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WATER-CURE

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Physiology, Hydropathy, and the Laws of Life.

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General Articles.

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

FAMILIAR LETTERS—NO. 4.

TO THE GRADUATES AND STUDENTS OF THE NEW YORK HYDROPATHIC COLLEGE.

GENTLEMEN AND LADIES—There is nothing that surprises a candid *spectator* of the processes of Water-Cure more than the very great apparent disproportion between the results produced and the means used to produce them. This state of mind arises partly from the fact that he does not understand how closely related to great effects simple means are, and partly because he does not know the *principle* on which the means work, and by which the results are born. His observations or his reflections do not lead him to see, that "the Creator wraps himself up in His simplicities," while the million wonder where He has hid Himself. It was in Christ's day a great wonder how such results could flow from such insignificant causes. Before His day—and quite *apropos* as an illustration for our use—a great man was very much astonished at a prescription given to him for the cure of a loathsome disease—"Go, wash in Jordan seven times, and be clean!" He did as he was told to do, but never was mortal man taken aback more than he was, when he saw that he was whole.

It may be safely said that all God's means for

the doing of things are simple—quite simple—simple in the extreme. The puzzle to man is, that in his researches he looks *too* high. He therefore remains blind. Everywhere a new discovery is made of the bearings and relations of truth. Some person or persons are confounded at their own stupidity in not seeing the thing long before. And their astonishment is proportionate to their departure from the true line of discovery. Of all the sciences with which I have had to do, or the discoveries toward which my attention has been turned, or the arts by which man has been so much aided, I know of none by and through whose progress surprise has been carried into the ranks of its devotees, more than the science of medicine. How noble all its postulates were in the public judgment twenty years ago! How unstable now! Then, scarcely a person could be found who thought the drug doctor was not *divinely ordained* to put into the stomachs of his patients poisons of the worst kind. Now, the more intelligent are opposed to drugs, or are in very great doubt as to their curative tendencies. Then, every physician carried his saddle-bags through our streets, loaded, like a Queen Anne musket, with 'death-shot, to the muzzle. Now, if well bred, he so far yields to the public taste as to walk through the streets unencumbered with such evidence of his poisoning propensities, and prefers to send his prescriptions to the apothecary for compounding. Then, purgations, and escharotics, and phlebotomy were the triune force by whom disease was expelled from the bodies of the *sick*. I can well recollect this sort of practice, for I was its victim for years. Subject every spring and fall to bilious attacks, *owing chiefly to errors in eating*, I was, whenever sick, treated to calomel and jalap, a large bleeding, and a larger blister. And when I recovered, in spite of their death-dealing assaults, the fame of my medical advisers soared high. The infiltration of deadliest poisons into every tissue of my body has been a source of very great suffering and disappointment to me. How can I ever express my thanks for my deliverance therefrom, and my enlightenment as to the true way of treating persons who are sick? God knows how keen my consciousness of obligation is, and how I long for wider and still wider opportunities of reaching the victims of such mal-administration.

My heart aches daily as I am called to listen to recitals of health lost, prospects blighted, hopes dead, courage throttled by despair. The world to them has no benignant ray—everything is awry. The sun shines as in an eclipse. The heavens are brass and the earth iron. God's mercies are misapprehended, and his disciplines misinterpreted. Their bodily sufferings have reacted on their higher faculties, and they are misanthropic. The resoluteness of manhood has given way to the passionateness of boyhood. The high and generous resolve of womanhood has yielded to the doll-babyness of the petted girl. Every thing is wrong. They form purposes but to plow them up. They lay plans but to defeat them by counter plans. Nothing which has in it the element of rest suits them. They are like the troubled sea, which casts up mire and dirt. Some are stupid as owls at sunrise; some as irascible as a terrier whelp; some despondent well-nigh unto death; some exalted into beatific vision. Take them as they range, and the heart of the Christian melts with pity, as he sees how far away from the laws of the Holy they have strayed, and how wrapped about with the drapery of the devilish they have become. With bodies bowed down while yet in youth, and legs that can scarcely carry them about; with hands that are veinless, and arms that have no strength; with countenances which no laughter—bright, jocund, and funny—has not visited for years; but, on the other hand, an inanition correspondent to an absence of all will has permanent home—these are they who to original bad habits of living have added the legitimate effects of *drug-medication*. The land is full of them. They are to be seen in every third dwelling in a city, in every tenth house in the country. Go where one will, the face of the invalid peeps out from between the bed-curtains, looks out from the carriage in which he rides, is seen pale and wan on the veranda of his home, on a sunshiny morning; is heard in his groanings at dead of night. Great Saviour! how exceedingly sinful is sin!

Gentlemen and Ladies, when you shall come to have as large intercourse with the sick of every age and sex, of every color and of every clime, as I have, you will then see to what a glorious mission you have been called in being educated Hygieo-Therapeutic physicians—Hydropathic Water-Cure physicians—instead of physicians of schools

so far besotted by prejudice and blinded by prescriptive privilege as gravely to argue and seriously to urge the utility of giving to a person with greatly-enebled vitality a substance as a *remedy*, which, if given to the most robust man, would cheat him of his strength, as a pickpocket would of his wallet.

And if you have—as, in order to be good physicians, you should have—large sympathies for those who suffer—no matter how they came to suffer—you will find it quite difficult to restrain your indignation at the outrages committed upon them by those who claim pre-eminent fitness for restoring the sick. And you will see what fidelity in your principles, and what simplicity in the *manner of applying them*, are needed by you, that you may be able to lead your stricken one back to health and happiness.

Next to drug-giving, I am pained at the *shamminess* shown in attempts to illustrate hygeio-therapeutics. Such a mixture of the false with the true—of the old and effete with the new and vigorous; such commingling of what is simple and sensible with the incomprehensible and the absurd, makes one sad. For illustration: think of a *Water-Cure* physician using *hard* water, and so saying that *hard* water is just as good, and in some diseases better, than *soft* water, to drink and to bathe in! Think of another physician drinking tea or coffee at breakfast, and affirming, with great apparent sincerity, their beneficial effects, because of their *sedative* qualities! Think of another smoking a cigar after breakfast, to promote digestion! Think of a female Hygeio-Therapeutic physician—whom I should call a female *Water-Cure* physician—wearing long skirts! It reminds one of “Puss in Boots” going to catch mice; of Flora Temple in hoppers, trotting for \$5,000 a side, against Ethan Allen with his legs free. Think of a sick person journeying five or fifteen hundred miles to reach a *Water-Cure*, and there being permitted the same effeminate luxury, and the same foolish indulgence, as when at home! Think of a doctor gratifying the wishes of his patients—whose wishes are oftener than otherwise quite ill-regulated—instead of their following his wishes, which always ought to be based on truth and right! Think of these, and of many other things quite as exceptional as these, which stand out prevalent illustrations of hygiene as practiced by *Water-Cure* physicians, and you will see how poor a conception is yet entertained of the noblest truth ever given to man as a material creature.

In a letter which I received not many months since, from Dr. Craig, of Wilmington, Delaware, he said: “You, whose observation has extended over so large a field, are not likely to be surprised at results, however astonishing they may appear to others. For myself, I should marvel at what I witness in my own practice, were it not that my *faith* in the principle on which my practice is built is so good, that I expect to see much more powerful results than I have yet beheld.”

Dr. Craig may well expect to see results quite equal to his faith. Let any man or woman see a truth, and sincerely improve all opportunities to apply it, and, my word for it, just in proportion to its importance, and the fervor with which it is cherished, will be the benefits derived from it. If you who have graduated, and will graduate, at the Hydropathic College at New York, will cling to your *ideas*, they will bear you triumphantly to success. There must be, however, no halting, no half-way advocacy, no partial surrender of cardinal points, in order that your *bread may be a little better buttered*. Money is a grand power, I know, but righteousness is grander. Keep to your integrity, honor your principles, and work. You who are men, take off your coats and work. You who are women, put on your aprons and work. Not a day passes in a month that I do not go into my gentlemen's bath-room, and study my patients from that stand-point. And the same is true of my lady associate. Under such a process as this, one at last comes to have an intuitive perception how to act in difficult cases, oftentimes producing immediately the most happy effects. For your

encouragement, let me state some cases *now* under treatment at Our Home.

No. 1.—SORE EYES.

Some five months since there came here a gentleman from Pennsylvania. He had been for a long time afflicted with sore eyes; had employed the most skillful physicians in his State to no purpose. His eyelids were the worst granulated I ever saw, turning down like lips. The lachrymal glands were in constant flow, and, taken all together, he was blind. A young man, supporting himself by his application to business, with only a small surplus laid by, he was thus struck with blindness, a poor, pitiable object, by reason of his infirmity. By constitution and build, by education and external condition, he was endowed with fine capacities to get along. By temperament, as by Christian profession, a mild, gentlemanly man, yet, it was easy to see how suffering had given birth to despair, whose grim jaws were fastened on his vitals. Not knowing much of *Water-Cure*, yet urged to the effort by the instinct of self-preservation, he came to us. I saw what a task was before me, and that it was of no use to attempt *half-way* measures. So I stated to him my views, and that I thought it of no use to pursue any other method—that by this course, and this alone, could he be restored, and that at the outset I should ask of him the most implicit *obedience* to me, and a large measure of faith in my associates and myself. He said he was ready to do anything for his restoration to sight. So I made him his prescription, and set him at work, and now, without goggles, or even spectacles, in ordinary light, he is walking about our premises, with his mouth full of praises to *Water-Cure*, and his heart full of thanksgiving to God. He is not yet cured, but is so far toward it as to see his way through. I could name other cases of like nature, not less interesting than this, especially of a lady from Kentucky, who, after being with us some sixteen weeks, has gone back to make a visit, whose eyelids were so granulated that she was nearly blind, who had taken so much medicine that she was much enfeebled, and whose husband was informed by the ablest physicians of that part of the State where he resides—and he lives near Lexington—“that she might stay at a *Water-Cure* seven years, and it would not remove her granulations.” She has gone home to let them look into her eyes, and take back their ill-starred prophecy. But let me give you another case now in my house.

No. 2.—SCROFULA.

Early in the spring I received a letter from a friend in Boston, Mass., detailing the conditions of a friend of his—a young man of bright promise for the future, were it not for ill health. This, however, spread over him like a pall, and darkened his way. He said his disease was scrofula. I wrote to him, that supposing the young man to be in the conditions described, he could be cured, and advised him to send him to us. He did so. On examination, I found the development of the disease to be in the throat and neck externally. There had been frequent enlargements and suppurations, and he was at that time wearing a large seton on the left side of his neck, just above the collar-bone. I ordered the miserably-dirty thing to be taken out, and a neck-bandage to be put on in its place, and commenced treatment on him. His energies have responded nobly to the effort, and his progress has been marvelous. Already to him life is putting on cerulean lines. Thus, in Our Home, just such conditions as these are seen in large measure, illustrating the truths we hold, that wherever a human being is ill, yet curable, he is more speedily and certainly restored by Hygienic than by any other treatment. So take heart, brothers and sisters mine; the darkness is fleeing away, and the true light shineth. Before this century closes, the world will own that *Water-Cure* is worth its notice.

Yours, very truly,

JAMES C. JACKSON.

OUR HOME ON THE HILL-SIDE, DANVILLE, N. Y.

WATER-CURE IN FRANCE.

BY S. ROGERS, M.D.

[This number completes my translation from Dr. Rey's essay on Hygeio-Therapeutics, and in the next I intend to commence a statement of the leading principles which guide me in medical practice. In so doing I shall hope to correct some erroneous impressions which must have issued from Dr. Trall's criticisms in the August number of the *JOURNAL*. I shall not, however, enter upon a public debate of medical matters, for, as here tofore asserted, I again repeat, that no better results grow out of medical than out of religious discussions. It is only through the experience of earnest research that each individual can arrive at new developments of truth. Every true physician will gladly state to the world the results of his study—thus may each be of service to all.]

“For many years the application of cold has been in vogue in the treatment of wounds and sprains. It is well known how much Percy made use of this means, and, at the present time, the treatment of gun-shot wounds by continued irrigations is admitted as the general rule in several of the wards of Val-de-Grace.

“To the purely local effects determined by cold are yet to be added those which are general. Hydrotherapy has demonstrated all the uses that can be drawn from cold, in enlightening practitioners upon many of the details of its application. This is evidently one of the great services it has rendered to science.

“This method, which is found in the manners and hygienic practices, medical and religious, of all nations, has been subjected to vicissitudes, of which the cause is easy to discover—praised to excess by some and rejected to exclusiveness by others, yet remains the butt of exaggeration from both parties. There will, probably, arrive a moment when, disengaged from the trammels which restrain its development, Hydrotherapy will definitely take its true rank in science. *Water-Cure* does not draw its powerful efficacy alone from the different forms under which water is employed. It must not be forgotten that it had the picturesque mountains of Austrian Silesia for its cradle, and the pure air and severe regimen of the Graefenberg establishment could claim a large share of the miracles performed there. Water is no more the exclusive agent of those astonishing cures, than are the warmth and mineral principles the sole causes of cures produced at thermal springs. In the same manner have rebellious disorders been ameliorated and removed under the influence of a proper regimen and a long residence in the country. In the same manner, also, have we seen pure spring water produce effects identical with those determined by certain mineral springs. There are, for instance, mineral waters which are purgative when taken upon an empty stomach, in doses of ten or a dozen glasses. Now, it is a remarkable fact that pure fresh water produces, in the same dose and under the same conditions, quite copious alvine evacuations. Thus it is evident that the mineral waters to which I have alluded, purge by the water that composes them, and not by the salts they contain. This holds so true, that those waters which are extraordinarily mineralized (the waters of Challes, for example), and containing in large proportion the same salts, are only very feebly purgative.

“The same principles can be applied to the interpretation of cures produced by cold mineral waters, locally administered in the treatment of chronic maladies, particularly for engorgements of the neck of the uterus. It is beyond doubt that in many of these successful results, no one has thought to give the honor of the cure to its veritable author. The physician leaves himself to

the domination of the idea of the presence of some salt or other in the waters employed, and this circumstance causes him to forget that these waters, being cold, may have reasonably accomplished much in the results obtained. A few years ago, a new mode of applying cold created a certain sensation in the medical world. In dermatalgia, the painful parts were covered with metallic plates. This envelop, exactly applied to the skin, at first determined a local sensation of intense cold, but the effects by this contact did not cease there. The metal, being a good conductor, gave issue to a notable quantity of caloric. Some adepts of the metallo-therapy went so far as to pretend that upon the surface of the iron or copper plates the combination of the two electricities operated, and that the relief obtained should be attributed to this. Now, it is certain that cold administered in this manner acts precisely, as to reaction, like cold water applied by compresses. The first sensation is very soon succeeded by a gentle warmth, which is eminently sedative.

Finally, to terminate these considerations upon the therapeutic employment of cold, it remains for me to notice an idea which has recently been communicated to me. A very commendable physician of Lyons has stated the good effects he had obtained in the treatment of pulmonary emphysema, by making his patients respire an atmosphere as cold as possible. He is very desirous to discover a process that will easily permit the employment of this treatment, which he considers so efficacious. I believe this to be an entirely new application, of which it is impossible to foresee the results; but the knowledge and great experience of the practitioner who introduces it, inspires me with much confidence. But for the inhalation of fluids, thanks to the ingenious invention of Dr. Salles-Girons, we shall soon know what can be accomplished by the introduction of fresh water, in a state of extreme division, into the respiratory tubes.

