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General Articles.

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

FAMILIAR LETTERS—No. 7. TO THE STUDENTS AND GRADUATES OF THE NEW YORK HYDROPATHIC MEDICAL COLLEGE.

GENTLEMEN AND LADIES—There is nothing that I study with more interest, in the whole range of my investigations, than the changes in the physical conditions of the sick while they are my guests and under hygienic treatment. I can readily understand how it is that persons have faith in the administration of medicines which are poisonous in their nature; for I myself once believed in their utility to cure disease. But I can scarcely conceive now how I ever could have had faith in them, or, having faith in them, why it was not given me first to know a far better way than that usually pursued by medical administrators.

There pass under my personal inspection every year hundreds of persons of every age, of either sex, of different habitues and temperaments, of different degrees of culture, living in different climates, and surrounded all their lives by different circumstances which shape their whole physical, mental, and moral natures after different plans; who have long been sick, have taken great

quantities of medicines at the hands of a great number of physicians of different schools, and have at last been almost driven to hopeless despair by the fact that they were not restored to health, but, on the other hand, were gradually growing worse—who, soon after their residence has begun with us at "Our Home," and their relations to natural conditions have been fairly established, show marked and decided tendencies to complete and entire restoration to health.

Now, on what principle is this great and marked change to be accounted for? Certainly I do not set up the claim as pertaining exclusively to my own superior skill over that of the medical gentlemen who have had this great number of persons under their care; but I do affirm that it is owing in large degree to two things: one of which is, that when under my treatment they are permitted to take nothing whose natural and legitimate tendency, in its effects on the human body, is to injure it, weaken it, disturb it, impair it, or ruin it; and the other, that they are placed within the reach of all those natural agencies whose legitimate effect on the human body is to give it health.

The result is, they are cured; and really, in the eyes of lookers-on, who do not understand the principle on which it is produced, it is wonderful.

You see, if a sick person takes nothing into his system which can injure him, he is in excellent conditions to overcome his sickness; and this, in reality, constitutes the dividing line between practitioners of the Hygieo-Therapeutic school and the practitioners of each and every other school of medicine in the United States. The former give that only which can benefit, the others give in large measure that which injures. We never give anything to a sick man which would make a well man sick. We give to our sick those things which if given to persons in health, tend directly to keep them in health. And the consequence is, that we are always in harmony with, and in thorough co-operation with, Nature.

I propose to detail for your instruction, during the coming year, some extraordinary cases of recovery which have happened at "Our Home" during the last twelve months. They are, from any other stand-point than that which we occupy, to be viewed as very extraordinary. Let me begin with

No. 1,

which is the case of a young lady who is, when at home, a resident of Massachusetts, and who came to us now nearly eight months ago. She is of good family, as far as physiological considerations are concerned, and has no hereditary taint in her system to have weakened her chances for life, or to have aided in the derangement of her vital energies. Brought up to habits of industry, with a fine intellect, the child of parents who could only boast of a competency of this world's goods, she looked forward to the period when her education should be such that she could be self-supporting.

She therefore was an ambitious and hard student; and when she had arrived at womanhood, could claim for herself the possession of more than ordinary intellectual attainments. She commenced keeping school, was considered a lady of more than ordinary culture, and was understood to possess in large measure those qualities which would make her valuable in almost any social relation into which she might enter.

By hard work of the brain, and taxation of the body, growing out of the sickness of one or more members in her family, she "lost her health," as the saying is.

Medical advice was called, prescriptions rendered, which were duly obeyed, but her health was no better; on the contrary, it seemed as if once having begun to decline, there was no point for its stoppage. As time elapsed, she grew more and more feeble, her disease defying the skill of the best physicians in the region where she lived, till at last she was considered to have become constitutionally enfeebled, and her chances for life to be exceedingly small.

Through the acquaintance which we had with other members of her family, her case in its desperateness was brought to our notice; and though we did not urge on her parents their obligations to send her to us, we stated fairly the aspects of the case, as we viewed them, holding out hopes of improvement, if not of entire cure, provided she were placed under our oversight and treatment. Arrangements were made accordingly, and she came to us—a poor brain-exhausted, digestion-enfeebled, nervous dyspeptic, with as many complications of disease in her system as one could well count up and classify. I confess

that when I came to have an interview with her, I greatly regretted that she had come to us; and but for the fact that in a large number of instances similar to hers, where the diagnosis showed quite as bad conditions, recovery had ensued under our method of treatment, I positively should have declined attempting to do something for her. But knowing how great Nature is in her efforts at restoration, and anxious to do for the lady *small* good, if no more, we domiciliated her, and our processes began. For the greater portion of sixteen weeks this feeble and enervated woman was unable to leave her room; and it did seem to the unpracticed eye as if all the effort we were making was useless, and worse than useless. However, we did not despair. We saw that life was in her sufficiently strong to save her if its force could be adjusted in proper relation to the wants of her whole system; and it became a devout object with us to attain this end; and we have succeeded. The lady has gained some *twenty pounds* while here; and last week had reached such a condition of muscular strength, *that in two days, without extraordinary fatigue, she walked twenty-one miles, the first day walking nine miles, and the second day twelve miles*; and is undoubtedly able to increase this number of miles daily, till she shall be able to walk from twenty five to thirty miles a day with entire ease.

Could you see an ambrotype of this lady taken when she came here, and one taken *now*, you would not recognize them as likenesses of the same person.

I want you to understand that this lady has not taken a particle of medicine since she entered our house; that for four months she has eaten no meat, no butter, no salt, no condiments, and during this time has eaten only two meals a day; and we think her as fine a representative of the hygienic mode of curing disease as we could well wish to have. Now let me give you case

No. 2,

who at present is her room-mate, a girl some seventeen years old, the daughter of parents living at the West, scrofulous by descent, predisposed to glandular enlargement, dyspeptic, threatened seriously with epileptic fits; her whole system deranged in many of its grand functions, so as to present such a complication of disordered conditions as to baffle the best skill in the region where she lives, and greatly to alarm the hearts of her parents.

Some six months ago this girl was brought to us by her mother, and such was her condition that it was not deemed safe, for two or three months, for her mother to leave. I have seldom been called upon to diagnosticate a case where the chances, from an ordinary point of view, seemed less likely, ultimately, to be cast on the side of recovery.

She suffered largely from congestion of the brain, as also from great disturbance in the circulation in general; had local difficulties of rather a serious character, and was periodically afflicted with that dizziness of the head, unsteadiness in walking, slight nausea at the stomach, and bleared vision, which go greatly to foreshadow epilepsy.

We placed this young girl under the regimen of our institution, brought to bear upon her all the hygienic conditions which are no less at the hands of others than of ourselves, gave her water-treatment with special reference to her needs, and have waited patiently for the result, which is, that in every direction her vital energies have resumed their sway over the body. She has no dizziness of the head, no aches or pains, no disturbed circulation, no derangement of any of the special functions of her system; she has gained on a farinaceous and fruit diet nearly or quite thirty lbs.; is vigorous, cheerful, sleeps well, and walks many miles every day.

Now, if any of the physicians in whose care either of these young ladies were formerly placed were to meet them in their own homes, or in their own vicinity, I really conceive that introductions would be necessary in order to a renewal of their

acquaintance with them; otherwise they would be puzzled to know who they are. *More* than this: if they had been witnesses of the processes of change through which the organisms of these two persons have gone, they would have found it exceedingly difficult to believe their own sight. So slow are we to give credit to Nature, when for a long time we have abandoned all confidence in her, and yielded up the most implicit faith in art. I remain very truly your friend,

JAS. C. JACKSON, M.D.

OUR HOME, ON THE HILL-SIDE, DANVILLE,
LIVINGSTON CO., N. Y., March, 1860.

LETTER FROM DR. CAPEN.

CHARLESTOWN, Dec. 14, 1859.

DR. TRALL.—On the 6th December, 1859, I went to Sharon, Mass. (my former place of residence), to treat a case of lung and pleurisy fever. The treatment was strictly hydropathic, and the patient is now well, though weak.

She has had before repeated attacks of the same fever, and was treated drugopathically, with blisters, ipecac, niter, calomel, opiates, etc.

She is now ready to bear testimony to the superiority of Hydropathy, and is convinced that half her distress, during her former attacks, was due to the treatment. I can well appreciate the feelings of the lady from Pent Water, Mich., when the old fogies say, "Guess she wa'n't much sick." But this does not trouble me so much as the fact that they will not send for me until after the doctors have administered their fatal doses.

My patient's husband's sister, a beautiful young lady 19 years of age, robust and healthy before, was seized with the same fever the day before I went to Sharon. Not knowing that she could secure my services, she sent for a drug-physician, who administered his nostrums so effectively, that to-day they have carried her to Mount Auburn Cemetery, and laid her beneath the sod.

She sent for me two days before she died, and urged me to take charge of the case. I confess I had not sufficient courage to do so. Her chest and forearms were completely covered with blister sores. Her tongue was black and sore, probably from calomel. She had been charged by her three doctors not to use cold water for bathing, and to keep a bottle of hot water constantly at her feet; and when I got there she had two hot stones at her sides, with a burning fever, as you might suppose.

I saw the presiding physician deal out three kinds of powder in one, and three kinds of liquid in one phial, and a powder in that, to be taken alternately every hour.

If you call that science, then that old lady was very scientific who, in the hope of repairing her broken crockery, threw all the pieces into the boiling milk, saying the devil was in it if some of them did not hit!

Now, Doctor, will you tell me what could I have done—were not my hands completely tied?

As I can not expect to monopolize so much of your time as to receive an answer for my own especial benefit, will you, through the WATER-CURE JOURNAL, explain the *modus operandi* of the blisters, ipecac camphor, niter, calomel, laudanum, etc., probable in her case; and also, what would have been the effect of a judicious water-treatment, after having passed through the former treatment?

I have long wished to become a student in your institution, but at present am unable to do so. I must plod along as best I can and get what information I can by means of books and the WATER-CURE JOURNAL.

Dr. Inman is a particular friend of mine. We received our diplomas together at the New En-

gland Female Medical College, and when she gets back from Europe, perhaps we may do something together in the Water-Cure line. In the mean time I should like to become better acquainted with the principles and practice of the hygieo-therapeutic system.

SUSAN E. CAPEN, M.D.

REMARKS BY DR. TRALL.

An explanation of the *modus operandi* of the drugs you mention, to be intelligible to the non-professional reader, would require more space than one, or even two numbers of this JOURNAL would afford. For the present it is enough to say that, so far as they cure any disease, they do it by producing another; and the drug-disease is usually vastly worse than the original malady. When drugs are administered, Nature—the vital powers—which was previously exerting itself to rid the system of the impurities which occasioned the disease, ceases its efforts in this direction, and goes to warring upon the drug-poisons. Every drug, therefore, induces a new disease; and this is the ground of our opposition to all drugs. To poison or blister the living system because it is sick is just as absurd and irrational as it would be to feed gravel-stones to a dyspeptic, or whip a child to cure a burn or a fever.

It is always unsafe to undertake a case, or promise anything, after the drug-doctor has had the patient in hand a few days. He may have given the poisons of his abominable system to a fatal extent, before we can see the patient, so that death is inevitable. We do indeed cure many cases under such circumstances; but we do it at the risk of damaging our own reputation and discrediting our own system; for if we cure, the story will go that the patient was not much sick, after all; and if the patient dies, it will be proclaimed to the world as a *Water-Cure kill*.

We have often thought it was our duty to refuse to treat acute diseases unless we could have the patient at first. This course would certainly be for our interest, and for the interest of our system, although it might occasion the death of some who might otherwise be saved.

No physicians in the world are treated by people generally with such gross injustice as the physicians of our school. But so it must be until the people can get their eyes open wide enough to see their own true interests. The world has always been prone to persecute its teachers and crucify its saviors; and this disposition will probably exist for some years to come. But our duty is to teach the people the better way so fast as they are susceptible of this education.

PHYSICAL DECLINE OF AMERICAN WOMEN.

[CONTINUED FROM THE FEBRUARY NUMBER.]

BY AUGUSTUS K. GARDNER, M.D.

POPULAR REASONS FOR THE ILL-HEALTH OF WOMEN CONSIDERED.

Does it depend upon any peculiar feature in our domestic architecture? Do all these maladies spring from the fact that our houses contain five or six flights of stairs, one above another?

As this reason is urged by many, in all seriousness, it behooves us to answer it without any of the feelings which perhaps so preposterous a reason might excite.

First, we are willing to allow that to frequently ascend a series of flights of stairs may very probably be inconvenient and painful, and, even impossible, to any one feeble or diseased in any serious manner; but it should be remembered that

the old-fashioned houses had double flights of stairs, while the modern ones have the same number, but placed one above another. Then, owing to the modern conveniences for warming, lighting, watering, and the less necessities for cleaning in consequence, we do not believe that there is so much running over the house as formerly.

Next, we do not imagine that any such exercise could produce, without other ulterior causes, the local diseases complained of, for various reasons. The present women of Switzerland, who are engaged in tending sheep and goats, who follow them day after day, up one mountain-side and down another, jumping from rock to rock, running down the declivities and up the opposite steep, are not distinguished for peculiar ills, but rather for their robustness. Neither are the German market women of Europe, who walk long distances over uneven ground, where no roads are laid out, with heavy burdens upon their heads or backs, alike when pregnant as otherwise. Nor are the servants in the very houses alluded to affected by the diseases of their mistresses, yet they run over the same stairs many times to their mistress' once.

That the great blessing of furnaces is often abused, we are ready to admit; that when improperly used they do burn up the oxygen of the air to be breathed, we know. But when properly constructed and properly managed, we believe that in no manner can a house be so healthfully heated, to say nothing of cheapness, cleanliness, and convenience. This is not the place to argue the question as might be desired; but we must be allowed to say that, in general, the furnace furnished to a house is too small for the work it has to perform, and in consequence it is liable to be pressed so hard as to be over-heated, or if large enough, it may, by neglect of those who have charge of it, become red-hot, and thus burn up the air. It is allowed to get out of repair, and leak out gas into the air-pipes. The house, too, guided by the uncertain feelings of the occupant instead of a reliable thermometer, may be over-heated generally. But it should not be forgotten that there is no ventilator more efficient, for it constantly brings into the house the pure air of the street, which must push out the already used air in the house, to make room for it. If the air is burned, and thus rendered impure or inefficient, it will undoubtedly aggravate any disease and destroy the general health, but it can scarcely be supposed to cause the local uterine diseases alleged to spring from it, instead of the diseases of the lungs and heart, and the functions of nutrition, which are generally most affected by the impurities of the atmosphere; neither are the servants, as before said, affected like their enervated mistresses.

