extend over him still further our domestic arrangements, we should carry into the domain of his life our diseases, to which at present he is a stranger. Feed him flesh of animals twice a day, cooked as it is for human beings to eat—and the habit of eating it, and the appetite for it, could be easily acquired—and such a condition of his organism would be induced as to render it quite easy for him to have chills and fever, or chill, fever, and sweating. It may be said that I have no good ground for thus asserting. I reply, the ground is good so far as traveled. Horses and humans, when sick, as far as their conditions are alike, have the same or similar diseases. Inflammation of the lungs in the one is like it in the other. Bilious colic in the one is like it in the other. Torpor of liver, congestion of the kidneys, diseases of the skin and of the throat simulate in the man and the horse. That the former has many diseases

that the horse has not is owing largely to his more extensively bad habits, and of these diseases *fever and ague* is one, which is particularly dependent, not on breathing or malarious atmosphere simply, but on breathing it when the body is in conditions to be unable to resist it.

A diet, therefore, in which flesh-meat—especially if stale or stye-fed—should form no part, conjoined with other hygienic methods of living, would go far to do away with the fevers so prevalent in those portions of the country alluded to, and so save many valuable lives. I know that I am not talking at *random*, for the correctness of the statement has been proved. It has fallen to me to have had a good many patients from the West and South. Scarcely one has not had the chill fever, or fever and ague, provided it has prevailed in the district where he resided. If his neighbors had it, he or she had it, and the same means which were in use for the neighbors were in use for him. On coming to Dr. Austin and myself, we showed all such a *more excellent* way. There are hundreds of persons now living in districts of our country known as miasmatic, who, before coming to us, were annually smitten with fever and ague, who now live free from it, while their neighbors and friends around them have it. In truth, till one tries it he never knows how great his vital resistance is to the effects of miasmatic poison. Thus you see, as far as our experience goes, we have gotten the benefit of the course pursued, first, in enabling us to cure those who came to us, and second, in keeping them well after they have left us. But this is not all, nor scarcely a beginning of what we have done in the department of *diet*.

2. Next to the disuse of *fattened* meats, we have found most valuable the *disuse* of common *salt*. I was led to more extended experiments by the effects of its disuse in myself. Afflicted, as I had been, for twenty-five years, with torpor of liver, congestion of the kidneys, and irritation of the bladder, during all of which period I had been a free, and portions of the time an inordinate, user of salt, I was suddenly impressed with the idea that I might be the better for its *disuse*. I resolved to attempt it. I say attempt, for I was by no means sure I should succeed. My appetite was not ravenous for food, but it was *very decided*, and I knew would give way under its abandonment.

I resolved, however, to make the trial, and, as I feared, all desire for food left me, and with it all strength of body and energy of mind. I was weak, irresolute, irascible. I was deranged in every function of body. My head ached, my bowels became more than usually costive, I was sleepless. Life seemed suspended. But all this abnormal vital action did but the more resolve me to the abandonment of the poison; for poison I now saw it to be, and I saw that its *injurious effects on me were in an exact ratio to the excitement produced in my system by its disuse*. I did not reason as the dram-drinker does of the effects of his beverage; nor as the nervous woman does of the salutariness of her infusion of tea; nor as the tobacco-chewer does of his narcotic; nor as Coleridge did of his drug, by saying, "See how quiet all the operations of my physical system are under the use of my stimulant, my exhilarant, my anodyne, my opiate!" On the contrary, I said, "See what a terrible enslavement you have already reached! see how extensively all healthy action has become impaired by your habitual use of this poison! inasmuch that you can not forego for a week its use without having your organism put on the most morbid conditions, making you to appear like one whose thread of life was about unwound." And thus half dead I lived on, till nature at length won the victory. Gradually the excitement ceased; I began to have an appetite; I came to relish my food; I grew strong; I seemed to be empowered with new force in the special senses; could see better, hear better, smell better—vastly better; could discriminate in the department of *taste* very much more nicely, and to my great delight I found the costiveness of bowels, of twenty-five years' standing, giving way, and along with it disappeared my torpor of liver, my congestion of kidneys, and my irritation of bladder. What a happy man I was! What were the California gold-mines to me? I was rich in my physical sensations. I felt as though everything I touched would turn to gold.

Since then, now nearly four years, I have used no salt, and my most decided convictions are against its use. Since then the food in my Cure is prepared without salt, and those of my guests who use it; but all have it who wish it—have it in a dish, each one by his plate, and *uses it on his own responsibility*. Since then, in the large majority of instances, my guests, after a little while, voluntarily forego its use, and express great satisfaction from being relieved from dependence on it. And what I found true in *my* case, I have found in as marked degree as in mine, *true* of by far the greater number of those who have been troubled with constipation of the bowels, kidney derangements, and irritation of the bladder, and who have sought relief at our hands.

Now, whether it is better to restore to health by the *disuse* of a poison, or, in addition to its use, give others, either of which in its effects legitimately *tends to kill*, judge ye! So infatuated are people and doctors—so wedded to what has the authority of usage attached to it, that they fail to see what otherwise might easily be seen. For myself, from the very first I have been determined to cure the sick on a plan that involved me in the use of no means which were evidently unphilosophical or absurd. I hate expedients. I honor principles. Men create the one, God gives birth to the other. Man's creations are unreliable, God's never fail. The dullest intellect can see the way to get sick. No science is needed to make this point clear. Why can not he see that the way *converse* to that whereby one gets sick is the way to get well? How utterly stupid must he be who takes the same method—uses the same means to cure a sick man that he would take, were he well, to make him sick. Is there no remedy for such fatuity? Trusting in NATURE, let us labor on.

I am perfectly aware of all the reasons usually given for the eating of animal food and of salt. I am told daily that men can not work hard without they eat meat, and I know that such talk is "fudge." I am told that salt is of nature's pro-

viding, and that the deer hunt up the salt to lick instinctively; that salt is found in the blood; and I know that such talk is "*bosh*," in neither case having no weight in the argument, for men can work longer, and harder, and with less expenditure of body or brain without meat than with it, as every vegetarian in the world, in his own case, can testify. And as for salt and the deer, it is well known to hunters that not one deer in a hundred ever sees a salt lake, and not one buffalo in a million. It is almost daylight—almost time for physicians to cease to be influenced by statements so narrow and illogical as those, and to look a little into the facts that lie outspread to their view.

If you should be led to inquire closely as to the effects on the liver, and stomach, and the lower bowels, of common salt daily and habitually used, I doubt not that you will have to come to my conclusions about it. I would rather have the benefits derivable from its *disuse* in all cases of severe costiveness than any means I ever tried; and when there is a manifest inability of the *excretories*, a want of power in the vital force to work the metamorphosis of tissue so essential to health, I assure you, you may look to the salt used in the food as one of the most powerful hindrances to that change. Nothing in the whole range of poisons, except alcohol, equals it. As I have more to say in subsequent numbers of the JOURNAL on diet, I defer further exposition, and close by the presentation of a case, out of many hundreds, for which it will pass as a faithful example.

In the year 185—there came to me a young man, weighing 108 pounds. He was seventeen years old, six feet two inches in height, large bone, and cadaverous. He was dyspeptic, scrofulous, and threatened seriously with pulmonary consumption. I stipulated at the outset that he should stay with me as long as I wished, or I would not undertake the case; for I have no idea of being defeated in instances like that, simply for want of proper opportunity to restore the system to normal vital action; and on this pledge given me I commenced treatment, and in the department of diet what did I?

Gradually I changed him from a tea-and-coffee drinker to a water-drinker; from a meat-eater to one who ate none; from one who ate salt in and on everything that he ate, to one who ate it on nothing; from one who ate six or eight times a day, to one who ate only twice; from a crooked, narrow-chested, weak-lunged lad, to a stout, athletic man; from one who had bled at the lungs, to one who can now knock down an ox with his fist well nigh; from one who, weighing 118, in less than two years from that time, weighed, ordinarily, (170) one hundred and seventy pounds. But to complete the whole, I cleansed his system as completely of *scrofula* as ever fowl was picked of pinfeathers. It cost his friends some five or six hundred dollars—more or less—to cure him, but at the outset they would have thought ten times that sum as nothing to have been guaranteed so thorough a restoration.

I will give one more case and close. In the year 185— a lady, who had been under Dr. Austin's care and my own, greatly to her benefit, wrote me relative to her husband, who, assiduously devoted to business, had some months previous unaccountably began to fail. In spite of doctors, their pellets, their powders, and their potions, he had run down from 175 pounds to 134, was a great, staggering mass of bones, scarcely able to bear his weight, and as much enervated in mind as debilitated in body. "Could I do anything for him? Her only hope was in me." I thought I could, and said so. She brought him to me, and I changed his diet completely, and in less than twenty weeks sent him home weighing TWO HUNDRED AND ONE POUNDS, and every particle of his flesh as healthy and hard as need be.

I must not bring this letter to a close, and leave myself liable to be misunderstood. While I believe that the simplest food is altogether the best, and while I rely more rigorously than any

physician in this country—Dr Trall and Dr. Harriet N. Austin perhaps only excepted—on food that does not include flesh-meats, tea and coffee, and the usual table condiments—while I never give these to my sick ones of my own accord, I allow them to decide the question for themselves. After doctors—it makes no difference to me whether they are Water Cure doctors or drug doctors—who allow their patients to eat, and drink, and dress, and do as the patients please, have pronounced them incurable, we of "Our Home" are ready to take them, and cure at least three fourths of them, *provided* the patients will do as we please. This is what we have been doing for years past, and on a much larger scale than ever for the future do we intend to do it. And we mean to do it, because it is *doable*. Nature asserts it can be done, and we believe her. If you will have faith in her, as we have, and follow her teachings as we have, you shall have, as we do, a success that shall throw that of the drug-giver and the hydro-druggists altogether into the shade.

I am, with a brother's heart, yours very truly,

JAMES C. JACKSON.

OUR HOME ON THE HILL-SIDE, DANVILLE, N. Y.,
July 10th, 1859.

LETTER No. 20.

From Harriet N. Austin

To ————:

MY DEAR BLANK—If you are accustomed to keep very closely at home, seldom getting beyond the boundaries of your father's farm, a ride of ten miles to the next town or into the country will be a matter to be thought and talked, and perhaps written much about. But the importance of such an excursion lessens in your estimation just in proportion to its frequency. If you have never been out of our native county, a journey of five hundred miles would furnish you objects for observation and interest constant and almost uncountable. Every tree, and brook, and house, and field of corn, and great rock by the road-side would attract your notice. The hills in the distance, the forests, the villages and cities would be new and fresh to you, and would awaken all the faculties of your mind to pleasant and vigorous action. But those who travel much come to pass by common things without thought or observation. So, perhaps, he who seldom makes a journey derives as great benefit from one tour as another derives from three or four. I am sure I hope it is so, for as I seldom get away from home, I am desirous to make huge strides in wisdom when I do go. My late visit of three weeks to New England is of sufficient importance in my mind to deserve notice in the President's message, and an account of my tour through the White Mountains might well fill a page in the New York *Daily Tribune*.

I am not unconscious, however, that thousands of persons as wise as I visit the mountains every summer, and that scores of letters of descriptions of scenery are published in all the papers. And yet a little sketch of my observations and impressions may not be uninteresting to you.

All over the country it is *fashionable* to visit the White Mountains in summer. As soon as one gets into the mountains he learns that the thing to be done there is to ascend Mount Washington. There are excellent summer hotels located in different parts of the mountains, and a few persons go there to spend several weeks of the warm weather for the benefit of the pure air. But the large majority of visitors stop only a few days, and the topic of conversation, and it is a very exciting one, in every group, at the table, in the halls, in the parlors, and on the piazzas, is the "ascent of Washington." It is as interesting a subject there as is Pike's Peak in Kansas. Each one who has not yet made the ascent is eager to inquire of those who have, "Did you find it very difficult?" "Is it dangerous?" "Were you

greatly fatigued?" "Was it very cold up there?" "Did it rain?" "Did it snow?" "Did you eat dinner up there?" "Did you get a good view?" "How many went with you?" "Were you paid for your trouble?" "Is it *very* hard riding down?" "Was your horse sure-footed?" "How long were you gone?" "Will you ever go again?" And those who have been up are quite as eager to tell their experience and impart all the knowledge they have gained.

The ascent and descent are really very difficult and fatiguing, and I am sure I am correct in saying that a large majority of those who go up, do so because it is the *fashion*, rather than from any love of nature, or desire to get novel views of her sublime scenery. He who appreciates these, and has a good amount of physical strength, will be well repaid for making the ascent. But there is only about one chance in ten for getting a view from the summit when one gets there, clouds and mists hang about it so constantly. I made the ascent July 22d. The day before there was a snow squall on the top. You may have more correct notions about mountain scenery than I had. I supposed that a mountain 6,200 feet high, as Washington is, rose to that height directly from the plain, and that one standing at its foot might look way up its sides and scarce be able to reach the summit with his eye on account of the great distance. But hills and mountains are piled up together in such a way that we nowhere are sensible of such immense height, and though the tops are often immersed in clouds, it seems rather that the clouds have approached the earth than that the earth has risen up and touched the sky. I fancy I experienced a disappointment similar to that of many persons when they first look on Niagara. It does not fill their conception of immensity and grandeur. But, like them, the first disappointment over, I came to find wondrous beauty and magnificence in the scene.

There are two paths up Mount Washington—one on the west, from the "Crawford House," which is situated in the famous White Mountain Notch, in which some thirty years ago a whole family was buried by a land-slide—the other on the east, from the "Glen House." Both these hotels, though situated in valleys, are from 1,500 to 2,000 feet above the level of the sea. These are first-class houses, as are all the public houses in other parts of the mountains. Here the company is constantly changing. Over night and at breakfast there may be 200 guests in the house, and at noon not half a dozen. They have all gone up the mountain or passed on to the east or to the west, but it is probable that the house will be filled again by night. The custom is to approach the mountains from the east or west, pass through by stages which are running daily, stopping at the different hotels and seeing all the wonders, and leave from the opposite side. I went in from the west and ascended Washington from the Crawford House. This is much the longest and most difficult path. It is nine miles from the commencement of the ascent to the summit, leading over several less lofty, but yet vast, mountains. From different points on these, very excellent views are obtained. In some places we look down into gulfs which are awful to contemplate. No one can make the ascent for the first time without feeling that he is doing a fearful and wonderful thing. To be carried on the back of a horse up piles of rocks and down precipices where one would have imagined a horse could never go, with a sense of vastness above, below, and around one, has a tendency to fill the mind with a sort of awful stillness. Yet at other places one feels quite self possessed, and laughs and chats easily or looks out upon the far-reaching landscape with great pleasure. The ascent is usually made on horseback, though very frequently men walk up. More than thirty persons were in the party of which I was one, and it was a novel and beautiful sight to look up, I riding behind all the others, and see them turning in every direction, following the winding path, looking like dancers in some complicated march. The summit of

Washington, which is nearly level for the space of an acre or more, and far down its sides, is completely covered with huge, rough rocks so that not a particle of soil can be seen. Up these the trained horses go with the greatest carefulness and precaution at every step. Arrived at the top we find that we are about five hours from Crawford's. Here are two houses, built of rocks, with low, flat, board roofs, one of which is kept from being blown away by several strong cables passed over it and fastened to the rocks on either side, and calico partitions. These constitute a hotel, which furnishes board and lodging to those who wish. Persons not unfrequently stay over night, and nearly all who go up dine there. Board is four dollars per day, which is tolerable, considering that not only all provisions but fuel has to be carried up the rugged ascent for miles on the backs of horses. And then the place to live in is as desolate and unfriendly as the desert of Sahara.