From time immemorial, frictions of the skin and kneading (*massage*) of the muscles have been extolled by therapeutics. Asclepiades recommended frictions as hygienics and prophylactics, *par excellence*. Celsus claimed the honor of having invented them, and also of introducing them into general use at Rome. He attributed to them a regulating power over the nutrition, by the activity they impressed upon the secretions, and, consequently, to the circulation. When cinchona failed, Galen and Borellus employed them with success in intermittent fevers.

Petroz availed himself of these means to produce a salutary derivation in cases of gastralgia and chronic gastritis, and to obtain a sedative influence over the nervous system generally. At the present time, they are considered as excellent means for reducing obesity, and to retain the circulation in paralyzed limbs, that muscular atrophy may not ensue.

In spite of this concert of eulogiums, one is tempted to ask himself if there is a single physician who still employs these frictions. As much might be said of the kneading process (*massage*), of which the action is not confined to the skin alone, but exerts itself equally upon the deep circulation of the limbs. This agreeable pressure of the fatigued muscles re-establishes the equilibrium of the circulation, overcomes the tonic contraction of the tissues, and distributes the liquids more exactly and uniformly through them. The influence of kneading (*massage*) is so manifest upon the general system, that the Chinese employ it in place of blood-letting. Hall and Nysten go so far as to suppose that it is to this practice, employed as a hygienic measure, that the Orientals owe their freedom from gout.

In view of its influence upon the cutaneous circulation, it may not be out of place to mention here the bath of compressed air. Under a pressure of two or three atmospheres the skin becomes pallid, the blood appears to be driven toward the internal organs, but by reaction, after removal of the pressure, the fluids again return with increased force to the skin. A remarkable circum-

stance attending this kind of bath is the slow and calm respiration, which offers a valuable suggestion in the treatment of pulmonary diseases.

The means that we have passed rapidly in review act particularly on the circulation of the skin. There are other external applications, which pertain more especially to its sensibility—such are magnetism and electricity.

After reading all that has been written by Unzer, Dieman, Heusins, Harsu, and, above all, Audry and Thourret, upon the treatment of nervous affections and asthma by magnetism—one is astonished to see this valuable means so neglected at the present day. In the therapeutic action of this agent there is certainly much unknown which can only be discovered by experiment.

Electricity is principally indebted for the importance which it has acquired, at the present time, to the remarkable works of Dr. Duchesne, of Boulogne. This estimable *savant* directed currents upon the nerves of the muscles, which make electricity a positive and ever-active medication. Were we to give to this system of Dr. Duchesne a characteristic epithet, we would call it the Electro-Stimulant method.

MM. Fozambaz and Canderet, on the other hand, have published ideas upon Electricity which are diametrically opposed to those of Dr. Duchesne. These experimenters think they have demonstrated that, in the organs affected, there is developed an excess of electric fluid, the presence of which maintains and determines the malady. Therefore, instead of seeking to produce electricity, they, on the contrary, have contrived an apparatus for withdrawing it, to which they give the name of Electro-Motor. They do not apply this theory in the treatment of paralysis, and it is in this class of diseases that Dr. Duchesne's system has exhibited its most brilliant results. The two methods ought not, then, to be considered as rivals; they only conduct to very different researches.

We know to-day what remarkable results can be obtained from currents by induction, when applied to the treatment of paralysis and muscular contraction, etc., etc. We know their action upon the mammary gland, in exciting it to the secretion of milk, is so marked, that we reasonably anticipate good influences from electricity as an excitant of the organic functions. But we are much less enlightened upon the results of abstracting the electric fluid in the phlegmamous inflammations. The observations reported by M. Canderet are not vigorous enough to admit of our drawing positive conclusions. They conduct us to fascinating theories, which should stimulate us to new researches. The thanks of the medical world are due to the authors for commencing an inquiry in this direction.

Ling, and after him Brating and Georgii, established the treatment of diseases by medical gymnastics, which they systematized under the name of Kinesitherapy. An ingenious combination of active and passive movements of certain parts of the body was found sufficient to modify, in any determined direction, certain pathological states. According to the statements of Georgii, numerous cures are effected by Kinesitherapy. While remaining within the limits of a wise reserve, it should not be forgotten that sea voyages have been prescribed for tuberculous cases, as much for the peculiar motion of the ship as for the healthful atmosphere of the sea. Mercurialis suggested a kind of swing, arranged with a commodious seat, in which he placed young girls of feeble constitution, and those debilitated by amenorrhœa. In France, to-day, gymnastics are employed only in a prophylactic point of view—above all, they seem destined to develop the muscular system of young people, and to counterbalance the painful results of the sedentary lives and mental strains imposed upon the children in our schools. But it would be very easy to obtain special effects from these exercises; with young subjects there is often an uneven development of the body, and the less a part is developed, the less it is disposed to activity. It becomes necessary, then, to study

with care the predispositions of each; to prescribe singing and movements of the thoracic members to those of narrow chests and thin arms; running to those of slender legs, etc. These considerations are as applicable to invalids as children. Though the gymnasium may not furnish the sole treatment, it should be at least resorted to as a precious adjuvant.

Under the influence of this idea, I have constructed several apparatus, which are of service to my patients in equalizing their circulation. I have often been embarrassed in finding some means to overcome the coldness of the feet, and have succeeded, by placing a cylinder at the foot of the bed, which the patient could turn with the feet, and thus rapidly warm them. The body being thus in a state of almost absolute repose, the only activity being that of the inferior members; the circulation and caloric are sensibly developed.

Now, the question arises—How are we to combine all the different modes of treatment that I have enumerated, so as to make them respond to the various indications which present themselves in the treatment of chronic diseases? It is only in a special establishment, where all these means are united, that we are to ever realize this therapeutic revolution. And to obtain the most salutary effects of such treatment, the patient must cherish great assiduity and perseverance, while the physician who directs such an institution must be doubly watchful, intelligent, and active, because science, as yet, furnishes so few data to guide one in the employment of these external agents. It is, then, a new ground to explore and cultivate, and waits only for the labors of physicians and physiologists.

Already we can foresee the immense benefits to be gathered from this system of treatment. Each practitioner manifests his preference for this or that means, but at yet no one has dreamed of combining them all in a manner to act toward one determined end.

* * * * *

Here the important question presents itself, whether water-treatment is admissible in the winter. To the present time, thermal baths as medical treatment have been advised only in the warm season. The winter in France is too rigorous to continue the administration of douches and baths through the month of January. Out of this pretended difficulty has grown the idea of founding establishments for winter, in hot countries, on the border of the sea, where, as it is said, one can find eternal spring. But as the inhabitants of those regions use no precautions against cold, it has been found that those from a colder climate actually suffer more than they would by remaining where everything is admirably arranged for protection against the cold.

As to the so-called constant spring of those privileged countries where invalids often spend their winters, it must be remembered that fine penetrating rains fill the air with an unwholesome humidity, to which the cold, however intense, ought to be preferred.

Besides, was man covered, like birds of passage, for continual emigration; and, independently of the expenses incident to long journeys, have not these frequent changes serious inconveniences in a hygienic point of view? A change of country presupposes a change of all the external habitudes. It is no longer the same air you breathe, nor the same atmospheric pressure you support; the water you drink does not contain the same salts as that you drank from the fountain of your own country. Finally, you are no longer under the influence of your native climate, and you must forcibly become habituated to the new conditions by which you are surrounded. Now, the indisposition occasioned by acclimation is unpleasant enough under the most favorable circumstances; but when one is already an invalid, this often becomes a serious malady, which it would be dangerous to impose upon one several times in the course of a year. It were better, I think, to remain in one locality, and prepare to brave the changes of temperature God has not created the seasons without a pur-

pose; and this apparent death, this periodical repose of vegetation, has its utility, and depends on a cause which does not escape animated bodies.

"Why wish to create a single artificial season, that of the flowers and vegetation, which must exert its own peculiar influence upon the organization? All the functions of the animal creation have been set in harmony with the different localities where they are destined to live. Men in the north are constituted to endure the cold of Siberia, while the African has been provided with means to resist the tropical heats. Sick or well, if you transport a Russian to the Cape of Good Hope during the winter, or an Arab to St. Petersburg during the summer, you will find it very difficult to make them live in those climates so antagonistic to their nature, still more to keep them in health. Popular opinion or fashion, which constantly exerts its influence beyond its proper sphere, will at last decide, perhaps, that treatment depending upon medical hydrology can be practiced in winter as well as summer; then all the difficulties will vanish as by enchantment. Enterprising industry will create a temperature as soft and more constant than that which invalids often seek in vain in warm countries. Industry will yet cause flowers to blossom here in winter, which will vie with those opening only at the close of spring. Fashion will institute a reform that the combined efforts of all the hydrologists have failed to invoke."

LETTER No. 21.

From Harriet N. Austin

To ——— :

Do you know the song, Blank, "*I am always making blunders*?" I heard it sung last evening by the popular poet and ballad singer, James G. Clark, and I was thinking with how much fitness this complaint might be appropriated by allopathic physicians, for they are a set of the most complete blunderers the world ever saw. I can not say how it is. As men they seem to possess good common sense, intelligence, culture, and at least an average share of kindness of heart. But as certain as they act professionally they act wrongly. In ninety-nine out of every hundred cases they treat, they should, on dismissing them, put on lugubrious faces, and sigh—"I am always making blunders." I do not know how it is except on the principle, that when persons adopt and deliberately decide to follow a falsehood, the atmosphere of that falsehood settles around them like a fog, completely enveloping them and shutting out every ray of light, so that on that subject they are utterly blind. In their special business, which is curing the sick, they are BARBARIANS. You may think this language too strong, but a hundred thousand of their tortured, agonized, suffering-for-life victims might rise up in this country and assure you that this language is soft and smooth compared with the reality. No person of sensibility can realize the works of terror they are accomplishing among our fellow-men, without having every feeling of humanity outraged and being impelled to use strong language.

I called yesterday at the house of a friend, and there saw her little daughter, a beautiful child of five summers, bolstered up in the rocking-chair, in her sick gown, like an old woman, unable to run about and frolic in the genial summer air and sunshine, or enjoy any of those pleasures which are the heritage of childhood. To-day is her birthday, and she had anticipated a visit from some of her playmates; but sickness, a thing which a child should never know, had intervened, and made it a day of suffering instead of one of gladness. It is an attack such as she has every few months, when a doctor has to be called, castor oil and other more deadly stuff has to be administered; she is made sicker than before, then rallies after a few days, goes on tolerably comfortable a

little while, then is sick again. Now, she had scarcely slept for three nights. I laid off her clothing, took her on my lap and subjected the whole surface of her body to brisk, gentle friction with my hands for ten minutes. I then wrung a folded towel out of tepid water and laid it on her chest, her breathing being very labored, covered her and laid her back in her chair. She immediately fell asleep and slept sweetly four hours.

A little boy of eleven years, down town, was taken sick. His parents sent for a doctor, who commenced giving him medicine. He grew worse—other doctors were sent for—more medicine was given—doctors counseled—medicine abounded—the child failed. At the end of four weeks, the boy suffering greatly, sleep not having visited him in eighty hours, the physicians ready to abandon all hope of his recovery, he said: "I will not take any more medicine. For four weeks I have taken it nearly every hour. It has done me no good. On the contrary, I have constantly grown worse. I may die, but I shall not touch a particle more of medicine." The anxious father replied: "Very well, my son. If it is your choice not to take any more, you shall not." He did not—and from that hour he commenced to improve, steadily gained in strength, and last evening was out to Mr. Clark's concert.

Doctors should learn that children must have a *chance to live*. You may say: "*These children are alive, and perhaps may live many years.*" But their parents, nor the wisest doctor in the land, nor the combined wisdom of all the doctors, can not decide how much injury they have sustained by the poisons introduced into their systems; how the strength of the constitution has been subverted; how the physical capability to do and endure, and the mental capability to think, reason, and plan (for, *in this world*, intellect is available just in proportion to the healthfulness of its instrument, the brain) have been *perverted*, man can not say. Thousands of lives are rendered useless and wretched by the medicines administered to the persons in childhood. Their doctors made "*blunders.*" They thought they needed to be poisoned, when they only needed to have their habits regulated. And thus they converted their diseases from the acute to the chronic form—and thus they are always sick.

I sometimes feel like raising rebellion, or doing some desperate thing, when I read the statements of persons on whom "*blunders*" have been committed. I read plenty of them every year. I will give you a few samples from letters which I have received within the last three months.

"When six years old, I had inflammation of the brain. This being cured by drugs, made its appearance again in three years, and I was again drugged. I have never been able to recover from those '*cures,*' but have been a frail body ever since. At sixteen I had intermittent fever, and was compelled to swallow a *proper* amount of *quinine*. The next sickness was acute rheumatism and badly swollen tonsils, which were '*cured*' by *iodic embrocations* and bleeding. Very severe asthma and great general debility were the result, against which the doctors insisted I should use *cod-liver oil* and *iron drops.*"

"My age is fifty-three. At the age of twenty-five my health declined from physical and mental over-exertion. I employed a physician who gave me *calomel* internally, and applied *mercurial ointment* externally. This treatment ruined my health and I have not seen a well day since."

Is not that scientific? Calomel inside, mercurial ointment outside, for over-work!

"Twelve years ago I was salivated, and from that time I have had stiffness in my limbs and rheumatism, from which I suffer very much.

"My age is thirty-eight. It was my habit, in early life, to eat heartily of all the rich and concentrated dishes that came before me, generally overloading my stomach. As a consequence, my digestive organs had become greatly deranged by the time I was twenty-one. When my stomach became very bilious, I would resort to calomel or some other powerful medicine to relieve it of the

intolerable load that oppressed it. Notwithstanding these *remedies* invariably left my system weaker than before, I kept up this course till I was completely prostrated with nervous debility and confirmed dyspepsia. I found I was on the wrong road, and changed my habits, but have never been able to recover from the constitutional and mental impairment which I suffered from the course I pursued.

"When I was twelve years of age I had typhus fever. I took so much calomel that I could not recover my vigor after the fever left me. Then I was constantly going from one doctor to another, and from one drug to another, till I was twenty. I came to my senses, and refused to take any more medicine, but it seemed as though my vitality was all poisoned out of me. I am now twenty-nine, and so have been a poor invalid for seventeen years."

Think of a person who had lived twenty-nine years, having *seventeen* of them *caused* by a "*blunder!*"

"From bad habits of living, I became a confirmed dyspeptic; employed celebrated physicians, but grew worse under their treatment, till, five years since, they told my husband I would not live two years. I then left medicine, and commenced bathing and dieting, by which course I improved somewhat, but I am an invalid still."

"I took medicine more than a year, but it always made me worse."