The deterioration of the health of females is not general, it is local; and it is not only local, but it is confined, in a great degree, to classes even in that locality. Certain forms of the diseases peculiar to females are better understood and more easily recognized now than formerly, but this merely gives a different name to the ill-health of the sex; and it is not that certain diseases exist now which did not formerly, or are increased in proportion, but that now they are recognized whenever they exist, whereas formerly they were often mistaken or disregarded.

THE CLASSES OF WOMEN WHO SUFFER MOST.

It is the females of cities and large towns, imbued with city manners and customs, where these maladies are most rife, and found only in exceptional cases among our poorer classes, who are not exposed to fashionable follies. In cities, all of the better classes of the population live not so much

for themselves as for other people; more solicitous as to what Mrs. Grundy may say than for their own comfort and health. They are constantly going somewhere at improper times, and seasons, and hours. So delicate in health that they can not go out to perform any duty if the sky be a little overcast; in fact, accustomed to spend the most of the time cooped up in the house, dressed, perhaps, too warmly, yet in the evening, no matter how stormy, freezing, or tempestuous, they can ride in a coach, with head and shoulders uncovered; or with clothes well tucked up under their arms, they can walk through slush and mire to sit for hours in a cold theater, an ill-ventilated vestry or lecture-room, or, worse still, into an over-heated, over-crowded ball-room.

But this is not bad enough; no matter whether it is at the time of the periodic functions or not, the young girl whose constitution is yet in process of formation, or the young matron engaged in the great work for which the division into sexes was created, spend hours in the most outrageous muscular exertion, in dances which would seem to have been invented by some arch enemy of woman, so effectually do they, aided by a too great weight of clothing, shake up the whole frame and dislocate every internal organ pertaining to womanhood. We really think that the polka and its varieties which so jar the frame, have done more than any one single cause, to injure the health of our American women.

We must be allowed to dwell upon this branch of the subject. Just think of the young woman who spends her days with a book or with her needle in the quiet of her own house, not even going out for a walk, save semi-occasionally, when she takes an omnibus at the end of the first block from fatigue. Think of this fragile creature, overcoming this chronic habit, and the languor which her periodic condition imparts, with organs excited, turgid, and enlarged, dancing these muscular dances (so different from the gliding graces of the mazy waltz), then stimulating and aggravating the difficulties by libations of champagne. Think, too, of the cream, ices, oysters and jellies indulged in at this unseasonable hour, and in what quantities! And then, when every pore is steaming, when the pulse is beating wildly, half-clad, to seek through the sleet and frost her home. Perhaps our lady lives so near that a carriage is not deemed necessary, and what a chill strikes through the India-rubbers in the walk of half-a-dozen houses; and then to bed in the small hours, perhaps to repeat the same thing every night or two for the season.

This is no fancy picture. You know it, yet you ask me, why is it that this young creature has this and that malady? And all New York, and all America (the only place in the world where young girls of sixteen are allowed so to do), are doing the same foolish thing the whole season through, and you say: "Is it not wonderful that all the women are complaining of this and that; and it must be the English basement houses?"

What Fifth Avenue does, the girls who can earn their living by dress-making, book-folding, shop-keeping, and the like—factory-girls in the country and the country aristocracy—imitate, as far as they are able. But it is not night after night, and it alternates with more active and out-of-door daily life, and the disastrous results to health are not so noticeable. Is not this a suicidal epidemic?

FASHION ON THE SIDE OF HEALTH.

But fashion, which has done so much for the injury of our women, has done some little lately to ameliorate their condition. The expansive crinoline and modern hoops have reduced the number and weight of the skirts which pressed so fearfully, and which still so injuriously weigh upon the abdominal viscera. But although the words of eloquent warning so forcibly uttered by Miss Catherine Sedgwick have had so little effect upon her countrywomen in introducing the general wearing of skirts held up by the shoulders, we will reiterate the cry of "Shoulder-straps, shoulder-straps!" till it may awaken every mother to the

dangers hanging over her own child, every woman to the oppressive cincture hanging around her own waist, pressing upon vital organs till they are forced into unnatural situations, destroying the capillary circulation in the skin and external layers of vessels; creating deep-seated congestions, resulting in chronic if not life-long lasting weaknesses, which make life wearisome and its duties impossible.

But it is useless, perhaps, to reiterate the cry of "Shoulder-straps," unless we can show to those who are not sufficiently ingenious as to make a simple waist with shoulder-straps upon which the skirts may all button, some easy and effectual manner by which all this may be accomplished. A corset manufactured by Douglass & Sherwood, of this city, answers this end in a most complete manner; and so for the last time we will utter the warning implied in the watchword of "Shoulder-straps!"

A FACT TO BE SERIOUSLY CONSIDERED.

One other fruitful source of the many nervous and debilitating causes of woman's present degeneracy can not be passed by in silence, for it is so wide-spread over the land, so early developed, so insidious in its growth, so utterly incurable, for the disordered mind is less and less able to follow the promptings of its own better judgment, or even the threats and entreaties of friends. It is a delicate matter to broach, yet when it is a subject which is of such vast importance, which is noted as fearfully prevalent in the American community, and to a far greater degree, probably, than among the women of any other country in the world, why should we shirk the subject? why hesitate to say plainly and without quibble that personal abuse lies at the root of much of the feebleness, nervousness, pale, waxen-facedness, and general good-for-nothingness of the entire community? It is indeed a convincing proof of the actual chastity of the American females, but its physical results are far worse than those which would proceed from criminal immoralities.

This is one of the greatest evils of our boarding-school educational system, where the advent of one girl thus corrupted will introduce a moral epidemic into this large family of pubescent, hot-bed brought-up girls, worse for the ultimate well-being of this little community than the virulent scourge of scarlatina; for while the latter takes its quota and at once consigns them to an early grave, the former but toys with its victims, destroying the mind and unnering the body. Foreigners are especially struck with this fact as the cause of much of the physical disease of our young women. They recognize it in the physique, in the sodden, colorless countenance, the lack-luster eye, in the dreamy indolence, the general carriage, the constant demeanor indicative of distrust, mingled boldness and timidity, and a series of anomalous combinations which mark this genus of physical and moral decay.

This is not a matter within the scope of general investigation; truth is not to be expected from its *habitués*, parents are deceived respecting it, believing rather what they wish than what they fear. Even the physician can but suspect, till time develops more fully by hysterics, epilepsies, spinal irritations, and a train of symptoms unmistakable even if the finally extorted confession of the poor victim did not render the matter clear. Marriage does, indeed, often arrest this final catastrophe, and thus apparently shifts the responsibility upon other shoulders, and to the "injurious effects of early marriages," to the "ills of maternity," are ascribed the results of previous personal abuse.

For statistics and further information on this all-important subject, we must refer the reader to the opinions of physicians who have the charge of our retreats for the insane, lunatic asylums, and the like; to the discriminating physicians of the families of the upper classes, stimulated alike by food, drinks, scenes where ease is predominant, where indolence is the habit and novel-reading is the occupation, for further particulars on a subject now but barely alluded to.

DISEASES OF THE THROAT AND LUNGS.

BY R. T. TRALL, M.D.

[CONTINUED.]

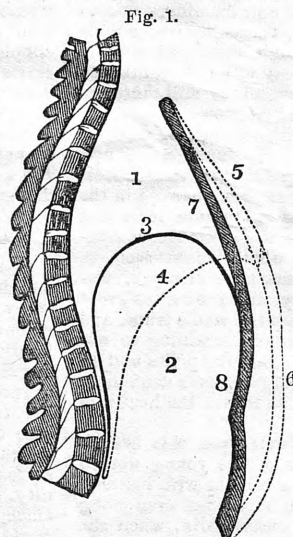
THE author above alluded to argues, in his periodical (*Hall's Journal of Health*), that as tuberculation usually commences in the upper portions of the lungs, where they have the least motion, by restricting the action and preventing the expansion of the lower parts of the lungs, the breathing will be forced on the upper portions, thus securing their greater expansion, and obviating the formation of tubercles. But the author happens to be most egregiously mistaken in his premises. He errs anatomically and physiologically as well as therapeutically.

Fig. 1 is a side view of the chest and abdomen in respiration. 1. Cavity of the chest. 2. Cavity of the abdomen. 3. Line of direction for the diaphragm when relaxed in expiration. 4. Line of direction when contracted in inspiration. 5, 6. Position of the front walls of the chest and abdomen in inspiration. 7, 8. Their position in expiration.

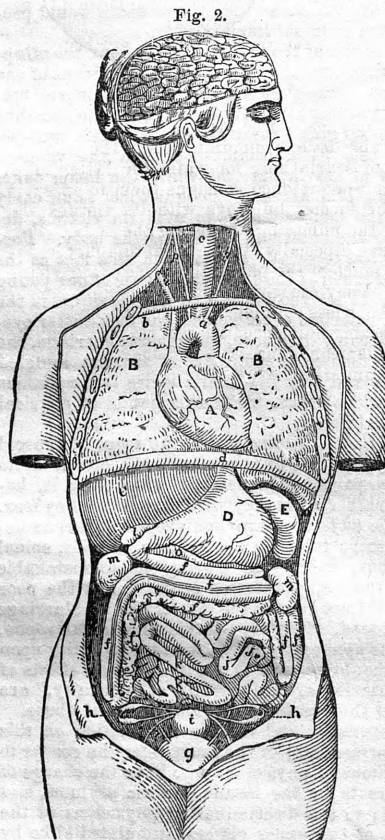
The truth is, the upper parts of the lungs only act as the lower portions do, and for this reason tight lacing produces the very condition which Dr. Hall recommends it to prevent or remove.

As this is an important matter, let us make it plain by a few illustrations.

The lungs fill all of the space above the diaphragm, with the exception of a small portion in the center occupied by the heart and its blood-vessels. When the diaphragm descends, the lower ribs are expanded laterally, and the air rushes into the lungs; but the conical shape of the thoracic cavity alone is enough to show, to the most superficial observer, that the upper portions of the lungs can have no action except in connection with the lower portions.



ACTION OF THE DIAPHRAGM.



VITAL SYSTEM.

A. Heart. B, B. Lungs. C. Liver. D. Stomach. E. Spleen. G. Kidneys. G. Bladder. D is 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.

When the abdominal muscles contract, the viscera of the abdomen are forced up against the diaphragm, which relaxes and is pressed up against the lower portions of the lungs, crowding or squeezing the air out of them, and thus alternate inspiration and expiration constitute the functional process of respiration.

The relations of the lungs and heart to the abdominal viscera may be seen in the next cut.

Four years ago a lady came to my establishment, whose body, around the region of the stomach, had been reduced, by tight lacing, to about one third the normal size. Her figure was frightfully yet fashionably de-

formed; yet she was married and had one child—a feeble thing, of course. Being one of the most extreme cases I ever saw in a person who was able to

stand on her feet, I employed an artist to paint an exact representation of her size, form, and figure, which now hangs in the anatomical rooms of the Hygieio-Therapeutic College.

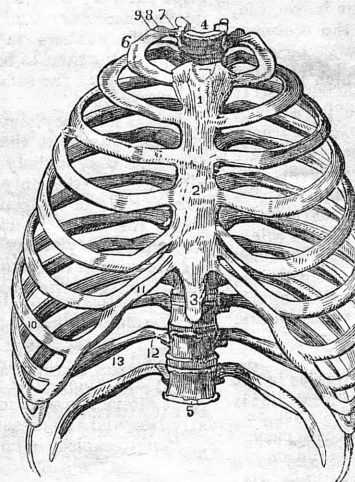
This patient was laboring under a severe diabetes, a disease which is usually fatal under allopathic practice. Her skin was pale, cold, and extremely torpid; and the reason why the disease took the form of diabetes instead of consumption is, doubtless, attributable to the fact that she had been many years a dyspeptic, and unable to take but an exceedingly small quantity of food, so that her blood had not become loaded with the elements of unassimilable chyle and other effete matters, so frequently the cause of tubercles, not only in the lungs, but in other organs and tissues of the body.

Fig. 3 is no aggravation of this patient's appearance. Indeed, it comes considerably short of the reality.

By contrasting the shape of this deformed chest with the bones of a natural thorax (fig. 4), some idea may be formed of the direful consequences of restricting, in any way, the movements of the vital organs.

Fig. 5 shows, more distinctly, the relations of the lungs to the heart and great blood-vessels. It will be perceived that the right lung is divided into three lobes, and the left into two.

"Respiration occurs in aquatic animals which do not breathe air. In them the respiratory organs are membranes prolonged externally into tufts or fringes, called *gills*, each one of which is supplied with arteries and veins, during the circulation of blood through which aeration is effected.



THE THORAX.

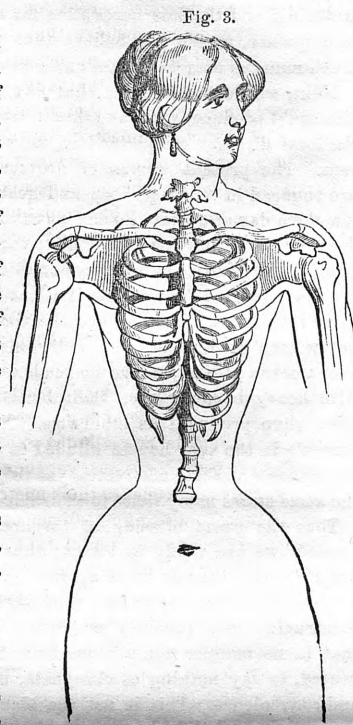
An interior view of the thorax is represented in Fig. 4. 1. The manubrium. 2. Body. 3. Eniform cartilage. 4. First dorsal vertebra. 5. Last dorsal vertebra. 6. First rib. 7. Head of first rib. 8. Its neck. 9. Its tubercle. 10. Seventh rib. 11. Costal cartilages of the ribs. 12. Last two false ribs. 13. The groove along the lower border of each rib.

