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

GENTLEMEN AND LADIES—Some six years ago I addressed a letter, through the *WATER-CURE JOURNAL*, to a friend residing at Buffalo, in this State, in which, after giving my views of Water-Cure and its adjuncts, I alluded in terms of criticism to the manner in which establishments professing to represent its principles in this country were conducted, and I took it upon me to say, that before the year 1860, one half of these institutions would so far have lost the public confidence as to be obliged to close up their business. I have lately been recasting that prophecy to see how far it has proved true, and I find that the statement was *within bounds*; almost all the cures in operation at that time having been closed. For the American people will for no great length of time sustain any movement which has neither in right, nor in a wise expediency, nor in their affections, any substantial basis. And the hydropathic mode of treatment in the United States has been so unscientific and untrustworthy as to justify, even more than *has* taken place, the with-

drawal of the popular confidence. It gives me no pleasure to say this; for, from a *business* point of view merely, I rejoice at the success of my fellows, and in their failure I mingle my regrets with the sense of justice I owe to great and true principles.

Now, I am going to utter another prophecy: it is that those of *you* who are about to graduate and assume responsible positions, will at the end of the next ten years be found to have succeeded as hydropathic physicians in the ratio of the earnestness and devoutness with which you have conceived and carried out our principles. And this, independent of the conditions existing with you, growing out of varied talent and opportunities; the obstacles in your way being more than counterbalanced by a holy faith. Our cause has reached a point where the man of expediency, the compromiser, the coward, the *trick* man, or the mere money-maker can be of little service to it, and can derive but little benefit from it. There is not only a readiness, but a desire on the part of the people to hear, and it is our duty to see to it that they hear *the truth*.

It is universally admitted that *being* precedes *doing*; and therefore you can decide what you are capable of doing better from what you *are* than from any other estimate you can make of your probable success. I confess to you, that while I was in New York I was pleased with the evidence which you, who are students, gave of the possession of good talent, fair attainment, and general fitness for the profession you have chosen. But I was pained to see proofs of your lack of determination to control public sentiment rather than be controlled by it. The obstacles in your way are too many to be overcome by any, or all of you, if there is, curdling your life-blood, anything like *fear*. I do not believe there is at present so great a *test* of character for any man or woman, as a belief and *practice* of the principles of our school up to their highest and noblest limit. Most of the moral enterprises of the day have so far succeeded as to be tolerated by public sentiment; but to be a hygieo-therapeutist in all the relations of life, is to insure persecution. Especially is this true of *women*. To be a good physiologist, one needs to be a practical exemplifier of the *truths* of physiology; for it is in our *practical* life that its truths are violated. Incorrect no-

tions of *how* to live are not nearly so extensive as incorrect *habits* of life; and therefore what we need to do more particularly than anything else, is to show in our *lives* the worth of the principles we cherish. The world always has a greater dislike to correct *life* than to correct *theories*; and if a person will only entertain our ideas and not seek to carry them out, his path will be comparatively a smooth one; but if, cherishing great regard for them, he also seeks to put them into daily and habitual *practice*, opposition will be presented to him in an intensified degree.

I see no other way then for us to win the victory for the cause we love, but to *be* right in the first place; to *do* right in the next place; and then *take the consequences*. If these are persecution, while we do not seek it we must accept it: it is better to be persecuted for righteousness' sake than to be treated with *contempt*. And one of two things we *must* undergo—be persecuted by a corrupt and uninformed public opinion because of our great love for, and thorough exemplification of our principles, or be despised for our avowal of our regard for them and our want of courage to live them out. For I think the world can see as keenly as you or I can, the great defect in a man who reverences truth *ideally*, but fails to illustrate it in his life. What do *you* think of the man who preaches a truth which he does not practice? You have no respect for him. "Either cease to declare the truth, or make it manifest in your actions," say you, say I, says everybody. And this, too, in *every* department of business. Do not claim to be honest, and be a knave; do not set yourself up for a saint, and be a sinner; do not call on *others* to be separate from the world, and be yourself like the world; do not profess to be a hydropathic physician, and then have certain departments in your great code of principles unrepresented by your practical conduct.

Our College is open to criticism on this point. Its physiological moralities are not sufficiently high; for physiology has its moralities as well as religion—the great first principles of the science are but utterances of Nature herself, so systematized as to be comprehensible, and therefore practicable. Now, it does not meet the wants of mankind to study these truths, and yet hesitate

about applying them in your own personal intercourse with your fellows. If you accept a position, you must fulfill its duties; if you are *sentinel at a post, you must keep awake*. The very fact that you submit to do as others do, but what *they* as well as *you* know to be violative of the great principles you are studying and intend to teach, destroys all confidence in you as teachers, and therefore as practitioners.

You are not only reformers, but you are revolutionists as well, proposing not merely to change the *habits* of the people, but also their *ideas*, out of which these habits spring. By all, therefore, that there is of honesty, virtue, and manly and womanly truthfulness, you are bound to present yourselves to the public from stand-points altogether different from those which other medical practitioners occupy. And to seek to secure your professional success in ways that shall lead the public to misunderstand your real intentions, is unworthy of you; and you may rest assured, that if you can not confide in the strength of the truths which you believe, to bear you up against the opposition you must meet, and ultimately to crown you with that public approbation which heralds success, you have entirely mistaken your calling; and instead of studying and graduating at the Hydropathic College, you should have matriculated at one of the colleges of the allopathic school, and bound yourselves to drug-administration for a livelihood. I can respect an allopathic physician who ridicules me and calls me a quack, for I know he believes what he says. I can save his character in my regard at the expense of his mode of practice, for I know he thinks that giving poisons to sick people is the divine way of restoring them to health. Blind as a beetle in regard to the true principles upon which the medical art is based, I can pardon his groping in the midst of bright day. But for the man or woman who enters our College and becomes *enlightened*, as he can but be, under the gleams of the great, glorious truths which shine out upon him at every step of his progress, yet who, nevertheless, hesitates, quibbles, dodges, and is fearful, and trembles at the bare thought of exemplifying these truths in his own personal habits and professional practice, I confess I can not feel any very enthusiastic regard. Hence, I beseech of you to begin to educate yourselves at the *heart*, and cluster around your ideas all there is in your natures which is loving; for true courage comes from the heart, as that is the recipient of the Divine wisdom and grace.

Having made the personal acquaintance of such of you as are students during the present term, I shall watch your future with close attention; and when ten years shall have passed, if I am alive (as I hope to be), I shall remind you of this letter and the views entertained in it, and you will have an opportunity to see whether these views were correct.

Upon you who are women, let me urge that you unite yourselves to the great movement of reform in dress for your sex. It is worth to you, as a means of success, all that it will cost; and it is worth to your sex at large more than *any* and *all* other means that can be put in operation at present for their personal and social improvement.

To you who are men, let me say, connect yourselves also with this great branch of health reform. To man must woman necessarily look for deliverance from the terrible slavery to which fashion dooms her. And as no fetters are ever worn without their being an unmistakable evidence of the condition to which the person wearing them has been subjected, so woman's dress types out her real state better than any other visible symbol which she shows. There is so much sickness among women, originating in their present style of dress and the habits it engenders, that to hope to secure for them better conditions of health while leaving this great source untouched, is to give ourselves up to most foolish and chimerical imaginations, and to render our efforts in that direction entirely abortive. Why, look! A sick woman wants air, light exercise, change of scene,

sports, recreation, electric changes; and all these she needs *out of doors*, in order to have them curative in their effects; not one of which she can get, under her present style of dress, without losing in the effort to get it more than she gains. So, almost every agency or influence which *we* rely on as curative, is nullified or qualified by her clothing, to that degree that renders its efficiency of comparatively little account. I candidly and honestly say, that the success (which has been extraordinary) that has attended the labors of Miss Austin and myself in treating diseases peculiar to females, and which has already given Miss Austin a reputation second to no other woman, as a skillful physician in the treatment of such diseases, has undoubtedly been owing more to our inducing our lady-patients to change their costume while under our care, than to any other single cause whatever. With very great regard, I am yours, truly,

JAMES C. JACKSON, M.D.

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

PHYSICAL DECLINE OF AMERICAN WOMEN.

[CONTINUED FROM THE MARCH NUMBER.]

BY AUGUSTUS K. GARDNER, M.D.

POSITIVE SINS OF COMMISSION.

BUT now having treated of venial errors, sins against one's own self, for which self is punished, and for which self may, perhaps, be allowed to stand forgiven, if the suicide is to be forgiven, we must turn to sins of deeper dye, sins which admit of no palliation, sins not only against self, but sins against God, which no plea of ignorance can avail, for they are not the sins of the ignorant, the poor, and the starving, but the sins of the rich, and the lofty, and the educated.