"My health is *greatly* impaired, but I have suffered quite as much from drugs as from disease. I have taken a large amount of mercury, in its various combinations, and also '*rubbed* in a great deal of *mercurial ointment.*' I was thought to be sinking under liver disease, and had taken so much *blue pill* that it was deranging my stomach. So *quacks* commended the use of that devilish ointment which has saturated my whole body with the awful stuff. My body is an almost perfect *barometer*, indicating the changes of the weather with great precision. Silver carried in my pocket soon becomes *galvanized* with mercury."

"I have been under some of the most eminent physicians in London, and elsewhere in England, for *thirty or forty years*, and have taken a vast amount of drugs—mercury, aperients, emetics, etc.—and have been blistered, leeches, and bled, to an enormous extent. I believe I have received only injury therefrom."

I could fill sixteen volumes of the WATER-CURE JOURNAL with just such extracts as these, from letters which have been addressed to me personally; and, of course, this is but as a grain of sand on the sea-shore, compared with the *ocean* of similar experience which is known in this country. Sad consequences of the *blunders* of doctors!

But they are "*always* making blunders;" sometimes, becoming disheartened or disgusted with their *peculiar* system of practice, they undertake to dabble a little in Water-Cure; and they are sure to do the wrong thing. I know that every Water-Cure physician of much experience has had scores of instances like the following come to his knowledge.

A gentleman came to us, a short time since, who had long been sick, and taking medicine from his doctor. He grew worse, and the doctor advised him to "go and roll over in cold water." He did so, and has been more feeble ever since.

A gentleman wrote me that his wife was prostrated with derangement of the nervous system and acute inflammation. Medicines seemed to do her no good. The doctors finally ordered the "*cold shower-bath,*" which was administered to her great injury.

But I commence every letter to you by determining to make it very *short*, and close by making it too long. I have not room now to discuss the ridiculous *blunder* the Pennsylvania doctors made in deciding that women are not competent to be physicians. As if they were fitted to judge of the capabilities of woman, or of the true sphere of the physician! *They!* whose *philosophy* and *practice* are but a maze of *falsehood* and *delusion!*

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

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.

CHAPTER III.

THE EAR.

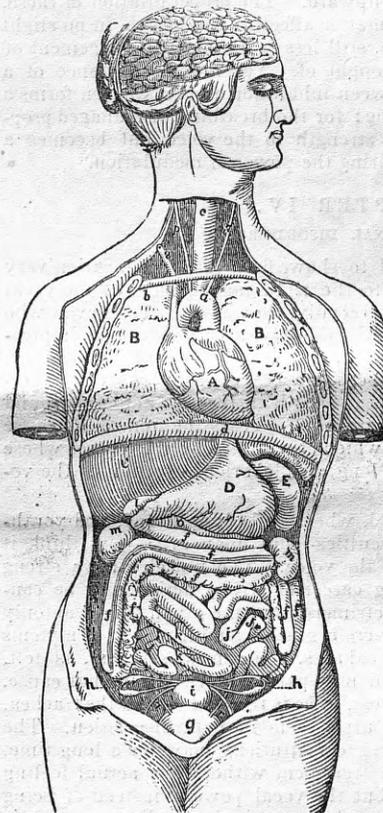
A VERY important point in the Art of Speaking is the cultivation of the ear, since any defect in this organ, arising either from the ear itself or its contiguous and continuous parts, particularly for those who have over-exerted the voice from wrong directions and impressions, almost invariably affects the organs of speech, and renders defective what before might have been perfect. In the observations I have made on the organic formation of the letters, it will be obvious to every one that the ear must act as a guide, and in proportion as it is more or less sensible to the appreciation of sounds, the speech will be necessarily affected. It seems evident, then, that the cultivation of the ear should form an integral part in any system intended for the improvement of the functions of the speech organs; for, unless the ear is naturally, or by cultivation, rendered capable of minute distinctions of sound, it is difficult to conceive how the difference of force in the production of the sounds can even be perceived; and if force is used, as I have already shown, the result will be a diminution of the powers of voice, if not of its ultimate practical loss. Again, in the delivery of language for the expression of the various passions of the mind, or even for the clear enunciation of a narrative, modifications of voice are actually necessary. In asking a question, in stating a proposition, in anger, in tender emotions, in sorrow, in joy, in prayer, nature herself generally adheres to certain forms of modifications of sound. But when speaking is required to be studied as an art, the undulations of the voice for the conveyance of varied expressions must be taught as a part of the system of speech cultivation, and for this exposition of mental emotions the ear of course is the sole guide. The power of vocal modulation is thus in a great measure, if not entirely, dependent on the ear. Without this essential element of expression, speech would be either monotonous, or the variations of sounds, as is too often the case, made the mere sport of caprice.

There can be no doubt, then, that for correct speaking the cultivation of the ear should claim almost equal attention with that of the voice itself; for, as I have just stated, the Art of Speaking is dependent on the Art of Hearing. If we take the converse we find that deafness, or any defective condition, either of the ear or of its various parts, affects detrimentally, if it does not actually destroy, the power of utterance. Mr. Harvey in his Treatise—"The Ear in Health and Disease"—makes the following very apposite remarks on the subject: "The mode in which dumbness results from deafness is very intelligible. We know that the child learns to speak by reproducing the sounds he hears daily; the intelligence is also favorably disposed to this process in the early stages of life. If, then, the ear does not seize the words of the speaker, the mouth can not reproduce them. This fact affords the simple and obvious reason why dumbness follows deafness." Again, "The senses of sight and hearing are no doubt the two most important channels by which knowledge is acquired; a deprivation of the latter would seem perhaps, on a cursory view, to be a less fatal impediment to the acquisition of information than the former; but when it is considered that the want of the sense of hearing involves with it the loss of the principal medium of mental intercourse, 'Language,' it becomes evident that the bar to intellectual improvement is by such a deprivation doubly augmented." If, then, the faculty of hearing has such an influence over that of speech as even to cause its loss, it is clear that, by the cultivation of the ear for the purpose of language, the powers of speaking may be very materially improved, and this is especially important for those who make speaking a part of their profession.

I have before stated that in arresting or attacking the sounds for the purpose of converting vocalization or mere voice into articulation, only so much breath should be used as is necessary for the production of the sound. In continuing the sound, the action of articulation, which is directed backward from the organs of speech—the lips, the

tongue, and the teeth—toward the rima or opening of the windpipe, should be prolonged throughout the open sound, and as this is requisite for every syllable, the importance of a right understanding of the pronunciation of the consonants, as I have already explained, becomes evident. This action of articulation, if correctly understood, will be of material assistance, not only in giving better effect to the sounds themselves, but also in increasing the power of modulation so as to convey justly the sentiments of language, and when properly performed, regulate the amount of breath required for the sound, and at the same time exercising a control over the expulsion of breath. Dr. Latham, in his "Elementary English Grammar," says: "The sounds that constitute language are formed by means of the breath passing through the throat and mouth, and being acted upon during its passage by the tongue, teeth, or lips." If this rule were strictly followed, it would have the effect of forcing the voice; and if this explanation is correct, the voice, after it has passed into the cavity of the mouth, is literally chopped into syllables and words by the organs of speech which are situated at the extremity of the vocal tube. Now, I contend that speech properly understood is the result of a simultaneous action of vocalization and articulation; the muscles connected with the organs of speech antagonizing those which elevate the trachea,

Fig. 3.



THE VITAL SYSTEM.

and thus controlling its motion; and further, that the explanation given by Dr. Latham would end not only in forcing the trachea out of its place, but as a necessary consequence also would prevent the possibility of free articulation.

A. Heart. B. B. Lungs. C. Liver. D. Stomach. E. Spleen. m, m. Kidneys. g. Bladder. d. The diaphragm which forms the partition between the thorax and abdomen. Under the latter is the cardiac orifice of the stomach, and at the right extremity, or pit of the stomach, is the pyloric orifice.

I am quite aware of the difficulty of explaining in writing all the apparent intricacies of the subject. The information can, of course, be more easily conveyed orally; but even from what I have stated, notwithstanding the difficulty, by strict attention to what has been advanced, the reader will be able to comprehend the force of the rules laid down so as to make them practically available.

It will thus be evident how many and different points enter into the development of speech, all of which, with proper care and management, may be made instrumental in cultivating and improving the natural powers to an extent

little contemplated by those who have not attended to the subject. It will be seen also how varied and independent are the requisites that are necessary for a right understanding of the Art of Speaking. That some may have attained to eminence in eloquence without this study is no fair argument against the use of rules; it may be urged, on the contrary, that the faculty in such a case, however highly developed, might have been still further improved.

But the full part that the ear plays in the management of the voice remains yet to be considered. Let us pause for a moment and contemplate the unhappy individual to whom hearing is a lost sense. What wretchedness is his lot—for not only is he deprived of the faculty of hearing, but from want of exercise the organs of speech become also impaired. Limited in his means of communication, cut off from social intercourse with his kind, he lives, as it were, apart—lost to the world, to himself, and all around. For him music has no charms, his feelings meet with no endearing response; possessing neither the sympathy of his fellow-creatures nor the means of social enjoyment, he lives almost an outcast, cheerless in the midst of life; and yet this sad result may follow merely from an improper use of the

organs of speech and its almost necessary consequence, an imperfect condition of the organ of hearing.

Another very important consideration, already alluded to, is the management of the breath. On this point Signor Crivelli, in his admirable Treatise on the Art of Singing, makes the following observations: "Indeed, the clear, robust, and elastic vibration of sounds depends on the art of breathing gently, never forcing the breath in the production of the voice, but always sparing it in such a manner that the fibers and delicate muscles of the soft palate and throat, not being irritated by any effort, may become more elastic, and may expand themselves more thoroughly into the shape of the arch which the extreme cavity of the hard palate represents. Sounds become more or less clear, sonorous, and robust in proportion to the space in which they vibrate. Thus knowing how to spare and make good use of the breath is of the very greatest importance, as from this is produced the power of producing, expanding, and firmly sustaining the sounds, of sending forth the voice in the most energetic or in the most delicate manner, and of modulating it so as to express with true coloring whatever emotion or passion the poet and composer may have wished to describe."

Few are aware of the extent of the lungs or of the space they occupy in the body, which is nearly the whole of the upper part of the trunk, from the diaphragm or midriff upward. The proper dilation of these, even in ordinary breathing—a matter affecting the health in no slight degree—is not even attended to, still less is the right management of the breath in speaking even thought of. Yet the maintenance of a due proportion or harmony between inhalation and exhalation forms a most important point in speaking; for the breathing, if managed properly, will not only tend to give strength to the voice, but becomes a most essential element in acquiring the power of modulation.

CHAPTER IV. FUNCTIONAL DISORDERS.

ENOUGH has been advanced to show, first, that in education very little attention has been paid to the right management of the vocal and articulating organs; and secondly, that among those even who have investigated the subject scientifically, a very erroneous impression is entertained relative to their mechanical action. Unless this is understood and acted upon, there can be but little hope of correcting the faults so often found to exist, both in the production of sound and in articulation, and which are in most cases the immediate cause of those disorders of the throat which prevail among the classes whose professional avocations lead to long and laborious exertion of the vocal organs.

In the days of lusty manhood, when the body is strong, and youthful vigor overcomes any difficulties that may arise, few think it necessary to pay attention to the voice. The muscles have strong power of resistance, and a long career of wrong action may be continued without any apparent detriment; but the organ thus wantonly strained beyond its natural powers begins at length to feel symptoms of derangement. A slight weakness, sometimes soreness, is felt, which is attributed to cold, and may partially arise from that cause. To obviate this incipient weakness, force is resorted to, and the trachea, or windpipe, is thus constantly urged from its natural position. The elasticity of youth and of strong constitutions may, for a long time, bear up against this unnatural treatment without any actual feeling of oppression or exhaustion; but the vocal powers, instead of being strengthened as they ought to be, when exercised according to nature's laws, will give way. This slight weakness, and the efforts made to overcome it, are renewed and increased, until at length the voice is injured by the very means used for the exercise of its functions, and then refuses to obey volition. There is no class of persons more liable to this derangement than members of the clerical profession, and to what extent this may reach, the following remarks will point out. They are taken from Dr. Mackness' work, "Dysphonia Clericorum." "I believe," says the Doctor, "that in the commencing stages of a great number of cases of this malady there is no organic lesion whatever in the organs of speech—that, in fact, the affection consists merely of an irritation of the investing membrane—but that subsequently a series of morbid changes take place, such as congestion, relaxation, and inflammation, morbid deposit, and ulceration of the follicles, gradually extending to the sub-mucous tissue of the parts. When the general health is impaired and the tuberculous diathesis exists, the morbid deposit may be tubercular, and probably a cotemporaneous tubercular deposit may take place in the lungs, the disease gradually extending along the tracheal membrane and terminating in phthisis."

In stammering, the cause may also be traced to the want of connection between articulation and vocalization; for in most cases the

defect arises from making too forcible attempts at articulation, of themselves sufficient to produce spasmodic action in the larynx, which impedes the vocalization of the breath. In Dysphonia Clericorum, or clergyman's sore throat, on the other hand, the evil is caused by too great expulsion of the breath, which not only hinders articulation, but injures, at the same time, the muscular powers, so that, in both cases, although widely differing in the consequences, the want of connection between articulation and vocalization is at the root of all the mischief. Now the same rule applies to both alike, for there can be but one right way of making use of the human vocal organs. Sir Charles Bell observes, "That for the production of the most simple sound, or the articulation of a single word, the consent of a great number of organs is necessary;" and the same treatment or "consent" will not only relieve but permanently cure both the above-mentioned affections, for the synchronous and appropriate action of each part of the vocal mechanism concerned in speech will tend in either of these cases to restore the organ to its normal condition.

I have laid much stress upon the effects of forcing the breath and the necessary train of evil consequences, because it is the cause of all the mischief. Few are aware, or will believe when told, that they are using force, and yet the effects will be felt in that sensation of exhaustion and oppression after the exercise of the voice in their avocations. Another cause of this sensation may be traced to the emission of breath before the action of articulation is made. Setting aside the consideration of the absolutely necessary connection between articulation and vocalization for the right production of sound, any emission of breath immediately after inhalation and before the articulating action is made not only affects the voice itself injuriously, but produces also the effect of continuous aspiration during speaking. This is alike painful to the speaker and the hearer, and is in reality resolvable into the same want of equilibrium between the act of vocalizing the breath and the simultaneous act of attack from the organs of speech.

Another point requiring notice is the habit of taking too full an inspiration before speaking. On this subject Signor Crivelli, in the work already alluded to, makes the following pertinent observations, which, although written for those who study singing, is equally applicable for speaking: "Many believe that before commencing a passage of sustained sounds or of rapid divisions, they should take a deep inspiration, not reflecting that by this means they must necessarily lose the power which they desired to gain; for the lungs, thus being in a state of distension and overcharged with air, have a natural tendency to drive out the breath with force and rapidity, in consequence of which the singer can not guide his voice with ease, but is obliged to use violent contortions of the mouth and elongate the neck, which will not only destroy that equal quality which every well-cultivated voice ought to possess, but must inevitably obstruct the articulation, and may even occasion the rupture of some of the small vessels of the chest, throat, or head."