When visitors are so fortunate as to get a clear view, it is grand and beautiful beyond description. In some directions we can see to great distances, but what impressed me most was the nearer view of mountain-tops rising like vast blue waves in grand irregularity. I had in the morning sent my baggage round by stage from Crawford's to the Glen House, a distance of thirty-six miles, intending to go down on the glen side, and thus save a day in time and a stage-ride. This is often done. Several others of our party had made like arrangements, and fortunately we found those who had come up from the other side with the same intention, and were glad to exchange horses with us. But here arose a difficulty. Several of our party who wished to exchange were ladies, while on the other side were only gentlemen, and for a lady to think of riding down sideways on a gentleman's saddle was madness. What could be done? Why, but just one thing, and that is what was done. The ladies rode on the gentlemen's saddles after the manner of gentlemen, and so came safely down the mountain. It occurred to me that possibly under such circumstances persons could conceive of the propriety of the American costume. Indeed, the guide commended my dress highly, and said he was heartily sick of seeing ladies go up in their long dresses, and that not one man in a thousand would have courage to attempt the ascent dressed so.

I was thoroughly fatigued on reaching the glen, though more than rewarded simply from having had the adventure and learning what can be done.

I am yours most heartily.

OUR HOME, DANVILLE, N. Y., August, 1859.

WATER-CURE IN FRANCE.

BY S. ROGERS, M.D.

INSTEAD of immediately resuming my clinical reports, I will translate part of an address recently delivered by Dr. Armand Rey before the "Scientific Congress of France" on the practice of Water-Cure.

I shall omit much of the historical portion of this address, however interesting, because it is a repetition of facts mostly known to the readers of the JOURNAL. It will be seen that hydro-therapeutics holds a prominent position in that land of medical research. Its exponents are able and educated physicians, who stand high in their profession. Though not exclusive in practice, I can not perceive that the truth of Water Cure has been drugged by them. On a long series of experiments, they have established certain principles of practice out of which must flow the most satisfactory results.

Dr. Rey was called upon to explain only the practice of Water-Cure, but his subject necessarily drew him into a brief notice of the adjuncts of that treatment, and also some discussion of medical principles. His experience in the treat-

ment of chronic diseases entitles him to public confidence.

The second part of his address begins with the following quotation from Sydenham on the etiological distinction between acute and chronic affections. Sydenham asserts that, "While the causes of our acute maladies are independent of us, we are ourselves the artisans of our chronic maladies. These last are rooted in the constitution of each individual, in whatever there may be of the *universal* and *permanent* in each organism: thus is explained why chronic diseases are hereditary. Acute maladies, on the contrary, attack transitorily morbid dispositions of the economy which are exhausted by the action of the malady itself."

"Thus," continues Dr. Rey, "an essential characteristic of chronic disorders is manifested in this tendency to self-perpetuation, and to become, if I may be allowed the expression, the normal condition of the person attacked. It is thus we find the explanation of their resistance to the medications directed against them. Resulting from daily infractions of good hygienic rules, it is to hygiene alone that we should address ourselves in order to triumph over constitutional disorders that vicious habits or digressions in regimen have determined in the organism. Owing to the solidarity existing between the functions, chronic disease necessarily drags in many general symptoms which are apparently strangers to the affection itself, but which are nevertheless united to it by intimate relations. These complications render the diagnosis obscure, and augment the difficulties of treatment. The importance accorded to them has been so great, that many pathologists have counseled the treatment of the symptoms instead of the organic state upon which they depend. But to follow this precept is to prefer palliative to radical measures; it is, besides, to expose ourselves often to the encounter of serious difficulties.

"To cite only the principal obstacles against which the efforts of the *materia medica* have not been successful, it will suffice for us to call attention to *intolerance* and *inactivity* resulting from habit. These two opposite phenomena are exceedingly embarrassing. While one gives to certain medicines properties which do not ordinarily pertain to them, the other renders useless their most active qualities.

"Who of us in practice has not often been non-plused by one of those odd and inexplicable circumstances which transform into an energetic irritant some medicament renowned for its anodyne properties? Who of us has not seen the most active remedies become almost inert under the influence of a prolonged administration? Explain, who can, such singular effects; attribute one to idiosyncrasy and the other to habit, it is only to defer the solution of the problem—not to solve it. In any case the practitioner will not be more enlightened upon the probable results of the means he is to employ, his only guide being the general rule by which he tests the most ordinary physiological and therapeutical effects of medicinal agents; and this rule every day encounters new exceptions.

"Often, also, patients have an insurmountable aversion to all kinds of medicaments. However learnedly the physician may form his prescriptions to render them acceptable, the exaggerated delicacy of the senses of the patient pierces the envelope of gold or silver which invests the most skillfully-combined pill, and discovering the repugnant odor, an instinctive contraction of the throat is provoked, rendering deglutition quite impossible. Under such circumstances, how shall we follow the precept of so many illustrious practitioners?—'chronic medication for chronic maladies.'

"The inconstancy and versatility that nervous excitation gives to invalids under chronic diseases, are obstacles not easily vanquished. Any treatment whose happy results are not manifest, within the first fortnight, to arouse the hope of the sufferer, runs great risk of being entirely

abandoned. It is at this point that commences the harvest of the charlatans, those *cures*, who, much more occupied in attracting and *exploiting*, than in curing the sick, know how to flatter the invalid's taste for the marvelous, and their hopes in a cure by fantastic means employed, which seem to encourage them more even than would a slight relief from suffering.

"The *materia medica* possesses some resources against chronic affections, but it must be acknowledged that even after abstracting those diseases recognized as incurable, there are particular conditions which it has no power to modify. On the other hand, sometimes a medication which at first causes accidents of a serious nature, ends in the production of the happiest results. The physician who would dare persevere under such circumstances must be very certain of himself.

"Again; how often some particular medication at first awakens the most brilliant hopes, but very soon ceases to act, and sometimes increases the disease. Under these circumstances, one ordinarily endeavors to replace internal medicines by external agents.

"It is a remarkable fact, that the more a physician has watched these courageous and often desperate struggles of medicine against disease—the more, in a word, he has acquired experience in his art, will he be found careful in the use of medicaments, and fertile in ingenious expedients for the employment of external agents—correct regimen and hygienic measures.

"The idea which presided at the propagation of what was termed the 'Endermic method,' was inspired by the inconveniences of internal medication. But serious doubts having been raised relative to the ability of the skin to absorb, when covered by its epidermis, the hope of introducing medicaments into the economy through this channel was soon abandoned.

"At length was commenced the study of caloric, of cold, of electricity, of friction, etc., as therapeutic agents, and very soon it was perceived that they possessed, besides other advantages, that of *not* disheartening the patients, but to become little by little an almost agreeable habit for them, a pastime, a diversion from their sufferings. They responded, besides, to a formal indication, to one of the most incontestable principles of therapeutics—that derivation or revulsion exerted an influence upon the organs placed in opposition by nature. In affections of the skin, for instance, there is no derivation upon the skin itself, but very certainly there may be upon the mucous membrane of the intestines, and *vice versa*. Now, the chronic maladies—skin diseases excepted—having their seat principally in the deep-seated organs, the idea of derivation to the external integuments very naturally presented itself. The absence of sensible and insensible perspiration; the enfeebled state of the skin; its dryness and the alteration of its consistence; and, above all, that dirty yellow color peculiar to a chronic state, awakened the hope, by a sort of reciprocity, that the re-establishment of these functions would be followed by an amelioration of the chronic disease.

"Without pretending to give here a complete history of the experiments, more or less happy, undertaken for this purpose, we can nevertheless summarily indicate the principal ones, and exhibit the resources which they embody.

"The first experiments had in view simply the congestion of the skin. This they induced by caloric under its different forms, and by frictions, percussions, etc., etc. It would be difficult to say whether these diverse means by which the domain of medicine has been enriched, pertained properly to medical research, or whether they previously formed a part of the hygienic or religious customs of the ancients; whichever way it may be, therapeutics has seized upon and rationalized them, and to-day a great number of very learned and conscientious works incontestably establish their efficacy in numerous diseases. From the actual cautery which disorganizes the tissues, to that most refreshing insolation which

is the tonic *par excellence* for the convalescent, what intermediate degrees do we find!

"To keep within the limits of medical hydrology, while on this branch of our subject, I will speak only of hot baths, and douches of water and vapor, and the dry sweating-box or chamber.

"Hot baths and douches are usually administered in the establishments at thermal springs, which are more or less rich in mineral composition, and which last nearly always obtain the credit of cures effected there. I am convinced that a more minute analysis of the facts would prove that the caloric plays an important part in these advantageous results.

"I once noted a case of sciatic neuralgia that was cured by very warm baths. The unfortunate sufferer fancied that he might find some alleviation of the pain by plunging into water as warm as could be endured. The temperature was from 100 to 104 degrees Fahr. Having found relief by the first bath, he continued them during five or six days in succession, and was cured. A similar cure at the natural thermal springs would have been attributed to chemical agents. I remember another example still more curious, in which the efficacy of caloric was experienced in a disease where no one had ever dreamed of employing it. A woman was attacked with sub-acute eczema; she was afflicted with severe itching, and sometimes burning of the skin, yet the disease was not plainly inflammatory. Some special remedies had been ordered—among others, the 'Asiatic pills,' but during the first days of their administration the sleeplessness, agitation, and cramps of the stomach were so marked that the pills were discontinued. After that the patient took no other medicine than two or three tumblers per day of a decoction of fumaria. The skin affection did not seem to be in the least influenced by this treatment. One day it occurred to the patient that a warm-bath would be agreeable, but finding it a little uncomfortable, she remained only half an hour in the water. While performing her toilette after the bath, the whole surface of her body became unusually moistened by a watery discharge from the eruption, and already she repented the seeming imprudence of taking the bath. But little by little the moisture diminished, and finally it entirely disappeared. That day the itching was not so troublesome, and the burning did not return. Resolution of the eruptive patches rapidly occurred, and the fears which had tormented the patient were changed to hope. The next day she took a second bath under the same conditions as the first; the day following, another, and so on every day during a month. At the end of this short time the eczematous eruption had completely disappeared, the scales had fallen, and the skin presented only slight redness—the last vestiges of disease—at those points most gravely attacked.

"These two cases prove, in my opinion, that in the treatment with thermal waters there is too little attention given to the action of caloric, or of the general temperature, and too much importance, on the contrary, attached to the salts the water may contain.

"As yet, science possesses no positive data upon the temperatures best adapted to different diseases; upon the particular effects of hot water or in vapor; upon the special action of the dry-sweating chamber. In what cases should one employ the first? Under what circumstances ought one to choose the second?

"One of the most singular properties of caloric is to hasten the cicatrization of wounds. M. Jules Guyot was probably guided in the institution of the incubatory method by the facts which pertain to this property. The happy influence of this system of treatment for wounds, ulcers, white swellings, skin affections, hysteria, chlorosis, chorea, catalepsy, convulsions of infants, and even tetanus, demonstrates the fact that caloric possesses valuable reactional sedative properties.

"Caloric, holding as it does the highest rank among stimulants, should have by reaction useful sedative effects, and can, in certain cases, through reaction alone, effect the same results as

cold. Reciprocally, cold should have by reaction properties analogous to those of caloric. Thus it will be observed that by means of these two opposed agents similar results can be obtained. It should not be inferred from this, however, that one may be indifferent in the employment of one or the other; on the contrary, precise indications can only be furnished by the nature of the malady. Thus, for example, all physicians send chronic engorgements, succeeding acute inflammations, to thermal springs. The hot water dilates the vessels in these cases, relaxes the tissues, and consequently renders them permeable to the liquids of the economy. This exaggerated circulation draws the stagnant fluids little by little into the circulating torrent, and thus is effected the resolution of the engorgement. It is indispensable, however, that the parts engorged should possess sufficient tonicity to contract upon themselves, without which the tumefaction would persist in the organ affected, and even if the circulation there became more perfect, the cure would nevertheless be incomplete, since a relapse might be apprehended.

"When there is complete atony of the tissues, cold acts more surely and energetically than caloric, because it restores their contractility. M. Vidal de Cassis has observed that, under the influence of cold douches, the engorged uterus contracts and sensibly diminishes in volume, and that in consequence of these frequent contractions, artificially provoked, the most voluminous and rebellious engorgements disappear. Independent of this advantage, that it almost alone possesses, the cold still acts reactively by virtue of properties it holds in common with caloric—that is to say, it quickens the circulation, and at the same time gives tonicity to the tissues, while heat would tend to relax them.

"Nevertheless, there exist engorgements so voluminous that the resolute power of cold is powerless to triumph over them. It is better, then, to commence by attacking the disease with caloric, expecting at a later period, or even alternately, to reawaken the fibrous contraction when the circulation may have become free.

"*En résumé*, then, what are the indications furnished for a choice between cold and caloric in the treatment of a malady of the nature we have chosen for example? Voluminous engorgement, the contractility of the tissues not yet completely abolished, *caloric*; voluminous engorgement, contractility entirely abolished, *caloric* at first, and cold afterward, or simultaneously; engorgement less voluminous, the contractility being great or even exaggerated, *caloric*; engorgement less voluminous, atony complete, *cold*; engorgement painful, with tendency toward acute state, *cold at moderate temperature*, with proper precautions to prevent too much reaction. This summary is certainly very incomplete, but it has no other object than to show that between two agents apparently entirely opposed, yet applied in combating the same malady, it is easy to make a judicious choice. To terminate this parallel of the effects of heat and cold, it remains for us to consider that the phenomenon of reaction is a product of organic spontaneity, a means of protection and preservation against every species of modification by which the organism always opposes to heat a spontaneous sedation, and to cold a spontaneous excitation. It is by this power that the normal state is maintained. From this it results, as a forced consequence, that the *reaction is essentially more persistent than the primitive action which gave it birth*; and thus one can see the principal utility of the medications whose object is to habituate the organism to react and to furnish it with the necessary resources for the accomplishment of that reaction.

"From the same theoretical point of view, heat and cold are so intimately united that it is impossible to conceive of one without the other; in the same manner also, from a practical point of view, does it appear to me difficult to employ exclusively either one or the other of these two agents."

[TO BE CONTINUED.]

THE VOICE;

ITS

RIGHT MANAGEMENT IN SPEAKING AND READING,

INCLUDING

THE PRINCIPLES OF TRUE ELOQUENCE.

Together with the Functions of the Vocal Organs—the Motion of the Letters of the Alphabet—the Cultivation of the Ear—the Disorders of the Vocal and Articulating Organs—Origin and Construction of the English Language—Proper Methods of Delivery—Remedial Effects of Reading and Speaking, etc.

An English teacher of Elocution—Rev. W. W. Cazalet, A.M.—has recently published a work on the above subject, which contains many suggestions of great value to those who desire to speak and read well. Regarding the right management of the voice as intimately connected with health, as well as one of the noblest and most useful accomplishments, we shall present the readers of the WATER-CURE JOURNAL, in this and the succeeding numbers, with the chief portions of the work, adding a few references and illustrations for the benefit of those who desire to become thoroughly conversant with the subject.—EDITORS.

CHAPTER I.

THE power of speech, which alone distinguishes man from the brute creation, is one of the most important faculties of the human frame. Mere emanations of the mind, without determinate expression, would have no force nor meaning, and thus in the account of the creation, when the earth was without form, and void, and darkness was upon the face of the deep, the Spirit of God moved upon the face of the waters, and "God said"—implying that the volition of Almighty Power was clothed in the form of language. Man has received this gift as his attribute. In all physical operations animals may approach, nay, in some cases even may be said to surpass, man. Instinct, with some development of a faculty nearly allied to reason, exists in many animals, and may be improved by cultivation. A look, nay, a movement, may give indication of mental operation, but the mouth is shut and utterance denied. It is the exclusive privilege of man to possess this faculty of speech. Created in the image of his Creator, he alone is endowed with this divine attribute. And when we reflect that it is by this faculty that man stands superior to all other created beings, it ought to be felt and considered a great privilege. It is one, however, but little thought of or appreciated, and its improvement so little attended to, or even cared for, as not even, in this country at least, to form an element in education.