This is a theme from which we would gladly shrink, both from the delicacy of the subject and from conscious inability to treat it as it deserves; to bring before you the most horrid social enormity of this age, this city, and this world, and to hold it up to you in such a light as to make you all feel it, in its craven cowardice, its consequent bodily mental, and moral degeneracy, its soul-destroying wickedness. We look with a shudder upon the poor ignorant Hindoo woman, who from the very love for her child agonizes her mother's heart when, in the fervor of her religious enthusiasm, she sacrifices her beloved offspring at the feet of Juggernaut or in the turbid waves of the sacred Ganges, yet we have not a pang, nor even a word of reprobation, for the human sacrifices of the unborn thousands annually immolated in the city of New York before the blood-worshiped Moloch of fashion. From no excess of religious faith in even a false, idolatrous god are such hecatombs of human beings slain, but our women, from a devotion to dress and vain pride of outward show, become murderesses of their own children, and do literally in their own bodies become whitened sepulchers, pallid with the diseases consequent upon such unrighteous acts, and sepulchral in thought and tone of voice from the remorse which always follows a guilty action.

Infanticide is the great, glaring, and fearfully prevalent sin of the women of New York, as immorality, drunkenness, gaming, etc., are the prevailing sins of the female portion of the community of other cities and countries of the world. We take the liberty of speaking freely and plainly

upon a topic which the pulpit shirks, and the community winks at. We shall speak plainly what we know, and strongly what we feel. The moral sense of the community is at a fearful pass. *Each individual claims for herself whether or not to have children.* But if this right of option is granted, does it permit the destruction of the child? "But," says the apologetic parent, "children are so expensive; the demands of society, the cost for food, clothing, education, is so great that we could not decently live with such a family." Another, with means in abundance, says: "That the care of children is such a slavery;" this one is fond of show and company, that one intends to go to Europe, and neither can be "bothered with young ones." These are the excuses for not procreating children, and the right so not to do we will not discuss now; but are these good reasons for *murder*? Is it not arrant laziness, sheer, craven, culpable cowardice, which is at the bottom of this base act? Are you not dastardly shirking your duty, the duty of your life appointed you by the Creator? Have you the right to choose an indolent, selfish life, neglecting the work God has appointed you to perform? Are you a man who encourage your wife to such a villainous procedure? or are you the woman whose love for gew-gaws and trinkets prompts to the outrage against the heavenly sanctity of a true woman's nature? Whichever you are, you are a pitiful, God-forsaken wretch, and all true humanity despises you and hoots at you.

You have not even the unjustifiable but possibly excusable desire of the poor girl, the prey of the vile seducer, who bears in her own breast the pitiable evidence of another's crime. You voluntarily commit murder.

No, not murder, you say, for "there has not been any life in the child." Do not attempt to evade to man a crime which can not be hidden from the All-seeing. The poor mother has not herself felt the life of the child perhaps, but that is a quibble only of the laws of man, founded indeed upon the view, now universally recognized as incorrect, that the child's life began when its movements were first strong enough to be perceptible. There is, in fact, no moment after conception when it can be said that the child has not life, and the crime of destroying human life is as heinous and as sure before the period of "quickening" has been attained as afterward. But you still defend your horrible deed by saying: "Well, if there be, as you say, this mere animal life, equivalent at the most to simple vitality, there is no mind, no soul destroyed, and that therefore there is no crime committed." Just so surely as one would destroy and root out of existence all the fowl in the world by destroying all the eggs in the world, so certain is it that you do by your act destroy the animal man in the egg and the soul which animates it. When is the period when intelligence comes to the infant? Are its feeble first strugglings any evidence of its presence? Has it any appreciable quantity at birth? Has it any valuable, useful quantity even when a year old? When then is it that destruction is harmless or comparatively sinless? While awaiting your metaphysical answer, I will tell you when it is sinful. Murder is always sinful, and murder is the willful destruction of a human being at any

period of its existence, from its earliest germinal embryo to its final, simple animal existence in aged decrepitude and complete mental imbecility.

We make these statements thus fully and plainly because of the frequency of this sin, often committed under the erroneous idea that no wrong deed is committed provided that "life has not been felt," by women who would not willingly do such a wrong. The amount of this crime can be testified to by any observing physician, and the half is probably concealed even from them.

This subject is not foreign to the theme of this paper, for it is not only a moral evil, but a physical wrong. The health of the mother suffers materially from the violence done to her system, and from the shock to her nervous sense. Whether it is effected by powerful drugs or by mechanical and instrumental interference, the result is deleterious to the animal economy. The organs are often seriously lacerated, punctured, irritated, or inflamed, producing temporary disease which threatens and not unfrequently destroys life, and also when apparently cured, leaves the organs cicatrized, contracted, maimed, in distorted shapes and unnatural positions, in a state of sub-acute inflammation or chronic congestion, for all after-years a source of pain and weakness, and a fruitful origin of neuralgias, debilities, and miseries. Be assured this is not exaggerated, for we can not recall to mind an individual who has been guilty of this crime (for it must be called a crime, under every aspect), but who has suffered for many years afterward in consequence. And when the health is finally restored, the freshness of life has gone, and the vigor of mind and energy of body have forever departed. Languor and listlessness have become a second nature by habit.

Were the secrets committed to the sacred keeping of a physician allowed to be exposed to the world, we could convince you by a flood of witnessing cases which have come under our own observation, and which could be corroborated by thousands of medical men in this city and country, that we have barely broached the subject, and that the facts are not even fully shadowed forth.

EVILS THOUGHTLESSLY PRODUCED.

An overweening desire for luxury, for dress, fashion, or from simple indolence, sometimes from a desire which may be laudable, not to produce children to inherit constitutional diseases, induces many to take various precautionary measures against conception. We have heard clergymen state "that a man should control the size of his family as much as a farmer his flocks; that he should not have a larger stock than he can house and feed; that this was in the power of every one; that the mind was given to control the appetites; that the lower classes were overrunning with children, and the poorer the parents the more prolific they became." Yes, and the more healthy and vigorous. It is these women who do not pretend to guide the course of events, or make the laws of Nature conform to their wishes, who are in health and actually doing the work of the world, while the wise in their own conceit are sufferers, invalids, and useless. The laws of Nature, and the necessities of our existence implanted by an overruling Providence, can not be contravened without detriment to the system. Local congestions, nervous affections and debilities are the direct and indisputable results of the *coitus imperfecti*, *tegumenta extaria*, *ablutiones gelidae*, *injectiones astringentes*, etcetera, so commonly employed by the community, who are so ignorant on all these matters, and who are in fact substituting for one imaginary difficulty in prospect a host of ills that will leave no rest or comfort to be found.

On this subject there is great ignorance and great ills resulting. Inquiry of any gynæcologist

will convince the most skeptical that the general employment of any means for the prevention of conception is fraught with injury to the female certainly, if not to the other sex also. Exactly how these evils are effected is not perhaps of easy explanation, for all the physiological laws are not fully known, but of this fact there is no mistake, and reasonably enough, for sexual congress is thus rendered but a species of self-abuse.

We must leave this question thus imperfectly touched upon, for your own reflections. It is one of vast importance to the physical well-being of the American woman, but it can not be discussed advantageously in a single article. We could not in conscience have omitted so important a cause of the physical decline of the health of our women without alluding to it, and less could scarcely be said. In your reflections take one guide to correct deductions. Start with the firm belief that God's laws can not be discarded, superseded, or neglected with impunity.

INHERITED DISEASES.

It may be remarked that we have not alluded to either inherited or contracted constitutional diseases which result from immoralities either of ancestors or from the husband's criminalities, or from woman's personal debasement. We have not alluded to them principally because they are far less common than some would fain make it appear. With all their follies, the American women are virtuous; those to the contrary, we are confident, being rare exceptions. This is almost as true of the American husbands, the great majority of whom are true to their marriage-vows, and in a proportion, even in the tainted cities, the hot-beds of vice, far greater than in any other land of Christendom. That many women do thus suffer is true; and where this suffering arises from the sins of either ancestors or husband, she can only have our deepest sympathies, and surely none can more deservedly claim them! But where moral sin has brought with it physical disease, we can add nothing to the teachings of Holy Writ and of past centuries. "The way of the transgressor is hard," even in this nineteenth century, for the truths of time are the truths of eternity. Women can still do something. They have yet a work to perform. Strip off your follies, your profligacies. Live for something better than dress and fashion, and that ease and self-indulgence which like a coy maiden, when courted most furthest retires. Accept your earthly mission to elevate man, to lift him above the perishing dross and sickly vanities of this world:

"Allure to brighter worlds, and lead the way."

A LOFTIER END FOR LIFE.