In the event of any disorder of the throat having arisen, as, for instance, the enlargement of the tonsils, or the elongation of the uvula, care should be taken to avoid, if possible, any operation. It is a very common notion, even among medical men, that tonsils may be excised and the uvula cut off without injury, if not indeed with beneficial effect. It may be certainly affirmed that, in general, the very reverse is the case. Every part in connection with the highly delicate congeries of organs in question is most minutely sensitive—the mere cutting the uvula not only may, but has, in many cases, produced positive injury, and the removal of the tonsils may be ranked among those operations which have been styled "opprobria medicorum." The diseases will often be aggravated by the use of the knife, and permanent sore throat, accompanied with most distressing dryness of the parts, is often a consequence. These affections, though they may be produced by a wrong use of the organs, may however partially arise from a constitution naturally weak, and generally sanitary measures, if persevered in, will often be found a remedy, more especially if care is taken at the same time to study the right use of the organs; so that when any relief is obtained by these means, instead of being again liable to be weakened from wrong direction, they may, on the contrary, acquire by practice additional strength and power, and enable the previous sufferer to rejoice in the full possession of his vocal powers, by means of which he may successfully continue his professional career.

The opinions here advanced, I am aware, if not actually opposed to, at all events differ from those currently received; and it is ever the case with those who broach what may be considered new doctrines to be regarded suspiciously, or at all events not with much favor. The great importance of the subject, however, and the dread-

ful catalogue of evils which arises from not understanding rightly the mechanism and action of the vocal organ, and the really simple and almost obvious and natural means to be adopted for relief, have induced me to place these remarks before the public. The truth or fallacy of what has been here advanced may be brought to a practical test without difficulty or delay, so that further reasoning or argument would therefore be of no avail.*

[TO BE CONTINUED.]

TO DRUG-TAKERS—NO. 2.

BY W. T. VAIL, M.D.

MY DEAR FRIENDS—In a previous article I informed you that I too had been one among you. For many long years I suffered all the horrors of protracted chronic disease, and underwent all the scourgings and torturings which drugs impose. I was earnest for health. I was resolute to endure any imposition that might be necessary to this end. I cared not what evils, or pains, or sufferings might be stirred up with in me, could I secure the desired goal. I was young. The world was before me. Fields of activity and enterprise opened invitingly all around me. I had the power to make my mark in these. I knew it. But this great curse clung to me. It ground me down everywhere. At home or abroad, asleep or awake, it sat like an incubus upon my spirits, and brooded like an evil spirit over my hopes. I took drugs; took them with advice and without advice. I was a fool, but I did not know it. Nobody was kind enough or wise enough to tell me. I should scarcely have believed one who might have told me. We never jump into new ideas all at once; we need a preparation; all radical changes in the human mind must be gradual.

I was a fool for two reasons: first, for losing my health, and second, for not taking the right measures at once to regain it. Fool as I was, I was scarcely to blame for it. Everything was against me—everybody was in my way. All were leading me into the wrong path, and influencing me to do wrong. Nobody pointed out to me wherein I had erred in the beginning, and showed me how I had sinned against God and nature. Nobody stood up for the wisdom and goodness of God as displayed in our own organism, and showed me that great, simple, sublime, and most beautiful of truths—that God has incorporated into our very organism itself a great vital recuperative force, part and parcel of our very life, identical and inseparable with our existence, by which and through which the body is built up, its injuries repaired, its infirmities removed, and its diseases healed. Nobody seemed to know anything about this; nobody believed in it, and I dwelt in the common darkness of those around me. That I was only one fool among many is no consolation. It does not repair my injury; it does not help theirs.

But I rejoice in my sufferings. I am glad of those scourgings. They were not necessary; neither God, nor nature, nor circumstances made them so. I never need have seen a sick day nor sick hour. But they have directed my labors into a field where they are most needed, and where I can more than compensate a hundred-fold for my early losses. One young man saved from physical ruin, saved early, and directed in the sure way of future life, may much more than compensate for all my losses. One young woman restored, and taught how she may keep roses blooming on her

cheeks, and preserve the sparkling luster of her eye, ought to be sufficient to reconcile me to all I have endured and all I have lost.

I stand to-day, my friends, to speak to you who know no better way than to take drugs when you are sick, when I can only wish some generous soul had known enough, and been willing enough to stand twenty-five years ago to speak to me. That was the time my career of drug-taking commenced. That was the time I needed to have been taught the way of life; to have been shown what many years later I was obliged still to learn, that we must not violate nature by wrong habits, unnatural food, impure air, untimely hours, irregular rest, over-taxing the nervous forces, and in other innumerable ways; and then, by way of compensation, both violate and insult her by thrusting drugs and dye-stuffs, and all sorts of offensive and abominable things, into her stomach. No arguments about the Deity's having provided these things on purpose for your use can excuse you; they are all, though specious, false, unphilosophical, and absurd; neither borne out by theory nor results, by analogy nor reason. No arguments about the necessity of drug-taking should influence you. There is no necessity; this dreadful delusion of the multitude is a base libel upon both God and nature. The very way in which God has made and organized every man and woman upsets at once this foul and murderous doctrine. A little investigation will enable you to see it. The millions who all over the earth's surface to-day are saying to themselves, we must have drugs to dose ourselves with, continually, and keep the machinery of life moving, supported as they are by their medical advisers, are sadly deluded. Not one of them but could discontinue this false and destructive usage, at once, with advantage. I know the difficulty of convincing you. There is no conviction for you but a practical one. No other could do you any good if you had it. Yet, after all, nothing is easier than to convince the drug-taker of his error, and his false dealing with himself, when he once says he is willing to be convinced, and resigns himself to a proper direction. He can not of himself leave off his drug-taking, any more than the drunkard can leave off his cups, the tobacco-smoker his pipe, or the chewer his quid. His body aches and pains, and his mental tortures all goad him back to his error. He is their slave, bound hand and foot, and some kind hand must help him unloose the bonds, and some kind friend teach him, and encourage him to stand and to walk a free man. Upon millions the goddess of health will never smile until this is done. Upon millions she is ready to begin the dispensation of her blessings, just so soon as this is accomplished. Unto you, my friends, do I address myself, as one who knows your sufferings, and your anxious desires for relief; as one who understands all your difficulties, and knows what slumbering resources are lying within you, with which you may meet and overcome them, when you are taught; and as one who takes great pleasure in directing his suffering fellow-beings in the way of health and happiness. Get away, then, I say, from this vile curse of drug-taking. There is no reason, no excuse, no necessity for so great a sin against your very organization and life. There is both necessity and reason why you should discontinue it at once. What is first needed is a resolution; what is next needed is direction. With these, as sure as the needle points to the pole, yea, as sure as God is true to himself, and as his works bear the impress of his wisdom and goodness, you will succeed.

Ah! what manifold blessings, what untold happiness, are now lying in slumbering store for the suffering millions of humanity; they are all ready waiting, and going to waste. The conjuring power of truth and righteousness alone are needed to wake them up, and to prepare these suffering ones to receive them. May God speed the day; and to this end, my friends, your humble servant will ever earnestly labor; labor, too, with a perfect assurance of success, for this great truth is mighty, and it will prevail.

PRACTICAL HYDROPATHY—NO. II.

BY D. A. GORTON, M.D.

EVERY system of medication, if we credit the reports of their journals, has its successes. We can not take up a medical journal, no matter what its particular system of practice, without finding on some of its pages reports of some wonderful curative effect of some particular recipe. Now, we do not wish to infer that we discredit these reports; nay, on the contrary, we fully believe them. But, we believe more: we believe they are well calculated to deceive and mislead those who are so unfortunate as to be sick, and therefore apparently in need of their remedies. If their reported recipes were given in plain English, they would be stripped at once of their wonderful properties. In general, the "faith" which Dr. Dunglison says is so important in the cure of disease would cease to be the strongest element of human nature, and the consequence would be the sick would as soon trust to nature before taking the poisonous drug as they would *afterward*—perhaps sooner. They do not mislead REFORMED PHYSICIANS, because they can generally read Latin well enough to interpret a medical prescription.

The following recipe we find reported in a French medical journal as a certain remedy for uterine hemorrhage:

R. Decocti salep (4 gr.) 6½ oz.
Acid. phosphorici 1 dr.
Syr. rubi idæi 4 dr.

We, as hydropathists, are thankful to the drug profession for reporting their recipes in connection with a wonderful cure. When we can not interpret the results consistently with our cardinal principles, we will openly mix up a little of their curious "trash" with hygiene, and at once confess ourselves practical drugopathists. We, not long since, had a case very similar to the one reported in the French paper above referred to, the result of which was perfectly satisfactory to all concerned, and not a particle of ergot or phosphoric acid, or any other drug, was employed. This, in the order of our reports, is—

CASE FIFTH.—Mrs. — was a middle-aged woman, of good size, and apparently of a good constitution. She had, not unfrequently, however, been troubled with difficulties arising from a partially congested state of the uterus. At the particular time we have now in mind she had met with an accident, and had been otherwise imprudent, all of which had brought on a severe flooding. Had she not obtained prompt relief, unfortunate results must have followed the elapse of a few hours. We were sent for immediately, or, perhaps, after the elapse of two hours. We went totally unarmed, that is to say, without a "saddle-bag" or even a bottle of a "solution" of any kind, but within *half an hour* the hemorrhage had entirely ceased and was followed by "no relapse." Our prescription was simple—because such, we give it entire and in plain English:

R. Horizontal position for 5 or 6 hours.
Vaginal injection of ice water, 1 qt.

Now this recipe, for uterine hemorrhage, we have the impudence to place in bold contrast to a decoction of salep or phosphoric acid; and we will guarantee that the consequences of its use will not prove so fatal to the living fluids as those which follow the administration of the French recipe, quoted above, while it will not take "a few hours" for it to afford relief. How much of the "decocti salep," or "acid. phosphorici," can be introduced into the circulation with impunity, is an experiment with which no prudent physician would meddle. We know they are both highly poisonous drugs—*will kill dogs when taken in small quantities*—and that they produce astringent effects on the circulation by coagulating the blood. We know, therefore, that they vitiate the

* For further information on this subject, see "Hydro-pathic Encyclopedia," Vol. II., pages 252, 253, and 254.

living fluid wherever they come in contact with it. So much for the vaunted properties of phosphoric acid, etc.

In parturition, WATER-CURE has won many trophies. There are few instances (perhaps not any) where hydropathic management in parturition does not work admirably. The people expect more from our management (and well they may) than they do of that recommended by other systems. If the patient is not delivered *casier*, and does not have *less pain*, and is not able to get up, wash, and dress the child within a week after confinement, they will often say (in jest) that "WATER-CURE is no better than any other 'cure.'" The following remarkable case we respectfully submit for the benefit of the numerous female readers who are so fortunate as to peruse the pages of the WATER-CURE JOURNAL:

CASE SIXTH.—Mrs. M—— had resided with us a short time previous to her confinement. She had therefore ate a *proper diet*, attended to our rules of cleanliness, and participated in the various exercises of the ESTABLISHMENT. She was a woman of moderate size, age about 30 years, and usually strong, and in good health. This was her third child.

Within a week after her full time had transpired, labor came on, after a few hours of premonitory symptoms, and terminated favorably to both mother and child in the course of about four hours. During labor, her *pains were not very painful*; there was not much distress of body; no anguish of mind brooded over her faculties. In fact, there was nearly as much quiet prevailing on the part of all concerned as generally attends a birth into the other world. The child was large and healthy, and, with slight deviations, has remained well ever since. The mother washed and dressed the child the *second day after confinement*, and has never needed the services of a nurse since. Two weeks after confinement she was, to all appearance, as strong and robust as at any previous time. Those who would like additional confirmation in respect to this extraordinary case, can have it by addressing us on the subject.

There are many other cases of a similar kind that we could adduce to show the superiority of the Hydropathic over all other systems of obstetrical practice, did our space permit. This we give as a specimen of our experience; we lay it before the reading public as an example of what Nature will do when her efforts are carefully economized and directed, her indications understood, and her designs unmeddled with.

Hydropathy recommends the exhibition of no *expulsive* powders, no stimulating beverages, no harnesses to aid labor. Compressing bandages are unnecessary for either mother or child. In ordinary cases they are an injury. For the infant child, it condemns the use of catnip tea, wine whey, and every other unnatural thing as food or drink. It peremptorily forbids washing the "dear little thing" in whisky, or rubbing it all over with oil, and excluding fresh air from its little lungs under any circumstances. In a few words, it demands that the design of nature in relation to the infant shall be respected as much as her relation with every other "living thing."

HYGIENIC INSTITUTE, NEW YORK, Aug. 1st, 1850.

MY SATCHEL.

BY H. H. HOPE.

CHAPTER VII.—THE NAMELESS.

"MOTHER, I want a sister," said Gerrit, rushing into the house after he had put his horse into the stable, and taking hold of Mrs. Ferguson's arm, "Mother, I want a sister."

"A cistern! what do you want of a cistern? have we not a good one already?"

Gerrit was made dumb by the mistake. His countenance assumed the most painfully sad ex-

pression, such as an ingenuous child's would wear at the commission of a sacrilege. "A cistern, mother, what do I want of a cistern? Nothing; I want a sister."

It was now Mrs. Ferguson's turn to look sorrowful. "My dear boy, forgive me," she said; "I misunderstood you. Come with me." And she led him into her private room, and seating herself and him, looked at his young, manly face for half a minute, and then slowly, and as if to herself, said, "A sister, Gerrit! who shall find you a sister? Sisters do not grow on bushes."

"Neither did I grow on a bush, yet I was found to be your son, and sisters are not more difficult to find than sons."

"But why do you want a sister, my child?"

"For the reason that I feel the need of the influence of a girl. I do not like to go straying about after a girl, so I want one at home. Were I to do so, the feeling I should cherish for her would be totally different from that which I should cherish for a girl adopted into our own family and made sister of mine."

"True; but there are great risks to be run in introducing into the family a girl of your age."

"Oh, I do not want she should be of my age. Let her be three or four years younger. I shall be all the better suited with that. I want her for my leisure hours, to play with me, to go riding with me when you can not go, to listen to me when I grow full of poetry, or eloquence, or logic, or learning. I go days without having opportunity to say a word to any one—unless it is some dull boy—of what I see, or hear, or think, or learn, or feel. Mother, do you not know what ruins boys? It is the fact, that society never relates them rightly, when they are of my age, to girls. They have to steal their associations, and theft in the sphere of the affections is not less vicious than in the department of property."

"I know somewhat of the truth of your statement; but why can you not come to me, I am always ready to listen to you?"