The human voice, with its various powers, conferring infinite shades of expression, ought to receive as much attention as is accorded to the development of other faculties, and its cultivation and improvement ought to form a part of the physical education of the young, and that, too, at a time when the organs are flexible. It would not only add to the power of the voice itself, but also to the improvement of the delivery which so few possess naturally in any high degree, as well as to the correction of faults which spring partly from inattention and partly from ignorance. Dr. Mackness, in his "Dysphonia Clericorum," very justly remarks: "It is certainly great inconsistency to lavish all our care and attention in storing the mind with knowledge, and yet make no provision for cultivating the medium by which this knowledge may be made available to others." And thus it is that so many fail when circumstances call upon them to appear as public speakers. When any attempt has been made to cultivate the organs of speech, under what strange misconceptions has it been undertaken. The well-known instance related of Demosthenes is only calculated to excite a smile. To overcome certain natural defects, and to improve his powers, he is stated to have resorted to the following methods—To correct the stammering, he spoke with pebbles in his mouth. Now the test of a trial would at once convince any one that no satisfactory result could be obtained by this process. That his pronunciation might be loud and full of emphasis, he frequently ran up the steepest and most uneven walks, and thus his voice acquired force and energy. Now it must be self-evident to every one that to speak at a time when all power over the management of the breath is lost is a process little calculated to give emphatic pronunciation, or, when the lungs are

strongly convulsed, to add to the force and energy of the voice. Again, when the waves were breaking ruthlessly and violently on the shore, he declaimed aloud to accustom himself to the noise and tumult of a public assembly. I need scarcely remark that the very effort to be heard over the roaring element would tend to destroy entirely the natural powers, and certainly a speaker is not called upon in the usual course of events to rival or overcome by mere stentorian efforts either a noise or a tumult.

The following is a curious account of the method adopted by the Emperor Nero for the improvement and preservation of his voice, and throws some light upon the singular notions and practices which prevailed in ancient times. Suetonius informs us that to preserve his voice he used to lie upon his back with a thin plate of lead upon his stomach; that he took frequent emetics and cathartics, and abstained from all kinds of fruit and such meats as were thought to be prejudicial, and at length, from the apprehension of hurting his voice, he ceased to harangue the soldiery or senate, contenting himself with issuing his orders in writing or by the mouth of some of his friends or freedmen. After his return from Greece, he established about his person a phonaseus or officer to take care of his voice. He would never speak but in presence of his vocal governor, who was first to admonish him when he spoke too loud or strained his voice, and afterward, if the emperor, transported by some sudden emotion, did not listen to his remonstrances, he was to stop his mouth with a napkin. We may reasonably suppose that such methods adopted by an emperor were among those most approved of at that period, but they are of such a character as to call for no serious remark.

As we approach a later date, at a time when music began to be cultivated for the service of the Church, a few obvious rules appear to have been observed for the management of the voice in chanting; but in the then wretched state of anatomical knowledge, no system could have been adopted for the improvement of the vocal organ, as its proper functions were not understood.

As we have already seen, that at one period diet and abstinence were recommended for the improvement of the voice, we find at another particular herbs used for the purpose. Many instances might be cited, but one will suffice, which has been selected only on account of the celebrity of the names. In a correspondence between Racine and Boileau toward the end of the 17th century, we find two letters in which Racine recommends the syrup of erysimum, or yellow wormseed, to Boileau, in order to cure him of a loss of voice. Boileau replies that he has heard the best accounts of this erysimum, and that he would make use of it.

I have introduced these instances merely to show how little was known of the human voice when such palpable absurdities have been advanced about it. It is true that lately more attention has been paid to the subject. Anatomy has contributed its stores of knowledge. The study of music has induced greater care in the cultivation of the voice, and some endeavors have been made to lay down rules of elocution so as to give increased force to the natural powers of language. But though anatomy may have made us acquainted with the physical construction of the vocal organ, this by no means implies a knowledge of its functions. The art of singing, which ought to be a very important element in the improvement of the voice, being chiefly confined to professors of music, has been only studied to give effect to the music, the voice in the generality of instances being left to take care of itself, and what is called elocution is limited to the inculcation of certain rules for the forcible and emphatic delivery of language. The Art of Speaking, however, requires a combination of many separate elements, namely, a knowledge of the functions of the vocal organ, the proper management of the breath, and the formation and right pronunciation of the letters of the alphabet, about all which some strange misconceptions appear to exist. To these points, therefore, I shall now address myself.

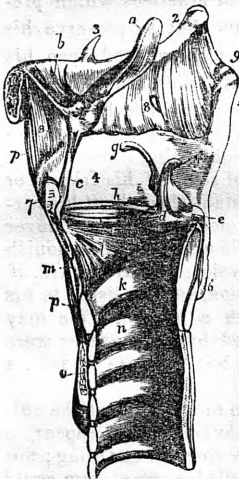
CHAPTER II.

THE FUNCTIONS OF THE VOCAL ORGAN, AND THE FORMATION OF THE LETTERS OF THE ALPHABET.

THE organs immediately concerned in the formation of the voice are the lungs, or bellows, as they may be called, the trachea and larynx, and the speech organs, which are at the extremity of the vocal tube—that is to say, the lips, the tongue, and the teeth. The air, in passing from the lungs, is put into vibration at a narrow point in the larynx or upper part of the trachea or windpipe, called the rima or

chink, and expanding at once in the pharynx or cavity of the throat is carried along the vaulted arch of the palate until it escapes from the lips into the surrounding atmosphere, on which it impinges, causing vibratory undulations or sound waves, which extend equally in every direction. By this simple process vocal sounds are educed, the human voice being strictly a wind-instrument. Up to this point the voice is produced in the same manner as in animals. How, then, is this faculty of speech superadded? The organs of speech, as we have stated above, are at the extremity of the vocal tube, and these act back upon the sonorous impulses from the rima where the sound is generated, so that as the air from the lungs becomes sound at the rima,

Fig. 1.



LIGAMENTS OF THE LARYNX.

the organs of speech act upon and modify the sound simultaneously with its formation, and thus is obtained the power of articulation. The art of speaking, then, is a combination of vocalization and articulation.

Fig. 1 is a vertical section of the larynx, showing its ligaments. 1. Body of the os hyoides. 2. Its great cornu. 3. Its lesser cornu. 4. The ala of the thyroid. 5. Its superior cornu. 6. Its inferior cornu. 7. Pomum Adami. 8. Thyro-hyoidean membrane; the opening near the posterior nerval transmits the superior laryngeal nerve and artery. 9. Thyro-hyoidean ligament. a. Epiglottis. b. Hypo-epiglottic ligament. c. Thyro-epiglottic. d. Arytenoid cartilage. e. Outer angle of its base. f. Corniculum laryngis. g. Cuneiform cartilage. h. Superior thyro-arytenoid ligament. i. Chorda vocalis, or inferior thyro-arytenoid; the elliptical space between the two thyro-arytenoid is the laryngeal ventricle. k. Cricoid cartilage. l. Lateral portion of the crico-thyroid membrane. m. Its central portion. n. Upper wing of the trachea, which is received within the ring of the cricoid cartilage. o. Section of the isthmus of the thyroid gland. p. The levator of the glandula thyroidea.

In producing the voice, only so much breath should be used as will make the sound, all force being avoided. The action upon the

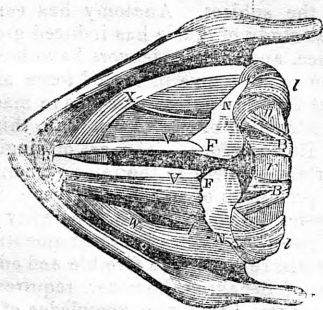
sound by the organs of speech will exercise a due control over the expulsion of the breath; this action of articulation not only counteracting, but in fact forming, the muscular support of the trachea, which would otherwise be forced from its position by the breath. In increasing the power of the voice, this action should also be continued and increased so that the control thus exercised upon the trachea should correspond with the expiratory impulse. In this manner the due balance is preserved between voice and speech. The muscles will thus gain strength by use, the quality of the voice will be improved, its power increased, and a clear and distinct articulation be obtained. The breath should at all times be used without effort. The organs of speech should articulate the syllables easily and without effort. The words, then, as they issue from the mouth, will vibrate and expand freely in the surrounding space.

Fig. 2.

Fig. 2 exhibits the vocal ligaments as seen superiorly. G, E, H. Thyroid cartilage. N, F. Arytenoid cartilages. S, V, S, V. Vocal chords or ligaments. N, X. Crico-arytenoideus lateralis. V, k, f. Right thyro-arytenoideus. N, l, N, l. Crico-arytenoideus postici. B, B. Crico-arytenoid ligament.

In order to understand articulation rightly, it will be necessary to explain the organic formation of the letters of the alphabet. These are usually divided into mutes, liquids, and vowels. As the lips, tongue, and teeth are the only organs employed in the formation of

letters, it is evident that the combinations can not be very numerous. The principal cause of difference or distinction is to be found in what may be called the different pressures of the organs for the various letters. Thus the *B* is a letter requiring hard pressure, the outer lips are pressed forcibly together, and the attack of the open sound is made simultaneous with the vocalization of the breath. This rule is invariable, differing only in the force required for the letter. The *P*, on the contrary, although produced by precisely the same action of the outer lips, is made by a gentle pressure only, and this distinction should be preserved throughout all the letters of the alphabet made by different pressures. With the lips pressed firmly together the *B* will always be produced clearly and of a sonorous quality; but if the same force is used in attacking the *P*, an effort, as of expulsion of breath, will be felt, showing at once the fault and its correction, for a clear



LARYNX FROM ABOVE.

sound can only be produced by the articulating and vocalizing action meeting immediately and simultaneously at the rima. Again, the *D* is made by hard pressure of the tongue against the fore palate; the *T*, however, which requires precisely the same action of the tongue, is produced by gentle pressure only, and the same remarks will apply to these two letters as in the case of *B* and *P*. The *G*, as in go, is made by hard pressure with the side edges of the tongue against the gums on either side. The *C*, as in co, and *K*, being the corresponding soft pressures, as also is *Q*, which, however, is always followed by a *u*. The *V* is made by hard pressure, or biting, it might more properly be termed, of the lower lip against the upper incisor teeth. The *F* is the equivalent letter, with gentle pressure; the *Ph* has the same sound as the *F*. The *J* is the hard pressure letter made by the flat surface of the tongue against the fore palate. There is no single letter which answers to this of gentle pressure, but the *Ch*, as in cheer, will be found to be produced by the same action more softly applied. The *Z* is the hard pressure letter made by the edges of the tongue vibrating against the fore palate, which finds an equivalent soft pressure in *S*. The *X* has two sounds; hard *gz*, as in examination, and soft *cs*, as in exercise. Horne Tooke also makes a distinction between the *th* in that and the *th* in thing; the first being the hard pressure, and the other the soft pressure. The *th* is made by pressing the tongue against the fore palate, and not between the teeth, as stated by Sheridan. And I may add, as a rule, that the tongue should never appear outside the teeth, and certainly should never be used against them. The *W* seems to form a connecting link between the mute and the vowel, the contraction of the lips for the formation giving it the power of a mute, but as there is no direct break in its production, it bears also the character of an open sound. The *Y* also, at the beginning of words, has this character, and is then formed by the edges of the tongue in contact with the gums on either side. The liquids *L*, *M*, *N*, *R* are so called from possessing the capability of flowing on the sound during the articulation, which is not the case with mutes. The *L* and *N* are lingual, bearing on the point of the tongue in their production. The *M* is a labial, requiring moderate pressure of the inner lips. The *R* is a lingual, requiring a strong vibration at the point of the tongue. The *L* and *N* seem to be the contrasts of *R*, as they require the tongue to be pressed firmly against the roof of the mouth, a little distance from the upper front teeth.

This formation of the consonants is based upon the natural principle I have previously advanced of the simultaneous action of vocalizing and articulating in the production of the sounds. The right understanding of this essential element in speaking will conduce materially to clearness and distinctness in delivery; it will also assist not only in giving power to the voice, but tend to prevent the use of force in the breath for the different pressures required for the hard and soft consonants, will show at once when the breath is too forcibly expelled for clear articulation, and at the same time point out the remedy by regulating the action of the breath in correspondence with the pronunciation of the letters.

I will not enter here into any discussion upon the vowel sounds as to the point often disputed, whether some of them may, or may not be considered as diphthongs. It seems to me to signify but little, and would certainly lead to no practical good, for the pronunciation varies in different words with all of them, at all events in the English language. No rule could therefore be accurately laid down. The great point for remark is, that on attacking these vowel sounds the same simultaneous action of speech and breath is to be observed as in the case of consonants. The same rule also holds good with regard to the aspirate *H*, which, according to this system, is most certainly not an explosive sound, a word that does not in any way belong to the subject, and ought not indeed ever to be used in treating of speech.

I am aware that this explanation or classification differs from that which has been generally adopted by others. A recent writer in a Treatise on the Impediments of Speech reverses this order entirely, representing the *B*, *D*, *G*, etc., as the softer sounds, and calling the *P*, *C*, *T*, etc., explosives, in direct violation, I fearlessly assert, of the right action of the organs of speech in articulation, which, as I have stated in all the alphabetical sounds, is backward from the lips, tongue, and teeth to the rima, simultaneously with the vocalization of the breath; the term explosive, attributed to the *P*, *C*, *T*, etc., being merely the act of forcing the breath contrary to the natural action. I must here insist on this action of articulation, which does not mean chopping the sounds into syllables, but the entire control over the sounds when made, and therefore also embraces the regulation of the breathing. It is a subject I may say never even hinted at by any previous writer, and so far is a discovery of the real action of speech, and there can be no doubt whatever as to the result in improving the voice and in giving ease and freedom in delivery. The

action of the organs of speech back on the rima at the time of the production of sound forms the basis of the right management of the voice. Unless this is understood, I say positively, and from experience, that it is hopeless to expect any material improvement in the voice itself, or in the power of delivery. I may also repeat that the articulating action properly applied regulates the vocalization of the breath. The quality of the sound produced is the test whether or not the breath has been forced, and of this the ear is the sole guide, and requires to be cultivated accordingly.

As the great object is clearness and correctness of articulation, there are many points which will conduce to this end if properly attended to. Among them I may notice that it is important to observe that at the final consonant of words, the moment the speech organ has determined the consonant, the organs employed for the production of the consonant, whether lips, tongue, or teeth, should instantly resume their normal position, or otherwise the sound will be prevented issuing freely from the mouth and expanding. Much indistinctness of utterance is often caused by hanging on, or grinding out as it were, consonants.

Where there are two consonants together, as, for instance, bv, bs, bl, fl, and other combinations, it will tend much to distinctness to prepare for pronouncing the second consonant simultaneously with the first; thus, while placing the lips together for the b, the upper teeth may be brought to touch the lower lip for the v, and similarly with other combinations, and thus produce a simultaneous action.

Much distinctness of articulation may be gained by dividing syllables on the vowels, in pronunciation, apart from their etymological construction; for instance, in such words as softly and gladly, by a partial division on the o and a the second syllable will flow off smoothly, whereas a break would be produced by the verbal division on the t and d. Attention to this point will also facilitate the acquirement of correct pronunciation of Continental languages.

With regard to the labials B, P, and M, I have made the distinction of outer and inner labials, and for this reason, that as the M is more or less necessarily nasal, the inner labial pressure assists this natural production of the sound in its action on the soft palate and uvula, whereas the outer labial pressure, which falls more immediately upon the rima, counteracts this action.