If the sins of the past can only be alleviated, in the future they may be prevented. Be a mother to your children; be a companion for your boys and girls. The follies of the young are too often only the manifestation of the sins of the mother, sins of omission, of neglect of the child's thought, which instead of being trained, as the gardener inclines the twig, is allowed to be blown about by every passing breeze. Fill your child's thoughts full; stuff them to repletion with the good, and there will be no room for the bad to get in. You know how to satisfy the demands of his stomach, yet you do not attempt to cater for his nobler mental and moral nature. Be a companion for your children. Teach them that if weaned from your breast they are not put away from your heart, and from thence let them still draw their spirit as they before found their life's blood! Be a mother!

"My ear is pained,
My soul is sick with every day's report
Of wrong and outrage with which earth is filled."

A mother! The fashionable woman whom we once met dancing wantonly at a city ball when her only child lay at home sickening with scarlet fever, is not the type we urge you to copy. She was but an ostrich who leaves its young on the desert sands. No, be a true mother, instinct with all the holy attributes of maternity. There are many of you who can, like us, point to the man-

sions of the blest for the type of a mother not dead, for she yet lives in our hearts, stirring us up with a sweet, soft voice, yet ringing louder than clarion blasts through our inmost souls, to duty.

Ah! if you will but accept the noble office you are called upon to perform, if you will but *occupy* the heart of your husband, if you will but fold your children into your own self, know their inmost thoughts, be their confidant, their life-spring, their guide, "truant husbands," as they are called, sons designated as "only a little wild," will be rare, and the world will be renovated. To these pure joys does the true woman say dress and fashion are preferable?

Like all good actions, these will rebound with blessings. In the exercise of these duties, in the cultivation of home joys and affections, the exposures and consequent diseases will not be met with. Life will not be a state of constant invalidism. Will you think of these things?

We need not speak here of the habit of so many women of indiscriminate doctoring, taking of medicines whose virtues are seen only in newspaper advertisements, indeed in the constant use of any medicines. The evils of over-dosing have been sufficiently dilated upon, but we may be permitted to especially mention the evils arising from the profuse drinking of the waters of various mineral springs, without any regard to the character of the diseases of the individual. It is now so general a custom for the better portion of the community to frequent these summer resorts, and without professional advice to drink inordinately of the waters, that a word of caution seems especially necessary. Much local as well as general injury are often the result.

There are many other well-known indulgences which vitiate the health, which have not even been mentioned, but as most of them are apparent to all, and as we can add nothing new to what others have repeatedly said, we shall leave them without any further allusion.

WOMEN'S RIGHTS.

The redemption of the sex from their alleged degraded condition as dependent upon and inferior to man, is one of the great controversial topics of the day. If we place ourselves in opposition to this reform movement, it must be seen from the general tenor of these remarks that it is not from any skepticism respecting her native capacity (for the quickness of woman's intellect, the energy of woman's resolve, and the persistency of woman's determination is a fact generally admitted, and we have endeavored to prove, or at least have asserted our belief, in her natural physical strength). Any opposition must therefore arise from her own slavery to forms, and customs and observances, from being tied down by fashion and folly. They should remember

"— who would be free,
Themselves must strike the blow,"

and not only assert their independence, but vindicate their claim to equality, not with chalk, powder, and balls, or blood-rouge stained cheeks but by actual attainments and victories over self-degeneracy. At the bottom of all superiority is physical vigor. An inferior mind, backed by robust health, can accomplish all that it undertakes, but tortured by disease, and restrained by debility, the proudest intellect is futile to obtain results. The height of earthly desire can only be striven for with earnestness, to say nothing of its attainment, with the *mens sana in corpore sano*, a healthy mind in a healthy body.

Readers, we have written these pages not willingly, but after much thoughtful deliberation, and after frequent consultations with those whose advice one who can be so happy as to obtain it, is compelled to follow, and in accordance with an irresistible feeling of duty. Simple and well-known as what we have said may be to many, it has cost some resolution to say it. It may cost you more resolution to follow its instructions. We stand only as a guide-post, showing whither lead the two roads: it is for you to choose which to follow.

DISEASES OF THE THROAT AND LUNGS.

BY R. T. TRALL, M.D.

[CONTINUED.]

PROGNOSIS.

In estimating the curability of the different forms and stages of consumption, we must take into account the original vitality of the patient, his early habits of life—whether tending to impair the stamina of the constitution, or to develop vigorous and enduring organs and tissues—the diseases which he has had, and the medicines he has taken. As a general rule, consumptives are curable in the first stage, and incurable in the second. From the third stage, recoveries are extremely rare, although they do occasionally happen.

Some forms of the disease are much more readily cured than others. The *apostematous* form, other circumstances being equal, is the most easily cured of all. Next in the order of curability in the *bronchial*, and thirdly, the *catarrhal*.

The *laryngeal*, the *tubercular*, and the *dyspeptic* do not differ essentially in this respect with each other; but are all much more fatal than the preceding forms. The *hemorrhagic*, when not preceded by other chronic diseases, nor by dissipated habits, is curable in a majority of cases; but when the patient has been much reduced by bleeding, drugging, by liquor-drinking, or tobacco-using, or by debauchery or self-pollution, his chance of recovery is exceedingly small. When the symptoms of two or more varieties co-exist, the prognosis is still more unfavorable. The dyspeptic form is usually complicated with the tubercular, and frequently with both the tubercular and hemorrhagic, and sometimes with both of these and the laryngeal.

The most difficult and perplexing circumstance of all, in judging of the curability of any form of this disease, relates to the prior medication of the patient. Nine-tenths at least of all the consumptives who have presented themselves for advice or treatment at my establishment, have been dosed more or less by the physicians of the drug school. Sometimes they have gone the whole round of drug-medication, beginning with allopathy, then trying successively homeopathy, eclecticism, and physio-medicalism, and finishing off with all the quack nostrums in the market.

They have been damaged precisely to the extent that they have been drugged. But what kinds of drugs they have taken they seldom know; and they never know the quantities of the different medicinal poisons they have swallowed. I have cured several cases after a number of our most eminent physicians had, on a careful stethoscopic examination, pronounced fatally tuberculated. And we have declined treating hundreds of cases because the patients had been fatally drugged before coming to us. Patients have frequently come to me from hundreds of miles distance, expecting to be cured in a few weeks. They were not at all alarmed, and their physicians had never intimated that there was the least danger in the case. But I was obliged to be candid with them, and tell them there was no hope. In some of these cases the patients were able to do a moderate day's work, and yet disorganization has progressed so far in the lungs, or the vital powers of the system has been so wasted by drugs, that I could readily understand that the only question was, not whether the patient could recover, but how many weeks or months he could live? The following cases illustrate the point I wish to present very distinctly.

Three years ago last March, a gentleman about thirty years of age came to my establishment from California. His lungs were but slightly tuberculated; the cough was very slight—scarcely troublesome; the expectoration was not at all alarming; a very slight sense of weight in the upper portion of the chest, with moderate difficulty of breathing on active exercise, was all that he complained of, so far as the lungs were concerned. But he had had, years before, bilious fevers and other complaints, for which the physicians had salivated him severely. He had also been bled and blistered several times, and taken antimony and digitalis freely. These agents and processes had shattered his constitution, and made a complete wreck of his digestive organs. And the nutritive system being destroyed, he had nothing to build upon. I could give him very little encouragement—not that I feared anything from the disease of the lungs *per se*, but I apprehended that he had been fatally poisoned. The patient himself was destitute of hope. He had studied his case thoroughly; and had learned too late the sad lesson, that when the living organism is poisoned to a certain extent, death is inevitable. But as he was determined to make a trial for his life, I gave him the best advice I could. He remained with

me till the middle of the summer, with very little change in his symptoms. Then he went into the country, and remained till winter, when he began sensibly to decline, and died in the spring following, not of consumption, for his lungs did not evince any aggravation of their morbid condition until a short time before death, but of the mercurialization which he received in California.

This patient, I have reason to believe, complied with my advice in all respects to the letter, and lived as hygienically and strictly as was possible for him to do.

In contrast with the above I will mention the following: One year ago last November a gentleman about forty-five years of age came to me from Canada. His lungs were extensively ulcerated; his cough was violent; expectoration copious, with hectic fever and night sweats. His friends considered him hopelessly diseased, and the physicians of the place pronounced him to be in a "galloping consumption." Fortunately, he took none of their medicines, though strongly importuned to do so. Nor had he, in his previous sickness, taken much medicine—none, indeed, except the simples of domestic treatment. He had also the advantage of an original sound constitution, derived from healthy parents, and had never been the victim of liquor nor tobacco.

With all these favorable circumstances, notwithstanding the violence of the disease in the lungs, and the urgency of the symptoms, I judged that the chances were in his favor. He was put under a moderate course of bathing, and a very rigid dietary, and in two months returned home in good health, which he has enjoyed ever since.

TREATMENT OF CONSUMPTION.