"Thank you!" the boy replied, "I know you are. But there are two reasons why you will not answer. First, you are my mother, and it can neither be expected nor asked of me that I should go about converting you first into my mother and then into my sister at will. These terms are not interchangeable, more than are the relations they signify. Mother and sister! what gap lies between the two! The one is the boy's confidant and counselor. Into her heart all his sorrows are poured. Whatever of seriousness enters into his life, that is dropped down into her bosom for safe keeping. One can hear it drop deep and still deeper down into her heart, as one can hear the tinkling of a gravel stone as it is dropped from your hand down into an old well. 'Tinkle, tinkle,' it says, as it strikes first on one side, then on the other side of the stone-curb, till at last it touches the water and sinks out of sight and hearing forever. So with a boy's graver thoughts, more serious doubts, deeper feelings, the mother's bosom becomes their archive, ultimately their grave. There they lie long years when he has forgotten all about them, and she turns them over as relics of a life innocent, and gay, and free, but long since vanished into a life sterner and fuller of duties. Now, you are my mother. I can not make you into a sister, if I would. I would not if I could. My sister must be my *pet*. I want her for my companion; want her that I may surround her with my beautiful things—things of the earth, and air, and sea, and sky—things which God and man have made, and things which are as yet unmade—fancies of mine, floating, fitting things that are beautiful in the extreme, that will make her exclaim, Oh, how splendid! beautiful! O! O! but which like soap-bubbles, sooner or later, burst, which, if you touch them, they die." And the boy threw himself in his chair, with his face turned upward, and said, "My brain

is full of them now. Mother! mother! I must have a sister;" and then fell into a fit of weeping. So deep does God plant the affectional within us, and makes us pay with pain for self-abuse. This boy, till he came to live with Mr. Ferguson, had never spoken to a girl, and had never since that period found one to his liking till he came across Penelope Darling.

"Gerrit, Gerrit, my son," said Mrs. F., "my lips can not utter how much I love you, yet I stand rebuked in your presence for the far deeper thought which you have given this subject than I have. I will bring the matter before your father without delay, and do my best to have him accord with your wishes, which have now become mine."

"Thank you again, mother. I have found my sister already. I only want she should be acknowledged as such by becoming your and my father's daughter."

"Why, Gerrit, you have not been imprudent, have you?"

"Imprudent, mother! how could I be? I can not help feeling, however much I may help acting. The heart never is imprudent; that folly belongs to the head. My head is cool as an automaton. My heart is on fire. I shall do nothing that you and father do not approve. I shall have to be true to my feelings, for when one tries to make himself feel that he does not feel, he is rapidly becoming the worst of hypocrites."

"Well, go, my son, and leave me alone, now. I will do all I can."

The boy rose and went out, and said, "Penelope Darling, you are mine."

The other rose and went in—to herself, and said, "Who and what is this lad, that Heaven speaks through him in this way?"

Evening had come; Mr. and Mrs. Ferguson were sitting together, when Mrs. F. introduced the subject which during the day had been on her mind, to the exclusion of almost everything else. "Husband," she said, "I have been thinking that sooner or later, for Gerrit's welfare, we shall have to introduce to him our daughter."

"Our daughter!" he exclaimed. "Where is she?"

"Somewhere among God's poor. We must find her and bring her home. It is not fit that our son should live sisterless, nor we daughterless. Half a circle is no better than a square, and God has not constituted the family angularly. With Him everything is round, signifying completeness. Now a household, with husband, and wife, and son, is not complete. It wants a girl, set in its center. Do you not think so?"

"I can scarcely say. The topic is one I have not thought of. It is not unwelcome, however, and may be canvassed by us with entire freedom. The difficulty at first sight does not appear to be in having a girl as in finding the girl—one who will unite in her person the qualities of daughter and sister. A wrongly constituted girl would do Gerrit great harm. I can see that he might be benefited by the right kind of influence in this direction very much. But where shall we find her?"

"Gerrit says she has found her already."

"How?"

"That he has found her; knows where she is."

"Then he has talked to you on the subject?"

"Yes;" and Mrs. F. detailed to Mr. F. her entire view with their son.

"Wonderful boy!" said Mr. F.

"Remarkable!" his wife replied.

"We must see Gerrit in the morning," Mr. Ferguson said. "If he has found his sister, unless some inseparable objection ensues, then we have found our daughter. Now let us thank our Saviour for this great goodness to us and go to bed, for I have wrought at my desk to-day as a farmer in harvest works. They knelt down. The moon sent her mellow light in on to their heads. The stars twinkled a stray ray into the room. They prayed, and with confidence in God such as few feel, they laid down and slept the sleep of the righteous.

In the morning, after breakfast, Mr. and Mrs. F. called Gerrit into the parlor, and Mr. F. said: "Your mother has been telling me the interview she had with you yesterday, and we both are disposed to accord with your proposition provided a girl can be found whom we all shall love. She says you told her that you were acquainted with one already that you deemed worthy to be your sister. Who is she?"

"All I know about her," said Gerrit, is what she told me under circumstances that to me were most interesting;" and he related to his parents all that transpired between Penelope, himself, and the horse. They were astonished beyond measure. Doubtless they thought the boy crazy, though they took good care not to show it. But it seemed quite preposterous to them that the statement could be true; yet they were careful to manifest no incredulity.

"Do you know where she lives?" Mrs. Ferguson asked.

"She said she lived with Mr. ——. Pardon me; his name, on the instant, has escaped me. However, he is a shoemaker, and lives at the head of our street, and is poor. She is not related to him or his family at all, but has resided with them because she has no home elsewhere, and I believe the man in earlier years was under obligations to the girl's father for some kindness shown him, though I am not certain how that is. Be it as it may, she is not happy there, and all I ask is, that you should see her, and judge for yourselves. I saw her only for fifteen minutes, yet she won me over to her side by a power scarcely less potent than that which she exercised over my horse."

"When do you suppose we can see her?" asked his father.

"I do not know, sir, but I suppose she would come here at any time, were I to go and ask her."

"But we do not know, Gerrit, but the man with whom she lives will be offended at any attempt of this kind. We must proceed with uprightness in the matter."

"Certainly, sir; though I have no fear, because she gave me to understand that the man is poor and has a large family to support, yet very kind to her, and treats her like his own child. But a chance presenting itself to him to place her where she would be greatly benefited, would be readily seized upon to improve her condition and relieve himself."

"Very well; in this view of the case, you may see her and ask her to come here this evening, at 5 o'clock."

"Thank you, sir! you and mother shall see her at that hour." And the lad walked out of doors as dignified as a judge; but when he was out of sight, he jumped up and down, and exclaimed, "Penelope Darling, you are *mine!* you are *mine!*"

SUBSCRIBERS will please not be impatient should they not receive our different JOURNALS by the same mail. We sometimes send out either the PHRENOLOGICAL OR WATER-CURE JOURNAL several days in advance of the other.

S. J. M. says: "I commenced taking your excellent health JOURNAL in the winter of 1852, if I mistake not, and have never received so large a return on capital invested. Since that time I nor my family have taken any drugs neither have we been blistered nor bled, unless by accident, nor do we ever intend to be, by allopath quackery. No family in all my knowledge has had better health than mine. I attribute it all to the WATER-CURE JOURNAL."

LECTURES.—Dr. O. V. Thayer, of the Binghamton (N. Y.) Water-Cure, intends to lecture on Health during the coming month. His tour will embrace Broome and Chenango counties, in the Susquehanna valley, visiting all the villages from Windsor to Unadilla. He will lecture in any village on this route where a hall is furnished him.

We commend him to the notice of all friends of the Health Reform.

THE NEW ENGLAND FEMALE MEDICAL COLLEGE announces its twelfth annual term in our advertising columns.

HOPEDALE SCHOOL.—We take pleasure in calling the attention of our friends to the advertisement of this institution in another column, as we believe it is worthy of their fullest confidence and support.



NEW YORK, OCTOBER, 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.

PHYSIOLOGICAL SALVATION.—Is not the preservation of health one of the first of religious duties? Should not the bodies of the saints be sound? And should not the work of renovation begin at the house of God? Are not physiological laws as much God's laws, and as dear to Him as those laws which we call moral? Are not all the laws of the universe equally God's laws, and equally sacred with Him? Is not disobedience to any one of His laws sin, and the consequence penalty or punishment? Can any progress in society, and improvement in human conduct, any growth in grace, or any permanent prosperity, be predicated on any other basis than sound minds in sound bodies?

When we contrast the causes now in operation to improve or to deteriorate the human race, the sum of influences seems to be greatly on the wrong side. Worse habits in the matter of eating and drinking are gaining ground with the masses. All over the civilized world, doctors, diseases, and infirmities are multiplying. Opium, tobacco, alcohol, and drugs are demoralizing and destroying the nations at a fearful rate. Opium is rapidly ruining the millions of China. Intoxicating drinks are eating out the life-element of nearly all the nations of the earth. The more deadly tobacco is fast paralyzing the minds and enervating the bodies of people everywhere; while the drug poisons of the doctors, administered to cure disease, or to prevent disease, put the finishing chapter to the disastrous record of human degeneracy and vital decay.

What hope, then, is there for humanity? We answer none, unless it be found in a thorough physiological education of the people. And this must be done soon, or it may be forever too late. There is a point in the downward career of men from which re-

demption is next to impossible. When riotous living has sufficiently corrupted the blood; when drugs have sufficiently poisoned the whole organization; when liquor and tobacco have, to a certain extent, perverted the intellect and blunted the moral sense; when every vital instinct is deeply steeped in the general depravity, all hope or desire of reformation is lost. All the motives of heaven, earth, and hell will seldom influence any change in the habits of life.

We regard the risen generation as, in the main, destined to go on from bad to worse till they die. But for the rising generation there is a chance. It is true that our cities tell an awful story of juvenile depravity and crime. Young men, boys, even little children, are rapidly falling into the habit of puffing cigars, like veteran toppers. But this is mainly because no one instructs them in a better way. They imitate the examples of their elders and superiors, because they are taught that is a feature or an accomplishment of good society; and, before they know what they are about, they are chained forever to the crushing car of the narcotic Juggernaut.

Physiological schools ought to be instituted all over the land. Health teachers should become missionaries, and speak, lecture, exhort, explain, and, above all, set good examples of pure and wholesome living, wherever a hall, school-house, church, or parlor is offered. And books and journals on the great subject of human health ought to be placed in every family. All this *should* be done; but how? It will require means—money. Who, of his troublesome abundance, will inaugurate the enterprise by a "munificent donation?"

DOCTOR PAGE IN THE FIELD.—Huldah Page, M.D., Professor of Physiology and Hygiene in the New York Hygeio-Therapeutic College, is lecturing to the people of Maine with good acceptance. She is an excellent speaker; clear in thought, precise in expression, earnest in manner, and well posted in the philosophy and the facts of her subjects. She always invites the physicians of the opposing schools to hear what she has to say against their system, and to make any objections they please to the positions she advances. We are of opinion, however, that, after they have heard her once, they will speedily come to the conclusion that "discretion is the better part of valor."

In an article published in the Bath (Me.) *Times*, where Doctor Page recently delivered a course of lectures, she says :

It is a melancholy fact, that children, women, and men, all through the land, are dying of medication. Their lives are wasted just in proportion to the medicine they swallow. But, as everybody takes medicine to cure diseases, they do not think it is wrong. They do not know it ruins their constitution. The highest authorities in the medical schools have testified to the disastrous effects of medicines; yet, medicines are given, and often death or chronic ailments is the consequence. Evil *always* results from it; for the living body regards medicine as an enemy, and as such it acts against them, till they are expelled from it, or till it exhausts itself and dies. Such is the truth; and the people should know it.

I will explain the subject in a series of lectures, in Columbian Hall, in the afternoons of next week, as advertised in your paper.

In treating the first subject—"Curing and Killing," there will be presented the sole idea which has vitalized the medical world in this century; viz., that the recuperative power exists in the living body. Medicines can not cure. The body acts against them, and at an expense of the fund of life. The idea is to be further elucidated in the succeeding lectures, on "Summer Diseases," "Fever," "Consumption," etc.

As this idea proves the falsity of the popular medical systems, I invite physicians to hear, and to offer any objections to the truth. As the press is powerful in exposing error and in advancing truth, I request editors to hear and express their sentiments freely on this subject.

A NEW FEATURE.—On the conclusion of the present series of articles on "The Voice"—probably in the January number—we shall commence a series of familiar and practical articles on the more important and prevalent diseases, giving in detail their nature, causes, prevention, and proper treatment. Eruptions of the skin, scrofula, consumption, rheumatism, dyspepsia, affections of the eyes and ears, pneumonia, erysipelas, bowel complaints, ague and fever; bilious, typhus, scarlet, yellow, and other fevers, etc., etc., will be comprehended in the series. These articles are intended to be more elaborate in detail, and more precise and practical in the directions for home-treatment, than any books or writings have ever before been on the subject. Each series of articles will run through three numbers, and the first subject treated of will be "Diseases of the Throat and Lungs," including throat-ail, bronchitis, dyptheria, croup, pneumonia, consumption, etc.

WATER-CURE CONVENTIONS.—The friends of Water-Cure have inaugurated a new, and, we believe, an admirable plan to bring the great truths of our system of Hygienic Medication before the people. The convention at Dansville, N. Y., on the 14th and 15th ult., was the beginning of an enterprise which we hope to see extended all over the country. The people generally

do not yet understand the first principles of our system, and the drug-doctors everywhere misrepresent it. We propose, therefore, to meet the people and the doctors face to face, and explain to the people and discuss with the doctors—if they dare—the merits and demerits of our respective systems. Dr. Jackson, of the Dansville "Home on the Hill-side," and Drs Trall, Gorton, or Page, of the New York Hygeio-Therapeutic Institute, will meet the people and the doctors, wherever the friends of "free speech" will secure us a good audience. Will our exchanges all over the United States, and all newspapers friendly to the plan of letting "truth and error grapple," inform their readers of our proposition, that any who feel sufficient interest in the cause may take preliminary measures for conventions, at their convenience? We will give the people popular speeches, scientific speeches, or debate with their doctors, as they prefer—or a little of each.

DRUG-DOCTORS vs. HYDROPATHY.—We have often accused the physicians of the drug school of using all the arts and influences their education and position in society give them, to misrepresent our system, and prejudice the people against it. Scarcely a patient comes to us from a distance who had not asked the opinion of more than one M. D. D.—Medical Doctor of Drugs—his opinion of our system, and the almost invariable advice is, "Keep away from it; it will kill you sure!" Every week we receive several communications to this effect, of which the following may serve as a fair specimen :

I have been trying to get subscribers to the WATER-CURE JOURNAL, but it seems hard to reason the people into the belief that they are worth subscribing for. There are so many drug-doctors here, and they have got the public mind so prejudiced against Hydropathy, that it is almost impossible to make them believe that there is any virtue in the Water-Cure. I have been doctored by the faculty for four years for the dyspepsia. They continued to drug me until they got all the money I had, and then pronounced me incurable; and as a last resort I commenced the Water-Cure, and it has extracted the drugs from my system, and built up my constitution. My friends and acquaintances have seen this, and seem to look amazed. There is now some inquiry in their minds, whether the whole drug-system is not a terrible delusion, and I trust the time is not far distant when druggery will get a fall in this place. I have myself taken cases which our doctors failed to cure, and wrought wonders by the Water-Cure, which has contributed still more to open the eyes of the people.