The lisp may always be most effectually produced by using the tongue directly against the teeth in articulation. Now, the teeth ought never to be touched by the tongue for speech, and the most ordinary attention to this rule will prevent altogether this defect, which I believe is often resorted to or continued out of mere affectation.

The non or wrong pronunciation of the R, which is so prevalent, is owing to a wrong use of the tongue. For its articulation the point of the tongue should be applied to the fore part of the palate, near the upper front teeth, and then made to vibrate freely. The formation of the L is just the reverse; the point of the tongue is placed firmly in the same position as for the R, but so as to prevent any vibratory motion. By attention to this distinction, the defect may in time be remedied; but, in truth, this deficiency, like the lisp, is too often the result of affectation.

The nasal quality of sound is produced by the stoppage of the nostrils, and in a less degree by the thickening of the mucous membrane lining of the nostrils. In order to correct this defect, respiration should always be carried on through the nostrils, and never through the open mouth; and by proper attention to the articulation, the nasal tone may be overcome. Moreover, when the nostrils are freely open, they add to the sonorous quality of the voice, for a portion of sound should always pass through these openings.

I may here allude to provincialism. The organs of speech in this case have been acted upon by a process of imitation in early life, during which the ear has become inured to the peculiar sounds. It is clear that what provincialism is to correct accent, so must correct accent be to provincialism. One is but the converse of the other. In either case it is only an imitation of pronunciation, and so far as provincialism is concerned, it may be overcome by the application of the general rules I have laid down for the organic formation of the letters of the alphabet.

From what has been here stated, it is clear that that part of the art of speaking which belongs to the formation of the letters rests upon the due equilibrium between articulation and vocalization. Force the voice by an improper use of the breath, and it will certainly be weakened, if not at length altogether lost, for all practical purposes. Give too much muscular effort to the organs of speech, and stammering and stuttering are the necessary result. When, therefore, so much depends on a knowledge of the mechanism and action of the vocal organ, I do not think I overrate the importance of the subject if I state my opinion

that, the proper study and exercise of the voice should form a necessary part of all education, and that to the neglect of this organ—I use the word in its collective sense—may be attributed the fact that so few excel in speaking, and so many suffer as victims when called upon to make use of the voice as an element in their professional career.*

[TO BE CONTINUED.]

NOTES ON CONSUMPTION—No. 1.

THE statistics of mortality show that of all that die in large cities, about one fifth perish from one disease, consumption. In rural districts the proportion is somewhat less, but still frightfully large. Were anything more than this single fact necessary to be offered in apology for making the disease—so prevalent and so destructive—the subject of an attempt at popular exposition, transgressing the custom by which its discussion, other than by advertising empirics, is restricted to medical journals designed for professional readers only, it might be this, that an unusually large proportion of its victims are found in the reading community—the gifted and the lovely are ever its favorite spoil. And this, which will presently appear, if the object of this paper be accomplished, that the disease is far more amenable to means, conditions, and circumstances, which are under the control chiefly of the patients themselves, than to those which are strictly and merely medical.

Many years since, while yet phthisis was emphatically the *opprobrium medicorum*, it had been repeatedly observed that symptoms recognized as those of that disease, even in an advanced stage, were occasionally followed, to the profound astonishment of everybody but the patient, and of the medical attendant no less than others, by apparent complete recovery. But so completely had the ancient doctrine of the incurability of phthisis preoccupied the public and professional mind, that physicians were more ready to admit themselves in error in regard to the character of the disease in those cases, than to raise a question of the received opinion, which, indeed, in reference to the state of medical science at that time, was true enough. At a later period than that at which such observations were first made, pathological anatomists began to find, in the lungs of subjects dead from other causes, evidences of former disease—conditions and appearances which, from finding them coexisting in various stages with those of recent and fatal consumption, they presently learned to recognize as the vestiges of tubercular disease. These proofs of extinct phthisis were ultimately found to occur not unfrequently. Here, then, were two separate and distinct demonstrations of the occasional cure or recovery from consumption, either of which, alone, might be liable to a suspicion of fallacy. It remained only to connect them to set the conclusion beyond a doubt. This also has been done; that is to say, *post-mortem* examinations reveal appearances now universally conceded to be the results of tuberculosis, in many subjects in whose living history it is quite possible to trace the existence of disease, bearing all the characters of true tubercular consumption, except its usual fatal issue, continuing a longer or shorter time, and followed by recovery years perhaps before accident or other disease had caused the ultimate disease. And so numerously has this occurred as to prove that they are not exceptional cases, in which kind nature has forborne to insist upon the execution of her established laws through partiality to some favored children, but occurring in the regular order of things; and that consumption, long regarded as hopelessly incurable, is really one of the most frequent of the diseases having really and inherently a fatal tendency with which the physician is called to contend.

To ascertain the means and conditions of recovery in these cases has not been so easy as to prove the fact, while it is even more important in its practical bearings. The data are often meagre and insufficient, and subject to various sources of deception. The art of recording cases of medical practice, so as to secure the full benefit of the record, is yet to be learned. The medical narrator is too often intent upon making out a case in support of his own views; or perhaps he only sees the phenomena as refracted by his own imperfect preconceptions. More frequently, perhaps, from self-deception, than premeditated dishonesty, he overlooks, or omits to mention, means and influences which another might deem most important of all.

But whatever the difficulties in the way of arriving at a positive knowledge on this point, they can not exonerate a profession enjoying, in a large degree, the confidence and support of the communities to which it offers its ministrations, from prosecuting the inquiry to that extent as a mat-

* For a more complete analysis of the sounds of the English language, see chapter on Voice and Speech, in *Hydropathic Encyclopedia*, vol. i., p. 257.

ter of reciprocal duty. The fact of recovery having proved recovery possible, it becomes imperative on the profession to learn and to adopt the means and modes by which it has been effected. And if it be found that the recoveries are mostly spontaneous, effected by the great physician, Nature, perhaps, as Hufeland suggests, "in spite of the physician, and least of all by his assistance"—let doctor and patient rejoice together, inasmuch as in that case the means may be presumed to be simpler, more intelligible, and more available, than if art had a more active agency in it.

A principal reason, doubtless, for the long continued failure of the profession to discover the curability and cure of consumption is to be found in the fact that their observations and efforts were directed principally to its local manifestation in the lungs, under the mistaken idea that therein consisted the essence of the disease. It remains true still that the local disease is exceedingly refractory to all the appliances of the medical art directed expressly to it. The anatomists and pathoscopists have thoroughly investigated and described the various morbid conditions of the lungs in the different stages and modifications of the disease, and the signs by which they are revealed in the living subject. But their discoveries are rather interesting additions to pathological science than useful contributions to the therapeutic art. Indeed, it is to be feared that the remedial means predicated on the premises of their revelations have been no more successful than the empirical medications of less scientific practitioners; and like them, not always harmless.

The occurrence of tubercles identical in character with those in the lungs, in other organs (*e. g.*, the brain and mesentery), in every fatal case of consumption demonstrates their constitutional origin; and that though the lungs may be the favorite nidus of this morbid product, its depositions are not restricted to those organs. Yet the medical world have been slow to learn the true relation, both of sequence and importance, subsisting between the constitutional and the local affection. Gradually, though slowly, the opinion is gaining ground that tuberculosis is not primarily a local disease, but a cachexy—a constitutional disease. In other words, the lung affection is not the first in the series of changes from health which together constitute the disease, phthisis. The tuberculous cachexy is first developed in the system, and the tuberculous deposit, in whatever organ, follows as its proper and legitimate fruit, and to some extent its measure.

The exact inherent, essential nature of this vice, or cachexy, being beyond the range of sensual observation, and but partially amenable to any physical tests, is necessarily a subject of theory. Of course the time is employed in no derogatory sense, as it sometimes is when mere hypothesis is the thing meant, since the remark is equally true of the physiological processes, of which the phthisical are but perversions. We know something about it, and we have yet much to learn. When we come to understand more perfectly—as we assuredly shall at no distant day—both the normal and abnormal processes, we shall probably be able to give a rational and satisfactory explanation of the changes which constitute the essence of the disease. But it is not necessary to construct a complete theory to arrive at practical conclusions which are in entire harmony with the best results of observation.

The lungs, as regards their function—the introduction of atmospheric oxygen, and the elimination of carbonic acid gas—are rather a transferring than an elaborating apparatus. The chemical changes which the oxygen is destined to work, one of which is the production of carbonic acid, are not effected there. It is taken into the current of the blood and borne to every extreme capillary of the blood-vessels to every fiber of structure, and thus effects the transformations of tissue, and loads the returning current with the

effete products. It seems probable that here, in the ultimate cells of some, or it may of all the tissues of the body is the true beginning—the seat of the first in order of the morbid processes—in other words, the proximate cause—of the diseases now under consideration. Upon this point, it is true, pathologists are not agreed. Some maintain that the function of primary assimilation is chiefly and first at fault. Against this, however, is the fact, that generally there is no manifest indigestion in the early stages; on the contrary, that function seems to maintain its integrity till the disease is far advanced.

The nature and operation of the causes and remedies—influences beneficial and injurious—presently to be considered, are more intelligible on the supposition that they produce their good or ill effects by operating upon and through the processes of growth and metamorphosis of tissue, or that of secondary assimilation. To discuss at greater length the opinions and arguments concerning the exact seat of primary lesion or lapse of function would be inopportune to the present paper. It is sufficient, perhaps, as well as safe, to rest that point with the important conclusion, that there is somewhere a profound alteration or perversion of the nutritive function.

It follows as a corollary to this conclusion, that since the lungs are affected only secondarily, being made the depository of morbid matters generated elsewhere, the cachectic habit is the proper subject of remedial effort. Let this by any means be remedied or extinguished, its local sequences can have no further increase, and till it be extinguished no real or permanent cure can be effected. While the cause continues in action the effect will be reproduced, and remedies addressed to the local lesions, however efficacious to their immediate objects, accomplish at best but a transient and symptomatic benefit, leaving the root of the malady untouched, if not even stimulated to a more vigorous growth. Hence the inutility of inhalations, formerly much in vogue with the profession, and still advertised and practiced by certain empirics, professedly on the ground of the greater efficacy of medication applied directly to the diseased structure; here also the equal inapplicability of all medicines, however administered, whose operation is especially upon the lungs and air-passages, such as the whole class of cough-medicines, except as palliatives merely. Reason shows that these can not be depended upon for any substantial and permanent benefit, and unfortunately the experience of centuries confirms the showing.

The disorder or depravation of the nutritive function being the essence of the disease, the restoration to its integrity must be the chief means of cure. It is cure; for, that being effected, there is nothing left for the physician to do. He can do but little for the removal or cure of the morbid conditions already induced in the lungs, and fortunately nature is competent in this, as in other local results of cachectic disease, if untrammelled, to do all that may profitably be done for their remedy.

Says Hufeland, in his quaint way, "What is developed, so to speak in conversation with nature, is of more value than all that has been extorted." Theories are valueless that do not abide the tests of accurate observation and true experience. Let us therefore "interrogate nature," and learn her teachings concerning the influences productive and those preventive of consumption. Let us see if the circumstances and conditions favorable to the development of the disease are those which are especially unfavorable to perfect and healthy nutrition, and *vice versa*. Fortunately, she has uttered some very clear lessons on the subject, which we are able to gather from a variety of sources.

Dr. Livingstone repeatedly mentions the remarkable salubrity of the interior of Southern Africa, and especially its exemption from consumption. That this is not from any special respect for the lungs on the part of the climate is evident from the frequent prevalence of pneumonia, which we have on the testimony of the same

acute observer and delightful narrator. That it is not due to an unfailing supply of generous and appropriate diet is equally evident from the fact, that the inhabitants are often subjected to the deprivation of animal food for so long periods that they suffer greatly from the peculiar dyspepsia which an exclusive farinaceous diet induces, and even the injury of the eyesight from the same cause; yet no consumption. The true explanation seems rather to be found in their mode of life. In their mild climate close dwellings are unknown and unnecessary, and active habits universal. Savage tribes generally are unacquainted with cachectic diseases till inducted into the artificial tastes and habits of civilized life. Then, too often, to the moral improvement and social elevation which they are presumed to have attained, there is a melancholy offset of physical degeneracy. Among the aboriginal Indians of this country, consumption was probably quite unknown, yet the early missionaries, who hoped to evangelize the tribes by the instrumentality of native teachers and preachers, found it almost impossible to get them through the necessary education before they would fall victims to this disease. What changes were made in their physical habits, in connection with the moral and intellectual training employed, we are not told. We can easily conceive, however, that for diet they got more of meal and less of venison, and that, living in houses and engaged in study, they had less of air and of exercise than when they roamed through the forests by day and slept in wigwags at night. It is a well-known fact, that in armies and fleets tuberculous diseases do not prevail, whatever the privations and hardships endured; and it seems a general truth, that where pure air is enjoyed with so much of muscular exercise as serves to keep the respiratory and assimilative functions in full activity, phthisis is not the form of disease resulting from insufficient diet. Whereas in shops, factories, foundling hospitals, and prisons, crowded, dark, and ill-ventilated, especially where the inmates are compelled to a sedentary life, consumption is rife.

Direct experiments are not wanting which are even more conclusive than fortuitous observations, although upon a different class of subjects. Physiologists have repeatedly produced tubercles on animals by confining them in damp places and feeding them on unwholesome food; and tuberculous disease, thus induced, has afterward been removed on a reversal of those conditions.

A just estimate of the influence of pure air, and plenty of it, to restrain and remove the tuberculous cachexy, suggests an intelligible explanation of the repeated remedial property of certain employments for which less rational explanations have been assigned. Charcoal-burning is one of those noted for its salubrity in those regions where it is extensively followed; but the prevailing idea that the gases and dust incident to it have a curative effect upon ulcerated lungs may well be dismissed in view of the entire absence of any other evidence in their favor, and of the free exposure and active life, by night as well as by day, which the occupation necessitates. The tending of bark-mills in tanneries, carried on in mere sheds, has been prescribed to growing youths suspected of a tuberculous diathesis, on the faith of a presumed virtue in the dust inhaled supposed to reside in its tannin, by those who choose to follow the lead of a popular prejudice, rather than the guidance of physiological principles—another instance of a good practice founded upon a false doctrine—in other words, a successful empiricism. The same explanation will apply to the turpentine business in the Southern States, which Olmstead says "is considered extremely favorable to health and long life, and is sometimes engaged in by persons afflicted with pulmonary complaints, with the belief that it has a remedial effect."

Not many years ago, expatriation under the milder designation of change of climate, was the fashionable prescription for consumptive patients. The practice maintained its hold on public confidence long after it was shown that the disease was

indigenous to localities enjoying the highest repute as sanatory resorts. There is, moreover, the greatest discrepancy in the views of physicians and authors who have studied and written upon the subject, not merely in regard to particular localities, but also in relation to the kind of climate needed. Probably there is no place long occupied by civilized man where consumption is unknown; and no climate, either cold or warm, damp or dry, which has of itself any real effect, even as a prophylactic, over the disease. The benefits derived from change of residence are due to the open-air exercise of travel, the exhilaration of change of scene, the relief from home and business cares, and so forth, rather than to any intrinsic superiority of one climate over another.

Connected with the question of climate, and like it, unsettled in the opinion of the profession, is that of an antagonism of some kind between phthisis and intermittent fever; or more accurately, perhaps, whether malaria, the cause of the one, be not a remedy, or at least a preventive of the other. The experience of our Western frontier seems to be that the newest settlements are free from consumption, but that, a few years later, when the rude cabins of the pioneers, small, but generally well ventilated, are superseded by the grand air-tight houses which are demanded by the civilized idea of comfort, then consumption, with the rat, comes along to share the new quarters. Luxury and want, about equally conducive to this disease, and both unknown in very new countries, advance with equal step as time progresses.