There are certain rules of management which apply alike to all forms and conditions of consumption, and certain rules which are specially applicable to particular cases. I will speak first of the general treatment, and then of the special.

EXERCISE.—The pathological condition and proximate cause of consumption being essentially obstruction in the lungs, and the disease itself being an effort of the vital powers to relieve the obstruction in the blood-vessels by the processes of deposits in the air cells and glands, suppuration, ulceration, and consequent cough and expectoration, the indication of the very first importance is to promote the action and expansion of the lungs to the greatest possible extent. This is to be accomplished by such exercises as favor the respiration without greatly fatiguing the muscular system. One golden rule is here always to be regarded. The exercises, of whatever kind, should never be so violent, nor so long continued, as greatly to disturb the breathing, nor the action of the heart. They should be frequent, varied, regular, and persevering, but never so severe as to cause *panting* of the lungs, or *palpitation*, *throbbing*, or *fluttering* of the heart's action. Within these limits they can hardly be too vigorous.

Another rule of scarcely less importance is, to commence all exercises gently, and gradually increase them, as they can be borne without the disturbances above mentioned. Consumptive invalids, anxious to make good progress, are very apt to overdo in the matter of exercise at first, by which means their muscles become lame and stiff, so that the cure is really retarded. And a third rule is worth mentioning in this place. A part of the exercises should always be taken in the open air. Calisthenic and gymnastic movements within doors are valuable—indeed, in many cases, essential; but out-door exercise in some form—walking or riding—is equally so. Feeble consumptives should be well-protected from cold by sufficient clothing, and if need be, while riding, with hot bottles or blocks to the feet, but they should never be permanently housed up.

As a general rule, also, those exercises are to be preferred which more particularly call into action the muscles of the upper extremities and trunk of the body. Pulling against weights, the Indian clubs, the dumb-bells, etc., are all serviceable. Horseback exercise for those who are not very weak, in the muscles of the abdomen and lower extremities is to be highly commended. It is injurious in those cases in which the patient can not maintain the erect bodily position without great fatigue or increased difficulty of breathing. Walking on uneven ground, and even descending and ascending hill-sides and mountains, are among the very best of exercises, provided they are practiced with due caution. Many consumptives have recovered entirely by performing a long journey on foot; walking a very few miles the first day, and gradually increasing the task as the strength and respiration improved. And, no doubt, thousands of consumptives have lost their lives in consequence of the advice of their physicians, to be very particular in avoiding all active exercise, and all exposure to cold. Active exercise

and exposure to the open air in all kinds of weather have been the salvation of many consumptive invalids. A great many nostrums, and particular articles of diet or drink, and several drug medicines which actually retarded the cure, have obtained a reputation for being useful, because they were prescribed conjointly with a proper and systematic plan of out-door exercises. The exercises cured in spite of the medicine; but the chief credit was given to the medicine; and so the next patient relied mainly on the medicine, paid little attention to exercise, and died.

Sea-voyages are often beneficial by exposing the patient freely to fresh air and out-door exercise. Exposure to rough winds, rain, or snow is incomparably less injurious than confinement in an over-heated and ill-ventilated house. Even catching cold occasionally does not damage the patient so much as constant confinement in-doors.

Vocal gymnastics or voice-exercises should never be neglected by the incipient consumptive, nor by any who has the least predisposition to the disease. The reader may find a variety of instructions and examples in regard to the proper management of the voice in the "Illustrated Family Gymnasium."

Speaking, reading aloud, declamation and singing, all of which are to be so practiced as not to fatigue the lungs, nor to induce soreness in the vocal organs, will do more to overcome the predisposition and arrest the early stages of consumption than all the apothecary stuff ever invented.

WHY WILL PEOPLE SUPPORT THEM?

It is matter of astonishment that mankind do not get their eyes opened to the tremendous evils of quackery. The quacks who make what are called patent medicine, appear before the public in the garb of philanthropy, and offer to cure, with one simple remedy, derived entirely from the vegetable world, and not containing a particle of poison, all the diseases that the flesh is heir to. Believe this who can. Perhaps no one credits it. But every one who is somewhat diseased, and consequently rendered unfit for the enjoyments and duties of life, who reads their flaming and lying advertisements, with all his incredulity as to the general application, is still willing to make the experiment of one or two bottles or boxes. The medicine is said to be harmless, that if it does not cure, it will not hurt any one. It is all taken from the vegetable kingdom. The thoughtless mortal does not once consider that as violent and deadly poisons are found in the vegetable as in the mineral kingdom. He parts with his money for that which is not bread surely, and with almost equal certainty for that which is not health. He tries one kind, and then another, until, having gone over the whole region of quackery, he is satisfied that he must die. Still, he has not hurt himself by this indiscriminating dosing, for the quacks have told him in their advertisements, and reiterated it in their printed directions, that the medicines were taken altogether from the vegetable kingdom.

Why do the public support the quacks? They do it, and in a most princely manner, too. In the papers it was recently stated that a daughter of

one of these gentry appeared in public decorated with \$20,000 worth of jewelry. If we may believe what is said of the modern prince of pill-makers, he pays annually an enormous sum to the printers for the mere advertisements and puffs of his pills. These princely nabobs of the vial and pill box, ride in their coaches, and laugh in their sleeves at the credulity and folly of the suffering community. Why do people support them? "Why, sir, do you not consider that we are sick and wish to get well?" And are you more likely to get well because you commit yourself blindfolded to the indiscriminate handling of a quack? What does he know of your disease and of the multitude of modifying causes at work to give peculiarity to your case? "But the sum is very small which we pay for a vial or box." Ah! this is an evil, that for a few cents you are willing to hazard yourself in the hands of every ignorant pretender to infallible remedies. You do not consider that, by such an experiment, you are supporting a most dangerous principle, and upholding a most pernicious system of fraud and swindling, as well as running a risk of confirmed ill health, if not premature death. What better than a highwayman, who levies a bonus from the occasional traveler, and who perhaps now and then follows his threat with the deed of death, is that man who appears before a diseased and credulous community with his infallible nostrums, the cure-all of humanity, and by a skillful advantage taken of a few cures which nature performs in spite of his quackery, succeeds in amassing his thousands at the expense of an untold amount of suffering and death? Nay, the highwayman is the more honorable villain of the two, for he makes no pretensions to philanthropy, and openly avows his sole intention, while the quack, without an examination of your case, sends you his instruments of destruction, and prescribing for a name which may mean anything and everything, the same dose for all diseases. This is a trifling with life, of which the highwayman is not guilty. In relation to all quacks and quackery, the principle should be total abstinence.

EVERY MAN HAS WITHIN HIM THE BEST PHYSICIAN.

Our best medical practitioners of the old school are beginning to recognize this fact much more than formerly, and to act in conformity to it. Hence, they administer comparatively but little medicine; if they practice in the country, no more than what they might stow away in the waistcoat pocket. Once it was not so. Many in the country can recollect that forty or fifty years ago the saddle-bags of the doctor were most bountifully stored with drugs and medicine. But a change has been in progress, and now many a physician, were he to follow his firm convictions of duty when called to a great majority of cases, would say to the alarmed patient who asked, "What must be done?" "Do nothing — do nothing, and you will do better than to submit to the action, in too many cases, the uncertain action of medicine." But few, if any of them, as yet have the moral courage to deal plainly with their friends. They would offend them and lose their fee. They therefore feel that they must prescribe something, and if they confine themselves to some simple medicine, acting most in harmony with the laws of life, regulating in a suitable manner the diet and regimen of the patient, they retain the good graces of their employers, secure a fee, and do nearly as much good as they would have accomplished by a little wholesome advice without the medicine. Perhaps in ninety-nine cases in a hundred, taken in season, it would be far better to receive the advice of a scientific skillful phy-

sician and pay him a double fee, than to take the medicine in addition. Some are beginning to practice on this principle, looking to the physician *within* for the main help. This practitioner is incomparably more worthy of a diploma than most of our doctors who ride in a gig, and enjoy the credit of their cures. Dr. *Vis Vitæ* is at every man's service without charge or cost, if he has not been driven from "the earthly house of the soul's tabernacle" by ill usage, before disease assumes its visible forms. He generally calls on the patient in the earliest commencement of nature's complaining, oftentimes long before the patient thinks of calling in one who has learned something about diseases at our medical colleges. This skillful doctor has a multitude of assistants, who wait continually on his dictations. Now, if all understood the ways of this kind friend, who after all requires a salary to keep him alive, but always takes barter pay, not alcohol, nor tea, nor coffee, nor spices, nor the flesh of living or dead animals; but he is most pleased with the simple present from the vegetable kingdom, and from the crystal fountain. I say that if all understood the ways of this kind friend, they would be more careful of his support in the season of health, and more attentive to his prescriptions and peculiar mode of practice in the gloomy period of disease. Were he to receive all that attention and care which such a noble benefactor deserves, the periods of disease would be like "angel's visits, few and far between," and death would be successful only when long and protracted services had entirely exhausted the energies of this domestic physician, the inherent restorative powers of the system.