"In air-breathing animals the membranes or aerating surface is reflected internally, forming passages or chambers in which the air is received, and on which the capillary vessels are distributed. Insects have a series of tubes ramifying through the whole body, and carrying air to every part.

"In the human lungs the sides or walls of the air cells are formed of a thin transparent membrane, and the capillary vessels are placed between the walls of two adjacent cells, so as to be exposed to the action of the air on both sides. The number of the air cells of the whole lungs is immense. M. Rochoux has estimated them at six hundred millions."

For further illustrations on this subject the reader is referred to the *Hydropathic Encyclopedia*.

The ramifications of the windpipe, or rather of its divisions in the lungs which are called the bronchial tubes, into air cells, are represented in Fig. 6.

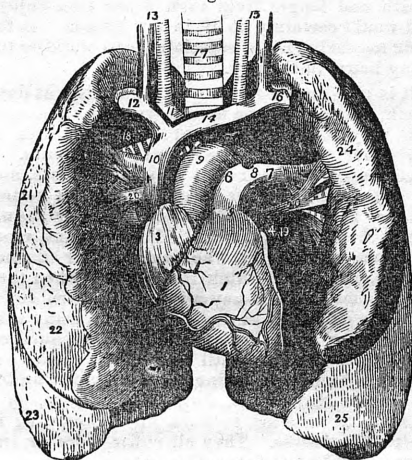


CONTRACTED CHEST.

STAGES OF CONSUMPTION.

Medical authors usually distinguish three stages of consumpign. Of course this distinction into stages is entirely arbitrary. The first stage, or commencement of the disease, may be dated from the first appearance of expectoration with the

Fig. 5.

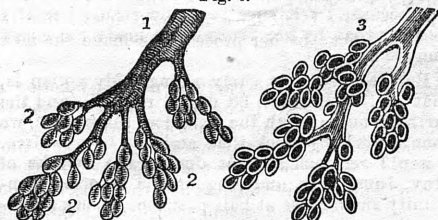


HEART AND LUNGS.

Fig. 5 represents the anterior aspect of the anatomy of the heart and lungs. 1. Right ventricle; the vessels to the left of the number are the middle coronary artery and veins. 2. Left ventricle. 3. Right auricle. 4. Left auricle. 5. Pulmonary artery. 6. Right pulmonary artery. 7. Left pulmonary artery. 8. Remains of the ductus arteriosus. 9. Aortic arch. 10. Superior cava. 11. Arteria innominata; in front of it is the right vena innominata. 12. Right subclavian vein; behind it is its corresponding artery. 13. Right common carotid artery and vein. 14. Left vena innominata. 15. Left carotid artery and vein. 16. Left subclavian artery and vein. 17. Trachea. 18. Right bronchus. 19. Left bronchus. 20, 20. Pulmonary veins; 18, 20, from the root of the right lung; and 7, 19, 20, the root of the left. 21. Upper lobe of right lung. 22. Its middle lobe. 23. Its inferior lobe. 24. Superior lobe of left lung. 25. Its lower lobe.

cough. A cough attended with raising of pus or mucus, unless accompanying asthma, or the result of a recent cold, should never be allowed to go without attention, as, in thousands of cases, it is the incipient stage of a malady which is incurable if not attended to at the outset, nor should a protracted cough, if attended with the least degree of expectoration, fail to excite alarm. It frequently happens that persons are in the habit of taking cold, and of having considerable cough, hoarseness, and expectoration attend them; but

Fig. 6.



BRONCHIAL TUBE AND AIR-VESELLES.

Fig. 6 represents the bronchial tube, and its division into air cells, as much magnified. 1. A bronchial tube. 2, 2, 2. Air cells or vesicles. 3. A bronchial tube and vesicles laid open.

in a few days these symptoms disappear, and they are well again. But whenever a cold is unusually prolonged and especially if there is increasing difficulty of breathing, the patient should be treated as a consumptive at once.

The second stage of consumption may be usually recovered from the period when the patient is troubled with night sweats and hectic fever. These are exceedingly variable in degree and in regularity, but are present, more or less, in the great majority of cases, after the disorganization in the lungs has extended to a considerable portion of their structure, so as materially to affect the respiration. In this stage the majority of cases are incurable.

The third stage is marked by a striking emaciation of the whole body. The breath is short and hurried, the pulse small, weak, and frequent, the eyes piercing and glassy, and the shoulders have a prominent and projecting appearance, from the falling in of the chest and abdomen. Recoveries have been known even under such desperate circumstances, but they are as one to ten thousand.

AN EXTRAORDINARY COMMUNITY.

BY HARRIET N. AUSTIN, M.D.

I HAVE just returned from a delightful visit in a quiet vale, containing above a thousand acres of level land, unsurpassed for fertility, sheltered at the north by hills, which rise gently from the plain for the distance of half a mile, and then shoot up more abruptly, till at a distance of two miles some of the peaks rise to the dignity of mountains, 3,000 or 4,000 feet above the level of the sea. To the west lies a ridge of rocky hills; to the east, a little jewel of a lake, some five miles in circumference, fed by beautiful, pure streams, which come down from the hills; and to the south the land is gently undulating, or "rolling." The high hills at the north and those at the west are clothed with luxuriant forests. Tall old maples, chestnuts, beeches, and hickories are mingled with a sprinkling of pines; in the valley is a grove of magnificent oaks; along the margin of one of the streams grow wide-spreading, graceful elms, but at its entrance into the lake it is shaded by a cluster of thriving willows. And on a gentle swell of land at the southeast, bordering the lake, is a thick wood of ancient hemlocks.

In this dale, made so rich and charming by nature, live about a thousand souls—men, women, and children; and so completely have they appropriated it, and so well are they satisfied with it, that no person has been added to, or separated from this community, except by birth or death, in very many years. And a wonderfully harmonious and loving community it is. Nobody is poor; nobody is rich—except as they are all rich in having studied to so good purpose the economy of living; for they have learned that, even in material things, to help each other is to help themselves. For the sake of the greatest industrial and social advantages they have formed themselves into two settlements—one located on the plain near its northern border, and about one fourth of a mile from the lake; the other at the southwest, and stretching up the hill-slope, just where there comes down a murmuring stream of the clearest, softest water. This cluster of houses is named "Sunset," because, though being on a western hill-side, it does not catch the sun's first rays in the morning, it has a most glorious sunset view. The other is named "Sunrise," because, though the hills behind it partially obstruct the

beauty of its sunsets, it wakes up and sparkles and glows at the first ray sent up from the sun in the morning. There are in the mountain range at the north three peaks standing together like triplets, stretching east and west. The eastern one, which catches the sun's first waking smile, is called "Mount Joy;" the western one, which receives his last kiss at night, is "Mount Hope;" and the middle one, which stands "meek and unmoved" in sunshine, mists, or storms, is "Mount Patience." The little lake is called "Constance," not because a lake in Switzerland bears that name, but because however much it may be agitated or perturbed by the wind in breezy days, whenever its master, the sun, goes to bed, it always lies down still and peaceful as a sea of glass, and sleeps quietly till morning. The hemlock wood is called "Green Chapel," because of its Sabbath stillness, its grand columns, its "dim, cathedral light;" and because, at Christmas time, instead of a white sanctuary decorated with green, it is a green one decorated with the purest white. One stream, which displays a great variety of moods in its progress, coming into the valley with a frolicsome leap of ten feet, then stealing along demurely and silently between its soft, smooth banks, then jumping laughingly on to the back of a big boulder, is called "Brook Moody." Another purling little rivulet, which makes glad every pebble at its bottom, every flower-stem, tree-root, grass-spire, and bit of moss at its edge, is "Cheerful Brook." And so almost every spot is designated by a name expressive of some of its characteristics. Every grove, every rustic seat under the trees, and many a single tree or grape vine is distinguished in this way.

At each settlement families have their cottages, with dormitories and parlors, but each ville has a large house containing a kitchen and dining-room, capable of accommodating the whole, and here, as a general thing, all the cooking and eating are done. There is also at each place a large house containing a common parlor, a common reading-room, and a large play-room. Every building in the place is fire proof, is large, and well aired and lighted.

These people have brought labor-saving machinery to a remarkable degree of perfection. Situated some forty rods from "Sunrise," on a large stream, is "Noise Ville." Here is a large wool manufactory, a saw-mill, a paper-mill, a grist-mill, a printing-office, a shoe shop, a sewing and knitting room, a washing and ironing establishment, and all these are carried on with an almost incredibly small amount of human labor. All the plowing, sowing, planting, mowing, reaping, and threshing are done by machines which are not only worked, but propelled, by steam. From "Sunrise" to "Sunset," and from each to "Noise Ville," to the lake, to distant parts of the grounds, and far up into the woods run railroads, over which pass convenient little cars when needed. A railroad also runs out south a few miles to a dépôt on a public railroad.

The grounds are very beautiful, being cultivated with the greatest care and most artistic taste. There are quiet rustic paths winding through groves or climbing steep, rugged places; there are moss-grown seats at the foot of lofty trees and beside the singing waters; there are rustic benches beneath grape arbors, fountains, smooth terraces, fine hedges, gravel walks, bridges, flowers, and shrubs, thrown in just where all lovers of the beautiful would have them. One is surprised everywhere, in all out-of-the-way, lonely, unexpected places, to be meeting some carefully-tended flower or shrub. Fruits of all kinds suited to our climate are grown in the greatest profusion; and yet every fruit tree, or bush, or vine is placed where it looks as if it were intended expressly for ornament instead of use.

Back of the "Oak Grove," and reached by a path leading through it, is a large brown stone ivy-grown church, of plain but most imposing architecture, and containing an organ of exceedingly fine, deep tones. This is the "Brown Chapel." About equally distant from "Sunrise" and "Sunset," though not in the direct line between them, is a group of three immense buildings, which, because it is the spot where the whole population meet as one family, and where their dearest associations gather, is named "Ingle Side." Each building, though lofty, has but one story. The first is the "Drawing-room," and is used for lectures, discussions, social talks, readings, plays, and entertainments of a varied character. Next is the "Library," containing many thousand volumes of well-selected works; and used also as a music-room, for these people devote much time to music, both instrumental and vocal. And lastly comes the "Studio," containing rooms for drawing, painting, engraving, and sculpture. Contributions of exquisite design and execution, from the different departments of the studio, beautify every room of every house in the valley, for the fine arts are pursued here with great ardor and success. This may seem strange among a people who support themselves by the cultivation of the earth and manufactures. But it will appear less strange when their habits are better understood. I give some facts concerning them as related to me by one of their number, a man seventy-five years old, who certainly does not appear over forty-five.

A good deal more than a half century ago the inhabitants then living in the valley formed a solemn compact that henceforth they would make it the business of their lives to follow, with earnestness and sincerity, goodness, truth, and beauty, and that in all this they would help and encourage each other. From that moment they began to be separated in all their habits of life from those around them, doing nothing hurriedly, but proceeding carefully and slowly on their way. At present, all their habits of life are exceedingly simple. The fashion of dress of both the men and women is quite unlike that generally worn; still it is so unobtrusive, and seems so well adapted to the persons and their pursuits, that one might be among them for days without once thinking of their dress. Their diet is exclusively vegetarian, consisting mostly of fruits and grains. They are all workers, though their work is so arranged and distributed that it is always done with delight. Every man, woman, and child spends several hours in the open air, every day in the year, in active sports or other exercise, when there is no work to be done. They are all students, every person having his hours of intellectual exercise daily. What impressed me as being very curious is the fact that, except as an uncommon occurrence, no candle is lighted in their houses during the whole year, for they all go to bed at dark and do not rise till daylight. My informant said to me, "You advocate much sleep, but you have something to learn about it yet. In our latitude the sun lights us as many hours during the year as it is desirable that we should be active. Until a person's constitution becomes thoroughly consolidated, say to the age of forty, at least, he ought to have much sleep; and if after that time he wants less, there is nothing so good for him as to wake early, and lie and think, and meditate, and allow all good and heavenly influences to flow into his soul."

Now for the results of this manner of life. There has not been a death among these people in fifteen years, nor a case of serious illness in thirty years. All the deaths which have occurred within that time have been of persons over one hundred years old, and nearly all of those had their constitutions impaired before they adopted the habits now practiced by the whole community. They mature slowly, not generally attaining their full growth before thirty years of age. Much attention is given to physical culture during the earlier years of life. There are many boys and girls among them twenty years old, who do not know as much, from an intellectual point of view, as chil-

dren often know at twelve, but by the time they are sixty or seventy they show such a degree of wisdom, culture, and power as is seldom seen among the most talented and favored men in common society. And this is nearly universal among both men and women. They have so much time, so many years, and so great opportunity for study, that they make the most wonderful and varied attainments. As a people they are very beautiful. The younger ones are very comely to look upon, but they do not show a mature beauty before forty; and there are some men and women between eighty and ninety whose faces appear as if angels were looking through them. They are very happy and content. Their only trouble comes from a knowledge of the sin, sorrow, and suffering which exist outside of their own delightful home.

I wish all my readers could make them a visit. I would tell them where to find the place, but I fear their eyes are too dim to see them.

"OUR HOME," DANVILLE, N. Y.

EARLY RISING.

"Early to bed, early to rise,
Makes a man healthy, wealthy, and wise."