Dr. Flint has reported several cases of "arrest of phthisis," in which there is no more noteworthy fact than that there was "in nearly all a change in the habits of life, such change consisting in relinquishing, partly or entirely, sedentary habits and pursuits, and giving proportionately more time to exercise in the open air." In several of the cases this change constituted the sole treatment. "The exercise in the open air, was not of the kind which generally goes by that title, consisting in simple airing by gentle walks or drives, but it consisted in rough occupations, often involving considerable and sometimes great exposure to vicissitudes of weather. The patients were encouraged to live generously, indulging and cultivating appetite for all the various wholesome articles of food, with a full proportion of meat."

WATER-CURE IN IOWA CITY.—Our friend Wm. M. DeCamp, M.D., formerly of New York city, recently from New Orleans, has established himself in Iowa City, Iowa, and has gone into practice. The *Reporter* says:

"The friends of Water-Cure will be pleased to learn that they can now have their ailments treated after the method of their choice. There being no resident Water-Cure physician in Iowa City, Dr. Wm. M. DeCamp proposes to supply that need. Dr. DeCamp has all the documentary evidence necessary to sustain his claim to the title, being a regular graduate of a chartered institution in the State of New York."

We congratulate particularly the friends of our method, and citizens generally, on their acquisition. They will find the advice and services of Dr. DeCamp sound, sensible, and eminently useful and satisfactory.

FLORIDA.—J. W. A. writes from Hernando Co.: "I am desirous of procuring the WATER-CURE LIBRARY complete, in six volumes; but, as we have no express here, what will be its cost, pre-paid, by mail? [Ans. \$7.] I also wish for the Phrenological Bust. [This can not be sent by mail. Price, nicely packed in box, and sent to any city or seaport in Florida, or to some point where you may send for it, \$1 25.] Can the New Anatomical and Physiological Plates be sent by mail? and at what price? [Ans. No—they can not go by mail; but may be sent as freight, or by express. Price, for the full set, \$12.]

[We may add, for the information of our country friends, that they may order these, and any other articles, from New York—not mailable—to be sent to the *care* of some merchant, in any city or village, who is in direct communication with express companies, from whom they may obtain, by stage or private conveyance, anything they want.—Eds. W. C. J.]

The Month.

NEW YORK, SEPTEMBER, 1859.

WATER.

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

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

THE GOOD TIME COMING.—From almost all parts of the country we hear of better times. An abundant harvest has done much to relieve the country, especially the great West, of financial embarrassment; and the present indications are that all departments of agriculture, manufactures, and trade will soon be in a flourishing condition. The Water-Cures have profited largely by the general revival of business. Many of them were never so crowded as now. All of the old and established institutions are doing a good business, and several new ones are having a flatt'ring patronage. A number of the graduates of our school have gone into private practice since the commencement of the present year, and are, as far as we have heard, doing very well. Subscribers to the WATER-CURE JOURNAL are also coming in more numerous than has been the custom for a year or two past; but we must respectfully intimate that there is still room for improvement in this direction. We would not be troubled if a regiment of new subscribers should happen to come in like "the rush of mighty winds," or the "sound of many waters." We have ample accommodations for a hundred thousand more.

It has for several years been the current slang of the drug-medical journals, that "Hydropathy is running out." But the facts we have alluded to seem to give the "retort courteous," if not the "lie direct," to the statement. The truth is, Hydropathy is running *about* and running *over*; and just so surely as the sun continues to shine for a few years longer, will it overspread the whole land, and drown out all the drugs of the poisonopathic system, even as a hydropathic deluge did some four thousand years ago cleanse the earth of all wickedness.

DYING VERY FAST.—Scarcely a week in the year passes during which we do not

receive communications informing us that the people, under the prescriptions and advice of the drug doctors, are dying very fast, and beseeching us to stay the ravages of their diseases and doctors. Sometimes the fatal disease is common bilious fever; at others it is typhus or typhoid fever; now and then it is dysentery; very often it is m-*a*-*s*-*l*e-s, and still more frequently it is scarlet fever. A correspondent writes us from Troy, Obion County, Tennessee:

Dr. TRALL—My neighbors have been dying very fast of what they call pneumonia and pleurisy, and our drug-doctors seem to do little or no good. Some of them advise, on the first attack, bleeding until the patient faints, and then they give calomel, quinine, brandy, and other drug stuffs. In the last stage of the disease, when the pulse is low, and the patient affected with a cold, clammy sweat, they give brandy-toddy freely to raise the pulse. Will you please let us know the proper treatment in such cases? When the pulse is low, with a cold, clammy sweat, would a warm-bath all over, for an hour, be proper? How long should the patient remain in the wet sheet before it should be changed? And what kind of a bath should be taken each time the sheet is re wet? What is the proper treatment for congestive chills? We are among drug doctors; there are no others in the country, and we beg your advice.

There are no diseases known which are intrinsically less dangerous than those called pneumonia and pleurisy. We have not lost a case in fifteen years. A patient would seldom die if left entirely to himself. Hence our conclusion is, that the great mortality which attends these complaints is due, almost wholly, to the medication. *The patients die because the doctors bleed and poison them!* We have the published testimony of some of the most eminent physicians in the South (of the Allopathic School) to the effect that bleeding, calomel, etc., tend to prevent recovery, instead of promoting it. It is very seldom that a homeopathic physician loses one of these cases. Our eclectic and physio-medical friends, whose drugs are less potent, and hence less injurious, lose but few cases compared with their allopathic brethren. If these facts prove anything—and facts they are—they prove that the less our friends have to do with drug-doctors in these diseases—and the same is true of most other diseases—the better. Our first advice is, therefore, let drugs and those who administer them alone. You are a thousand times safer in the hands of nature. You can aid and assist nature by supplying such conditions as the suffering instincts of the patients crave, and as the common sense of any well person ought to suggest. The questions asked by our correspondent show that he is entirely ignorant of the first principles of our system. Instead of giv-

ing particular baths and resorting to particular processes, in a given length of time, etc., etc., the practitioner must take a universal principle and apply it to the circumstances of each case. The temperature of the patient is, in all stages of the disease, his guide for the use of water. The object is always to keep the temperature somewhere near the normal standard. The more sensitive and feeble the patient, the milder should be the temperature of the water employed, and the more gentle its mode of application. The warm-bath and the wet-sheet pack are often the most efficient appliances; but those who are not familiar with the management of baths had better confine themselves to tepid ablutions and hot or cold local applications. Whenever and so long as the temperature of the surface is above the natural standard, the patient may be sponged with tepid water once in two or three hours. Where there is great local heat and pain, cold wet cloths, covered with dry, should be constantly applied. Let the patient drink all the cool water he is inclined to. This simple plan will cure more pneumonias and pleurisies than all the drug-doctors between New York and New Orleans; in other words, it will let them get well, which the drug-doctors do not.

ECLECTIC HYDROPATHY—The Eclectic Medical College of Pennsylvania, in a recent announcement of its school, says: "As to theory and practice, it will include all the essential claims of Allopathy, Homeopathy, Thomsonianism, Botanicism, and *Hydropathy*." This is surely a very broad basis. We have often accused the eclectics of having no principles. But it seems that we were mistaken. They have *all kinds* of principles, and their liberal platform contrasts very strangely with ours, which is so exceedingly narrow, one-sided, illiberal, and intolerant that it *rejects* all the essential claims of Allopathy, Homeopathy, Thomsonianism, Botanicism, and *Eclecticism*. But we must ask our eclectic brother to solve one puzzle for us. Hydropathy claims to furnish a complete *materia medica* in hygienic materials. If neighbor Eclectic includes in his teaching this "essential claim," what in the world is he going to do with his drugs?

PHYSIO-MEDICAL HYDROPATHY.—We find in the July number of the *Physio-Medical Recorder* the following communication, which we copy in full for the ben-

efit of all who may have an inclination to go and do likewise:

DR. COOK—*Dear Sir*: I am a graduate of the Hydropathic Medical College of New York, and practiced this system exclusively for three years. My radicalism has been somewhat softened down, however, and for a year past I have used simple medicines in connection with hydropathic appliances. The experiment has been entirely satisfactory. I now design making myself better acquainted with the Physio-Medical System, and combining the two. I think an almost perfect system might be thus formed. I think I shall attend a course of lectures in the Physio-Medical College next winter or the winter following.

No name nor date is given with the above, "for obvious reasons," as Dr. Cook judiciously remarks. Perhaps the individual (if there be such an individual) who found Hydropathy and simple medicines [what are *simple* medicines, if you please, Dr. Cook?] entirely satisfactory [were they most satisfactory to the head or to the pocket?] forgot to date his letter, and, peradventure, he hasn't got any name at all at all. Possibly he is a myth. We have, however, an indistinct recollection of a stray fellow-creature coming to our school, a little more than three years ago, attending two or three lectures, going over to the Island to see some surgical operation, attending the Metropolitan Medical College (the spurious physio-medical concern in East Broadway, whose professors are all eclectics), one day or a day and a half, and then *graduating* for parts unknown. He did not remain long enough for us to learn his name. May-be he is the self-same individual person who tried the experiment in hydro-simpletonianism. That he is some sort of a simpletonian, we may safely presume "for obvious reasons." Our diagnosis in the case is, that the creature is an intangible and invisible nonentity. We hope not, though, for we should enjoy the experiment he proposes to try, of combining drug and anti-drug medication. It would be very like a combination of devil and anti-devil morality.

QUEER NOTIONS OF FEVER.—Nothing can be more absurd than the notions which medical men entertain and teach concerning the nature of fever. Though the simplest of all possible forms of disease, its essential nature ever has been and still is a mystery to the medical profession. J. B. Upham, M.D., in a late article published in the *Boston Medical and Surgical Journal*, reports several cases of typhus fever, and says, in relation to one of them: "This patient, so far as it is possible to discover, had not been exposed, either directly or

indirectly, to the contact or the proximity of the fever." Now we undertake to say—and will prove it if Dr. Upham will give us the proper opportunity—that no person ever was or ever will be exposed to the *contact* of the fever which they manifest. This thing is impossible. We say, further, that there never was an individual on earth *attacked* by a fever. What is fever, Dr. Upham? We will go all the way to Boston to explain this matter to you, and to the other medical gentlemen of Boston, if you will permit us to do it publicly; and we will pledge ourselves to prove these several propositions: 1. You do not understand the nature of fever. 2. We do. 3. You can not explain it. 4. We can. 5. You will not give a rational plan for curing fever. 6. We will. 7. Your whole system is false. 8. Our whole system is true.

OUR NEXT SCHOOL TERM—The summer vacation has afforded us the opportunity for making some desirable improvements in our college rooms, and in the educational programme. Dr. Gorton, who has been appointed to the chair of Chemistry and Natural Philosophy, is arranging a complete chemical laboratory, and we can promise a more useful and practical course in this department, so far as it relates to the healing art, than we have ever given before. Dr. O. W. Lines, who now occupies the chair of Anatomy and Surgery, is busily preparing himself and arranging the material for his demonstrations. Mrs. Professor Page is now rustivating and lecturing in the country, and revising her course on Physiology and Hygiene. Mrs. Professor Fowler will give a full course on Obstetrics. Dr. Jackson, of Dansville, has kindly promised to be with us toward the close of the winter term, and give a course of lectures on the *practicalities* of our system. Of the other teachers, we will only remark that they hope to do themselves and their subjects better justice than ever before.

We anticipate a much larger class than we have ever had before, and we would like to hear from all who contemplate attending, so soon as possible after they have completed their arrangements. We hope that the members of the class will all be present at the commencement of the term, the second Monday in November.

POSTAGE.—The postage on this JOURNAL to any part of the United States is six cents a year. The postage is payable in advance at the office of delivery.

To Correspondents.

Answers in this department are given by Dr. TRALL.

ST. VITUS' DANCE.—M. W. R., Sanquoit. The first thing for you to do is to correct the bad habits you mention—eating very fast, reading excessively, etc. Next restrict his diet to a reasonable quantity of plain food, without grease, starch, sugar, or any obstructing material. Then give him a sheet-bath each morning, and a sitz-bath in the afternoon. The common electric battery will not do any good. We can not say how long it will take him to recover under home-treatment. There is danger of his losing his reason, but whether he will or not, depends on many circumstances, one of which is the judiciousness of the home-treatment.

SCROFULA AND DRUGS.—E. A. P., Hallowell, Me. About the 1st of last April a swelling commenced in the right side of the lower part of my neck. A very large kernel was first noticed, soon a cake front, and about the distance of a thin case knife. It extends from the cord in front back over the shoulder, and increases in size quite fast. It is attended with heat, hard and without feeling, but is sore to the touch near its edge, but is never painful. When I was twelve years of age I was badly salivated with calomel. Afterward was very much troubled with my throat, head, and stomach. I resorted to the doctors, and was dosed and drugged within an inch of my life. But fortunately some eight years ago I began to learn the better way. I abandoned tea, coffee, and meat. My diet consists of vegetables, Graham, some fine flour. I use some butter, sugar, and a very little fish occasionally. I have your Encyclopedia, and am trying to live up to its teachings. I seldom exercise in the open air. You will oblige a subscriber of the WATER-CURE JOURNAL very much if you will tell me through the same, what the swelling is, the cause, and remedy. Perhaps I ought to mention that the water is all hard here.

The affection is scrofulous, and has been greatly aggravated by the drugs you have been poisoned with. Take the wet-sheet pack daily; abandon fish and butter; drink no hard water; exercise freely in the open air.

FOOD FOR INFANTS.—M. M. C., Nova Scotia. If you have plenty of milk, the child does not require any food except what it gets at the breast. Do not give it any oil, dill, fennel, catnip, anise, peony, or other trash recommended by doctors and nurses. Exercise your own common sense in the matter, and let the doctors physic the dogs—the more the better. Nursing mothers had better drink nothing but water.

SORE EYES—DROPSY.—G. H. M., Gainsboro, Tenn. How would you treat inflamed eyes (ophthalmia) under the following circumstances and personal habits: I rise early, eat three times a day. Diet, brown bread, corn bread, milk, butter, honey, and molasses, some hog meat, and the various fruits and vegetables raised on the farm. Work on the farm. Have had the sore eyes about six months—sometimes better, and again worse. Also, how do you cure dropsy (anasarca)?

Leave off milk, butter, honey, molasses, and hog meat. Bathe the eyes occasionally with tepid water. Purify the whole blood by a course of wet-sheet packs, and be very moderate in the quantity of food. We cure dropsy hydropathically, but before we can prescribe for a given case we must know the particulars.

SCROFULA.—W. B. P., Newark, N. J. You will find the information you desire respecting the nature and treatment of scrofula in the "Hydropathic Encyclopedia." In general terms, scrofula is a depraved condition of the system, resulting from bad air, gross food, drug-medicines, and other poisons, and the cure can only be found in a return to correct habits of living.

W. M. G.—The "Scalpel" is published in New York by Dr. E. H. Dixon, at one dollar a year.

NERVOUS DEBILITY.—S. S., Monroe, Wis. The case you describe is probably curable. We do not believe in the cauterizing practice in such cases. He should go to a good water-cure for a few weeks, after which he could get along with home-treatment. We can not answer questions so indefinite as the following: "What length of time would it require at a water-cure to restore such a patient to the enjoyment of sufficient health to enable him to do *one kind of business* within the reach of a *common person*?" There is no meaning in such language. All that we can do is to put the patient in the way of health so that he will eventually have the use and benefit of whatever vigor of constitution he possesses.