GATES.

VISITORS IN THE SICK-ROOM.

BY HARRIET N. AUSTIN, M.D.

It is very agreeable, when one speaks, to be able to say something new, but it is oftentimes needful to repeat thoughts that have been uttered again and again. Health reformers are not yet sufficiently impressed with the value of *rest* or *quiet*, as a recuperative agent, or as a means of restoration to health in acute diseases. We complain, and I think justly, of the manner in which allopathic physicians treat the sick. But their treatment of them is no more cruel or unphilosophical than that they generally receive from the hands of their friends. The doctors burden the life-powers by introducing into the system substances which irritate and poison it—the friends still further tax the powers by introducing into the sick room company which irritates, or excites, or wears the mind of the invalid. The tendency of both courses is to defeat the vital force in its struggle to establish healthful conditions in its domain.

The majority of persons who have learned the folly of medicine-giving and medicine-taking, and the value of water treatment, and who are very careful when they have a sick person to tend, that he shall not swallow any poison, and that he shall have exactly the right kind of baths, and the right kind of diet, and plenty of pure air, are entirely reckless as to his *expenditure of strength*. They allow his vitality to be wasted, as the spendthrift squanders his money. The allopaths are consistent in their mode of procedure. Their dependence is on *medicine*; they know nothing about *Nature*. Hence they are careful that the medicines shall be given with promptness and precision, and then they leave other things to take care of themselves.

But he who believes in Water-Cure *relies* upon

Nature. He has nothing in the wide world to resort to but the vitality which resides in the system of the sick one, and all the auxiliaries which he uses must be applied with reference to its instincts and capabilities. How inconsistently he acts, then, when he permits his patient to be made anxious, or to be fretted or troubled, or exhausted in any manner! And yet he does in this respect just as he does whose reliance is upon "doctor stuff." If one is *sick*, the neighbors must come in and see him; if he is *seriously sick*, they must come and go very frequently; if he is *very dangerously sick*, they must come in crowds, and keep the sick-room in an excitement constantly. No doubt this is usually kindly meant on the part of the neighbors; but their visiting is often very injudicious, and productive of disastrous results.

The carelessness of the Water-Cure doctor or nurse, in permitting his patient to be burdened with visitors, arises from three causes. He does not appreciate the important part the VITAL FORCE bears in the curative process; he does not realize how much this is strained by the presence, and perhaps conversation, of company; and he fears to offend or wound his neighbors by denying them access to the invalid's chamber. A little wise reflection will set him right on the first two points; but it requires considerable nerve to set himself right on the last. Yet there is imperative need that it should be done. I am well satisfied that parents have been defeated in attempts to cure their children of acute diseases, simply for want of firmness in this respect. And persons have been forced to keep their rooms for weeks, when, but for being over-visited, they might have been out in days. I am sure there is much needless sensitiveness on the part of friends about keeping persons away from their sick ones. How easy it would be to step down to the door and say to the visitor, "I thank you for your sympathy and thoughtfulness in calling to inquire after my friend, but I can not invite you in to see him, for I am satisfied that he is better when left entirely quiet, and I admit none except those who are needed in taking care of him." I am aware that in many instances this would give offense, because it would be unappreciated. But nothing is gained by asking the neighbor in. He will be sure to be shocked when he learns that the patient gets no medicine, and will carry away a topic for gossip quite as fruitful as in the former case. No. First and foremost, the good of the patient must be consulted. He must not be left to get lonely or cheerless, but he *must have quiet*, and he who allows this to be disturbed is not a good Water-Cure practitioner.

OUR HOME ON THE HILLSIDE,
DANVILLE, N. Y., February, 1860.

CONSUMPTION AND FOUL AIR.

RELATIVE STRENGTH OF MEN AND WOMEN.

EDITOR WATER-CURE JOURNAL—Dear Sir: By your interesting article on consumption in the February number of the JOURNAL, it appears that the Southern States are far more exempt from the ravages of this destroyer than the Northern ones. I have long been of the opinion that one of the greatest, if not the very greatest (after tight dressing, perhaps, Dr. Hall to the contrary, notwithstanding), cause of this malady, is the habitual breathing of impure air. I have often said, if this be case, the Southerners should be freer from it than the Northerners, as not only are they more out in the open air probably, but (of more consequence) their houses are much more openly built; there are more cracks and crevices in the wood-work; the plastering is often left unrepaired for years (some have none at all); they have large, open fire-places, and they are laughed at for lighting a great hot wood fire, and then opening

the outer-door, having one side too warm and the other too cold. Though far preferable to being poisoned in the close, tight stove-heated rooms of the North, this is not the best way of proceeding; still, it keeps their rooms in a pure, healthy condition. Though I *judged* they should be less liable to lung affections, I did not *know* there was such an enormous difference as your article, based on official returns, gives. The other habits of the Southerners, physiologically considered, are very bad, and many diseases are prevalent in consequence; so, to their generally breathing a comparatively pure atmosphere within doors, must in a great measure be due their freedom from consumption. If they were as careful to avoid a draft (of pure air?) as Dr. Hall would have them, I fear the census would tell a different tale. As bearing on this view of the subject, New Orleans furnishes an instructive example; her ratio of consumptives is one in eleven, while taking the deaths in the whole State of which she is the capital, it is only one in nineteen. Now, we all know that town houses are more air-tight than country ones, and that the inhabitants do not breathe as pure an atmosphere in the former as in the latter case. And moreover, that the consumptive mortality would show still higher in New Orleans if it was not for the prevalence of the yellow fever, which takes off some prospective consumptive patients. Yet the temperature of the capital city is as high as that of the State of Louisiana, so that probably little of this Southern freedom from decline is due to the absolute heat as such; it is the *purer air enjoyed by the people in their dwellings*.

I like the spirit of Dr. Gardner's article on the "Physical Decline of American Women," yet I think he goes too far in attributing the same physical power to them *naturally* as to man; so I understand him. The female of most of the inferior animals is weaker than the male, speaking generally. He says, "The mare is not judged one whit less muscular or robust than the horse." Here there is an allowance of 3 lbs. made to mares in racing against horses of the same age. In England it is also usual to make an allowance, more or less, "to mares and geldings." He also says, that the muscular vigor of the men and women (slaves at the South) among the field hands is not markedly different, unless the women have been abused when pregnant, etc. That is not so here. It is usual, taking the general run of field hands, to count three women equal to two men, and the women are not put to the severest labor, such as mauling rails, lifting logs, etc. Nature has pretty fair play among these work-people; that is, both the sexes are on a perfect equality as regards the development of their frames in youth. The dress of a "corn-field" negro woman is as good as the long dress can be; it is little more than a coarse shift—not so good for *running* in as pantaloons, but equally so for hoeing.

I believe if men and women were both placed equally under the most advantageous circumstances for producing bodily health and vigor, the former would, under all circumstances, have one-third more strength. In passive endurance, woman fully equals, if not surpasses, her brother man.

I would not be misunderstood in this matter. I am a *rabid* "women's rights" advocate, of the most ultra class, but would not claim for them what they do not possess—equal physical strength with man.

EDWARD M. RICHARDS.

MOORE'S ORDINARY, PRINCE EDWARD CO., VA.

RESULTS OF MENTAL IMPRESSIONS.

It is no less remarkable than true, that on this topic as well as several others in which scientific men (?) have taken ground in opposition to natural and extensive experience, the latter eventually has the best of the contest, because it is natural, and therefore correct. Even that excellent man, the late Dr. Shew, was no exception to this, if I rightly remember; for, I believe, he did *not* admit that mental impressions were capable of producing tangible results in the form popularly known as "marks" on human offspring; and there are still many *men* of the same opinion; but a large majority of the gentler sex will, I think, be found on the side that insists on the potency of mental impressions, often to a demonstration. Some instances of the latter class, whose fidelity to truth I am sure of, may be interesting enough to admit of being related.

I knew a lady who fell down stairs, hurting her back by the fall, during pregnancy. When the child was born it had a *broken back*, corresponding in position precisely to the part in which its mother's back was merely hurt, and that but *slightly*. But this woman *thought* she was severely injured; that her back was almost, or quite broken! This impression was *transmitted as a fact*, though founded on a misconception. Being born with a broken back, the child, a female, survived its injury only six months before returning to its mother earth.

Our wife's father and mother arrived in Wis. from England but a few weeks before our first boy was born. Said wife was her father's pet, and he her idol, or thereabout. As may be imagined, therefore, the father was almost constantly an object of thought or of remark during this period of pregnancy. The consequence was, is, and probably long will be, the boy is like his grandfather, in the form of his features, the color of his face, in his walk and general postures; in brief, in general form, carriage, and appearance. The child resembles his grandsire, but is quite unlike either of his parental relatives. This boy, Frankland, is now nine years old; his grandfather, eighty-one; and both have facial features somewhat blue.