DRUG DISEASES.—We have often said—that the experience of every Water Cure physician will confirm—that the worst diseases we have to manage are the chronic diseases caused by the drugs which the

doctors have given to cure acute diseases. It happens not unfrequently that two patients come to us with nearly the same set of symptoms, and of nearly equal constitutional stamina, one of whom has been dosed *secundem artem*, through a fever or a bowel complaint, and the other has never taken any, or scarcely any, powerful medicine. And for these reasons one is curable in three to six weeks, and the other in six to twelve months. The following case—one example of hundreds we receive every month—illustrates our text :

I have been for some years much interested in your health-reform publications. Their doctrines and theory appear to me to bear the impress of truth; and they harmonize so with the laws of God and nature that I am truly sorry we have so little of your system at the "Sunny South." I have been a sufferer many long years, and have, like the woman in the Gospel, "suffered many things of many physicians, and am nothing better." But, through the medium of the WATER-CURE JOURNAL, I think I begin to see daylight. I am of opinion that every organ in my body is diseased. But what has troubled me most during the past year is denominated, by our doctors, chronic inflammation of the mucous membrane of the nose. And to give some data from which you can judge correctly, I will go back some years. In the fall of 1848, *dengue* was epidemic in Natchez. Many of our family died. Our family physician, who was a man of reputation, pronounced mine one of the worst cases, and treated me in the regular heroic style, with plentiful doses of calomel, quinine, etc. I was not quite killed, but convalesced with a very sore mouth, especially the gums, and an affection of the nose, which my folks thought to be cold. Since then I have been confined to my bed nearly a year, with ulceration of the bowels, stomach, and mouth. My tongue had ulcers around the margin, so that I could neither eat nor speak. I have also since had dangerous attacks of dysentery; always have pain along the spine, more or less, and the entire head is so sensitive that I can scarcely bear the slight pressure of a tucking-comb. The eyes are becoming affected; the lower limbs have an aching, burning feeling; very little exercise is enough to cause palpitation of the heart; am much troubled with swimming in the head; have also a slight cough, and great oppression, with tremor and fluttering sensations about the chest. Menstruation is excessive and very exhausting; the shortest walk will bring it on. The stomach is very weak; am never hungry, but have faint, sinking feelings.

We have seen too many such cases not to understand, at a glance, the terrible ravages which the doctor's medicines have been making on her constitution for several years, and are still making. Every one of her diseases, and nearly the whole sum of her sufferings, are traceable directly to the calomel. She is now, and has been since 1848, under a regular *mercurial action*, and probably will be to the end of her days. In order to cure a disease which is not in itself at all dangerous, and which would always recover if left to such nursing as every person of common sense understands, the doctor has made her a miserable wreck, and deprived her of

twenty or thirty years of existence. But her case is only one of scores of thousands.

COLLEGE COMMENCEMENT.—In answer to several new correspondents, who have intimated a desire to attend the next term of the New York Hygeio-Therapeutic College, we have to say that the lectures will commence punctually, as advertised, on the second Monday of November. It is advisable for students to be present a few days sooner, if convenient, so as to get settled in their rooms, provided with text-books, and ready to avail themselves of all the advantages of the course

DOING GOOD AND GETTING GOOD.—A. G. Wallace, M.D., who graduated at the Hygeio-Therapeutic College at the close of last winter's term, sends us the following *morceau* of interesting news:

MARRIED, on the 6th September, at Lexington, Ohio (the residence of the bride), by Rev. D. H. Coyner, assisted by Rev. Dr. W. Collins, A. G. Wallace, M.D., of Bellefontaine, Ohio, to Miss Lucy A. Cockley.

Dr. Wallace writes:

I am permanently located in the thriving village of Bellefontaine, Logan Co., Ohio. I came here about the middle of April, and have had quite a respectable share of practice ever since. My books already contain charges, at common rates, to the amount of over three hundred dollars. I have had excellent success in the practice of my profession—have effected some astonishing cures; and, by-the-by, I have accomplished a few signal triumphs over the "old fogey" Killopathists.

HEALTH CONVENTION AT DANSVILLE, N. Y.—The Health Reformers had a glorious time at their Convention, on the 14th and 15th of September. The large hall was crowded during two days and evenings with attentive and intelligent audiences. Among the speakers were Dr. Trall, of New York, Drs. Jackson, Austin, Glass, and Hurd, of Dansville, Rev. Mr. Trask, of Massachusetts, and others. Some of the Dansville doctors became absolutely enraged because Dr. Trall offered to give them one hundred dollars if they would explain their own system, or if they would tell the people correctly what the Water-Cure system was. He also offered them the same sum if they would explain the nature of disease, or of any single disease; or if they would explain the *modus operandi* of any one class of medicines, or of any single medicine, etc. A full report of the proceedings will appear in the November WATER-CURE JOURNAL. An extra edition will be printed to meet the demand. The next Convention, under the auspices of the National Health Association, will be held in New York city about the first of November.

CONGESTIVE CHILLS.—Several correspondents have recently asked advice in relation to the nature and proper treatment of this disease, which is very fatal in many places South and West. It is an ordinary intermittent or remittent fever, attended with a disproportionate accumulation of blood in the brain, amounting to a severe congestion of that organ. In the worst cases the brain is so oppressed and engorged that the patients sink and die in a few hours after the chills come on, reaction—the hot stage of the fever—never taking place. The proper, and the only rational practice in these cases is to divert the circulation from the brain to the surface, and the simple and direct way to do this is to apply hot water to the feet, and, when practicable, to the whole surface, and cold to the head. If a hot bath is not at hand, the warm wet-sheet pack can be employed, with hot bottles to the feet and sides.

An intelligent lady from Texas, where the complaint is very prevalent, and where deaths have been of frequent occurrence, has managed many cases—some of them of colored people—on this plan. She uses water to the feet and surface as warm as the patient can bear, with constant cold wet cloths to the head, until the congestion of the brain is overcome, when the fever will take the usual form. She has been invariably successful in her practice.

To Correspondents.

Answers in this department are given by DR. TRALL.

STOMACHIC.—S. S. B., New Haven, Conn. 1. Will a healthy stomach turn against unwholesome food more readily than an unhealthy one?

2. Suppose an equal dose of lobelia be administered to two persons whose physical conditions are alike, with the exception that one has a strong and healthy stomach and the other has a weak and unhealthy one, which stomach would eject the dose the quickest?

3. Can an indigestible substance pass into the stomach through the alimentary canal of any person without doing him some injury?

1. Uncertain. It depends on the existing irritability of the stomach. Some unhealthy stomachs are very irritable; others very torpid. 2. This depends very much on the integrity of the other organs. 3. No.

DYSPEPSIA.—H. A. M., Center Brook, Conn. In addition to your present management, take a sitz-bath, at 70 degrees, ten minutes, twice a day. Your diet should be restricted to coarse bread and fruits, with a very moderate proportion of vegetables. Do not use cucumbers at present. Tomatoes are good for you, either raw or stewed. Good ripe apples require no cooking.

DEFORMITY AND DRUGS.—Union, No. 1, Rockford. You could be greatly benefited at a good Water-Cure establishment, but your case is altogether too desperate for home-treatment.

CALIFORNIA MOSS.—A. R., Americus, Ga. We are not acquainted with the plant you mention, and can not speak definitely as to its nutritive or its injurious properties. Will some correspondent inform us?

EXCESSIVE ALIMENTATION.—G. C. H., Beaver Dams, N. Y. I crave a little light in respect to the nature, cause, and remedy of the following case: An accumulation of mucus in the throat and nose, so as to occasion an almost constant hawking and spitting, but not accompanied with *soreness* or *pain*, simply a slight difficulty in breathing. The person afflicted is young, rather healthy, and quite regular in his habits. Uses no tea, coffee, tobacco, ardent spirits, or hog-meat. He has a predominance of the vital temperament, large amount of blood, and a tendency to inflammation. He doesn't take drugs, hasn't any faith in their efficacy; but is a hearty eater, fond of butter and sugar, and uses them considerably.

The trouble is, over-eating generally, and the excessive use of butter and sugar particularly.

TEXT-BOOKS.—M.D., Mexico, Ind. Send to Dr. Trall, 15 Laight Street, for a circular and catalogue, which will give you all necessary information as to the terms of the Hygeio-Therapeutic College, text-books, etc. The next term commences the second Monday in November.

FOUL BREATH.—A. M. P. The immediate causes are constipations of the excretory organs, occasioning foul blood and morbid secretions. *Methodus Medendi*—avoid gross diet; exercise freely in the open air; bathe so as to keep the pores open; do not eat too much of even simple food.

CAYENNE PEPPER.—E. E. S., West Urbana, Ill. The Water-Cure is fast gaining in favor among our people. The common-sense principles set forth in the JOURNAL have had the effect greatly to improve the health and to alleviate the sufferings of our family. Cayenne pepper is taken here in large doses, and as a remedy for chills it is often mixed with quinine. Do you consider Cayenne pepper wholesome, either as a medicine or condiment?

We do not.

LOCKED-JAW.—A. M. W. Mr. Jeremiah Paul, a well-known resident of Newark, N. J., died from lock-jaw, yesterday morning, produced from a wound by a rusty nail which ran into his foot about a week since, causing inflammation and resulting in the terrible disease mentioned. Mr. P. was particularly known as a singer of campaign songs during the presidential canvass. He was of a jovial, hearty disposition, and in his trade—harness-making—an excellent workman.

We are asked what can be done, hydropathically, in this formidable disease. We rely mainly on the prolonged warm-bath, alternated with sheet packs in the wet sheet. Warm water is one of the greatest relaxants in the world for spasmodic constrictions of the muscles.

SMALL-POX.—E. A. A., West Medway, Mass. Please answer, through the WATER-CURE JOURNAL, the following questions concerning the *small-pox*: 1. Is a person liable to take it in passing a dwelling where it exists? 2. Is it communicated by means of smoke from chimneys? 3. At what stage of the disease can it be communicated?

1. Yes. 2. No. 3. Usually from the first to the third week.

BABIES AND ECLECTICS.—Wm. H. Orr, O-hawa, C. W. 1. Is it better that children, at the age of one year, should be confined to three meals a day? 2. What are the most appropriate articles of food to give an infant of twelve months, during and for a month or two after the weaning process? 3. At what age would it be proper to allow a child to breakfast on wheat-meal mush and milk with the rest of the family? 4. Old women say that children ought to be weaned only when the *signs of the zodiac* are in a certain state or position; is there any sense in that saying? 5. Suppose you prescribe certain kinds of food, and those kinds only, for disease of the liver, dyspepsia, or some other form of complaint, are you not acting on the same principle as the allopath or botanic, who also prescribe a certain kind of food in the concentrated form called medicine, to produce the same effect? 6. Do you approve of medicinal foods at all? There are certain intelligent eclectics in these parts who approve of your doctrine and profess to practice, while at the same time they believe in the administration of drugs in the way of food—medicinal food in a concentrated form.

1. Yes. 2. Apples, potatoes, bread, milk, etc. 3. So soon as it can sit straight at the table. 4. Never mind the old women; look to Nature. Old women are almost as unreliable as doctors. 5. It is not a supposable case. We never do anything of the sort. 6. No. There is no such thing as medicinal food. Such eclectics are ignoramuses or humbugs.

DISEASED LIVER AND LUNGS.—J. H., Ironton, Ohio. You have a bad disease of the liver and slight tuberculation of the lungs. This latter complication is mainly owing to the "awful loads of doctor stuff" you have been dosed with. You are in imminent danger of seated consumption—the form you will find described in the Encyclopedia as dyspeptic phthisis. You had better go to a water-cure at once, as you would be likely to fail with self-treatment.

SICK BABY.—S. L. O. A., Newton, O. Doctor Trail—I have a babe, 7 months old, under my care. He came from Kansas with his parents 2 months since. His mother lived but few days, consumption having destroyed her frame. She had no cough before his birth, that she noticed, but he has always coughed. He nursed her only a week, her breasts were so sore. The little fellow was growing finely when he came, but has not gained an ounce in weight since. His activity and strength increased as rapidly as one could desire.

Now Mrs. Grundy says we are starving him to death. He takes from a glass bottle, through an ivory tube, one and a quarter quarts of rich milk, very little water, a teaspoonful of sugar, in 24 hours, at periods not oftener than three and a half hours.

I wish you would tell us in the next JOURNAL how you think he ought to be fed. 1. How often? 2. How much at a time? 3. Can his lungs be cured? 4. What can we do directly to benefit his lungs?

1. Give the child also a very little mealy potato, Graham flour mush, or corn-meal mush. He eats often enough. 2. All he seems to crave. 3. Probably they can. 4. Nothing but general hygiene.

SWELLED ANKLE.—L. M. U., Bridge Creek, Pa. Wear a wet cloth so long as there is inflammation, and use the leg-bath two or three times a day for ten or fifteen minutes. A moderate douche would also be beneficial, and also as much friction by rubbing as the part can bear without pain.

FRUIT, PHYSIC, AND SPIRITS.—G. W. A., Trenton, N. J. 1. What per centage of nutrition have apples, peaches, and pears? 2. Is fruit easily digested? 3. What effect is produced upon the system by its efforts to get rid of a cathartic? 4. Can all of the evidence adduced to prove intercourse with spirits at the present day be traced to natural causes?

1. From seven to ten. 2. Yes. 3. Congestion, inflammation, and more or less exhaustion or waste of vital power. 4. A debatable question, and out of our line. The truth is, however, we don't know.

Literary Notices.

All books named will be sent post-paid, on receipt of the price, by FOWLER and WELLS, 308 Broadway, N. Y.

PARTIES AND THEIR PRINCIPLES. A Manual of Political Intelligence, exhibiting the Origin, Growth, and Character of National Parties, with an Appendix containing valuable and general statistical information. By Arthur Holmes. D. Appleton & Co., New York, publishers. 12mo. cloth. Pages 394. Price, \$1 25.

Commencing with the compact made in the cabin of the Mayflower, Mr. Holmes has followed the political history of our country step by step, noting concisely but intelligibly each movement bearing upon political parties, whether it be relative to their formation or extinction.

This book should, and doubtless will, become a standard work of reference. We have here, in the compass of four hundred pages, matter to find which in any other form would require years of search through musty volumes, old newspapers, dry congressional documents, and elaborated court records which are not easily obtained; and matter, too, that should be studied by every citizen of the republic.

The book supplies a want that has long been felt, and should have an extensive sale. No library, public or private, should be without it, and every school library certainly should have a copy.

THE PHRENOLOGICAL ALMANAC FOR 1860.—It is sufficient to say that this work contains its usual amount of matter, and is as interesting to the general reader as ever. It contains the names and definitions of the Phrenological Organs, the characters and biographies of the historian Prescott, with a portrait of the Triplet Sisters, seventy-one years of age; of Ada Clifton, the actress; of Major Serrell, the engineer; of Geo. G. Briggs, of California; Dr. Windship, the strong man; Robert Burns, and Mr. Pangborn, of the Boston Bee; also, several other interesting illustrations. It contains, also, an account of blindfold examinations made by Prof. L. N. Fowler, in Boston, at which ten of its leading citizens were examined, and the report taken in short-hand.

These examinations furnish eminent proof of the truth of Phrenology, as applied to man in the various walks of life, and to the widest peculiarities of talent and disposition.

The Almanac contains, moreover, articles on the proof and utility of Phrenology, signs of character, etc. Price 6 cents.

"NOTHING TO TAKE."

BY TOPSY.