MERCURIAL DISEASE.—T. M. P., Lovelton, Pa. You have a torpid liver, and are laboring under the effects of the calomel with which the doctors salivated you several years ago. The wet-sheet pack and the electrochemical baths would be especially beneficial. The probability is that there is *not* any "enlargement of the great artery." Physicians frequently mistake an obstruction which induces a beating of some large artery, for an organic affection of the artery itself.

EVERYTHING THE MATTER.—A. J., South Bend, Ind. I have headache constantly; heat on the top of the head; pain in the right side and breast most of the time; cold feet; can not sleep; can't remember anything; have been sick five years; doctored with allopaths pretty much all the time; they do me no good, and now say that I can't get well. I have been very irregular in my habits; eaten everything at all times. Will you please tell me what my disease is, and what treatment I should take? What baths, when, and how often, etc., and oblige a friend and reader of the JOURNAL.

Our friend must read the WATER-CURE JOURNAL to little advantage if he can, despite its teachings, allow the doctors to drug and dose him for five years. But it is never too late to learn. Your disease is the effect of your bad habits and worse medicine. You are all clogged up. Eat plain, simple food; be abstemious in quantity; bathe or wash in some way the whole body two or three times a day when the stomach is empty, and eschew drug-medicines as you would the evil one.

CATARH.—H. H. M., Olmstead, Ohio. The constant running you describe, indicates an excrescence of some kind. It can easily be removed by some surgical process. But you will have to come to the establishment for a cure.

PILES.—S. W. Y., Weedsport, N. Y. The immediate cause of piles is constipation; the remote cause, bad living. The first thing to do is to reform all your erroneous habits in eating and drinking; next, cleanse the whole system by a course of wet-sheet packs; and lastly, overcome the local obstruction and debility by frequent enemata of a small quantity of cold water.

FOGYSIM.—P. C. S., Amsterdam, N. Y. Our advice to you is to send for Dr. Jackson, of Dansville, to give a course of lectures. Your people want information, and your doctors ought to see themselves a little as others see them. Dr. J. is the man for you.

LECTURES.—J. M. L., Jr. Mrs. Huldah Page, M.D., Professor of Physiology and Hygiene in the Hygeio-Therapeutic College, will give a course of six lectures in your place for \$50. You may charge an admission fee, or raise the sum by subscription and have them free for the public, as you please.

DISEASE—DRINKING—PACKING.—E. J. S., Pittsburg, Pa. 1. Can diseases of the nerves, neuralgia, amaurosis, etc., be explained on the same principles upon which you explain other diseases, *i. e.* as "the efforts of the system to remove impurities?" Will you please explain them?

2. Is it well for a person who is somewhat dyspeptic to drink cold water at meals, or is it better (as some physicians advise) to take no fluid with the food, and do all the drinking between meals?

3. What is the *packing* operation, spoken of as a Water-Cure remedy?

1. Yes. But we can not explain it in a paragraph. If you would fully understand this theory, you must attend a course of lectures in our school. 2. Drink between meals. 3. The "Hydropathic Encyclopedia" will explain all the bathing processes used in our system. Briefly, "packing" means, enveloping the body in a wet sheet, and then covering it with dry blankets and comfortables.

MERCURIAL DISEASE.—M. S. A., Natchez. Your numerous maladies are owing to the huge doses of calomel which the doctors gave you several years ago when you had the "dengue" fever. They cured the fever by killing the constitution—as usual. It would require four to six months' treatment to rid you of the drugs. You should go to an establishment at once and have the electrochemical baths.

UTERINE DISPLACEMENT.—L. C. M., Danville, Ind. The symptoms you describe indicate some kind of displacement of the uterus, probably retroversion; but we can not give the proper treatment until we know precisely the nature of the displacement. Such cases can not be managed very well except at the water-cures.

FOOD FOR PREGNANT WOMEN.—C. E. R., Sunnapu, N. H. Dr. Trall—*Dear Sir*: In looking over a work, entitled "Medical Common Sense," written by Edward B. Foote, M.D., of Saratoga Springs, and published last year, I find, under the head of "Food for Pregnant Women," the following theory advanced, which, if true, needs to be more generally understood.

He says, "Experiment and observation have shown that the pains and perils of child-bed may be greatly diminished if pregnant ladies will only pay strict regard to their diet, and at such food as possesses the least amount of calcareous matter. There can be no mistake in the hypothesis that the fetus in the womb is nourished by the same food which is eaten by the mother, and if this contains a large quantity of calcareous matter, the bones of the unborn child are too rapidly developed, in consequence of which its delivery is attended with greater danger and more pain;" and then, after some general remarks, our author goes on to name the kinds of food that are best for women during gestation, and those that are not, classing the kinds that contain the least calcareous matter among the best, such as barley bread, and preparations of arrow-root, sago, and tapioca; all kinds of fruits, like peaches, prunes, apricots, tamarinds, and so on.

And further he says, "All kinds of animal food, and particularly eggs and milk, are admissible; also such vegetable food as lettuce, celery, onions, beets, turnips, etc." Among the kinds considered objectionable, because of the great amount of bone-making principle they contain, is recorded, "potatoes, preparations of corn, wheat, oat and rye flour, and beans."

Now as the articles enumerated lastly make up the greater portion of food for the majority of people, and some of which hydropaths consider indispensable almost to the maintenance of good health, I wish to know if you think the above theory a correct one? And perhaps in gratifying my desire, you may throw some light upon this subject that will be of use to others.

The theory is correct, but Dr. Foote makes a bad application of it. The trouble comes from eating too much farinaceous food, and in such forms and preparations as to be constipating to the bowels. Flesh, eggs, onions, lettuce, etc., may be less injurious than excessive quantities of fine flour; but the proper dietary is, proper quantities of bread, fruits, and vegetables. The bread to be properly made and of proper materials.

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. There are six in the set, as follows:

The Heart and Lungs.—No. 1 presents a front view of the lungs, heart, stomach, liver, gall-bladder, larynx, thymus and parotid glands, common carotid arteries and jugular vein; also of the principal portions of the bowels, and cavi or omentum. Colored as in life.

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. Very useful to physicians, phrenologists, teachers, lecturers, and others.

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. Beautifully colored.

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

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. The most natural and best ever made.

Every lecturer, teacher, and physician should have a set. Price for the whole set, beautifully colored and mounted, \$12. We do not sell single plates. Address,

FOWLER AND WELLS,
308 Broadway, New York.

WATER-CURE EXPLAINED.

BY WM. M. DECAMP, M.D.

Does the term Water-Cure, literally understood, comprehend all the agencies made use of in Water-Cure practice?

Not at all! All the hygienic agencies necessary to the growth and maintenance of animal life are, in a modified form, made use of in the cure of disease.

Is it proper, under *any* circumstances, to make use of other than hygienic agencies?

Surgical cases alone excepted, no agency should be made use of for the cure of disease which is not in some sense or degree necessary to the preservation of health.

Name your hygienic agencies.

They are the following: air or ventilation, exercise, bathing, clothing, light, temperature, eating, drinking, sleeping, sexuality, and mental influence.

What are the causes of disease?

The causes may be found in hereditary taint, malformation, or in some violation of hygienic law, synonymous with natural law.

Are there certain observances which will make good health certain, with an average constitution?

There are. Positive natural law governs the animal kingdom as much so as the vegetable kingdom or mineral kingdom.

In what publication are these natural laws best explained and proven?

In a work by Sylvester Graham, recently reprinted by Fowler & Wells, No. 308 Broadway, New York city. These natural laws are very ably discussed and proven in the most elaborate manner, by testimony gathered from every department of nature. The work is entitled, "The Science of Human Life."

Are there not contagious and epidemic causes of disease?

There are; but almost inoperative with those who live in strict observance of natural law. The weaker the system, by bad habits, the more predisposed to epidemic or contagious causes.

What is Disease?

Disease is an abnormal condition, always accompanied by inequality of temperature and circulation. Restore equality of temperature and circulation and you have health. The symptoms give evidence of a remedial effort which nature sets up to remove or change an abnormal or unhealthy condition. The organism acting blindly or without intelligence is generally excessive in these efforts, and requires the intelligence of a Water-Cure practitioner, not to check entirely, but to control and moderate according to circumstances, and thus give nature the best chance by supplying appropriate conditions.

Nature, or inherent vitality, is the curative agent in every instance. The business of the physician is to assist nature. Vitality requires no poisons (popularly known as medicines) to assist in her operations.

What is a poison, in Water-Cure sense?

Anything which is not a food is a poison. The most inert substances are at least mechanical obstructions, and require to be removed. The alleged *action* of medicines is all on the part of the living organisms. Medicines do not act at all. The bowels recognize or become sensible of a poison in a purgative, and reject it.

The stomach appreciates the offensive nature of an emetic, and throws it off. The kidneys, skin, etc., act on the same principle. The vitality constitutes the *action*. With the dead there would be no action.

What should be our rule of conduct in the cure of disease?

First, we should ascertain the cause of the sickness by learning which, or how many, of nature's laws have been violated. Return to obedience, and the inherent vital energy working in us, and which sustains us from day to day, and causes children to grow from infancy to full stature, will perform the cure. Nothing else can. All we can do is to assist nature, and control her blind or excessive efforts.

Explain still further the term Water-Cure, and say if the applications of water are always cold, or very cold, as is generally supposed.

The temperature of the water varies with the strength or condition of the patient, and is as often lukewarm and quite warm as cool, cold, or very cold; it is sometimes as hot as the patient can bear it. As before stated, the term *Water-Cure* is not sufficiently comprehensive, and includes many agencies having no connection with water. For instance: to influence a lady to open her doors and windows *daily*, that the air of her house may be as pure as possible, is *Water-Cure*.

To persuade an over-worked housekeeper to employ an assistant, or an indolent lady to take more exercise by household work, walking, carriage or horseback riding, is *Water-Cure*.

To influence the fashionable lady to loosen her stays, wear *comfortably* loose clothing, and thus give her lungs free play, is *Water-Cure*.

To admit freely the vivifying and purifying influence of sunlight into our apartments, instead of living in the dark, as some people do, is *Water-Cure*.

Not to dress too warmly by flannel next the skin, or too lightly, as *young* ladies often do, about the feet and shoulders, is *Water-Cure*.

The eating of proper food, at proper hours, in proper quantities, and at proper temperature, is *Water-Cure*.

To discard all drinks but water and milk is *Water-Cure*.

To retire to bed and rise at regular hours, having slept on hard beds and pillows in preference to feathers, and under blankets in preference to comforts, is *Water-Cure*.

The control of the sexual propensity (not difficult to do by the adoption of the foregoing principles, and chastened by the *holy* influence of love and matrimony) is *Water-Cure*.

To remove from the desponding all depressing mental influences, by the substitution of hopeful associations and cheerful companions, is *Water-Cure*.

Truly, says the reader, this mis-named *Water-Cure* is really a *wonderful* cure. It is no less wonderful than true, simple, and scientific, founded both in nature and common sense.

But, says the objector, the agencies you praise so much have always been advocated by the professors of all drug schools. That is a mistake. They might incidentally allude to *some* of these agencies, *if inquired of*, but the main, all-absorbing reliance consists in their drugs. The *cause* of disease, and future prevention, *very rarely* enters into their instructions.

On the contrary, these latter considerations constitute the *peculiarity*, the *sum total* of *Water-Cure* treatment.

Here you perceive a heaven-wide difference.

Does it not carry absurdity on the face of it, to give to a sick man to make him well, a substance which would make a well man sick?

It does! In the vegetable world who would think of applying to a failing tree a substance which would injure or destroy a thriving tree; or in mechanics, in the repair of a piece of machinery, who would think of applying a substance or agency not used or contemplated in its original construction or motion—a steam-engine,

for instance. Because out of order, would we supply stone for fuel, turpentine in place of water, or a new wheel, totally unfitted to work in combination with the wheels of the original construction?

Natural law steps in, and says no! The same agencies or conditions which originally constructed and put your machine in motion, will repair it. If you wish to make a new machine, involving a new action, the idea is changed, but the principle remains the same.

Is calomel, or ipecac, or antimony, or opium, or morphine, or any of the thousand-and-one medicines in use, necessary to the formation and growth of the human body? No!! Then on what principle of sound reasoning are these medicines necessary to repair or restore the human body disordered?

Water-Cure says that the same agency and conditions which construct and develop animal life, will restore a deranged condition, produced by a violation of hygienic or natural law.

What conclusion is more truthful, beautiful, simple, or reasonable?

If this reasoning be true, why is it that medicines *appear* to cure so many diseases?

The answer is easily made. The great majority of human ailments (particularly with the young) are not mortal, and nature only requires *time*, fasting, and rest to restore herself.

Introduce a medicine in the mean time, and if there is vitality sufficient to remove the diseased condition, and the medicine also, the medicine gets the credit, and entirely on account of the *coincidence*.

Here is the grand secret accounting for the *alleged* success of the various *patent* medicines in use.

If medicines are so potent and reliable in the cure of disease, as the drug doctors would have us believe, why is it that there is such a perpetual change of remedies for the same disease—no two physicians agreeing in the medicines to be used in a given case or their proportions, the same physician even changing his practice from year to year, and month to month, until, at old age, his practice is *entirely* changed from that of his youth, and he gives scarcely any medicine at all?

Answer—because the whole system is *fundamentally* wrong, founded in error.

Is there any routine of practice to which all *Water-Cure* patients are subjected?

There is no such routine. In the hands of an intelligent physician, almost every case of sickness has an individuality of its own, and calls for some specialty of treatment. Therefore the sick having a dread of wet sheets, or any other *Water-Cure* appliance, need have no fear of its application, unless, in the opinion of the physician, it is *necessary*.

The treatment in every case is adapted to the condition, and changed to suit the health, strength, and varying symptoms of the patient.

Is *Water-Cure* calculated to cure *all* diseases? May it not be improper for some?

To one who understands the principles of *Water-Cure*, no question could be more absurd.

Water-Cure rests upon three or four simple propositions, which may be briefly stated. 1st. Animal life and health are governed by natural law, like every other department of nature. 2d. In a person of well-balanced vitality (inherited imperfection being the result of violated law through several generations), ill-health can only result from the transgression of hygienic or natural law. 3d. Ill-health being thus produced, the remedy consists in returning to the obedience of the law violated, when the inherent vital energy, the recuperative power of nature, will repair the injury. This is *WATER-CURE*. Can there be any exceptions to this mode of treatment. Certainly not. The idea is ridiculous.

What is the more modern and comprehensive term now used in place of "*Water-Cure*?"

Hygieo-Therapeutics—which means hygienic medication, or cure by means of hygienic agencies.

IOWA CITY, IOWA.

Advertisements.

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

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

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

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

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

All diseases are treated *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 polypos tumors, we have made a specialty heretofore, and shall continue to do so.

Our *Cure* is a *real* remedy, embracing *water, food, temperature, electricity, magnetism, cruetanic, and magnetic exercises*, and mental recreations, variously modified and adapted to our patients, as each particular case demands.

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

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

T-rms, from \$7 to \$15 per week, payable weekly in advance. Entrance or consultation fee, \$3. Each patient must bring two linen sheets, a pair of flannel blankets, two comfortables, 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.

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.

DR. BEDORTHA'S WATER-CURE

Establishment is at Saratoga Springs.

ELMIRA WATER-CURE. — THIS

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

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 \$6 to \$10 per week. For further particulars send for a circular, or address
Aug. 1st O. V. THAYER, M.D.

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

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Howe Street, New Haven, Conn. J. P. PHILLIPS, M.D., MRS. E. PHILLIPS, M.D.

A CARD FROM THE DRs. TAYLOR.