HAVING promised you, gentlemen, when you were in Lexington, to write something for the WATER-CURE JOURNAL, I now comply, and send you this. All of Dr. Franklin's maxims are good, and the one at the head of this article is the only one as to which I do not agree with him. Perhaps I would agree did I know certainly the old doctor's full meaning. Lord Chesterfield, in his letters to his son, says he was always an early riser; he got up every morning at eight o'clock. I do not suppose Dr. Franklin would have called that early rising; nor do I believe that he would have approved of people rising this time of year at half-past three or four o'clock in the morning. I conclude, then, that early rising is good and proper, and of much benefit every way, for all who practice it. But it is too indefinite to say, *Rise early*. Some definite time, or hour, should be fixed for the different seasons of the year, when people should leave their beds. I am satisfied, after many years' observation and thought, that the farming community, everywhere, where I have lived, get up too early during the spring and summer. The great body of laborers, who work upon farms or plantations, rise at day-break. In this latitude, the sun rises on the first of May twelve minutes after five o'clock. Day-break then is about half after three o'clock. On the thirteenth of May the sun rises at five o'clock, and on the fourteenth of June he rises as early as forty-one minutes after four o'clock, making day-break still earlier. On the first of August the sun rises at five o'clock, and on the thirty-first of August at thirty-two minutes after five o'clock. As you go farther north, the sun rises earlier and sets later during the months named. The sun sets on the first of May forty-eight minutes after six o'clock, and on the fourteenth of June nineteen minutes after seven o'clock P.M. On the thirty-first of August the sun sets twenty-eight minutes after six o'clock. During all this time, from the first of May to the thirty-first of August, there are from fourteen to sixteen hours of daylight. Fifteen hours is a fair average of daylight. This is too long a time for any human being or horse to work, day after day, for weeks, months, and years during the growing and harvesting season, without great detriment to health and a shortening of life. I am aware that there is an interval of from an hour and a half to two hours in the middle of the day, when both man and beast rest.

There is no more common error than the popu-

lar belief that the farming community are the most long-lived; especially is it untrue when it is applied to the strictly laboring class. They ought to enjoy far better health and live longer than they do; for their regular habits, plain and uniform food, their temperance (by necessity), and freedom from many casualties, to which other men are subjected, should secure for them better health and longer lives than other men enjoy; and would certainly do it, in my opinion, but for their too early rising, especially, and working too many hours in the day.

It is well-known to every one who rises at day-break, that during the hottest weather of summer it is very sensibly cooler at day-break than at any other period of the twenty-four hours. I have traveled a good deal in stage-coaches, and have often observed the passengers, in the hottest weather of summer, draw their cloaks or shawls about them at day-break. Many persons, especially way passengers, who have on their summer clothes, and do not think it necessary when they leave home to take any wrappings, often suffer from the chilly air at day-break; and many take colds which often lead to serious consequences. Nobody should rise until this chilly period has passed. Now the laboring community during the months of May, June, July, and August, as a common thing, start to work in the morning in their shirt-sleeves. They all suffer more or less from an uncomfortable, chilly feeling, every morning throughout the entire summer. This, by slow degrees, does great injury to their general health and constitutional vigor. During the campaigns of Napoleon, on account of the excessively hot days, it was determined to march at night, and rest and sleep during the day; but it was soon found that so many more men and horses gave out and died when they marched by night and slept during the day, that they returned to day marches. It is said that horses sleep about day-break more soundly than any other period of the night. And it is almost a universal remark that the early morning nap is more enjoyed than any other. How often do we hear it remarked by physicians and nurses, and others attending the sick, "*If we can only be allowed to sleep for an hour or two in the morning we can do without sleep for the rest of the day.*" Many physicians go for weeks during epidemics with no more sleep than this morning nap, and enjoy good health all the time.

It is hardly to be supposed that my advice will be followed by the farming community, for in this matter of early rising, as in some other things of every-day life, their prejudices are unconquerable. This earth, as man's abode, is some six thousand years old, and yet the vast body of mankind have not learned to cook properly their daily food; and no greater insult can be given to housewives generally than to make a suggestion as to the cooking. I recently heard a lady say, with a toss of her head and a great deal of satisfaction, that she boiled all of her fresh meats every day before she roasted them. I said nothing, because I felt sure it would insult her if I told her that by her process she made the meats unfit to eat.

But to return to early rising. My notion is, that in this latitude, 33 deg. 6 min. N. (and the farther you go north the more does this apply), we should work by clock-time and not by sun-time. I would recommend that during the months of May, June, July, and August, the laboring community should rise at half-past four o'clock; during September, October, and November at five o'clock; for December, January, and February at half-past five o'clock; and for March and April at five o'clock. During the first and second periods named, they would have twelve hours for work of day-light, with an hour and a half or two hours' rest during the middle of the day. Twelve hours of diligent work will accomplish more than fourteen of lazy, sleepy work. A few words about breakfast. The farmers in this State commonly breakfast during the spring and summer at five o'clock in the morning. That is, they go to breakfast, but they can't eat. About ten o'clock they

get hungry and eat a lunch, which spoils their appetite for dinner, which comes on about twelve o'clock. Besides this, the female members of the family generally go to sleep in the forenoon; and many of the men, that is, the masters or proprietors, do the same thing. In the Slave States the negroes take their naps behind the plow or over the hoe-handle. In my opinion, it would be better if the laboring men took simply a cup of coffee before they go to work, and then about eight o'clock eat their breakfast. They would then enjoy their meal, and have more physical vigor. In ague and fever countries it would promote health and prevent the chills to a great extent, if no member of the family left their beds until the sun was half an hour high. I was told by a lady who was born and raised in Louisville, that her father never allowed his doors to be opened until nine o'clock A.M. during the ague and fever months, and that they never had a case of ague and fever, but enjoyed uniform health, while Louisville was terribly afflicted every summer with agues and fevers. I do not think it necessary to stay in the house till nine o'clock to prevent ague and fever; but that if people would not go out in miasmatic countries until half an hour by sun, they would enjoy better health.

It will be said by all who differ with me, that a vast majority of the great men of the world were very early risers. John Wesley rose the year round at four o'clock. He was a man of delicate constitution, and yet he lived to be over seventy years of age, and was always a man of very laborious habits. He is a man, a fair representative of early risers in the best acceptance of the practice. But it is not considered that it is a very different thing to rise at four o'clock and stay in your room and read and study, from going out in the dew and chilly air in your shirt-sleeves to work. This subject is well worth consideration, and I trust my article will call the attention of the community to it. JNO. C. DARBY.

HEALTH.

BY SOLOMON FREASE, M.D.

How excellent is health—how expressive of power and capability to do—how suggestive of hope and joy and kindly feeling! What a harmonious outline does it give—what cheeks of rosy hue, beautiful to look upon—what gracefulness of action—what an air of comfort in every lineament does it impart! It is a boon worth all worldly wealth, whether of gold or silver, whether of houses or lands or costly fabrics. But how lightly we seem to regard it after all, and how freely we squander it! Judging by our actions it would seem as if nearly all the world were running a headlong race to waste it with greatest prodigality—that when lost the loss would be of no moment—that no sleepless nights and days of weariness, of quiet suffering or of racking pains, would be the consequence. Men and women are continually complaining of ill health—of dyspepsia and piles and constipations, of rheumatism and gout, of coughs and consumption, of headaches and fevers, of spinal disease and palsies, and yet each one seems to act as if he or she were trying to bring about the very condition of things complained of. And any suggestion as to a proper mode of action to prevent these ailments is commonly regarded as evidence of folly or fanaticism.

Men's appetites and passions are usually stronger than their reason, and the latter is in subjection to the former to a greater degree than is generally supposed. It is the easiest thing in the world to convince us that a substance we like to eat or

drink is conducive to our health. Prescribe something for us that runs in the line of our inclinations, and how quickly we see the reasonableness of it. Recommend tobacco to a lover of the weed for the cure of toothache, and tell him that the aching of the tooth was cured by the beneficial effects of the tobacco on the nervous system, and how soon he sees the force of your statement. Prescribe brandy to a devotee of Bacchus for dyspepsia, brought on by its continued use, and the next time he meets you his countenance will beam with smiles—he will hasten to tell you how much good the brandy did him, and how reasonable it is that brandy should cure dyspepsia. A gentleman of my acquaintance, who is a great lover of the best liquors, and has freely indulged in them till his health is broken down, and pains, distress, and despondency are his constant companions, is diligent in his endeavors to persuade all his friends who are not well that stimulants are what is needed to cure them. He knows the good effects of them from experience in his own case, for how often has he been unwell and been made to feel better by their use. I have frequently endeavored to convince him that the stimulants to which he has indulged himself are the cause of all his sufferings—that if he would cease to use them, Nature would resume her sway, and in time would restore the equilibrium of the functions, and permanent health would result—that by his present course he is only “piling up wrath against the day of wrath”—that each additional potion only creates a necessity for a larger one, and that the temporary relief succeeding is derived at the expense of the general health—that his conduct is like that of a man in debt for more than he has means to pay, and yet refuses to go to work to increase his capital stock, but relies upon borrowing. He borrows of A to pay B, paying A interest for the use of his money. B soon wants his money, and he borrows of C to pay him, interest and principal, and so he goes on getting more and more in debt, yet at each turn feeling a sensible relief. At last all his original capital has been exhausted in paying interest, and he finds himself a bankrupt. He can see no force in the comparison. It is not in the line of his tastes. He knows that, after taking a liberal drink of brandy, he feels a present relief, and he never can be persuaded that he is daily drawing upon his capital stock, and that at no distant day he will be an utter bankrupt in health. Death will claim him as his own.

Persuade a German admirer of lager beer that ten or twenty glasses of it in twenty-four hours will injure his health, if you can. The attempt to do so will satisfy him that you are an ignoramus, unacquainted with what most pertains to the enjoyments of life.

I have stated that men and women generally act as if health were of no value—that they squander it with utter recklessness. But after all this is only seemingly so, and results from ignorance combined with causes mentioned hereafter, for every one does value health, and values it highly, too, and there are times when the accumulated wealth of years would be freely given to obtain it. But men and women follow their perverted inclinations, and their reason too often yields obedience to their inclination. Even where there is knowledge it is often exceedingly hard, and not unfrequently impossible, to break the strong chain of circumstances that binds men to erroneous habits. Perverted tastes, pride of opinion, prejudice and passion, all raise their voices against reform, and fortunate indeed is that man or woman who is able successfully to overcome them.

It will thus be seen that health reformers have a great work before them. They have not only the ignorance, the prejudices, the perverted appetites and passions and pride of opinion to overcome, but the self-interest of some powerful classes of society as well, before their work will be complete. But let the facts and the principles of the hydropathic system be iterated and reiterated till they sink deep into the minds of men. Let them be proclaimed in the streets, published on the house tops, scattered over the land, by writing

and by speech, till all the people are made familiar with them. Then will come a revolution widespread and beneficent in effect, the forerunner of numberless blessings—the harbinger of the physical redemption of the race.

PITTSBURG WATER-CURE.

MY SACHEL.

BY H. H. HOPE.

CHAPTER XI.—PENELOPE DARLING—THE BIRD-TAMER.

THERE is much said at the present day about “animal magnetism,” and yet I have never found a person who could explain what it is. We use the term purely from the side of its effects, and give the name arbitrarily to the cause which produces these effects. In general, we undertake to affirm it to be some subtle material influence which, residing in one living body, is communicable by contact or by impression to any other living body of like or similar structure; and, having thus defined it, this is all we know about it. Its effects are more or less distinct in relations which living structures hold to each other when brought into opposition; and so without any real knowledge of what it is, we have dignified it into a science, and proceeded to dilate upon it with all the pompousness and earnestness of persons who have penetrated to the very primary relations which science is expected to bear to all those subjects on which it propounds and answers questions.

My readers have seen the influence which Penelope Darling exercised upon the horse which Gerrit Ferguson was riding when, for the first time, these two children met; and, subsequently, when the question was up for consideration in the Ferguson family, whether Mr. F. should accept the offer for the horse, made him by one of his townsmen. These effects were truly remarkable and worthy of all the excitement they produced among those who witnessed them; for in that day they were less frequent than now, when Mr. Rarey and his disciples are producing such remarkable subjection to their will, on the part of animals heretofore unmanageable. And yet the power which this girl possessed must have been in greater degree at command than that which Mr. Rarey shows; for it extended not merely to the taming of horses, but to *all* living things with which she was familiar. In truth, her artistic power in this direction was shown to be greater among the feathered tribes than elsewhere.

I believe, in a previous chapter of this story (which I would have the reader understand is a truthful one), I alluded to the possession by her of a power which, in one of her works, “George Sand” so imitatively and beautifully describes as belonging to a young girl.

Penelope Darling was rightly named. She had all the inchoate virtues which the wife of Ulysses so admirably displayed, and she had all of the pleasant characteristics which her surname, when used as a term of endearment, so delicately presents for our recognition.

As soon after her formal adoption into the Ferguson family as she could do it, she moved her little aviary, which had grown up under her care at her former humble home, and had it duly installed in a little building which her adopted father generously consented to erect for her use. She had here all the tamable and some of the untamable animals known in ornithology and indigenous to our latitude and its climate.

It was one of the most beautiful sights which my eyes have ever been permitted to witness on

earth, to see the perfect susceptibility of these animals to the impressions which this girl made upon them. At any time, within two minutes after she came where they were in their little cages, whose doors had been left open, where they might be sitting in their nests, hatching their eggs, or on their little roosts where they might be with their heads curled under their wings, sitting quietly and fast asleep, her presence seemed to work upon them like a spell of power; an insensible and invisible yet almighty presence seemed to go forth from her, and to rouse them all into the highest degree of exhilarable excitement.

I recollect when visiting Mr. Ferguson (for in a sort of a side-way he was a relative of mine, and we were old friends)—I recollect going with her one morning to her great bird-rookery to see her perform her maternal duties, and act the part of mother to these animals; for I know of no other term better fitted to express the relations which she seemed to hold to them.

As soon as the door was opened by her, and she stepped in, the first bird that saluted her was the American brown thrasher, or mocking-bird. He seemed to be the leader; and by a few beautiful, soft, yet trilling notes, he rose to the dignity of a matutinal salute. *Instantly*, hundreds of birds were in a flutter. Their little necks were outstretched, heads uplifted, eyes open wide, feathers fluttering, tails expanded; sitting down, standing up, walking about, trilling, chirring, singing half-notes, little bits of songs, rousing themselves up to receive new installments of vital energy, and getting themselves organized in proper relations to life. Never, elsewhere, have I seen such an exhibition. And the impression was mutual; the girl seemed to be as much affected by it as the birds did. Her face put on a peculiar hue; her eye, as compared with its common expressions, looked decidedly unnatural; she seemed suddenly to grow in height; there was a different aspect about her as a whole. Her lips were slightly parted; her nostrils dilated to their largest extent; the tips of her ears came forward with a sort of natural instinct, as if her whole soul was on the alert to catch every single song, sung by the hundreds of these little songsters, all waking up from their rest of the night, to a fresh life at morning dawn. For although it was broad daylight, and even the sun was just peeping over the top of the eastern hill, this building stood so shaded and clustered round by large old apple-trees, that the light within its walls seemed to be of that soft mellow kind which in a bright summer morning is visible at four o'clock.