About three months before our second boy, Wren—now five years old—was born, his mother awoke in a state of great fright, insisting that a gopher—a small animal well known in Western cornfields during its early growth—was on the back of her neck. She held her thumb firmly on the precise place where the ideal gopher was till I procured a light and instituted a careful search; finding, as might be supposed, no such creature, nor any living thing soever. Consequence, this boy, Wren, has a light-brown mark, as near the color of the little animal as can be, about an inch and a quarter long, and one third of an inch in width, which produces hair three fourths of an inch in length—about as long as that which clothes this little pest of the cornfield!

Considering such facts, and many more that might be related, it appears somewhat strange—the poet says "*truth is stranger than fiction*"—that the force and philosophy of mental impressions should not have, from time immemorial, been admitted and generally understood. Swedenborg has, I believe, elaborately discussed the matter in a volume called the "Animal Kingdom," and his conclusions are on the side of nature, and coincide with the class of facts of which we have noticed

two or three. Nature can not be gainsayed, and those that think as she works must always be incontrovertible. And when we consider the intimate and continuous connection of the nerves that control the circulation and those of the brain, it must be admitted that impressions affecting the latter may be transmitted to any part of the human structure readily and in an instant, and this sort of process will necessarily be much favored and facilitated by the highly sensitive and peculiar state of the nerves during the bearing period. It must be obvious, therefore, that mental impressions have peculiar force and effects with the feminine nature, as well as more general, though less obvious, influences, on human structures and character, the wide world over. We are no doctor, nor the son of a doctor; but we can not, on that account, forego the necessity of believing according to the evidence and extended observation.

J. W. C.

DR. ALCOTT'S LAST WORK.*

We present our readers with a few additional extracts from the above work. We shall from time to time transfer to our columns brief passages, which will enable our subscribers to judge of its merits.

KILLING A PATIENT.

President Lindsley, late of one of our southwestern colleges—a very shrewd and observing, as well as learned and excellent individual—has been often heard to say that no half-educated young physician ever succeeded in obtaining a good run of professional business, and a fair medical reputation, without dispatching prematurely to the other world, at least as many as half a dozen of his patients.

It is said that most rules have their exceptions; and it is even affirmed by some that the exceptions strengthen the rule. If this is so, perhaps the rule of Pres. L. may stand; though to many it seems at first exceedingly sweeping. One known exception to its universality may be worth mentioning, on which the reader may make his own comments, and from which he may draw his own inferences. I was so fortunate for one, as to attain to the eminence he mentions, without killing anything like half a dozen patients; at least, so far as I know.

And yet, as I verily fear and most honestly confess, I did kill one or two. Not, of course, with malice aforethought, for they were among my very best friends; and one in particular was a near and highly valued neighbor. Let me give you a few details concerning the latter. It may serve as a lesson of instruction, as well as a confession.

He was about six feet high, with large vital organs; and though by no means possessed of a strong constitution, yet in virtue of a most rigid temperance, generally healthy. He was, however, subjected to the habitual influences of a most miserable cookery. Indeed, I never knew worse. Seldom, if ever, did he pass a single week—I might even say a single day—without having his alimentary organs irritated to sub-inflammation by more or fewer of what Dr. Dunglison, the physiologist, would call “rebellious” mixtures. I do not wonder, in truth, that he occasionally sickened. The wonder with me is that he did not sicken and die long before he did. And though the blow that finished his perilous, mortal career was doubtless inflicted by my own hand, I do not hesitate to say that his “housekeeper” had nearly half destroyed him before I was called.

It was a midsummer night, when the messenger came across an intervening field, and aroused me from my slumbers with the intelligence that Mr. M. was very sick, and wanted to have me

come and see him immediately. Although it was fully twelve o'clock, and I had been so fully occupied during the preceding evening that I had but just crawled into bed and begun my slumbers, I was instantly on my feet, and in about twelve minutes at the bedside of the sick man.

He had been affected with a bowel complaint, as it appeared, for several days, during which his wife, who was one of those conceited women who know so much, in their own estimation, that nobody can teach them anything, had dosed him with various things, such as were supposed to be good for the blood or the stomach, among which was brandy and loaf sugar. Now his bowels, though they were inflamed, might have borne the sugar; but the brandy was a little too much for them. They had endured it for a time, it is true, but had at length yielded, and were in a worse condition than when she began her treatment. And what was worse, her alcoholic doses, frequently “inflicted,” had heated the circulatory apparatus, and even the whole system, into a burning fever.

It needed no very active imagination, in such circumstances, to make out, at least in prospect, a very “hard case.” And as he who has a giant foe to contend with, arms himself accordingly, I immediately invoked the strongholds of the *materia medica* for the strongest doses which it could furnish, and these in no measured or stinted quantity. In short, I attacked the disease with the most powerful agents of which I could avail myself.

I will not trouble the non-professional reader with the names of the various and powerful drugs which were laid under contribution in this trying and dangerous case, and which were most assiduously plied. It is sufficient, perhaps, to say that on looking over my directions—fairly written out as they were, and laid on a small stand near the sick bed—you might have discovered that hardly a half hour, by night or day, could pass in which he was not required to swallow some very active, or in other words, poisonous, medicinal agent or other. For though I was even then greatly opposed, in theory, to the exhibition of much medicine in disease, yet in practice I could not free myself wholly from the idea that my prospects of affording aid, or rather, of giving nature a chance of saving a patient, was nearly in proportion to the amount I could force into him of opium, calomel, nitrate of silver, carbonate of ammonia, etc.

It was, in short, enough to kill a Samson or a Hercules; and I repeat that I verily fear that it did kill in the present instance; not, however, immediately. For several days and nights we watched over him, heating his brain, in our over-kindness, to a violent delirium on the one hand, or to a stupor almost like the sleep of death on the other.

Not satisfied with our own murderous efforts, we at length applied for medical counsel. My predecessor was not so far off as to be quite beyond our reach, and was in due time on the spot. He, good man, sanctioned the deeds already done, and only made through the force of their prepossessions, an addition to the dark catalogue of demons which already assailed if they did not actually possess him.

For the first time in my medical career, I suffered here from a loss of the confidence of my employers. A very mean man, who could gain notoriety in no other way, undertook to insinuate that I did not understand well my profession; and this story for a short time made an impression. However, there was soon a reaction in my favor, so that nothing was lost in the end. More than even this might be said—that I rose higher, as the result of the report.

Mr. M. at length began to decline. Nature, though strongly intrenched in her citadel, and loth to “give up the ship,” began to succumb to the powers of disease and the load of medicine; and he gradually descended to the tomb. His whole sickness was of little more than a week's duration.

I was present at the funeral, but I could scarcely

hold up my head, or look any person in the face. To my perturbed imagination every one who was but “three feet high” was ready to point at me the finger of scorn, and say, “You have killed that man.” The heavens themselves seemed covered with thick darkness, and the green earth with sackcloth and ashes. “Never again,” I said to myself a thousand times, “can I bear up under such sad and severe responsibilities.”

And yet—will the reader believe it!—no one circumstance of my whole medical life ever did more to establish my reputation than this. True, I had contended on the battle-field, and had been beaten, but then it was thought I had contended against a powerful foe. Men sometimes think it honorable even to be beaten. I well remember an instance of this sort. A very great scoundrel heaped insults upon a worthy justice of the peace, till the latter seized him and held him down to the ground for a considerable time. The man was quite respectable afterward, and told the story to his own praise a thousand times over! He had measured lances with Squire H.! and though the squire was too much for him, he obtained a town-wide reputation by the contest.

You will see, more and more, as I proceed with these confessions, that it is not in him that willeth nor in him that runneth, to be acceptable as a physician, but in certain circumstances, partly within and partly beyond our control. You will see, however, that the best way in the end is, boldly and fearlessly to do right, and then trust in Him who loves right, and whose throne is in the heavens, for the final issue. We may not always be popular in doing right—probably we shall not be—but we shall, in any event, have a clear conscience.

A SUDDEN CURE.

I was called one morning very early to see a little girl, five or six years of age, who, it was said, was extremely sick, and without immediate aid could not probably long survive.