—To our friends we return our thanks for the liberal patronage which has placed us in our present independent position. We have thus been enabled to perfect a system of practice which is a success to ourselves and to our patients. Without the advantages claimed by most of our Hydropathic brethren, of "beautiful locality," "delightful scenery," "cool retreats," etc., lying temptingly in the way of thousands who yearly spend the summer somewhere out of the large cities, we have offered to the public only our skill, and patiently labored and awaited the result. The anticipated result has come slowly but surely. Our patients are walking advertisements for us—constantly sending others to take the places of those who leave—so that for more than a year, in the place of hundreds, we have not spent a dollar for advertisements, except the little one in the WATER-CURE JOURNAL, kept here from habit, and yet our house has been full, often not being able to receive all who came, and our practice constantly extending. The Movement-Cure, which has more than doubled the efficacy of our treatment—twice visiting Europe to become masters of it—has contributed largely to this result. Last January it became necessary, in order to accommodate our increasing city practice, to open an office in the Cooper Institute. That office has now become so important that it is thought best to make it the nucleus of an independent practice. It therefore has been determined to divide our interests, Dr. George H. Taylor remaining as before at this Institution, while Dr. Chas. F. Taylor will in future devote his whole attention to his patients at the Cooper Institute. In thus taking leave of our friends who have known us for three years past in our associate capacity, we only hope that in our distinct fields we shall be better able to supply their varied wants.

THE UNDERSIGNED HAS PAID

particular attention to the treatment of paralysis (out of 25 cases all but three were either cured or much improved), curvatures of the spine, and the weakness and deformities common to young people, and respectfully invites the treatment of these cases. But he is prepared to treat disease in all its forms—furnishing the Water-Cure treatment on the European plan, by sending bath servants to each patient's abode, thus freeing the doctor from the care of a boarding-house, and allowing patients to live where and at such prices as suits them best. Lists of houses where suitable diet and attention—with prices attached—can be had, will be given upon application.

CHARLES F. TAYLOR, M.D.,
29 Cooper Institute, New York.

DR. G. H. TAYLOR'S INSTITUTION,

67 West Thirty-eighth Street, New York.

The invalid public may be assured that the scientific experiments, travels, sacrifices, expenditures, and hard work, hard study of the head of this Institution, have not been in vain. The kindly influence, and indeed the enthusiasm of its patrons proclaim its success, founded in the rapid and satisfactory nature of the cures performed. The *cause* of quick and more profound advantages in the treatment obtained here, consists in the diverse and more appropriate means which are so employed as to render the plan of treatment a harmonious whole, and more scientifically complete, rather than the fragmentary effects so generally put forth in the interest of medical hygiene.

The attention of invalids is particularly directed to the Movement-Cure, now become a prominent part of the treatment here, and they are earnestly cautioned against confounding the Movement-Cure with *gymnastics, calisthenics, m. corp. t. y.*, and other hap-hazard modes of exercise, good only for the comparatively well, but always hazardous, and often very injurious to the sick, and is never capable of producing the effect of the Movement-Cure. For instance,

Circumference—by this plan, the pulse is immediately lowered, and the chest is permanently increased from two to four inches in circumference in a few weeks or months.

Constipation, such as other processes of hygiene have failed to relieve, is quickly overcome.

Dyspepsia soon subsides under the influence of this treatment.

Weaknesses of the muscles, or of any internal organ, are overcome by their beautifully appropriate means.

Paralysis has never been treated with reliable success by any other means but those provided in the Movement-Cure. *Protrusion*, that bane of our women, is quickly cured by this unique method, without indelicate manipulations and examinations. The cure is put in the patient's own hands, and consequently the disease will never return.

Protrusion of the bowels has been cured in a few days in a case which a prominent surgeon said would require a severe and dangerous cutting operation.

Deformities of the spine are successfully treated, and often the shape is entirely restored to the natural form.

Nervous cases, which frequenters of Water-Cures are generally afflicted with, or become afflicted with, can not long exist under the influence of this treatment.

Liver diseases, local congestions, arrest of development, etc., are directly reached and immediately benefited by the aid of the Movement-Cure.

Physicians of all schools give the Movement-Cure their unqualified commendation. This is an evidence of the irresistible influences of a practical working combination of science and common sense in opposition to old empiricisms.

Those who send for information, which is returned in a pamphlet, are informed that the *very* postage is *two cents*, and the return postage from *one to four cents* more, which they will please forward in stamps.

GEORGE H. TAYLOR, M.D.

NATIONAL HEALTH ASSOCIATION!

This society will hold its anniversary in the village of Dansville, Livingston Co., N. Y., on Wednesday and Thursday, September 4th 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.

PHILADELPHIA MODEL WATER-CURE, beautifully situated at 729 South Tenth street.
It* Address S. M. LANDIS, M.D.

WATER CURE IN CALIFORNIA.—

BARLOW J. SMITH, M.D., graduate of the New York Hygieno-Therapeutic College, has established a first-class Water-Cure and Motorpathic Institute, in Sacramento, California.

All friends of Hydropathy coming to the State for business, health, or pleasure, are invited to visit the Institution.

PITTSBURG WATER-CURE.—

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

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

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

3. Scenery. The scenery here is truly grand, varied, and ever-changing. 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 forest, 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 complaint 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 Electric-Chemical Bath.

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

WATER-CURE PHYSICIAN.—CON-

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

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

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

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

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. 31st.

NASHVILLE WATER-CURE, AT

Nashville, Tenn. Come with all manner of ailments, be cured, learn to keep well, and all without a particle of medicine. Address DR. J. PAKES.

WINTER TREATMENT AT OUR HOME.

READERS OF THE WATER-CURE JOURNAL.—Like thousands of others, till I came to Dansville, N. Y., I thought there was no special difference in Water-Cures, unless that difference existed in outside advantages. How completely was I mistaken! I had visited many of the institutions advertised as *first-class Water-Cures*—those, too, which stand high in popular esteem—and at length came to Dansville, to

"OUR HOME."

Immediately I found myself surprised. How unlike any thing I had previously seen! "Novel! unique! original! excellent! philosophical! natural! magnificent! successful!!!" No wonder they are so," I said to myself. "I see! I see! these folks are *really* in earnest, *really* believe what they say, and as a result have brought Water-Cure to a *science*—have delivered it from *contempt*." Now, it has long been a habit of mine *not to magnify the faults* of my fellow men either as respects their characters or their business; but if I know of anything which in its line is superior, or extraordinarily worthy of attention, that I hold myself bound to magnify; and if visiting *ten* different Water-Cures, from Cincinnati to Portland, and staying in each long enough to become familiar with their internal policy, justifies one in speaking with decision, then listen to me. If, after having heard me, you go elsewhere than to "Our Home," and are disappointed, *the fault will be yours*. On the other hand, if accepting my representations as *true*, you visit Dansville and find that I have in the least *overstated* the case, then the fault will be *mine*; and in such condition, my name, by inquiring of Dr. Jackson, will be at your service, and I will consent publicly to be branded as a liar.

Now for my *first impression*, and then for my *subsequent experience*.

1. On getting out of the carriage that brought me from the railroad, I was struck with the *almost painful silence* that was around me. Only one person on the piazza, and his face as smiling as if he had been my brother. He asked me into a neat, plain sitting-room, and when I was seated, excused himself, but soon returned, bringing with him a lady, tall, eyes bright, hair black as a raven's wing, and, like the gentleman's, her face all smiles. I had not seen two such faces in a month. The gentleman is Mr. Theodore Rudiger, the clerk, with whom it is a pleasure to do business—the lady was Mrs. Hurd, matron; a woman of high culture and admirably suited to her station. But the *silence*! It was so still, I thought the house had nobody in it, so I asked,

"How many patients have you?"
"Between seventy and eighty."
"Possible!" I exclaimed. "Where are they?"
"They are resting now. Our patients all lie down between twelve and two o'clock."
"Is it so! This, then, is the reason of the little signs being hung up all round the halls and piazzas—'Be Quiet!'"
"Yes, sir. It is worth one's place for him to make needless noise during these hours. Dr. Jackson is very imperative about it."

"So far so good!" said I.
Two o'clock came, and then the hive swarmed. From piazza and balcony, from hall and porch, the patients showed themselves—and every face wore a *smile*. Chatty and kind, gentle and gay, sick yet hopeful, they gather at the table. And such a table! and such appetites! and such unaffected relish for their food I had then never before seen. The table was abundantly spread with breads, puddings, various vegetables, and *de fruit*, and the neat clothes, and nice napkins, and tidy waiting girls, and the general air of kindly courtesy, did my soul good.

I rose and blessed God that my weary feet had passed the portals of OUR HOME.

I noticed that all the patients knew each other. No strangeness, no cliques, no airs, no assumptions of superiority—in fact, those who evidently had large culture, high breeding, and advanced social position were particularly mindful of those who in these respects were less fortunate than they.

Strange state of things this! I looked at them and could not find a discontented face in the whole group. This was also new to me, to see sick persons so cheerful.

Thus the afternoon sped away, in games, chat, readings, ramblings on the hill-side, till 8 o'clock, when the gong sounded, and in half an hour the house was as still as the vaults of Paris. I, too, went to bed, and mused awhile, and having made up my mind that the *right* way and the wrong way of doing things, though often separated by only a *hair's-breadth*, produce immensely different results, I did what I had not done before for years—fell asleep and waked not till daylight. Oh, sick ones! there are other sedatives than those known to the pharmacopoeia. *Thus ended my first lesson.*

2. Morning. I entered the bath-room and was again surprised; for here I was sure the same or similar formulas would be gone through that are practiced in CURES generally. How mistaken I was!

I saw as many as *three* different baths given to different gentlemen that morning—foot and head, hip and half, deep and shallow, standing and sitting, spray and douche, hot and cold, cool and tepid, washings with the hand and fomentations, dry rubbing, and wet rubbing—I never saw the like before. But this is not all. Twice or thrice as much help is employed to wait on the same number of persons as in any Water Cure I ever saw. Here are at work in the gentlemen's department—and I understand the like number of *women* are engaged in the ladies'—six strong men, two of whom are Dr. F. Wilson Hurd and his assistant Dr. Eli P. Miller—rubbing and scrubbing, squeezing and thumping, twisting the muscles, stretching the tendons, washing and wiping, rubbing with sheets and rubbing with the naked hands the patients, till from head to toe-tip their skins were red with blood, and soot as velvet.

The work was done, done as I then saw it *ought* to be, and the patients scattered on hill-side, down glen, into the village way, into the woods, until prayer-time, after which came breakfast.

Thus I was introduced to OUR HOME, and I aver that there is not another establishment like it in the world, nor that can be at all compared to it as a *Hygeienic* Institution. It stands *without a peer*, and every man and woman who visits it, and have visited other Water-Cures, will accord with me in opinion. I am compelled by the regard I have for *the cause* to say, that I would rather have *one week's* treatment here, for any disease—I care not what—than one month's treatment in any other I was ever in, and as I have said above, I have visited *ten* of those having the best repute.

If any person wants to know why I assert its superiority, I reply—because the whole establishment, from the way in which the least, to the manner in which the greatest, thing is done, is the outgrowth of *Ideas*—the offspring of principles. These are the substrata of the Cure, and they unite everything they touch. Do you know Dr. Jackson? By his writings you do, of course. But do you know him personally? He is "the whole-est" man I know—the most complementary. He is not less vigorous as a speaker than as a writer; not less skillful as a manager than as a disciplinarian. He is as simple as a child in his habits, he is free from all affectation, is loved very deeply by his immediate family, and has the highest and most affectionate confidence of his patients. Viewed from any aspect, he is a very remarkable man.

His wife, who always has supported him in his labors, is a woman of very fine talents, but very unobtrusive, very much beloved, and wielding a wide influence, but noiseless. His adopted daughter, Miss Harriet N. Austin, M.D., is his *right hand*, and is a rare woman, possessing immense intellectual power, with great distinctness of character, yet very unassuming in her manners, and very quiet. She is the acknowledged leader of the Reform in Dress for Women, and wears to public acceptance—

THE AMERICAN COSTUME.

She is the editor of a Health Journal, published monthly, called THE LETTER-BOX, and which is having quite an extensive circulation, and bids fair to grow very largely into public favor.

Her thought is fine and her style easy. E. Wilson Hurd, who is also a doctor, and Dr. Jackson's *adopted son*, is a young man very popular with the guests, and showing excellent points for his place. He is, for a young man, generally admitted to have a high order of talent and fitness for a Water-Cure physician, and will ultimately, in great measure, relieve Dr. J. of much of his labor.

Dr. Jackson's eldest son—*our son*—is the *business man*. Possessing his father's talent and tact, with a fine degree of literary culture, nothing but constitutionally delicate health keeps him from rising to high position in *public* favor. But in his private business he is doing great good, for he keeps the screws from becoming loose.

Dr. Eli P. Miller, Dr. Hurd's assistant, is a young man of excellent promise, and highly esteemed by Dr. Jackson and his family, and by all the guests. And Miss Abbie P. Dewy, M.D., Dr. Austin's assistant, is a young lady whose admirable qualifications all admit.

The culinary department is under the charge of Mrs. Emily W. Hawke, sister of Dr. Austin, and I confess that till I visited OUR HOME I did not know what *good* cooking consisted in. The food prepared here is most excellent. The house is large, well-ventilated, plainly but sufficiently furnished, and kept neat as wax-work. The landscape is extremely beautiful. The springs are *soft and free from mineral substances*, which is a very great item. The air is pure—there has not been seen a mosquito this season—and the climate very salubrious. The winter in the valley is usually very mild, and not very long as compared with northern winters, and Dansville is known far and wide as possessing a climate very healthy for persons afflicted with pulmonary diseases.

OUR HOME will be open during the winter, and have its facilities for treatment of the highest order. Invalids from the South who wish to take treatment may spend the winter here with impunity—in fact, *gain faster* than they can do in the summer months.

Now, sick man or woman, whoever you are, or wherever you may be, if you want health—*this is the place for you*. It is a Water-Cure that is Water-Cure. No shamness about it, no *pretending to be a Water-Cure*, and yet *pe* *di* *no* *gills*. No cheating, no quackery, no humbug.

It is a *safe* institution, and sends forth from its inner chambers more persons, in proportion to its whole number, who have been cured of diseases of long standing, than any health establishment in the world.

In proof of what I say, I ask you to send a postage stamp and get a copy of the August number of THE LETTER-BOX, and see what some sixty persons, from fifteen different States of the Union, and from Canada, say to the public of the *re-surrection* of this Cure. Also send for a Circular of the "HOME." Also, if you wish to do good incalculable, send for the following tracts, which will be mailed, postage paid, at the prices annexed. Read yourselves and distribute among your neighbors.

- | | |
|--|----------------|
| 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—The American Costume for Women..... | " 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 " |

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

pay the postage themselves, or they will pay the postage and send the whole nicely wrapped up and carefully mailed for *one dollar*.

PACKING CLOTHES.—Persons visiting the institution with a view to take treatment should bring them, unless they prefer to buy them on arrival. They consist of two *large* comfortable and one large woolen blanket; or one large heavy comfortable and a pair of large and heavy woolen blankets, and two *new* 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 N. Y. 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.

There are nearly one hundred patients here at this time, and the prospect for a full house for *the winter* is good.

Dr. Jackson thinks that the winter months are better for rapid recovery than the hottest months.

And now, reader, good-bye! You may never know who wrote this, but no matter. If you are sick, at something of an expense to my pocket, I have placed my opinion of one Water-Cure before you. I have done so, because I love a good cause, because the land is full of sick people, and because, after much pains-taking, I found an institution that is excellently and very skillfully and wisely managed.

Go to it, if you want to get well. Go to it without delay, and may God bless you!

Address all letters to J. C. JACKSON, M.D., or Miss HARRIET N. AUSTIN, M.D., "OUR HOME," Dansville, Livingston County, N. Y.

With great sympathy for invalids, I remain forever,
A FRIEND TO WATER-CURE.