The girl cast a rapid glance over every part of the aviary, and then walking hastily about its outer edges, threw open the doors of such cages as had been closed, and then taking her way down the middle of it, did the same with the cages which were suspended from its top; upon which she commenced a beautiful carol herself.

Instantly she was responded to by so many, and such different voices, as to make one think of music of the sweetest, softest, most harmonious, yet most incomprehensible nature. Strange as my feelings were when I heard these numerous and varied notes which I had no artistic power to separate and arrange in order, and which seemed to be the veriest discord, yet the most beautiful discord I had ever heard, I was not so forcibly struck by the music as I was by the *living tableau* which presented itself to my sight.

Within the space of a half a minute after this girl began her song, you could not have told whether she was a boy or a girl, white or black, or what she was, so completely was her person covered with feathers; and these feathers on the bodies of the birds. They flew out of the cages in every direction, and lighted upon her, till they made her perfectly invisible, so far as her external appearance and her countenance were concerned; and language gave you nothing for its representation but a mass of varied and beautiful plumage. They were on her head by the dozen, on her shoulders; clung to her skirts and

to her dress in every direction, and screamed and trilled half notes, with such indescribable excitement as thoroughly to impress me as I had never been impressed before. Some of them were hanging upon her skirts, head downward, some sideways; some were on her shoes, and some were on each other; and so wherever they could possibly get a chance they lighted. Now, when I tell the reader that—from an old owl whose eyesight began to grow dim as the day began to dawn; from the eagle whose eye gleamed darkly among the rest; from a tame crow whose *caw* filled in like a deep bass mid tenor music, clear through the whole list of birds of which we know anything in this country, and some about which we know *nothing* except as they are imported—they were all on her, around her, about her, and those who were not able to light upon her, were whirling about her head as if in a most thoroughly excited and amazed state, you may judge what sort of a scene was presented.

During this she stood perfectly still. All at once she gave a little *chirp*, followed by a little whistle, and they began to go away from her—this one, that one, and the other. And so they each went back with as much order and regularity to their cages as ever one saw a puppet move from side to side at the will of its operator. Then she went from cage to cage, took out single birds, and perching them on her hand, her arm, her shoulder, or her head, she would sing as the birds could sing; and it seems to me, from my present point of remembrance, as if she imitated, with great skill, the natural notes of more than fifty species of birds while we were in the bird-house.

I was so interested by the scene, that it entirely destroyed the balance of my nervous system for half a day. I could not eat my breakfast: and when prayers were had in the parlor of the Fergusons, I scarcely knew whether I was in or out of the body; certainly, I had been in different relations to life from any I had ever before sustained. I thought of the Garden of Eden before sin had entered it; what wonderful beauty the mother of all living must have had; how glorious and transcendently admirable all her inspirations must have been as they came direct from the heart of the Great Father of all. I thought how sweet must have been the music in that spot, over which the imaginations of the highest and most cultured minds have roamed for six thousand years. I thought—till I could think no more; and then wondered if, in the ages to come, earth would ever see herself reinstated in her primeval beauty, and the morning once more dawn when all the stars should sing together, and the sons of God shout for joy. And then I prayed that I might forever after live so that in all my relations to the physical universe, I might be harmonious instead of adverse to the Divine Law.

But my surprises were not at an end. In the afternoon of this same day we were to have tea in the orchard, Mrs. Ferguson having given notice at the breakfast-table, and added a special request that her husband and myself would not fail to be present. So at four o'clock we arose, left the office of Mr. F. and walked up to his house, and were, as all good and dutiful gentlemen should be, just in time to accompany Mrs. F., Penelope, and Gerrit to the favored spot.

Which of the three meals usually eaten by our people best represent their social type, is a matter of question by learned men. Some think we show ourselves in our best natural conditions at dinner; others, at tea; no one, I believe, claims that we are ever very chatty, or social, or free from the gravity of life at breakfast. I am rather inclined to think that we are the freest from care, the least conventional, and the best qualified to manifest whatever there is in us which is loving and worthy of regard, at our *afternoon* meal. At least, so it has been as far as my observation has extended.

This occasion was memorable to me, chiefly for the additional evidence which it furnished of the

wonderful faculty and power of this girl-child, to impress all who came within her reach with her own peculiar characteristics and qualities. The place where we were invited to sit down and partake of the gratifications of the table was a beautiful knoll, rising some eighteen or twenty feet above the surrounding land. It was covered with the most beautiful green grass, shaved close by the scythe, and was, as I have said, sheltered by the overhanging branches of thrifty old apple trees. At its foot was a running spring coming out of the earth and gurgling away through the meadow to the creek, which in its turn emptied into a lake at the western side of the village.

This grassy knoll was in the center of a lot of a few acres which Mr. F. owned, and wherein on this present occasion were feeding his horse, which had been let out of his stable, a cow, which Gerrit had lately purchased, and the turkeys and chickens, among which were a beautiful pair of game fowls, the male or cock of which was a proud fellow, clad in red feathers, with a black breast and yellow legs, and who walked about as if he was "monarch of all he surveyed." The cow was a full-blooded Devon, of a magnificent bright red, not so much as a single hair on her whole body of any other color; wide between the eyes, with beautiful shaped horns as smooth as glass; tail straight and tapering, with a clean brush upon it, which Gerrit had combed out so nicely that every hair lay in its place. She had small legs and udder, which, on this occasion, seemed to be distended and ready for the milker.

In every branch of every tree overhanging us there seemed to be birds; and when we had seated ourselves at the table, and Mr. F. had asked his blessing, and our repast had begun, the music of these birds was beyond all expression enchanting. The horse, which when we first walked up the knoll was at the farthest end of the lot, came with his head and tail on a level, as if *music* on the scene before him, till he stood within a rod of us; the cow wandered up to the outer edge of our little circle; the turkeys and chickens were all around us with their cluck and gobble. And Penelope, the presiding genius of the repast, served us with inimitable grace, and showed herself, on this occasion, to be as apt in the performance of the duties appropriate to the hour, as she had in the morning shown herself fit to perform the duties of her aviary. We talked, we conversed, we chatted, we told anecdotes; we had bright wit and pleasant humor, grave remark and poetical quotation, repartee and retort-courteous, and everything conspired to make the hour one of the most pleasant, if not the *most* pleasant hour in my checkered life.

At the close of our supper Penelope arose, and walking away from us some twenty or thirty feet, sat down on the grass with grace and beauty, and began to sing a little wee bit of a song such as she sung in the morning when the birds came down and lighted upon her. It seemed to have the most magical effect upon everything about us that had life: first upon the birds, then upon the horse, then upon the chickens, then upon the cow, then upon the turkeys, and lastly upon us.

She was surrounded by a (living) mass of life; the birds lighted upon her and sung; the horse neighed; the rooster crowed; the cow lowed; the turkey gobbled; and we, first in amazement, then in delight, caught the spirit of the song, and laughed and sat down on the ground, and for the *nonce* made ourselves like little children, who are playing under the shade of some great pine whose long old branches hang down over the edges of some little pebbled brook.

I never can forget *that* day; and though I now am an old man, and this girl has grown up, and is one of the foremost women in this country in all that gives grace, and glory, and greatness to human character, she has in no relation of life ever impressed herself upon me in any direction as she did in the expressions of her wonderful power over the animal organizations made by divine ordainment subject to man.



NEW YORK, MARCH, 1860.

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.

HEALTH OF THE CITY.—The Annual Report of our City Inspector shows the number of deaths during the past year to have been 21,645, of which 12,918 were of children. This does not speak well for the sanitary condition of a city, which, for salubrity of locality, ranks among the most favored places on earth. We are of opinion that a properly regulated sanitary police, and a hygienic system of medication would, in a single year, reduce this startling mortality to 5,000 or less. But the time seems not to have yet come for the masses of the people to give any attention to the laws of life or the conditions of health.

During the winter months, eruptive fevers and inflammatory affections have been unusually prevalent. The deaths of inflammation of the lungs reached the unprecedented number of sixty in a single week; and the highest mortality of scarlet fever was sixty-three. Deaths of whooping-cough and croup have also been unusually numerous.

Though we have prescribed to many of these cases, it has not yet fallen to our lot to lose the first patient, where no drugs had been administered. As we have often had occasion to say, we do not regard inflammation of the lungs as, *per se*, a dangerous disease at all; hence we have no reason to assign for the great number of deaths, except the medication. That the drug treatment has killed outright nine out of ten who have died, we have no shadow of doubt.

Scarlet fever, left to itself, is seldom dangerous, though often severe. We have not yet lost a patient of this disease, and have treated many scores, yes, hundreds, of cases. We are glad to know that the people are beginning to wake up in earnest to the horrid and murderous practice of poisoning people to death because they are sick. Our health conventions seem to have

set them to thinking in earnest; and we are having calls for conventions and lectures from various parts of the country. A friend in Chicago sends us the following article, which shows that some of the country papers are beginning to discuss this question of druggery:

PLAIN TALK.—*Messrs. Editors:* Out West we are a very plain-spoken people. Sometimes it may not be so well for us, but in the long run it is far better to "speak right out in meeting." The following from one of our Illinois farmers will be found to hit the nail on the head the very first time. I copy it from a letter found in the last number of the *Farmer's Advocate*, an agricultural paper published in Chicago; subject "Preservation of Health." The article is rich in outspoken facts.

I had a son killed by one dose of tartar emetic, given by an M.D. The papers often speak of such cases, yet we must run to them and let them kill us, so we may die *secundum artem*. Were it necessary, I could mention many cases of deaths by a single dose of medicine given by "medical advice." Thousands, yea, tens of thousands, die annually from this cause alone. * * * * Mankind place far more faith and confidence in the M.D.'s than in their Creator. How few there are who believe God's laws—physical as well as moral—were intended for their good. Yet such is true. I once had as much confidence in them as others, and as readily took their death-dealing medicines. I sinned ignorantly, yet I have suffered in some measure the penalty. I have had two children killed and the health of the third injured, before I had my eyes opened. For ten years neither myself nor family have had "medical advice"—though we have been sick some—nor have we taken medicine. We have two children, eight and five years old, who have never tasted medicine, nor do I mean they ever shall, nor any of the rest of my family. I have been sick for weeks, and been entreated by parents and friends, who thought I should certainly die, to get "medical advice," and take medicine, but I remained firm in the resolution that I would not thus dishonor God, and knowingly take a step toward self-murder. I believe in living and acting from principle. When I have such light as I have given, and much more, shall I disregard the warning voices, and obey such as J.'s? God helping me, *I never will*. And I would urge every lover of God and humanity to shun such advice as they would the plague.

I write as a plain farmer, not with the swelling title of M.D.; but I speak having some knowledge at least of what I say. If you want to live, shun "medical advice" as commonly given, and trust to nature, and nature's God and His laws, and don't destroy your usefulness by taking medicine from the hands or by the advice of any man of the fashionable medical schools. R.

Who shall say that there is not more truth in these extracts than is found in most of the medical contributions (?) to science? I could point you to scores of families in the West who for years have never once used stimulants or poisons of any kind in cases of sickness; no, not even "herb tea." They rely upon God's pure air and light; the beverage of nature and the fruits of the earth, and with proper exercise these have never failed to restore and maintain health.

NUTRITIVE VALUE OF FOODS.—Never was anything more ridiculous than the experiments, nor more absurd than the conclusions, which we find recorded in the works and writings of chemists and physiologists on this subject. There is so much more of error than of truth abroad on this

subject, that we believe mankind would be vastly better off if they were left to their own common sense and common instincts, without a *scientific* book on the subject of diet in existence. The following communication on the flesh-forming properties of various articles of diet is worth a moment's attention:

LEXINGTON, S. C., Dec. 26, 1859.

DR. R. T. TRALL.—*Dear Sir:* A few days since I read an article in the *Scientific American*, of Oct. 29, page 287, entitled "Food and its Constituents," made up of extracts from *Blackwood's Magazine*, and an article prepared by Dr. Lancaster, of London, in relation to which I wish your opinion through the columns of the *WATER-CURE JOURNAL*.

For several years past I have been fully impressed with the correctness of the position, that tea and coffee were stimulants *only*, and contained no ingredient whatever of any essential value toward building up the animal structure, or in supplying the waste ever attending the "wear and tear" of life. If, however, I am mistaken in this opinion, and tea and coffee really contain more of the nutritive principle in a given quantity than almost any other vegetable, or perhaps animal, substance in existence—as the high authority of the *Scientific American* seems to sustain—then, hereafter, my efforts against the use of the same shall be upon the principle it is now waged against animal food, *only* on account of the stimulating, poisonous properties contained therein. Here are the extracts:

"The nutritive value of food depends upon its richness in flesh-forming matter. An adult man, in vigor, wastes five ounces of dry flesh daily, and it requires the same amount of flesh-formers in his food.

"Five ounces of flesh-formers, being the amount required to restore the daily waste of the body, are contained in the quantities given of each of the following vegetable substances:

	lbs. oz.		lbs. oz.
Wheat flour.....	2 1	Potatoes.....	20 13
Barley meal.....	2 6	Carrots.....	31 4
Oat meal.....	1 13	Parsnips.....	15 10
Maize.....	2 9	Turnips.....	17 13
Rye.....	2 3	Cabbage.....	10 6
Rice.....	4 13	Tea (dry).....	1 11
Buckwheat.....	3 10	Coffee (dry).....	2 1
Lentils.....	1 3	Cocoa (nibs).....	3 2
Peas (dry).....	1 5	Bread.....	3 13
Beans (dry).....	1 5		

If the above table be found correct, it will still remain a question as to *how much* poison is contained in the remainder, *above the five ounces of flesh-forming material contained in such articles as tea and coffee*; and whether it will be *safe* to take the said quantity of flesh-forming substance in combination with a much larger quantity or proportion of flesh-destroying and mind-stultifying matter? Admitting the truth exhibited by the above extracts, there can still be found no good reason why sensible men should feed largely on poisons in combination with flesh-formers, while the said flesh-formers are found more abundant and much cheaper in other combinations, entirely innocent, and peculiarly adapted to the animal economy. Truly yours, S. CORLEY.