She was one of a very numerous family, most of whom, though suffered to run almost wild, like so many rabbits, were comparatively healthy. I do not suppose they had ever called in a physician more than once or twice in a year. In truth, they had very little confidence in physicians; though in extremities they were accustomed to call on them almost as much as other people. In any event, Caroline was very sick now, and they loudly demanded aid. I was forthwith on the spot. Caroline was groaning most piteously. “Where is your distress?” I inquired. She gave no direct answer, but continued to groan and writhe, as if she were impaled. As I could obtain no reliable information from her, and could discover no special or exciting cause of her suffering, and as the case was urgent, I proceeded to do something, though, as I must honestly confess, it was to labor quite in the dark. One thing I knew, it is true, that there were spasms, and that it depended on a diseased condition of the brain and nervous system; but what the cause or causes were, I could hardly divine. Nor, in truth, had I time to ask many questions.

Though the days of Hydropathy had not yet arrived, the world, even then, had a good deal of water in it, and physicians were sometimes wise enough to use it. It was demanded, as I thought, on the present occasion. It would, at least, by whiling away the time, give opportunity for further observation, and reflection, and deeper investigation. There was a good fire in the kitchen, and I ordered a warm bath immediately.

Every effort was made to hasten the process of warming the water, as well as to keep the patient quiet and within doors; for she raved like a maniac—partly indeed from a childish fear, but partly also from real bodily suffering. The family and neighborhood—for the latter were very largely collected together—were almost as much alarmed and distressed as the little patient, and this reacted on the patient to her increased disadvantage.

As there were no special preparations in those

* “FORTY YEARS IN THE WILDERNESS OF PILLS AND POWDERS; or, the Cogitations and Confessions of an Aged Physician.” Sent by mail, postpaid, by Fowler and Wells, on receipt of One Dollar.

days for bathing—I mean in the region of which I am now speaking—we used a large wash-tub. The water was soon ready, and was made rather warm, quite above 100° of Fahrenheit. I had taken the precaution to have my patient already undressed, so as to lose no time. The very instant the bath was ready, she was plunged into it. It cost some trouble, for she resisted with almost superhuman strength, and uttered most terrific screams. But as the ox is dragged to the slaughter, she was dragged into the water and held in it.

The effect was like magic. She had not been in the water twenty seconds before everything was quiet, and I do not know that she has ever had another pang to the present hour. Certain it is that she seemed to be entirely cured by this single bath, and none of her spasms ever returned.

The family were greatly delighted, and so were the neighbors. And was the physician, think you, an uninterested spectator? Had he been wholly destitute of the love of doing good, by relieving human distress, he must at least have been susceptible of receiving pleasure from general approbation.

He certainly sought respectability as a physician, and this he was by degrees now attaining.

It is hardly possible to refer the sudden quiet which followed in this instance from the application of warm water, to a mere coincidence, as if the system was ready, just at this very instant, to react or rally. The bath must have had something more than a mere imaginary or accidental effect, though its prescription may be said to have been empirical.

Had the experiment in the present instance wholly failed it is by no means improbable the physician would still have been on a par with other men. The guess he made was his *only* thought. He had nothing in reserve. But he was successful; he *guessed right*, and it built him up. His fame now began to spread far and wide, wafted, as it were, on the wings of every breeze. If he succeeded, it was supposed to be undeniable proof of his skill; if he failed, it was not supposed to be so much his fault as the result of circumstances; or, more properly, the severity of the disease. And even in the case of failure, as I have said elsewhere, he often gained credit; for he had boldly contended, at great odds, with a mighty because intangible antagonist!

It is an old proverb—but by no means the less true for its age—that when a person is going down hill every one will give him a kick. But is it not equally true that when he is resolutely going up hill, they are equally ready to help him on? So at least I found it at this period of my progress.

MY SATCHEL.

BY H. H. HOPE.

CHAPTER XII.—THE CONSULTATION.

THERE can be no period in the life of a young man more interesting than that in which he is called to decide what shall be his profession or pursuit. From very extensive observation I have been led to conclude, that the ill success attending the efforts of my fellow-men grows largely out of the mistakes they make in the choice of their vocations. Nature is only grand in the aids she renders to us, when she is left *free* to exhibit her strength. Oftener than otherwise, in this country, are our young men and young women turned from their natural bent or predisposition to special pursuits, to take up with those for which he has no liking. Parents not unfrequently select for their boys professions for which they have no taste, and educate them with special reference to the uses of their powers in those directions; and in doing so, render it impossible

for their children to avoid failure. No two children are constituted alike; and their dissimilarities oftener than otherwise indicate the point toward which all the interest and affection of their parents should be turned. We are very likely to choose a pursuit, profession, or sphere of business for our children from no other consideration than simply that in it some one has previously been successful in acquiring fame, wealth, or high standing; thus overlooking the very essential fact that, for our boy to succeed, he must have the same qualifications and the same fitness as he who preceded him.

Time, who is ceaseless in his revolutions, had brought Gerrit Ferguson to that period when it became a dictate of common prudence that he should make choice of a profession, and henceforward devote himself with particular assiduity to a fit preparation for it. As a young man, he stood high, and by all who knew him was beloved as thoroughly as he was esteemed; and he gave promise of celebrity in whatsoever calling he might adopt. He was hopefully and decidedly pious; was a member of a Christian church; and was himself at a doubt whether he should study law or the ministry. His father and mother inclined to his acceptance of the ministerial profession, and perhaps his own mind leaned as strongly toward it as toward the profession of the law. But Penelope was really earnest and decided in her opinion that he should be a lawyer instead of a minister. She declared her great respect for the ministry, but said she knew that Gerrit had in him too much practical knowledge—a knowledge of men and things, of business and its pursuits—to justify him in placing himself where it would not all be of practical account.

She affirmed that there were many young men in the country who had no other tendency than to study human nature from its religious aspects, and address themselves to the work of inducing such changes in individual character as a high-toned religious fervor and love demand. And while she would on no account derogate from the value of an effort likely to produce such changes as the religious sentiments of the age declared to be necessary in order to render one's future safe, she felt that there were spheres of life filled by masses of men that needed the infusion of vital Christianity; and that this could not be done by ministers. Society had so prescribed their orbit, and had so peremptorily decided that they ought not to enlarge it, nor get out of it, that it was practically impossible for them to reach those who lived out of their sphere; and that therefore another class of men must be educated to fulfill the duty of Christianity to these suffering and sinning groups.

"As, for instance," she said, "here are two men who are litigious; they are largely developed in their propensities; their moral sentiments dull; self interest keen and quick, and as a consequence, they are unscrupulous, and likely to be held in check only by public opinion. Left to themselves, they naturally seek to take advantage of each other, and will do this wherever an opportunity is presented. As a matter of course, they get into a quarrel. Now, mere abstract morality will never reach these men; high-sounding declarations of God's abhorrence of selfishness make no impression upon them; for the church and its warnings they care nothing. The minister they regard as totally unfit to be a mediator or a judge between them, for he has never been educated to understand the relations out of which their differences have sprung. And any statement of Christian rule, or any attempt to apply Christian principle to the cause in hand, by a minister of the Gospel, in the circumstances in which he is placed by society, and with his educational unfitness to discern the point of right, would have no more

effect on these two men than whistling against the east wind."

Penelope insisted, therefore, that young men who are Christians, and who, like Gerrit, have large practical knowledge, instead of carrying their Christian grace and spirituality into the theological circle, and educating themselves to preach God's truth, should take it up reverently and wrap it about the more widely and extended responsibilities of common life, and make it their guide in determining the duties and obligations which rest upon the individual members of society in all their varied relations and aspects.

She felt the day fast approaching when the influence of the ministry in this country would be very much diminished, unless its sphere of activity was greatly enlarged; that the pulpit, which had hitherto been the great expounder of God's will to man, would cease to occupy this very high and responsible place of trust, and would give way as a matter of absolute necessity to the Press, whose means and methods of action are more commensurate with the wants of the age. She could think therefore of no public position involving so great opportunity for wide and extensive usefulness as that of an editor. She was sure that in twenty-five years the press would sap and mine the pulpit in the public estimation, unless the ministers and the people together should wake up to their actual condition, and make over the men of the present day who preach the Gospel into newer forms, and after an improved model.

Ministers henceforth will have to be *men* of varied knowledge, and a rare understanding of human nature in all its phases, so as to be able to address themselves to mankind from the place which *they* occupy, and not from the pulpit which the *minister* occupies. And as society is not yet prepared for this change of posture in its ecclesiastical polity, she preferred that Gerrit should not place himself where in large measure his power of doing good would be rendered entirely nugatory.

She did not think that Gerrit was particularly well-fitted to be an editor; his mind ran in a channel not greatly divergent from that in which the greatest editorial capacity flows; but it was not exactly parallel to it, and therefore, while he was not fitted by scarcely any quality of his nature to be a minister, and was not in the highest degree fitted to be an editor, he *was* fitted to take the middle position, and acquire high renown, a wide reputation, and very extensive influence as a lawyer.

She *knew* that he would not succeed as a minister.

She felt as if his success as an editor would be *doubtful*.

She was *certain* that he would succeed as a lawyer.