MR. EDITOR—The following is a true picture of what I have suffered in past time from quacks and officious nurses:

We heard of a lady with nothing to wear,
And she'd nothing to eat, a thing rather rare—
And nothing to think of, and nothing to do—
A strange set of nothings as ever we knew!
But in order the list more perfect to make,
We'll just add another—a "nothing to take"

Well, once it so happened, a dreadful headache
Resulted from eating a supper quite late.
And oh, what a fuss our good Grandma did make,
Because we had nothing—just "nothing to take!"

"I surely was dying, I looked very pale"—
Grandma had an herb-drink for every ail—
So into the attic she speedily went,

And brought down her herb-bag, intensely intent
On making me something to cure the headache,
For oh, it was dreadful, "this nothing to take!"

Of peppermint tea and saffron to match,
And life-everlasting all brewed in a batch,
She made a decoction—'twould bear up an egg—
And brought it all steaming to drink in the bed!

With horrible face I emptied the bowl—
It like to have drowned me, both body and soul!
Now, next came the catnip, a quart and a half!

I begged and I pleaded, then cried like a calf;
Remonstrance was useless—I had a headache—
And catnip, it grew just "on purpose to take!"

So down went the catnip, by gulp and by scream!
The next thing to take was a hot bath of steam—
Ginger tea and lobelia, Cayenne, composition—
For Grandma had read the "Botanic Physician."

And then came the hot-drops to warm the inside;
But feeling no better, some new herbs were tried—
Rue, tansy, and wormwood. By Jove and by Mars!

I locked up my jaws, and declared by my stars,
That such bitter stuff I never would take!
But Grandma protested—my word I must break.

What, sick and take nothing! Oh, terrible plight!
I might have a fit! I might die before night!
So, just to please Grandma, and 'scape a new fuss,
I drank one more swallow, and oh, what a muss

Kicked up in my stomach! 'Tis sad to relate,
But stomach declared he'd had "plenty to take,"
And more than a plenty; so losing all shame,
He threw up the wormwood to Grandma again!

Now "Granny" was frightened, declaring outright,
I never could live so one half of the night!
Already 's falling, could keep nothing down—
The doctor must come from the very next town.

So Billy was called, and old Dobbin was caught,
And up to the door all saddled was brought,
And Billy was ordered "two-forty" to make,
For there I was lying—"with nothing to take!"

By this time the household were "all up in arms,"
and whispers, surmisings, and dreadful alarms
On each face were written, too plain to mistake,
Because I was sick, and had "nothing to take!"

Time slowly rolled on, and morning light came—
No doctor! 'Twas dreadful! Grandma said "a
shame!"

I surely should die—'twas disease of the brain,
For I had been sleeping as calm as a clock—
"Laid stupid," said Grandma, "nor knew when she
spoke!"

Oh, Dobbin, good Dobbin, haste, haste o'er the road—
You travel as if you were drawing a load!
Run Dobbin, fly Dobbin, the case is severe!
The doctor, this minute he ought to be here!

There lies my poor grandchild, she'll never awake!
Oh, dear! it is dreadful, this "nothing to take!"
And thus my dear Grandma did sadly lament
Till Billy came back from the town where he went.

The doctor behind him, with whip, bag, and spur,
Made a wonderful dust at every stir!
On reaching the door at a galloping pace,
He looked like John Gilpin while running a race.

But now as the doctor had come to fight Death,
My Grandmother ventured to draw a long breath.
The doctor, he entered with grave, solemn tread,
and knowingly shook his majestic head!

He took off his cap, put his "specs" on his nose,
Approached to the bed, and turned down the clothes
To feel my poor pulse—then took up his watch
To count up the beats to the orthodox notch.

One hundred and twenty! He called for a bowl,
And wanted of linen a pretty good roll.
He said I was very, alarmingly sick,
They didn't send for him a minute too quick!

My fever was "settled," it never would break,
Because I so long had had "nothing to take!"
And now it was certain 'twould have a long run,
Fourteen days at least—perhaps twenty-one!

And he had known cases which ran twenty-eight,
When patients had waited with "nothing to take!"
He looked at my tongue, said 'twas terribly "furred,"
And I must be blistered and bled—I demurred.

When, dropping his lancet, he "turned up his nose,"
And said, "Very well, cure yourself if you choose!"
(Ah! had I been wiser, as since I have grown,
With "nothing to take," I'd got well all alone.)
At this my dear Grandmother swooned with affright:
I yielded the point to the doctor's delight.

He plunged in the lancet and opened a vein,
And drew off the life-blood I ne'er shall regain!
Grandma now recover'd, and held up the bowl,
In which ran the strength of my body and soul!

I saw the bright stream flowing fast from my arm,
Till fainter, and fainting, they caught the alarm,
And ran for the harshhorn and white linen roll,
Then wisely discussed the globules in the bowl!

And now for some paper, a cup and a spoon,
For something for me must be done very soon!
'Twas plain that much weaker and weaker I'd grown,
And doubtful if I could now get up alone!
To drive off my fever in twenty-one days,
The doctor devised a great number of ways.

Cathartics, sedatives, tonics, emetics,
And irritants strong, with diaphoretics!
At first I must take antimonial wine,
Oh, the retching and crampings, disjuncting the spine!
And next on my chest a large blister of flies!
How strange, when so doctored, a man ever dies!

And now comes a package of powders and pills,
Every four and six hours, till it cures or it kills!
"For colamel, six, for jalaps but two,
Between every powder the drops you renew,
And if the dull blister refuses to draw,
Rub the stomach with vinegar till it is raw!

Blue-pill in the morning, with fresh castor-oil,
Rhubarb, chalk, and quinine will keep on the toil.
At noon, Dover's powders, at night opium—
I think this will last till again I shall come.
Be sure and remember, and make no mistake—
'Tis fatal if she the wrong powder should take!"

So now I was in for't, and flat on the bed,
And feeling as if I was more than half dead!
Ah! here is the blessing of having an ache,
And having a Grandma, and "something to take!"
The weeks they rolled on, one, two, three, and four—
I grew thinner and weaker, and sicker all o'er!

They blistered and cupped, till my lungs and my brain
Both yielded the point, and I was insane!
For weeks was my reason and consciousness lost,
And my life ever since has been paying the cost!
They said I must die, and bade me farewell,
I cared not, I knew not, I nothing could tell!

And now a great council of doctors was called
My case and its symptoms were all overhauled,
Their books were consulted to make out my case—
Of such a strange sickness they found not a trace!
At length 'twas agreed without a dissent,
That if for a Doctor they sooner "had sent,"
I might have been saved, before 'twas too late,
Provided I'd only had "something to take!"

But now it was plain they could do nothing more,
And thus, all, *em. o. n.*, they at once gave me o'er.
Then left me, not doubting their last dose would kill,
As they had exhausted their books, brains, and skill!
But Grandma, she thought it was cruel and vain,
While dying to force down their nostrums again—
So she put up my drops in the cupboard to keep,
Lest somebody else should be taken in sleep,
And suddenly taken, with dreadful headache,
and she should have nothing all "ready to take!"

Besides, she was prudent, and saving, and nice,
And kept all my powders to poison the mice!
Herein was displayed most consummate skill,
Which proved that our doctor, not curing, could kill!
For in less than a week, not a mouse track could make,
Which made us suspect they'd "had something to take!"

But now to return to my story once more—
The doctors, I told you, had given me o'er,
Then Grandma, she gave me some water to take,
To see if I swallowed, or motion could make.
I swallowed! She fed me, and fed me again,
And Nature, she struggled her rights to maintain.
'Twas fearful, 'twas long, but she triumphed at length,
And slowly I 'an to recover my strength!

But now came again that dread omen of fate—
I couldn't get well without "something to take!"
Once more for the doctor a journey was made,
And he was again set to work at his trade.
Tois time I had balsam, Peruvian bark,
Marsh-mallows and camomile, drops very tart,
Some tincture of squills, decoction of horicee,
Myrrh, aloes, and other drugs, rather more bitterish.

And once, after eating a hot Indian toast,
The next day with colamel freely was dosed.
And thus by the help of drops, powders, and pills,
I part'd with health, in exchange for long bills.
And all the result, sir, of having an ache,
A Grandma and Doctor, and "nothing to take!"
But now I am wiser, and mark what I say—
No doctor or other such trick will me play.
But if I am sick, or perchance have an ache,
I'll let old Dame Nature decide "WHAT TO TAKE!"

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Advertisements.

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

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308 Broadway, New York.

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THE NEW YORK WATER-CURE

AND HYGIENIC INSTITUTE is located at Nos. 13 and 15 Laight Street, one door from St. John's Park. GOOD BOARD can be obtained from \$5 to \$7 per week; FULL TREATMENT, with board, from \$7 to \$15 per week. Transient persons \$1 per day. Gymnasium and Bathing privileges provided for the use of guests, free of charge. Office Consultations, from 9 A.M. to 4 P.M. R. T. TRALL, M.D., and D. A. GORTON, M.D., Physicians. R. FANCHER, Proprietor.

DR. G. H. TAYLOR'S INSTITUTION,

No. 67 West Thirty-eighth Street, New York.
All forms of chronic and acute disease treated by the Movement-Cure, and other means strictly hygienic.

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 NEW YORK BETHESDA, 53

Morton Street, New York, by MRS. HUDDAH PAGE, M.D., and MRS. ANNA S. OLMSTEAD, M.D.
Under our direction treatment is given to the gentlemen by Mr. Olmstead.

Step in and be healed. 21*

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.

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 *Wid-Side Home* a desirable retreat for the invalids. Mrs. Gleason devotes her attentions to special diseases of females. Our aim and desire is to cure the sick who come to us for relief. Address, S. O. GLEASON, M.D.; or MRS. R. B. GLEASON, M.D., Elmira, N. Y.

"FACTS ARE STUBBORN THINGS."

DR. HOLLAND erected the New Graefenberg Water-Cure Establishment, and opened it for the reception of patients twelve years ago, and has conducted it ever since, which is a longer period than any similar institution has been managed by the same physician in this country.

He has, also, had better success in curing such as have been given up to die by physicians of other schools, than at any other establishment.

For particulars, address

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

BINGHAMTON WATER-CURE,

Binghamton, Broome County, N. Y.
This is the place for pursuing water-treatment during the cold season.

Our rooms are large, thoroughly warmed, well-ventilated, and for comfort and convenience are unsurpassed. The physicians give their undivided attention to the care of their patients. They are governed by no "hobby" or "ism," but profess to treat diseases upon strict hygienic and scientific principles.

The success that has attended their practice is their best recommendation.

Mrs. Thayer, as usual, has the charge of the ladies. Terms, from \$6 to \$10 per week. Address O. V. THAYER, M.D. Oct. 11.

OUR HOME—THIS WINTER,

will be open and the choicest facilities will be at the service of Invalids, for the recovery of their HEALTH.

For eleven winters Dr. Jackson and Miss Austin have practiced Water-Cure, and it is their deliberate judgment that the cold months are preferable to the hot months to take treatment. Very feeble persons do better in winter than in midsummer, provided their accommodations are suitable. Such has been our success the past season, in curing the sick, and so large the patronage extended to us, so wide the reputations of Dr. Jackson and Dr. Austin as Water-Cure Physicians, that we confidently look forward to a full house all winter. If the Sick, anywhere in our land, north or south, east or west, from Canada or the West Indies, or across the sea, wish to get well, let them visit *Our Home*, and place themselves in care of our physicians. If curable, they are sure to get well, if they will follow directions. But it will be acting only with common prudence to write and see whether accommodations can be had, and also get a Circular, which will be sent on receipt of a stamp to pay postage. There is no other Water-Cure in the world like *Our Home*. It stands alone. Read what James G. Clark—one of our country's best lyric poets, and as fine a ballad-singer as our land can boast, and withal a thorough gentleman, and who has known Dr. Jackson for years—says of *Our Home* in a letter to the Syracuse (N. Y.) *Daily Standard* of August 30th.

Correspondence of the Syracuse *Daily Standard*, August 30th.

LETTER FROM JAMES G. CLARK.

WESTERN NEW YORK—DANVILLE—DR. JACKSON—"OUR HOME," ETC.

MESSRS. EDITORS—I met with fine success in Western New York, and shall make Rochester my head-quarters for the coming fall and during part of the winter.

On Friday, August 26th, I sung to a crowded house in Dansville, Livingston County. Dansville is situated in one of the most beautiful valleys in the State, and has a population of nearly four thousand. It contains some fine musical talent, a large, well-drilled military company, and one of the best—if not the best—brass bands west of New York city. There are three newspapers printed in the place; two of them are political, and one of them—*THE LETTER-BOX*—is edited by Harriet N. Austin, M.D., who is an active and ardent advocate of Hydropathy and Health Reform.

Pleasantly located on the southern slope of one of the grand old hills which rise, like bulwarks, to the height of eight or nine hundred feet above Dansville, stands "OUR HOME," the famous WATER-CURE. It is a long, white, four-story building, and commands a view of the surrounding landscape, which is, of itself, almost sufficient to cure a dyspeptic. Dr. J. C. Jackson, formerly of Glen Haven, presides there, and, as a matter of course, it is a model institution. You will, perhaps, recollect that the departure of Dr. Jackson from Glen Haven last fall, occasioned much regret on the part of all who truly knew him, and felt an interest in the Glen. The Doctor had lived and labored there until its wild, lovely scenery of crystal waters and mountain paths seemed to glow with his own strong individuality. It was there that his presence had rested and brightened through summer and winter, robbing the solitude of its dreariness, wakening in the souls of the sick and weary a higher sense of physical and spiritual life, giving them hope in the future, and strength to act in accordance with this understanding. We can all be "saviours" of our race in a degree, and if souls are saved in the next world in proportion as they save their fellow-beings, James C. Jackson will, when this clay has dropped from his soul, find himself higher on the path up the "Evergreen Mountains of Life" than any other person within the circle of my acquaintance. This may sound extravagant, but I mean every word of it.

"Heavenly blessings" come not down upon *blissful* humanity, but in proportion as humanity perceives and climbs up to reach them. Men and women do not realize this, and Christians do not teach it enough, hence they stand rotting with moral filth and wretchedness at the very foot of that tree whose branches wave in the air of peace and happiness, vainly and blindly waiting to be suddenly transported by "Providence" into "Abraham's bosom."

Dr. Jackson, both by precept and practice, teaches his patients how to live, and becomes their leader in the march of progress.

The cure over which he now presides was lately purchased by members of his own household, who have a conscientious regard for the advancement of the principles of their Institution, while its financial prosperity is all they could wish, and far greater than they anticipated. The number of patients ranges from eighty to a hundred, and is steadily increasing. It really did me good to witness the perfect harmony in taste and feeling which characterize the intercourse between the proprietors, the physicians, and

patients, the lack of which formed a serious drawback in the arrangements at Glen Haven. Dr. Jackson and his family have endeared themselves to the citizens of Dansville, who are proud of the Institution which honors their beautiful and enterprising village. Success to "Our Home," and its noble, true-hearted men and women. I left their presence feeling that there is a "reward in well-doing" which the disciples of gold and empty show know not of. I shall visit them again in September, and attend the NATIONAL HEALTH CONVENTION, which takes place in Dansville on the 14th and 15th of the month. You may expect to hear from me then. JAMES G. CLARK.