In relation to the above table we have to say, there is no truth in it. Tea and coffee are put down as more nutritive than bread, wheat, or rice. This is simply ridiculous. There is not a particle of flesh-forming or nutritive material in all the teas of China, nor in all the coffees of Java and Brazil. Indeed, they are the very opposites. They lessen the nutritive value of real foods, when taken conjointly, for the reason that

they are poisons, and actually waste the vital powers.

Nothing is easier than to determine the truth of this matter by direct experiment. Let one man take daily one pound and eleven ounces of tea, and another man eat the same quantity of bread. Our word for it, the tea-taker will find himself growing "small by degrees and beautifully less" in the matter of flesh, while the bread-eater will preserve his quantity without any difficulty. We are willing to stake our reputation as a scientific teacher on the issue.

THORLEY'S FOOD FOR CATTLE.—Since provision dealers have contrived to vitiate almost everything employed as food for human beings, the inventive genius of the age seems to be about to try its skill in ruining the cattle. We do not know that the invention of Mr. Thorley contains any ingredients which are actually poisonous, but we believe that all manner of preparations and combinations which are peculiarly fattening to man or beast, are pernicious. Fat is not flesh. Indeed, a fattened animal has less of flesh and less of blood than one which is not fattened. And as all nutrient material is in the blood, and all power in the flesh, fat is an incumbrance, a load, an effete material, instead of a desirable acquisition. Whether Thorley's Food has or has not any fattening qualities above the ordinary grains and grasses, we do not know. But if it has, it is pernicious. If it has not, it is a humbug and a cheat. The proprietor says of his invention:

Thorley's Food for Cattle may be used for all animals; its effect is to invigorate their health and increase their physical power. It is found particularly beneficial in restoring to good condition horses which have been overworked, or become thin and weak through disease, or those of a naturally feeble constitution. Its use for cows increases the quantity and enriches the quality of their milk. It is extremely nourishing for calves and lambs, rendering them hardy and producing rapid growth. Its fattening qualities are, perhaps, the most remarkable of any, and are well and convincingly displayed in feeding up pigs, etc. The flesh of animals fed with it is greatly superior in consistency and flavor to that of others.

Its alleged wonderful effect on pigs is one of the reasons why we regard it as pernicious. No animal can be rapidly fattened without becoming rapidly diseased; and, although such animals may sell well in the market, the quality of the food they furnish is one of the most prolific sources of disease in human beings. Putrid and contagious diseases are never so rife in city or in country as when the markets are bountifully supplied with highly-fattened pork and poultry.

SUMMER TERM OF SCHOOL.—We have applications from a number of students who desire to attend our school, and who can not so well attend the winter course; and we have, therefore, made arrangements to continue the school through the ensuing summer. The lectures will commence on the second Monday in May, and continue twenty weeks, with an intermission of four weeks from the middle of July to the middle of August. We would like to hear, so soon as convenient, from all who contemplate attending the summer term. Those who wish to attend two terms and graduate can save some time and expense by attending one summer and one winter term. Although we do not, during the summer term, go so extensively into the details of the collateral sciences, yet the more practical subjects are presented more fully than during the winter term, besides which, students have more time to visit the hospitals and attend the clinics of the other schools, as well as for private study and office instruction. On the whole, therefore, we regard one summer and one winter term as equally advantageous if not preferable to two winter terms, while they are considerably less expensive.

HEALTH CONVENTIONS AND LECTURES.—We have made such business arrangements as will enable us, after the first of May, to be absent from the city a part or the whole of each alternate week. Indeed, some change in the programme of professional life—some relaxation from the unrelenting round of duties which have so long confined us to the "Cure," the desk, and the school—seems to have become a necessity which can not much longer be postponed. And in order to combine the pursuit of health and pleasure with business, we purpose to attend health conventions, and to visit as many places as convenient and talk to the people, in a familiar way (and to the doctors, if we can get the opportunity), in parlors, school-houses, town-halls, churches, in barns or in groves, or in any place where it is convenient for few or many (be the same more or less) people to assemble together, on all matters connected with the laws of life, the conditions of health, the subject of diseases and remedies, the principles of hygieo-therapy, and the errors of the drug system.

Those interested in these discussions, and who wish to make arrangements for their respective neighborhoods, are invited to cor-

respond with us on the subject, as we shall be obliged to plan our engagements several weeks ahead. We will remain two or three days in a place, or even a week, if the interest in our cause is sufficient to keep us busy; for we do not like to be idle. If we play, we must play as we are accustomed to work—with all our might.

We shall hope to make the personal acquaintance of many with whose names we are already familiar, secure some new friends to our system, and extend the circulation of the WATER-CURE JOURNAL. We authorize our friends, in any place we may visit, to say that, if the people and the physicians of the place desire it, we will meet as many of the invalids and their physicians as will attend, in a public *clinique*, in which we will examine their cases, diagnosticate their diseases, prescribe the hygienic treatment, explain the effects and *modus operandi* of the usual drug remedies, and discuss, with the physicians, any incidental questions on which we happen to disagree.

It has occurred to us that this proposition, if accepted by the physicians and people, would bring before them the merits and demerits of our respective systems in a more practical and useful manner than any other.

To Correspondents.

Answers in this department are given by DR. TRALL.

NURSING SORE MOUTH.—Mr. J., Auburn, Ala. The ulcers which extend all over the throat and tongue, and the pain and soreness in the side, are no doubt principally caused by the "large and frequent doses of blue-pill mass" with which the doctors drugged you so long. The sore throat will be apt to continue so long as the child nurses. Avoid the use of salt, saleratus, and all other alkalies. Butter and cheese are also very objectionable.

VEGETARIANISM.—M. R. E., Boston, Mass. It is impossible to measure or weigh precisely the amount of food any one can take to the best advantage. But this method of approximating the right quantity is often better than to trust a morbid appetite. By taking only two meals a day, and restricting the articles to pure wheat meal bread and apples, with a moderate allowance of vegetables once a day, the majority of dyspeptics will soon get normal appetites. It is not easy to induce flesh-eaters to read works which advocate an exclusively vegetable diet, and still more difficult to induce them to change their habits.

TUMOR.—N. J. W., Hibbard, Kansas. This case may require surgical treatment. We could not prescribe for it without a personal examination. We have no doubt of its curability by some means.

BREAD AND APPLES.—C. R. D., Staatsburg. I noticed in the last number of the WATER-CURE JOURNAL that one of its subscribers thrives well on Graham crackers and apples. I think of trying the experiment. Can you inform me where Graham crackers, made on the hydropathic principle, can be obtained? Would seven or eight hours be too long an interval between two meals? Does it matter whether the apples are cooked or not?

1. Trall & Fancher, 15 Laight Street, New York, can supply orders for a pure article of Graham crackers. 2. No. 3. Uncooked apples are best, though baked apples will answer a good purpose.

PUERPERAL MONOMANIA.—S. G., North Bend, Ohio. It is useless for us to prescribe to a woman who is eating all kinds of bad things, and taking drugs. If she, knowing her habits to be bad, will not correct them, she would not be likely to attend properly to anything we should advise.

PILES.—J. K. L., Ringer's Point, Mo. You do not give a sufficient description of your case and personal habits to enable us to advise you particularly. It will, however, be safe for you to abandon coffee-drinking and cigar-smoking, and use the hip-baths with cold enemas.

LECTURES.—We intend to have more relaxation from business the ensuing spring and summer, and will give lectures on any subject connected with health reform or the different medical systems, wherever it is convenient to go, and the friends of our cause will give us timely notice that they will secure a good audience.

Mrs. Page is also prepared to lecture on Diseases of Women, Consumption, Health Education for Woman, Diseases of Children, Bowel Complaints, etc.

ENLARGED SPLEEN—POTATO PIE-CRUST.—E. C. S., Spring Lake, O. Dr. Trall—Will you please give some advice through the columns of the WATER-CURE JOURNAL relative to an enlargement of the spleen, which I discovered last August. I had no ague during the summer, although my child, then ten months old, being nursed by me, had chills several times. When first discovered, it pained me considerably in the night. I applied a towel, wet in cold water, which gave me relief. Menstruation ceased immediately after discovering the enlargement. Drink neither tea nor coffee; eat not any meat; eat fine flour bread; take not any medicine. I would like to know the hydropathic treatment for the removal of the enlargement. What shall I do to induce a return of the menses? What is the process of making pie-crust, using potatoes for shortening?

The treatment you require is tepid sitz-baths, hot and cold foot baths, abdominal fomentations occasionally, and the use of coarse bread, instead of fine. If the bowels are constipated, employ enemas. To shorten pie-crust with potatoes, boil the potatoes, then mix them with the meal or flour.

CATARRH, WITH SPINAL AFFECTION.—J. A. C., Pine Plains, N. Y. We would advise the person whose case you mention to go at once to a good water-cure. She will not be likely to succeed with home-treatment. There is probably some uterine complication which requires special treatment.

HYGIENE VS. BAD HABITS.—G. B., Alhambra, Ill. Messrs. Fowler and Wells—I am not sure whether I ought to address myself to you or to Dr. Trall, but I am so anxious for information that I am willing to make the venture, being aware how much you have the cause of reform in medicine and habits of living at heart. I am a teacher by profession, live on the usual diet, such as tea, coffee, beef, etc., with bread made from wheat flour (fine). Of course these are accompanied by some vegetables, but they are never cooked without the help of meat, pepper, salt, etc. I have been living under the drug discipline up to this time, but have never to my knowledge taken calomel. I have generally been treated by an eclectic physician. I have used tobacco freely (smoked it). I seldom take any out-door exercise, go to bed late, and don't get up very early. I am troubled with biliousness—have had a bilious tendency ever since I can recollect. I suffer from general debility, and can endure very little exertion. Your valuable WATER-CURE JOURNAL has opened my eyes, and I am now resolved to correct all my erroneous habits, if I can only get sufficient light to enable me to see what path to tread. Several books published by you would be invaluable to me in my search after knowledge of myself, and which I mean to get as soon as I can find the means. Now would you, through the columns of the WATER-CURE JOURNAL, tell me (1) what sort of diet I ought to eat; (2) what should I do as to washing and bathing; (3) what is necessary for the re-establishment of my general health. You will greatly oblige me if you will satisfy me on these points. I also wish to do for those around me what your JOURNAL has done for me, viz., show them the error of their ways.

The plan for you to pursue is exceedingly simple. Reform all the erroneous habits you speak of, and adopt a hygienic plan of living. To explain this in all the details you call for, would be to write a book; and as just such books are already published for the benefit and instruction of precisely such persons, we must recommend you to get them—at least one of them—the "Hydropathic Encyclopedia." We would rather give you six copies of the book than write you instructions how to live, diet, exercise, bath, etc.

POLYPUS OF THE NOSE.—D. T., Corning, N. Y. It requires from two to four weeks to remove these tumors so that they will not grow again. Our surgical fee, in ordinary cases, is \$25.

SCHIRRUS OF THE BREAST.—E. G. H., Milwaukee, Wis. The sooner the affection is attended to, the better. The refrigerating process, in the present stage, might disperse the tumor entirely. If it becomes an open cancer, it will have to be removed by strong caustic. The cure is always uncertain when the glands of the armpit are involved.

WEeping SINEWS.—C. D. F., Norwich, Ohio. These affections can easily be cured by a surgical operation, but they can not be removed by bathing. We have cured many cases, sometimes by mechanical pressure, and sometimes by incision.

TRAPS TO SELL.

We notice, of late, quite an increase in patent-medicine journalism. Finding a slow sale for their pills and plasters, the manufacturers set up independent advertising mediums. Personal ambition to see their names in print, and in the hope of rivaling Mott, Moffatt, and Brandreth, these new candidates present themselves for the honors and profits of their sharp practice. But their medicines can not be got down the throat of a twice-guiled goblin, and their new medical journals will soon be "suspended." There are too many mercenary enterprises started, and the people are suspicious of them. They see the hook attempted to be so adroitly concealed by the bait, and though they may nibble they will neither bite nor swallow.

The fate of half our agricultural journals has been that of a very short life, simply because coupled with "Traps to Sell." Readers need not be surprised if they should be presented with a prospectus and solicited to subscribe for a journal entitled "The Patent Pill Peddler," or "The Glutinous Gummer," "The Double-Stitch Stitcher," "The North American Scientific Clap Trap," "My Own Terrible Trumpet," all of which will be specially designed to "take in greenhorns." Every steamboat, canal-boat, hotel, and machine shop will start new journals. Barbers must have journals of their own to sell their double extract of bear's grease (hog's lard), which will start your whiskers (and quarters) in just two minutes exactly. And the "no cure no pay" doctors will eradicate the most loathsome disease in sixty seconds! All the most agonizing pains put to sleep by a single touch of the electric telegraph! Consumption cured, and all other complaints named in the dictionaries, by a few bottles of the incomparable lubricating liquid, expressed from that indigenous plant chiefly obtained along the coast of Newfoundland, Labrador, Nova Scotia, and Cape Cod! For full particulars see the great *Bung Town Blower*.

IN PRESS.—MESSRS. FOWLER AND WELLS will shortly publish a useful and suggestive work, entitled—

How TO LIVE: Saving and Wasting, or Domestic Economy Illustrated by the Life of Two Families of Opposite Character, Habits, and Practices, in a Pleasant Tale of Real Life, full of Useful Lessons in Housekeeping, and Hints How to Live, How to Have, How to Gain, and How to be Happy: including the Story of A DIME A DAY. By Solon Robinson.

Also, a small hand-book on—

THE HUMAN VOICE: Its Right Management in Speaking, Reading, and Debating—including the Principles of True Elocution; 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. By the Rev. W. W. Cazalet. New York: FOWLER AND WELLS, publishers. Pre-paid by mail, in pamphlet, for 15 cents, in muslin, 25 cents.