HYGIENE AND THE GOSPEL MINISTRY.

TO PHILANTHROPISTS AND HEALTH-REFORMERS—I have written a tract with the title above, addressed to clergymen. I earnestly solicit your aid in placing it in the hands of every minister in the United States, at least, and if possible in the hands of every church member. It will be sent, *postage paid*, and carefully addressed, at the following rates:

Single copy.....	6 cents.
One dozen copies.....	50 cents.
100 copies.....	\$3.

Postage stamps may be sent. Send on your orders with the money. I wish I was able to carry on this tract-distribution alone, but I am not. You who have a heart to work must help me. I also respectfully call attention to the series of tracts written by Dr. Austin and myself, and published in another column. They already have had a wide circulation, and have met the expectations of those who have purchased them and given them away. Come, friends, "let us work while it is day, for the night cometh when no man can work!" I am yours truly,

JAS. C. JACKSON.

"OUR HOME," Dansville, Livingston County, N. Y.

KENOSHA (WIS.) WATER-CURE,

situated in one of the most healthy cities on Lake Michigan. Water pure and soft. Building large and commodious. All diseases treated with success. Address

H. T. SEELY, M.D.,
E. PENNOYER, Proprietor.

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 addition 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 "cabin'd, cribb'd, confin'd" 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 1,304, Pittsburg, Pa.

WATER-CURE FOR FEMALES AT

Tipton, Cedar County, Iowa. For particulars, address
MRS. L. S. CAMPBELL, M.D.

WORCESTER WATER-CURE—DR.

ROGERS has returned from Europe and reassumed the medical direction of this establishment.

Miss Elizabeth Clapp, who during the last nine years has cared for the interests of the sick in this Institution, is now assisted by her brother, Mr. Silas Clapp, in the superintendence of it.

There is no Establishment in this country better arranged for the application of treatment at all seasons.

For Circulars, etc., address
S. ROGERS, M.D., Worcester, Mass.

GRANITE STATE WATER-CURE,

Hill, N. H., July 10, 1859.—TO THE READERS OF THE WATER-CURE JOURNAL: The greatest of all earthly blessings is health. The direst of all earthly curses is disease. All of you who are sick ardently desire the one, and most anxiously seek to rid yourselves of the other. Now, as it is a question often anxiously discussed by the sick when their faith in drugs has failed them, and they have had their attention turned to the mode which God has graciously ordained for man, to what Water-Cure they shall go, that they may have a skillful physician, get the right treatment, enjoy the advantages of a good location, and in the end obtain the good they are seeking, the writer of this article desires to have a word to say to you. I desire to present you with the claims the Granite State Water-Cure has upon your patronage, or rather the great and peculiar advantages it offers you. There are other good establishments with skillful physicians at their head; the claims of some of them have often been presented to you, but the merits of this establishment have never half been told, and are not generally known among those seeking health. The proprietor of this establishment having enjoyed a good patronage has never troubled himself much with advertisements or else his modesty has not permitted him to speak of his own institution as its merits justly deserve. But having myself, as an invalid, enjoyed its advantages, and experienced the benefits of Dr. V.'s peculiar skill in directing the hygienic treatment, and knowing as I do that there are hundreds of my suffering fellow-beings who are anxious to find just such a resort as this, and just such a physician as Dr. Vail to direct the cure, I have obtained permission to write this notice for publication in the JOURNAL.

I speak first of all of the physician. If there is any one thing that makes a Water-Cure what it should be, it is the physician. I speak advisedly when I say, that in the careful management of the patient, the kind attentions accorded to him, and the skillful direction he gives him toward the way of life, Dr. V. is second to no man in the medical profession. A regular education, ten years' experience, a nature full of sympathy for the sick, a long experience in former years in combating disease in his own person, has qualified him, as few physicians have been qualified, for doing great good, and meeting with great success in his calling.

2d. Dr. V. actually meets with great success in curing his patients. The hardest and most unpromising cases go out from his care with health and spirits such as they do not remember ever having experienced before. It seems to make no difference what the disease, or who the patient. Women who have long been confined to their beds arise and walk about as if by magic; men all run down in health and strength acquire new habits and new life; countenances, the very pictures of hopelessness and despair, in a week or two are seen beaming with assurances of the present and hope of the future. What the influence that makes so great a change in so short a time one can hardly divine, but the fact is obvious to all.

3d. The institution is beautifully located. The air as it sweeps over surrounding hills comes fresh and pure; the water is beautifully soft, and the scenery is as beautiful as could be desired. The cars bring the invalid within a few rods of the door, which avoids all the inconveniences and tiresomeness of long stage routes.

4th. A peculiar feature of this institute, and one to which no small share of its success should be imputed, is the provision made for useful employment for all who prefer this mode of exercise. Patients are furnished with manual labor suited to their capacities, for which a proper compensation is allowed them. The large and beautiful garden attached to the institute affords a favorite employment to many. Patients have assured me that they have found this engagement of their attention a great relief to their sufferings, and my own experience affords me positive proof of the fact. What the chronic invalid needs is something to engage his thoughts and direct his attention. Dr. V. understands this point as no other physician seems to understand it, and early introduced into his arrangements especial means to meet it, in addition to those usually adopted.

5th. At no establishment of the kind will patients find their expenses less than here, while the accommodations are good, and the attentions given to patients are all that reasonably could be desired by the most exacting.

As one who has long been a fellow-sufferer, but now rejoices with a joy unspeakable, the writer of this article would commend to all invalids this blessed way, ordained as it is of God, for securing to the many the lost blessings of which they have so long been deprived; and although from personal knowledge he is perfectly aware of the existence of many other good institutions, none, as he believes, can bear the palm, as a Cure, over the "Granite State," and none of them possesses important features which the invalid will find here. With every good wish for the poor sufferer from disease, I subscribe myself,

Truly his,

T. W.

P. S.—Patients should address W. T. VAIL, M.D., Hill, N. H., inclosing stamp for Circular.

"Know thyself."

LECTURES ON THE SCIENCE OF HUMAN LIFE. By SYLVESTER GRAHAM. With a copious Index, a Biographical Sketch, and a Portrait of the Author. A new edition of this great standard work, pronounced by the highest authorities in physiology and hygiene one of the best works in the English language. Price, prepaid by FIRST MAIL to any Post-office, #2.

Address

FOWLER AND WELLS,

205 Broadway, New York.

CLEVELAND WATER-CURE.—

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

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

EXCELSIOR being his motto, he has determined, the coming year, more richly to deserve it than ever before. He has the pleasure of saying to his friends and numerous patrons, that notwithstanding in years past he has made numerous additions and improvements, yet this year will far exceed all previous efforts.

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

The two Cures will henceforth be under one general management.

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

These additions will be completed by the first of May.

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

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

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

We still continue to use the ELECTRO-CHEMICAL BATH in cases where it can be applied appropriately; and our experience fully justifies previous anticipations—that in the cure of very many diseases it is an invaluable aid, and in many others it is impossible with our present knowledge to effect a cure without it.

Our enlarged and perfected Gymnasium will be under the personal supervision of Prof. F. R. 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.

CHESTNUT SPRINGS WATER-CURE.

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

TO THE AFFLICTED.—THE UN-

dersigned proposes to establish himself in Iowa City as Hygienic or Water-Cure Physician.

Chronic cases of long standing, which have resisted all other modes of treatment, will receive special attention. Written prescriptions for home-treatment will be furnished at short notice. The undersigned, when not professionally engaged, may always be found at the Summit House, Iowa City, Iowa, near, and directly east of, the new Johnson County Court House WM. M. DECAMP.

P. S.—The following persons, friends of Water-Cure, have kindly consented to the use of their names as references:

Geo. Andrews, Esq., Clinton House; Dr. Geo. Kimball; Dr. Francis Kimball; Capt. C. M. Irish; Frank Kimball, Esq.; Geo. Paul, Esq.

N. B.—The Summit House affords conveniences for bathing of every description.

TOLMAN'S PATENT SELF-VENTI-

LATING SPRING BED.—The only self-ventilating bed in existence, and the most healthy, comfortable, and economical bed ever used, possessing all the comfort of feather beds, without their disadvantages; it being a spring bed and hair (or other) mattress combined, with self-acting valves continually purifying the bed, forcing a circulation of air through it.

Among the hundreds who have used them and testify to their excellences, we deem it necessary only to refer to the following:

United States Hotel, Washington; Willard's Hotel, do.; Dr. N. Bodortha's Water-Cure Establishment, Saratoga Springs, N. Y.; United States Hotel, do.; Pennsylvania Hospital, Philadelphia.

A SUBSTITUTE FOR LEAD PIPE.—

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

It possesses the following properties—

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

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

It is not affected by either heat or cold.

It will not burst if water is frozen in it.

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

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

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

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

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

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

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

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

DURYEA'S MAIZENA.

AN ARTICLE OF FOOD.

THE GREATEST DELICACY OF THE AGE.

MADE FROM THE CHOICEST WHITE CORN, FOR BLANC MANGE, BOILED CUSTARD, ICE CREAM, MINUTE PUDDING, ETC.

It not only furnishes a valuable addition to the "Bill of Fare," but it is unequalled as an

ECONOMICAL AND WHOLESOME DIET

for Invalids and Infants. For sale at all the principal Druggists and Groceries in the country.

Wholesale Dépôt, No. 165 Fulton Street, New York.

Manufactured at Glen Cove, L. I.

CAUTION.—Maizena being our trade mark, we shall prosecute all parties using the same.

WM. DURYEA, Agent.

NEW INVENTION.—TOLMAN'S

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AMERICAN VEGETARIAN SOCIETY.

—The Tenth Annual Meeting of the American Vegetarian Society will be held on the 21st of September, 1859, in the Lecture Room of the Bible-Christian Church, North Third Street, Philadelphia, above Girard Avenue, at 10 o'clock, A.M., and at 7 o'clock, P.M. Several eminent speakers are expected to be present. WM. METCALFE, Sec'y.

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The first Term of the Scholastic Year, 1859-60, commences on Wednesday, September 7, and continues fifteen weeks.

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We present our readers with a graphic representation of the wonderful case of Mr. Richard Credulity, Esq., as he appeared after having suffered all the ills that flesh is heir to, each of which was promptly cured by Dr. Dosem's extraordinary remedy. The history of his dreadful



sufferings and successful medical treatment is as follows: Dr. Dosem publishes it for the benefit of suffering humanity, and not, be it distinctly understood, to sell his medicine; and he trusts that the price of his infallible remedy—only \$2 a bottle—places all selfish and mercenary motives beyond the reach of inquiry.

Mr. Credulity, who has a family consisting of a numerous wife and one child, was attacked about six months ago with a terrible constipation, which was entirely cured by two bottles. He was then seized with a dreadful colic, which one bottle removed. Then an awful diarrhea, attended with worms and the delirium tremens, came on, and was immediately relieved by seven bottles. Soon after he was taken with a violent cough and cold, which threw him into a raging consumption, accompanied with tubercular expectoration and bloody night-sweats. A few bottles restored him to better health than he had ever before experienced. Having exposed himself to a spell of weather, he took a severe nervous debility, spinal irritation partial paralysis and erysipelas, all of which yielded in a few weeks to ten bottles. A rainy day, accompanied with violent wind and considerable thunder and lightning, and occasional aurora borealis, brought on the rheumatism, complicated with gout, sun-stroke, and a scrofulous tumor all over the body, which lasted three weeks. Ten bottles cured him completely in less than a fortnight. On exposure to a full meal of victuals, he was alarmingly attacked with apoplexy, locked-jaw, jaundice, palpitation, vertigo, great prostration, and premature death, all of which yielded to the sovereign efficacy of six bottles. Having, therefore, proved the infallibility of the remedy in all the maladies it is possible for a mortal to be afflicted with, Mr. Credulity has been induced to try its virtues as a prophylactic in preventing disease. Our artist has seized the interesting moment when the good doctor is supplying this latter demand. Dr. Dosem has confidence to hope that if his patient is not so unfortunate as to die off, he will be a customer for at least a dozen bottles more.

THE EFFECTS.

THERE are many persons in the world who are somewhat reformatory in their habits, but who have a very poor idea of reform, both in theory and practice. They look upon it as a system of self-sacrifice and deprivation calculated to produce beneficial results upon the "mortality" of this poor humanity, but void of all physical pleasure, and scarcely affording the comforts of this world. Those who have mastered the theory and adopted the practice, and who are now enjoying its fruits, find plenty to do in their various localities, battling for the truth, without

taking the trouble to present the facts of individual experience before the public. But I propose to give a summary of the principal results of reform as regards its practice. Your readers will pardon me for using a mathematical formula for the sake of illustration.

Given, X (which represents myself), + Y (which represents a young lady of eighteen, who in usual cases would be styled "better half") = to no definite sum. Also given, X + the liver complaint = bad taste in the mouth on rising, severe constipation, periodic headache, irritable mental apparatus, and gloomy unhappiness in general. Also given, Y + a rainbow-tinted cornea, want of appetite, want of strength, and an undefinable formula of double-and-twisted female complaints, the result of false eating, drinking, breathing, dressing, and—false habits, which covers the whole ground. Also given, X + Y + two years of common sense and brown bread = X Y, to find the values of X and Y.

Solution. X, restricted to brown bread, baked potatoes, and stewed apples, with a delicious sponge-bath daily at 5 A. M., and wholesome exercise à la woodsaw for six months = good digestion, clear brain, excellent spirits, a fine relish of food, and general enjoyment of life.

Y, by "substituting" wheat meal cakes and unseasoned vegetables for vinegar, salt, and pork, and by the "elimination" of acrid secretions from the system by ablations, cheerful exercise, etc. = fair skin, clear eyes, increasing strength, a moderate relish of food, and a general modification of the double-and-twisted conditions.

Having given the results, in brief, it may be well to detail the manner in which we have secured "good relish" for the "dry" dishes of the reformers. Bread is the staple in all good diets. We have made it in a variety of ways: first, before our masticatory apparatus had received the necessary training to fit it for manufacturing solid bread, we scalded wheat-meal, and baked in a moderate oven. This bread is tender and very sweet, and we soon preferred it to any we had ever tasted; second, we mixed wheat-meal with blood-warm water, let it set over night, and baked in a quick oven until thoroughly browned. We found it necessary to mix the dough for this kind much stiffer and to knead it ten or fifteen minutes, for the purpose of incorporating air; and lastly, it depended almost wholly upon the baking. This bread is sweet, solid, and yet light enough for all purposes; third, we mixed wheat-meal with new milk and baked it at once in a quick oven, in loaves an inch a half thick before baking. The dough for this species requires kneading and to be stiff, as in the second variety, and when well made the bread affords a repast fit for a king.

We have also made bread for immediate use by stirring soft water and wheat-meal together thick enough so that the batter will barely drop from a spoon, dropping it on floured tins (or those moistened with olive oil) and baking in a very hot oven about twenty minutes. This method makes very light bread (or cakes), crisp and sweet, tempting, even to those who are accustomed to the miserable "stodge" 'yclept "white bread." We prefer the bread made of new milk to all other kinds, and we have tried a dozen others. It is light enough for those who have any teeth at all, is very sweet and nutritious. But man must not live "by bread alone." Our fruit must all come from the older States, and of course is somewhat expensive, and not of the freshest quality at all times of the year; yet we have expended more for fruit than for bread. This, with the abundant varieties of garden vegetables, rice, corn, potatoes, etc., furnished us a sufficient bill of fare from which to select. What is the general result? The tone, elasticity, and strength of my body have quadrupled; my wife's general health is one hundred per cent. better than when she dismissed the doctors and false habits; our tastes are very much more simple, and we are both infinitely more happy.

S. S. W.

MILTON, WIS., 1-59.