Send for our CIRCULAR, our TRACTS, and THE LETTER-BOX, edited by Dr. Austin, and you can judge whether we are equal to our claims for the public confidence.

TRACTS.

We have them written and published on the following topics:

No.	Tract	price
1	—Scrofula	3 cents.
2	—Dyspepsia	" 6 "
3	—To the Young Men of the U. S.	" 6 "
4	—Spermatorrhoea	" 6 "
5	—Flesh as Food	" 6 "
6	—Dress Reform	" 6 "
7	—Hints on the Reproductive System	" 15 "
8	—How to rear Beautiful Children (a private circular)	" 50 "
9	—Christianity and the Health Reformation	" 6 "
10	—Hygiene and the Gospel Ministry	" 6 "
11	—Female Diseases and the Caustic Burners	gratis.

We will send one or more of them for their prices, and pay the postage ourselves, or we will pay the postage and send the whole nicely wrapped up and carefully mailed for one dollar.

FEMALE DISEASES AND THE CAUSTIC-BURNERS.

I have written a TRACT of eighteen pages, on the subject of THE DISEASES OF WOMEN and the treatment of them by the application of caustics. I regard such treatment as empirical, cruel, and highly dangerous to the permanent good health of those who use them, and I propose to distribute this Tract gratuitously to all who will order it and pay the postage on it, which will be one cent on each copy. Now if you want light and knowledge send on your orders.

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

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	\$.48.

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.

LETTER-BOX FOR OCTOBER.

Send for a copy of it. It will contain the speeches of Dr. Trall, Dr. Jackson, Rev. George Trask, Dr. Austin and others, at the annual meeting of THE NATIONAL HEALTH ASSOCIATION. It will be of double size—size of WATER-CURE JOURNAL—and will be worth a dollar to every one who gets it, while it will cost him, postage paid, only a three-cent postage stamp.

SPERMATORRHEA.

Young man—we have by the skill of Dr. Jackson cured more than 3,000 youths cursed by this disease. Send for our Tract on this subject, and for our Circular, and then, having read them, come and place yourself under the Physicians of OUR HOME, and you will get well.

SCROFULA.

If you are scrofulous, or your child is scrofulous, send for our Tract on Scrofula, read it, and see if your own good sense will not tell you that our Physicians know how to treat it. How many men and women there are this day who bless God that they became acquainted with Drs. Jackson and Austin, and by whom they have been cured of this most loathsome disease. If you have it, come to OUR HOME and get rid of it.

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

All letters should be addressed to JAMES C. JACKSON, M.D., or Miss HARRIET N. AUSTIN, M.D., "OUR HOME," Dansville, Livingston County, N. Y.

F. WILSON HURD & CO., Proprietors.

GRANITE STATE WATER-CURE,

MY DEAR READERS OF THE JOURNAL: You who are out of health, and have made up your minds to visit a Water-Cure, can have information concerning the Granite State Institute by writing for a circular, inclosing a stamp. We would call your attention to the following points:

1st. We do not pretend that our establishment is better than all others, or that we as physicians are more skillful than anybody else. We believe this to be a preposterous claim for any one man to set up. We know from personal observation there are other good establishments besides our own, and from personal acquaintance that there are many good and talented men in the profession, experienced and skillful, who are perfectly competent to direct you in all matters pertaining to health: who know just how to heal you of your maladies, and who will certainly do it, if you place yourselves under their care.

We would simply say that we have a *good* establishment; we believe it to be one of the very best. We have earnestly labored for the last eight years to make it so, and believe we have succeeded perfectly. We have performed many great and excellent cures. We believe no establishment has done better. Many bad cases of dyspepsia, neuralgia, rheumatism, bronchitis, throat affection, catarrh, asthma, heart disease, liver complaint, kidney affections, diseases of the bladder, constipation, piles, diarrhea, dysentery, chronic inflammation, ulceration of the bowels, thickening and stricture of the lower bowel, ague and fever, remittent fever, typhoid fever, salt rheum, and a great variety of other chronic diseases of the skin; spinal diseases, paralysis of the face, paralysis of the upper limbs, paralysis of the lower limbs;

Affections peculiar to women, as leucorrhoea, prolapsus, ulceration of the os uteri, irregularity of the menses, suppression of the menses, painful menstruation, ovarian disease;

Affections peculiar to males, as spermatorrhea, impotency, stricture, inflammation of the testes, serofulous affection of the testes;

Inflammation of the eye, partial blindness, complete blindness;

In all these affections, and in many others, some of them of recent date, but most of them of long duration, we have been perfectly successful in treatment.

2d. Our table is set for patients, and patients only. We make diet a very important part of the treatment, and furnish the patient with just what we believe to be best, giving special directions in each case that demands it. It is a motto with us, that to eat right is a first principle in the treatment of a chronic disease, and indeed in every other.

3d. We do not give drugs. With scarcely an exception our patients have been largely drugged before coming here; some of them almost drugged to death. We do not insult them by offering them more of the same sort. No physician who administers drugs in connection with water treatment, is in our judgment entitled to the name of hydropathist.

4th. All our patients who desire it are furnished with manual employment, and allowed a compensation therefor. This practice we have pursued for the last five years, and find it to work admirably. Some patients can be cured only by pre-occupying the mind in this way. No gymnastics or cathestics, good as they are in their place, will answer the purpose.

5th. We keep a horse and carriage for our patients to ride daily if they choose, free of expense. Ladies have the privilege of taking their rides on horseback whenever they like. We intend to, and believe we do, give patients more for their money than they can get at any other institution of the kind. As an institution for the cure of the sick, we intend the Granite State Water-Cure shall have no superior. Yours truly, W. T. VAIL, M.D.

DR. BEDORTHA'S WATER-CURE

Establishment is at Saratoga Springs.

NEW HAVEN WATER-CURE, 36

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

N. E. FEMALE MEDICAL COLLEGE,

Springfield Street, Boston.

The TWELFTH ANNUAL TERM will commence on Wednesday, Nov. 2, 1859, and continue seventeen weeks. PROFESSORS: Enoch C. Rolfe, M.D., Theory and Practice of Medicine; John K. Palmer, M.D., Materia Medica, Therapeutics, and Chemistry; Stephen Tracy, M.D., Anatomy and Surgery; Mary E. Zakrzewska, M.D., Obstetrics and Diseases of Women and Children; Frances S. Cooke, M.D., Physiology and Hygiene; Mary R. Jenks, M.D., Demonstrator. FEES, \$5 for each of the Six Tickets. Free Tuition from State Scholarships, for Students in Massachusetts. The College has now a Clinical Department for the practical education of its students.

ENOCH C. ROLFE, Dean of the Faculty,

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1t.

PETERSBURG HYGEO-THERAPEUTIC CURE, AND MANUAL-LABOR INSTITUTE.

The proprietor having just fitted up his establishment for the reception of patients, and for the present being destitute of a physician in the male department, proposes to accommodate boarders with a strictly Physiological Diet, and give them the privilege of the bathing facilities in his Water-Cure.

Terms for board from \$2 to \$3 per week, according to privileges enjoyed. AZOR ESTEE, Proprietor.

THE WATER-CURE AT WILMINGTON,

Delaware, has the advantage over those of the North for patients wishing to take treatment during the winter months, from the mildness of the climate. TERMS MODERATE. J. D. CRAIG, M.D., Wilmington, Delaware.

PHILADELPHIA MODEL WATER-CURE,

beautifully located at 729 South Tenth Street. The greatest and quickest cures made in the United States, by Dr. Landis' progressed treatment. No medicines given. This is the place for winter treatment. It* Address S. M. LANDIS, M.D.

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—that it ever has been—PRE-EMINENTLY the Water-Cure of the West.

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

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

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

The two Cures will henceforth be under one general management.

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

These additions will be completed by the first of May.

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

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

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

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

Our enlarged and perfected Gymnasium will be under the personal supervision of Prof. F. R. Deming will be under the same 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, 5t* DR. WEDER, Resident Physician.

PITTSBURG WATER-CURE.—A

CARD.—To our numerous friends whom we have been unable to accommodate for want of room, and to the many others whom we have reluctantly been compelled to crowd into rather close quarters, we are happy to announce that we have erected a large edition to our main building, by which we shall be enabled to accommodate *still* 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.

PITTSBURG WATER-CURE.—

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

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

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

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

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

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

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

We have the Electro-Chemical Baths.

For further particulars, address H. FREASE, M.D., or Mrs. C. P. FREASE, M.D., Box 1304, Pittsburg, Penn.

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. 3t.*

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. PARKES.

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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.

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Northampton, Mass., is situated amid romantic mountain scenery; and many hundred cases of various diseases, some of the most obstinate character, are every year successfully treated here. Open summer and winter. More speedy recoveries are made in the cool months. Terms from \$8 to \$12 per week. A partner, or associate physician, either with or without means, is wanted in this business. Circulars sent gratis. Treatise on Motorpathy, including History of Cases Treated, for 25 cents.

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This Institution is designed to combine thorough instruction in Science, Art, and General Literature, with careful training of the physical and moral nature. To secure to the children and youth resorting to it for educational purposes such home and neighborhood influences, together with such specific culture as may be promotive of their growth in virtue and true excellence of character, is a sacred aim. Thoroughly Reformatory and Progressive in its spirit, it must rely mainly upon those sympathizing with the better tendencies and movements of the age for support.

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

For further particulars see large Circular, to be obtained by addressing either of the Principals, Hopedale, Milford, Mass.
 WM. S. HAYWOOD, } Principals.
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THE RIGHT WORD IN THE RIGHT

PLACE: A New Pocket Dictionary and Reference Book; Embracing Extensive Collections of Synonyms, Technical Terms, Abbreviations, and Foreign Phrases; Chapters on Writing for the Press, Punctuation, and Proof-Reading; and other Interesting and Valuable Information. By the author of "How to Write," "How to Talk," etc., etc.

This comprehensive little volume contains the essence of three or four heavy works condensed into a size and form adapting it to the Desk or the Pocket, and afforded at a price which brings it within the reach of all; and no one who has occasion to use the English language, either in speaking or writing, should fail to procure it. We hazard nothing in pronouncing it almost

INDISPENSABLE TO THE WRITER AND SPEAKER.

In the first place we have in a compact and reliable shape

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comprising a *greater number* of words of similar meaning, from which to make choice, than any other collection; and enabling the writer or speaker to select, at a glance,

THE RIGHT WORD,

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This part alone is well worth the price of the whole work. It is followed by

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carefully compiled, and comprising all the more commonly used and important technicalities of the various Arts, Trades, and Professions, many of which are not found in the dictionaries in common use. The want of such a collection of words, in a compact and convenient form has long been felt. Appended to the foregoing is an extensive

LIST OF ABBREVIATIONS,

containing everything that anybody need have occasion to use or understand, and a Collection of numerous

FOREIGN PHRASES,

Latin, French, Italian, and Spanish, with their Pronunciation; embracing all that are likely to occur in one's general reading, and removing one of the greatest stumbling-blocks in the way of

THE UNLEARNED IN THE LANGUAGES.

The reader would not think of asking more than this for HALF A DOLLAR; but we have given here, in addition,

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HINTS ON

WRITING FOR THE PRESS;

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TEA AND COFFEE.

I WAS glad to see, in the August number of the JOURNAL, Miss Austin's remarks on tea and coffee. The following may have a bearing on the case.

I lately met a lady who had formerly been under the care of a widely-known Water-Cure physician, and during a conversation with me she expressed herself in substance as follows:

"When I went to Dr. Water-Cure (as we will call him), he strictly forbade the use of tea and coffee; it was hard work for me to give them up, and I suffered very much each day for many weeks, more especially when the hours at which I was formerly accustomed to take them came round; no one but a person who has been in a similar position can tell how I felt. But there was no help for it; my physician was decided on the point, and I was obliged to make the attempt. At last, however, I succeeded in overcoming my desires for these stimulants. My health was gradually improving all the time, even when I experienced the uneasiness above mentioned, and after a residence there of some months, I returned home greatly renovated.

"During the illness of a relation, whom I had to sit up with at night, I again contracted the

habit of drinking tea and coffee; it was done at first to keep me awake. I also departed from other rules of living, which had been taught me at the Water-Cure establishment, the consequence of which was that my health gave way again, and I had to put myself under the care of a medical man (this time it was a *hydro-drug, tea-and-coffee physician*). I asked him if he thought the use of the beverages in question hurtful. 'Oh no,' said he, 'they won't injure; you have been accustomed to them nearly all your life; continue to take them.' I *clung to the hope* that perhaps, after all, he might be right, and Dr. Water-Cure wrong, in this matter, and so I kept on using them, but I am satisfied that they have injured me. I certainly did not experience that dreadful feeling in the stomach at meal times that I used to have in the early stages of my battles against these tyrants, but, *in the long run, I gained faster than.* I improved more in four months under Doctor Water-Cure, than in eight under the other practitioner."

The above appears pretty strong testimony against the use of these stimulants, and my own personal experience leads me to the same conclusion; it is in some respects even more striking than hers.

The New York *Clipper* says, speaking of the training of Kelly, the pugilist: "Water-gruel is substituted for tea, on account of its nervous tendency." Now, if a strong athletic man, like a boxer, finds that tea makes *him* nervous, what must be its effects on a weakly invalid? These men, without much theoretical knowledge, by long practice and observation have arrived at a very good (comparatively) system of physical development.

That lady's case is instructive in another point of view, to wit, as illustrative of the necessity for constant attention to the laws of our being. Eternal vigilance is the price of health no less than that of freedom.

It will not do to go to a Water-Cure, live right while there, improve in condition, then go home and fall back on the same customs that injured us in the first place; and when we, in consequence, again become sick, abuse and find fault with our friendly instructors in the arts of life, because, forsooth, they could not show us how to violate God's physical laws, and at the same escape the penalty attached by Him to that infraction. Such people do a great deal to retard the spread of physical instruction in our benighted land. Like causes will always produce like effects, as millions have found to their cost, though it seems difficult to make them believe it.

If the WATER-CURE JOURNAL should fail for want of support it would be a *national calamity*. Those who have taken it so long as to be pretty well booked up in its principles, can not yet afford to do without it. There are probably few who have not found out that they require *constant* admonitions to keep them in the right way, even after having been fairly placed in the middle of the path, with full directions how to follow it.

We of this generation are so prone to go physically astray, that we (in nine cases out of ten) need some force *external to ourselves*, and constantly applied, to keep us in the straight road. I am a great believer in the good effects of associative effort. It is true the few strong ones can do without it, but the many weak ones can't. They require the example of others in addition to their own judgment to make them do what they *know* to be correct.

For these reasons, independently of any other feeling, I should not like to miss the monthly visits of the WATER-CURE JOURNAL (though I don't hold to *all* its doctrines). I find that they have a tendency to make me examine my conduct and try if I have been committing any physiological sins lately, and in case of self-detection, I feel a stronger resolution to do better for the future than if I was depending solely on my *own* sense of what is best for my health.

READING, PA., Aug 4, 1859. ED. M. RICHARDS.