The author says: "The work I now present to the public is the result of much thought and study over a period of more than fifteen years. Having myself suffered from relaxation of throat, and the feeling of exhaustion after speaking and reading, I set to work to consider the cause. This led me to investigate the mechanism and action of the vocal organ, and the result has been the present work, in which I have endeavored to show the natural action of all the organs concerned in the formation of speech. I speak confidently of the effect that must follow from attention to the rules I have laid down, not only from my own case, but also from that of others to whom I have imparted these principles. * * * My object is the promulgation of true principles not only for establishing general rules for guidance from the first elements of speaking and reading to the highest outpourings of eloquence, but also affording a means for relief to those suffering from the many evils arising from misunderstanding and wrong direction, where the voice is the basis of the professional career. In this second edition I have introduced the subject of Delivery as a system for correct speaking and reading."

A FACT FROM THE SOUTH.—We take pleasure in publishing the following statement, for the entire truth of which we ourselves can affirm:

AMERICUS, GA., Jan. 25th, 1860.

MESSRS. FOWLER & WELLS—About three years since, when in Kansas City, Mo., I saw the efficiency of the Water-Cure treatment tested to my satisfaction. There came to the hotel of Mr. H. G. Richards, where we were boarding, an old gentleman, about sixty or seventy years old (Dr. JOHN McLAURIN), a Water-Cure doctor, who was very badly off with swollen legs—looking to me like dropsy in the legs (if there is such a disease)—caused by over-walking in Kansas, in endeavoring to locate a tract of land for the Vegetarian Company. The disease became so bad that he could not walk, and he was advised to send for a doctor and take medicine; but he paid no attention to the advice, and thought best to treat his own case. He kept wet bandages to his legs, and lived altogether on a vegetable diet. He was confined to his room for about three months, during which time he did not take a particle of medicine, and I have no doubt that if he had been in the hands of the drug doctors he would have died. But he had faith in the Water-Cure and none in the doctors; so he gradually improved until he was able to take a boat for New York, and I have learned that he has since returned to Kansas City, in good health. Truly yours,

ALEXANDER KING.

Dr. McLAURIN, not succeeding in the Kansas enterprise, returned to his home, Ottawa, Canada, where he now edits and publishes a weekly newspaper, the *Gazette*, and is in the enjoyment of all his powers of body and mind. The writer of this had the pleasure of visiting him recently, at his own beautiful home, adjoining and overlooking the government grounds on which is to be erected the Parliament buildings at the new capital of the Canadas, on the banks of the great and the beautiful Ottawa River. The facts recorded above, by Mr. King, of Georgia, were narrated to us but a few weeks ago, by the doctor himself. Furthermore, Dr. McLAURIN acknowledged to us that it was the WATER-CURE JOURNAL through which he was first converted to the Hydropathic system, to which he owes his life and his health.

D. W. L.—A monthly patron of the WATER-CURE JOURNAL, when sending a club of new subscribers from New Hampshire, closes his letter with the following remarks: "When you do not hear from me once a year you will please notice my death." We trust D. W. L. will live long to do good among his fellow-men in this world, and when the time comes for him to go hence, that he may enjoy the consciousness of having served the highest interests of humanity, and thus have earned the reward which awaits him.

OUR JOURNALS IN THE SOUTH.—Notwithstanding the political excitement, got up in great measure for effect, we are happy to note a very gratifying increase to our subscription list from all the Southern States. However well the South may do without "patent medicines" manufactured in the North, it is too sensible to drop the HERALD OF HEALTH, and we find a general renewal of all former subscriptions, and a liberal increase of new ones from this section of Uncle Sam's great garden.

A GOOD EXAMPLE.—B. E. N., writing from Ann Arbor, Michigan, says: "In renewing my subscription for your valuable journals, I have the pleasure of sending a few other names as new subscribers. I removed from Lyons, N. Y., to this place about a year ago. I found, on inquiring at the post-office, that mine were the only journals received at this office, and I resolved to send you at least one new subscriber. The inclosed list of names and accompanying draft is the result of a few hours labor. The success has encouraged me to make another effort, the result of which I will forward to you as soon as I find a few hours of spare time to make the effort. I have not been obliged to employ a physician since I commenced reading the WATER-CURE JOURNAL, some ten years since, and for several years have had no occasion for employing one. We have learned how to live in the enjoyment of uninterrupted health, using neither tea nor coffee. I am at present living on a farm, and although unaccustomed to farm labor for the past twelve years (having been engaged in teaching during that period), I find no difficulty in performing all kinds of labor without the use of meat or stimulants of any kind. I am, and have been for the past ten years, endeavoring to aid you by precept and example in hastening the 'good time coming,' when mankind shall live as their Creator designed them, and enjoy what it is their privilege to enjoy (good health). With an earnest prayer that you may live long and accomplish all the good you are striving to accomplish, I am as ever, yours most truly."

DR. ALCOTT'S LAST WORK.*

"FORTY YEARS IN THE WILDERNESS OF PILLS AND POWDERS; OR, the Cogitations and Confessions of an Aged Physician," is the title of a work lately from the pen of the late Dr. W. A. Alcott, whose reputation as an author on valuable health and educational books is world-wide. It is an interesting and instructive work. The author's experiences are told with evident fidelity to truth and remarkable simplicity of style, and the anecdotes and observations, which render the work lively and often amusing, can not fail to make a salutary impression on the public mind. We shall frequently quote from its pages. The following articles will give the reader an idea of its style and matter.

A DOSING AND DRUGGING FAMILY.

For several months of the first year of my medical life, I was a boarder in a family, all of whom were sickly. Some of the number were even continually or almost continually under the influence of medicine, if not of physicians. Here my trials were various, and some of them severe.

But I must give you a particular description of this family; for I have many things to say concerning it, some of which may prove instructive.

Mr. L. had been brought up a farmer; but being possessed of a delicate constitution, had been subsequently converted into a country shopkeeper—a dealer, I mean, in dry goods and groceries. As is usual in such cases, he was in the habit of keeping a small assortment of drugs and medicines. The circumstance of having medicine always at hand, and often in hand, had led him, as it has thousands of others, into temptation, till he had formed and confirmed the habit of frequent dosing and drugging his frail system. But as usually happens in such cases, the more medicine he took, the more he seemed to require, and consequently the more he swallowed. One thing prepared the way for another.

With Mrs. L. matters were still worse. In the vain belief that without a course of medication, she could never have any constitution, as she was wont to express it, her mother had begun to dose and drug her as early as at the age of twelve or fourteen years. And what had been thus early begun, had been continued till she was twenty-four, when she married Mr. L. But she was feeblier, if possible, at twenty-four than at fourteen, and believed herself under the necessity of taking medicine in order to be able to sit up a part of the day and perform a little light but needful family labor, such as sewing, mending, etc.

When I first had a seat at their family table, it was by no means uncommon for Mr. and Mrs. L. to begin their meal, as soon as "grace" was over, with Stoughton's bitters, or some other supposed cordial, or strengthener of the appetite. As I not only refused to join them, but occasionally spoke a kind word against the custom into which they had fallen, the bitters at length fell into disuse; and it was found that their meals could be digested as well without the stimulus as with its aid.

But I was much less successful in preventing the torrent of medicine from producing its wonted effects upon this family at other times and seasons, for which Mr. L.'s business furnished such facilities. But you must not think of Mrs. L. as a mere tyro in this business of compounding medicine, nor in that of administering it, especially to herself. From the apothecary's shop of her husband, as well as from other sources, she selected one thing after another, not merely for the time, but for permanent purposes, till it was almost difficult to say which had the best assortment, she or her husband. And she not only had it on hand, but she took it as freely, almost so, as her food and drink.

More than even this should be affirmed. Had she at any time flagged in this work of self-destruction, she would have been brought up again to the line by her mother. For though the latter resided at a considerable distance, she paid Mrs. L. an occasional visit, and sometimes remained in the family several weeks. Whenever she did so, little was heard of in the usual hours of conversation—especially at the table—but Sarah's stomach, Sarah's nerves, and what was good for Sarah. It was enough to make one sick at the stomach to witness the conversation even for a single day; and above all to be compelled to join in it.

She was there once in the early spring, and remained until the ground was fairly settled. No sooner could she get into the woods, and come to the naked surface of the earth, than the whole country around was laid under tribute to furnish roots "good for the blood." These were put into a beer to be prepared for Sarah. It was supposed by many—and by this wondrous wise old lady among the rest—that the efficacy of these medicinal beers in cleansing the blood, must ever be in due proportion to the number of their respective ingredients. Thus if twenty articles, "good for the blood," could be cured and boiled in the wort, the result would be a compound which would be worth twenty times as much, or at least be many times as useful, in accomplishing its supposed specific purpose, as if only one kind of root had been obtained.

It was a long time before I could break in upon this tissue of error to any practical purpose; for so deeply imbedded in the human brain is the idea of purifying the blood by some such unnatural means, that one might almost as well think of building a railroad to the moon, as of overcoming it. They never thought—perhaps never knew—that the blood of the human body of to-day will be little more the blood of the body to-morrow, than the river which flows by our door to-day will be the river of to-morrow; and that the one can no more be purified independently of any and all things else than the other.

But it is said to be a long road which never turns. Some good impressions had been made on this family, as we shall see hereafter. Not, indeed, until there had been much unnecessary suffering, and many an unwilling penalty paid for transgression, as well as much money uselessly expended for physicians and medicine. For though I was somewhat a favorite in the family, I was as yet young and inexperienced, and many a wiser head than mine was from time to time invoked, and much time and money lost in other ways, that might have been saved for better and nobler purposes.

Among the items of loss, as well as of penalty, was that of off-pring; these were generally still-born. One, indeed, lived about two weeks, and then perished. The parents seemed to be written childless; or, rather, they seemed to have written themselves so. They seemed destined, moreover, to follow their premature children, at no great distance, to an untimely grave; for nothing was more obvious—I mean to the medical observer—than at an age when everybody ought to be gaining in bodily no less than in mental and moral vigor, they were both of them growing feeble as well as irresolute.

As a boarder, I left the family some time afterward, though I did not lose sight of it wholly; nor did they entirely forget or disregard the numerous hints I had given them. They made some progress every year. At length, however, I lost sight of them entirely, and only kept up a faint recollection of them by means of an occasional word of intelligence from the place where they resided, showing that they were still alive.

One day, after the lapse of about eight years, as I was passing through a charming New England village, the stage-coach stopped to let the passengers dine, when, to my great surprise, on stepping out of the coach, whom should I see but my old friend Mr. L. He was equally surprised, and perhaps equally rejoiced, to see me. The interview was utterly unexpected to us both.

"How do you do?" said he, grasping my hand. I returned the compliment by inquiring after his own health and that of Mrs. L. It turned out that he had failed in his business a few months before, and that, as a consequence, he had been compelled to remove to the place where he now was, and engage in an employment which brought his skin into contact with the air, and his muscles into prolonged and healthful activity. It appeared also that both he and his family had long since banished the use of medicine. "And now," said he, "thank God I know what it is, once more, to enjoy health; I can not only eat, but work."

It was Monday, the great washing-day of Yankee housekeepers; and while we were talking together with so much earnestness, that, like Milton's first pair in innocence, we "forgot all time," a female approached, with her sleeves rolled up, greeted me with much cordiality and seized me by the hand. "Can this be Mrs. L.?" I asked. How changed! She was, it is true, like her husband, a little sunburnt; but then she was as she assured me, and as I had every reason for believing to be true, comparatively healthy.

While I was still in amazement, hardly knowing whether I was awake or dreaming, a little girl approached us. Though somewhat slender and delicate, she was only slightly diseased; rather, she was only predisposed to disease by inheritance; and mere predispositions no more destroy us than a train of powder explodes without igniting. The girl was about four or five years old. "Who is this?" I inquired. "Not yours, most certainly," I added, turning to Mr. and Mrs. L. "We call it ours," they said, "and yours; for we, no doubt, owe her life and health, in no small degree, to your instructions." "This," said I, "is what I little expected to see; but you may thank God for it rather than me, since she lives by virtue of obedience to his laws, and not mine. Then you are not only pretty healthy yourselves," I added, "but you have a healthy child." "We have two," said they. "The other is in the cradle; we will go and bring her."

At this moment the loud declaration, "The coach is ready, gentlemen," reminded us that our conversation was at an end for the present, and we were obliged to separate. Not, however, till we had enjoyed a most luxurious mental repast in "the feast of reason and the flow of soul," with no abatement but the consciousness, on my part, of a little loss to the landlord, who had provided for the passengers a smoking dinner.

This, reader, to speak somewhat paradoxically, was one of the proudest, and yet one of the humblest days of my life. To have been the Heaven-appointed instrument of such a marked change for the better in a human family, was more than could have been foreseen or even expected. It is more than has often fallen to my lot. True, I do not hesitate to regard it as an extreme case; and yet it is, in magnitude, just what I could show you in miniature, at various points in the same vicinity, and indeed all over the country.

Mr. and Mrs. L. still pursue the even tenor of their way, and have their reward in it. One of their two daughters—buds of early promise—though probably more or less scrofulous, hardly reached maturity ere she descended to the tomb. The rest enjoy a tolerable degree of health. Of course, I do not speak of their health as greater than that of the average of mankind, notwithstanding their thorough reformation. It is much, all things considered, that it should be equal to that average.

As for the mother of Mrs. L., who still occasionally visits the family, she looks on in silent amazement, hardly knowing whether to recommend any more beer, with all sorts of roots good for the blood in it, or whether to give up the pursuit. I believe, however, that she does not often presume to interfere with their habits. Perhaps she has learned—if not, she may possibly live long enough to acquire the lesson—to "let well alone," as her children and grandchildren already have. I certainly hope she has. It will conduce

* Sent by mail, post paid, by Fowler and Wells, on receipt of one dollar.

greatly to her health and happiness, as well as make her a better citizen and better Christian.

STANDING PATIENTS.

Medical men well know—should any such condescend to look over this volume—what is meant when I affirm that I was not long in securing to myself a good share of *standing patients*. They are the dread, not to say the curse, of the profession. And yet they abound. They are found throughout the length and breadth of the land, and in great numbers.

They are a class of persons, not always of one sex, who hang continually like an incubus on the physician, and yet are forever a disadvantage to him. They are never well enough to let him alone, and yet seldom ill enough to require much medical advice or treatment. And yet, medicine they will have of somebody, even if they go to the apothecary for it, without so much as the semblance of a medical prescription of any sort. But then, after all, they are seldom reduced to any such necessity. They usually have on hand prescriptions enough of some sort. A dearth of Yankee physicians—could such a thing possibly occur—would still leave us a supply of Indian doctors, mesmeric doctors, nutritive doctors, etc., etc., to say nothing of doctresses, in liberal abundance, ever ready to prescribe.

When I succeeded Dr. — in the chair of medicine, surgery, etc., at —, I received, as if by contract, if not by inheritance, his whole stock of standing patients. They were not slow to *call on*, sometimes to *call in*, the new doctor. Nor was I often long in the house before comparisons began to be made between my predecessor and myself. They did not, of course, directly traduce or slander Dr. —, but they were very careful to intimate that, having got his name up, he had grown careless about his patients, especially such of them as did not belong to his clique. political or sectarian; and that, on this account, they were almost willing to part with him, and to receive and accept as his substitute one who was not only younger and more active, but also less tinctured with conservatism and aristocracy!

A very large amount of valuable time was spent during the first year of my practice as a physician in endeavors to do good to these very devoted and loving and loyal patients; for if they did not always call me when I had occasion to pass their doors, I knew full well they expected me, and so I usually called. Besides, in many an instance I was sent for in post haste; with entreaties that I would come and see them immediately; and no atonement for neglect or even delay—if such neglect or delay was ventured—would suffice. And yet, despite of their fears of “monarchy and aristocracy,” they were my most truly aristocratic patients. They expected me to come and go at their request, whether anybody else was attended to or not. And, to add to the vexation of the case, though they boasted of having paid most enormous bills to my predecessor, they never, if they could avoid it, paid any to me.

Now, I do not suppose that every medical man has as large a share of these standing patients as fell to my unhappy lot; but from the knowledge I have acquired of mankind, and from the acquaintance I have necessarily formed with medical men, I do not think I err when I affirm that they are everywhere numerous, and that they are everywhere not only a pest to society at large, but particularly so to the physician.

But the worst feature of the case is, that after all our efforts, we can seldom if ever cure them. They are always hanging upon us like an incubus; and yet like Solomon's daughters of the horseleech, are never satisfied. They take the medicine, and follow the advice, if they like it; or they take such parts of it as they choose, and reject the rest. Or they take the advice and follow us to-day, but get discouraged and abandon us, at least practically, to-morrow; especially if some smart young physician happens to come along who has more than an average share of empiricism and pretension, and more than he has of real merit.

I must here confess, among other confessions, that at first I was not a little deceived by their open countenances and concealed thoughts, and unintelligent and hence unconfiding professions. It was a long time before I relinquished the hope of doing them good, or at least a portion of them. But I was at length compelled. There was nothing on which to build. If a foundation seemed to be laid one day, it would disappear the next.

One fundamental difficulty lay in the way of these persons to health, as it has to thousands of others. They were all the while talking or thinking about themselves, their ailments, and woes, and abuses, and neglects. They were particularly inclined to turn their attention to their own diseased feelings. Now it may be pretty safe to say that no individual can fully recover from chronic disease—nervous, stomacic, or glandular—who is always turning his thoughts inward, and watching his own feelings, and perhaps relating his woes to every one he meets with. We must learn to forget ourselves, at least a part of the time, and think of others, if we are in earnest to get rid of chronic disease. I do not say, of course, that everybody would recover of disease, even if they acted right in every particular; but this I do say, that if every person who is ill would act wisely, and if their physicians, in every instance, were wise enough to take the best course, the number of these standing patients would soon dwindle to a very small remnant. Instead of thousands, or tens of thousands, it would soon be reduced to hundreds.

[TO BE CONTINUED.]

FEMALE PHYSICIANS.

THE Female Medical College of Pennsylvania has issued the Tenth Annual Report of the Managers. Now that the *men* doctors have, in full medical society assembled, commenced a gallant war upon women, and proclaimed that any one who does not wear breeches must of necessity be a “quack,” liberal-minded citizens will rally to the support of an institution thus meanly and disreputably assailed. The Female Medical College is a chartered institution; its course of tuition is allopathic, and precisely the same as taught in the University, Jefferson, Pennsylvania, and the other colleges from which come the selfish, illiberal members of the State Medical Society. Women are as competent to study and practice medicine as men. There is no royal monopoly of science given to the male sex; and when any set of physicians so far forget their self-respect, and the respect they owe to their mothers, wives, sisters, and daughters, as to make war upon women who are endeavoring honestly and reputedly to support themselves, they deserve the hisses, scorn, and contempt of the community.

Ten years have sufficiently tried the Female Medical College, and settled it upon a firm foundation. Its classes, for some years, have been respectable in point of numbers. A certain number of its graduates will far surpass in intelligence, faithful and studious attention, and in capacity the average of any equal number of the male students at the pure and unadulterated quack-hating regular colleges. There is a reason for this that is founded on common sense. The curriculum of the male student is too often one vast “spree.” Young men come to the city to “study medicine” ostensibly, but really to indulge in all the pleasures and dissipations of the metropolis. It is believed that too often students are admitted to diploma who are not worthy of it. The rivalry between colleges, the desire to turn out large classes, has caused a relaxation of the stringency of the examinations, so that he must be a great fool who can not “cram” sufficiently a few weeks before the end of the term, to “pass.” Hence the standard of medical proficiency in the

regular anti-quack colleges is being reduced every year, and the whole of the preparatory examination becomes a mere farce. The Female Medical College, on the contrary, has none but earnest students. No lady goes into that school who has not a necessity to do so. She is not, like too many of the students of the other colleges, sent to Philadelphia in order to get a title which may confer some respectability at home. If she enters the medical college it is because she knows that the acquirement of a profession is necessary to her own success in life. She is therefore enthusiastic, earnest, and persevering. She commences her studies with an honest desire to comprehend, and never tires in fulfilling a destiny that to her becomes a vital necessity. Contrast this delicate, nervous, but resolved young woman with the wild, reckless, dissipated young man, who, if he gets the parchment from the University, Jefferson, Pennsylvania, can be no quack according to the State Medical Society; and what does the impartial mind determine? Nothing, except that every probability, every fact weighs in favor of the woman that at the end of the term of study she will be twice worthy of the diploma, while her male rival will scarce have a title to it. Can we wonder, then, that the State Medical Society, led on by jealousy, fear of the success of the female graduates (which success is already remarkable), and worse than all, an avaricious desire to monopolize the whole practice, have descended to the ineffable meanness of stigmatizing the graduates of the Female Medical College as *quacks*? Why are they quacks? They study from the same books, are taught the same principles, and will pursue the same course of treatment as the bearded regulars. “Ah, well, they are quacks,” quoth Condie and his brethren, “because they are women.”

We commend this Female College to general patronage. It has an unblemished history since its foundation. Its graduates are useful, faithful, skillful practitioners. Let it be more particularly our pride and duty to support it, now that avarice and jealousy are arrayed against it.—*Philadelphia Sunday Dispatch*.

At a meeting of the Buffalo Medical Association, Dr. Storck reported the case of a girl, twelve years of age, who passed from the bowels nineteen pins and five needles in the course of four days, and who confessed that she had been in the habit of swallowing them for about three months, in order to get sick, so that she might not be obliged to leave home and work out. One pin stuck in the throat and gave some trouble, and the girl suffered occasional colicky pains, and had much swelling and tenderness of the abdomen, but there were no marked constitutional symptoms.

A PUZZLED PHYSICIAN.—Dr. Ferneau, of Suffolk County, was called, a week or two since, to visit a Canadian bricklayer, living at Cold Spring, and who was suffering from an attack of pleurisy. Dr. F. ordered him to apply a poultice to the part affected, and also left a potion to be taken internally. The suffering Kanaka, thinking the outside application more palatable than the powder, *vice-versa*ed the physician's directions, and the next day, as strange as it may seem, found himself restored to health. On his rounds the next morning, the worthy physician called to see his bricklayer patient, and was surprised as well as pleased to find him up and at work, and attributing his recovery to the remedies he had prescribed, approached him with the query—

“So ho! you are well already, are you?”

“Oh, yees,” replied the patient, beaming on the doctor with an expression of gratitude, “I swallow de poul-teece and rub ah de pow-dare on de rib, and feel mooch bet-tare good!”

The puzzled physician satisfied himself that such was really the case, and then drove off whistling. We have only to say that the above particulars are authentic.—*Gazette, Glen Cove, L. I.*

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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We invite the sick, whatever may be the nature of their disease, to come and see what we can do for them.

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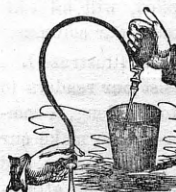
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This Dictionary contains, so the preface says—we didn't count them—about 104,000 words, being about 20,000 more than is contained in any other similar work.

The orthography it is claimed is in accordance with the best usage both in England and the United States. The most marked variation from established English usage is in those words ending in *or* or *our*, as *favor*, *favour*, and the like.

The double *l* of *travelling*, *revelling*, etc., is retained; *pretence*, *offence*, and *defence* are spelt with a *c*; *theatre*, *centre*, etc., are as here spelled; *axe* and *whiskey* keep the *e*; *mould* is not *mold*, nor *height*, *hight*. These our readers will remember are among the few words whose spelling has been the source of so much contention.

The pronunciations are in accordance with the best usage. The marks of designation seem to be as well calculated to guide the student as can be made, but is almost impossible to represent English pronunciation.

The pictorial illustrations are valuable. More information can sometimes be conveyed by a picture than by columns of descriptive words. The illustrations occur with the words they are intended to represent, which is as it should be.

The definitions are full and copious, as much so as the most exacting could reasonably expect. They are entirely unlike Webster's, care having been taken to take "no word, no definition of a word, no citation, no name as an authority" from his work. So the purchasers of both may rely on having books entirely unlike.

The synonyms form a very important part of this great work. About 5,000 words, some nearly synonymous with others, are brought together and treated as to their similitudes and differences. The right word in the right place is what all writers and speakers want, and all often feel the want of a word to express exactly what they mean, and without being able to call it to mind.

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* A DICTIONARY OF THE ENGLISH LANGUAGE. By Joseph E. Worcester, LL.D. Quarto. 65 pages. 1786. Boston: Hickling, Swan, and Brewer. 1860. (With an Appendix containing Pronunciation of Greek and Latin Proper Names; also, Scripture Names, Modern Geographical Names; and the Names of Distinguished Men of Modern Times; a complete Dictionary of Quotations; Grammar and History of the English Language, etc.)

CASES BY A. SMITH, M.D.

MR. G. S., age 24, temperament nervous-bilious, is tall and well-proportioned, lived in the West, and suffered ill health four years. This patient had gone through with three regular courses of medicine, and a greater number of irregular courses, with Dr. James' Ague Death Pills, Wright's Vegetable Indian Killer, and Ayer's Pectoral Life Destroyers, besides taking other drugs too numerous to mention. I do not believe that any one but a Western man could have survived all of this scientific drugging. As a consequence, the patient was left suffering with the following diseases: Chronic inflammation of the liver; mucous dyspepsia; mercurial rheumatism; constipated bowels, with a skin more the color of yellow ochre than that of a living human being. He had had the ague two years, and, worse than all this, had dropsy of the lower extremities.

Treatment—half-bath at 5 A.M., water at 76°, for two minutes; at 10½ A.M., pack one and a half hours, three times a week, followed with the douche three minutes. This bath we gave to excite the skin to a healthy action, which it was very effectual in doing. A sitz-bath at 4 P.M., 73°, eight minutes, and one at 8 P.M., 70°, ten minutes, with constant use of the enemata to free the bowels, and wet compress to reduce the inflamed state of the liver and stomach. This constituted the main treatment for six weeks, after which we modified and varied the treatment according to symptoms, using principally the dripping-sheet at 5½ A.M., 75°, one minute; walking foot-bath at 11 A.M., three minutes; 4 P.M., sitz-bath, 78°, seven minutes, with a rubbing sheet at 8 P.M., two minutes. A moderate amount of exercise was enjoined on this patient after each bath, and kept constantly out in the open air during the day-time. His diet consisted of unleavened bread, wheaten grits, hominy, oatmeal porridge, potatoes, stewed and baked apples, without any drink of any kind at meal-time. At the end of five months' water-treatment we sent this patient home a well and happy man.

Z. I. M. came to our Cure in the fall. Age 22, temperament nervous-sanguine, build tall and very slender, very sensitive to the changes of the atmosphere, and so much reduced in flesh that he was scarcely anything but skin on an osseous system, over which this was quite tightly expanded. The allopaths had done their best with a vengeance on this poor sufferer during a term of fifteen months. At the time of this patient entering our Cure, we could not promise him any very great hopes of future good health. However, the rapid changes that we made in his almost hopeless condition were truly astonishing to our most sanguine expectations, and so rapid was his restoration to good health under water-treatment, that in nine weeks we sent him home to his friends a physically and mentally regenerated man. This patient suffered with the following difficulties: Great torpidity of the capillary circulation, gastric irritation, with nervous dyspepsia, an engorged condition of the right lobe of the liver, with slight parietal adhesions, also with seminal emissions, and a slight tendency to dropsy of the lower extremities.

Treatment of a mild nature. Half-bath at 5½ A.M., water at 78° Fahr.; at 11 A.M., rubbing-sheet, with pail-dish, one minute—water the same at 4 P.M., sitz-bath, 75°, seven minutes. This constituted the main treatment in this case. The bowels were kept open with tepid enemata. We found that the wet compress was of especial benefit in reducing the gastric irritation. His diet during his cure consisted principally of unleavened bread, stewed fruit, berries, and food of that nature, in sparing quantities. This patient gained 16 pounds in nine weeks.

LIVING SPRINGS WATER-CURE, WERNERSVILLE, PA.

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