And if she might be permitted to state why he would not succeed as a minister, and why he would succeed as a lawyer, from her own point of impression, she would say that she judged him in the light of her relations to him. She had thought of this matter a great deal; and while she had not felt any sentiment of pleasure at the prospect of listening to him from the sacred desk, she had always found that the simple thought of seeing him at the bar, defending the right and putting down the wrong, woke up her whole nature to a glow, and prompted her to feel that she could furnish him large stores of strength, courage, and faith in his duties as a lawyer.

She was so energetic and so prophetic about it, that her father and mother were silenced; and Gerrit, who had no special reason for wishing to be a minister rather than a lawyer, except the vague idea that he might do good, was led, under her strong expostulations, to yield the point; and it was decided that he should immediately enter upon his duties as a law-student in his father's office, where he should spend a year, and then leave him and finish his studies with one of the most distinguished members of the bar in the State where he resided, and return to become his father's partner.



NEW YORK, APRIL, 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.

WHO ARE THE HEALTH TEACHERS?—For a period of about three thousand years there has been a medical profession to whom all the world has looked up to as the recognized teachers of the laws of life and conservators of the public health. This medical profession has always professed to be in possession of a true science of medicine, whose principles, applied to the various circumstances of disease, constituted the proper healing art. Through many centuries its ranks have been honored and distinguished by men of exalted character, extensive learning, great experience, untiring industry, and unquestionable benevolence and honesty. Its schools have been numerous all over the civilized world, and richly endowed with libraries, museums, and laboratories, and its hospitals and clinics have afforded ample opportunities for practical instruction for the diagnostication of diseases and the administration of remedies.

Yet what has the world been profited by all this? How much better informed are the people in relation to the laws and conditions of life and health, so far as this medical profession is concerned, than it was three thousand years ago? And why is it that the veriest charlatan, the acknowledged ignoramus, and the most consummate quack, in this enlightened age, is allowed to compete, successfully, with the educated physician, for the public confidence and patronage?

These are grave questions. Who can answer them? Perhaps a reference to a few of the authorities will suggest the solution to these problems.

Said the late John Abernethy, M.D., of London, familiarly known as "Dr. Abernethy the Good," because of his sterling honesty and true philanthropy—in a lecture to a medical class: "There has been a great increase of medical men of late, but,

upon my life, diseases have increased in proportion."

Said the eminent Dr. Lugol, of Paris: "We are following an erroneous course in our investigations, and must resort to new modes if we would be more successful."

Said Dr. Evans, Fellow of the Royal College, London: "The medical practice of our day is, at the least, a most uncertain and unsatisfactory system; it has neither philosophy nor common sense to commend it to confidence."

Said Professor Gregory, of the Edinburgh Medical College, to his medical class: "Gentlemen, ninety-nine out of every hundred medical facts are medical lies; and medical doctrines are, for the most part, stark, staring nonsense."

Said the famous English surgeon, Sir Astley Cooper: "The science of medicine is founded on conjecture and improved by murder."

Said John Mason Good, M.D., F.R.S., the most accomplished medical scholar and author of modern times: "The science of medicine is a barbarous jargon, and the effects of our medicines on the human system in the highest degree uncertain; except, indeed, that they have destroyed more lives than war, pestilence, and famine combined."

Says Professor A. H. Stevens, M.D., of the New York College of Physicians and Surgeons: "The older physicians grow, the more skeptical they become of the virtues of medicine, and the more are they disposed to trust to the powers of nature."

Says Professor E. R. Peaslee, M.D., of the New York Medical College: "The administration of powerful medicine is the most fruitful cause of derangements of the digestion."

Says Professor E. H. Davis, M.D., of the same college: "The *modus operandi* of medicines is still a very obscure subject. We know they operate, but exactly how they operate, is entirely unknown."

Says Professor S. D. Gross, of the Jefferson Medical College, Philadelphia: "Of the essence of disease very little is known; indeed, nothing at all."

Says Professor Paine, of the New York University Medical School, and author of "Institutes of Medicine"—a work of acknowledged scholarship: "Remedial agents act on the system in the same way as do the remote causes of disease. They cure one disease by producing another."

From these ample testimonials, which

could be extended indefinitely, it seems pretty conclusive that the regular medical profession has as yet done nothing in the way of leading the people into better fashions and more healthful habits. It has always been contented to let the people go on in their violations of the laws of life and health, and then, when disease, which is the inevitable penalty of transgression, occurs, dose and drug at the penalty.

It is impossible for drug doctors to be health teachers. Their whole system is in violation of every law of the vital organism. Every dose of poison is an outrage against nature, and a war on the human constitution. The false and absurd dogmas of the drug system never did, and never can do any for the people, except to mislead them.

The hygienic writers and practitioners are the true and the only health teachers. And we have abundant evidence that they have done more, in the last dozen years, to teach the people the essential nature of disease, the real action of remedial agents, and the absolute conditions of health, than the regular medical profession has done in three thousand years. Thousands, yes, tens of thousands, of families in the United States have learned of them to preserve their health, as a general rule, and to find a restoration to health in the use of simple hygienic means, always at their command, in the exceptional cases. They have learned, in this way, to discard drugs and to patronize no doctors. And we claim, in conclusion, that the WATER-CURE JOURNAL alone has done more to reform the unphysiological habits of the people, and check the deteriorating tendency of the human race, than all the medical journals of all the drug medical schools have done since the days of Adam and Eve.

HEROIC BATHING.—We are not advocates for what is called "heroic treatment," even in the hydropathic way. We have known persons do themselves injury by cold bathing. Impressed with the idea that our system was a "cold water-cure," and that the virtue of the water was in the cold of it, and hence, that the more cold bathing the better, and the colder the water the more potent its virtue, they have nearly chilled themselves to death for weeks, or months, or years, before they have discovered their error.

Humanity is by nature tough, and many persons can endure an immense amount of exposure and not be seriously damaged, but their heroic examples, if imitated by the

weak and feeble, would be attended with dangerous consequences. Cold bathing, daily, under proper regulations, is one of the best preventives of disease known. But it is possible to use water too cold. A paragraph has been going the rounds of the papers lately, stating that a Dr. Smith, of Newburyport, Mass., has practiced bathing all winter in the sea, entirely unprotected from wind and weather, not only without injury, but with benefit. We have known of others who performed the same feats, apparently with advantage to their health. Dr. Smith's account of his bathing and other habits are so interesting, and his remarks so judicious, that we give them entire :

WINTER BATHING.

Gentlemen—Your remarks on my bathing, in your issue of the 18th instant, has caused so many inquiries from physicians, physiologists, and those interested in hydropathic institutes, and hygiene generally, that I wish to reply through the columns of the *Herald*, by which they originated.

I have bathed, by sponge, or shower, or plunge, for these twenty years—for nine years last past in the river or open sea. As to the utility of bathing I will cite a few facts. While a student for some years at Oberlin College, and surrounded by hundreds of young men, I found those who bathed regularly enjoyed better health than those who did not. I was for some years at the "Graham House" in New York. A portion of the boarders bathed, and among others, Hon. Horace Greely, who on one occasion observed to me, that those who reduced bathing to a system rarely suffered from colds or other sickness, the cold water and good habits of those who bathe on principle keeping them well. As a laborer at the missionary grounds, the "Five Points," and officiating as chaplain in one of the hospitals, I have waited on the sick and those dying of almost every disease, but suffered no injury. Thrice have I served as surgeon of ships with an aggregate of six hundred souls, with cholera, ship and shore patients on board, and once as master, with my first and second officers both ill at the same time, one with small-pox; but never have I seen those who systematically bathed suffer from disease.

In Australia, during one of the coldest winters ever experienced in Tasmania, after running a mile, I threw myself every morning before sunrise into the sea, when fresh water was frozen (salt water requires two degrees more cold to freeze). Out of seventy-one gentlemen, most of them English, only one of them went with me through the winter: this was Captain Powers, of the English army, brother of the celebrated Lady Blessington. He was never ill, neither were the others who bathed, but most persons suffered with the prevailing distemper, influenza, which was very fatal. I have bathed winter and summer since—I bathed off Cape Horn on my passage home, when water froze on the deck—I have bathed in the Gulf of Mexico and in the waters of Lake Superior—in the Atlantic and Pacific oceans—in the Mississippi River and Passamaquoddy Bay—in the Sacramento and the Derwent of Australia—in the British Channel and in the river Thames.

This is the fourth winter I have bathed in the river or sea since my return to the United States. I have run five miles, divested myself of clothing, dashed into the river, swam amid the ice cakes, then dressed and ran two miles home. I have dived into the stream from the end of a pier seven to fifteen feet into the channel, whose rapid current and tidal motion ordinarily prevented freezing; or, if frozen, I have cut the ice, and at no time this or the preceding winter have I been sheltered by house or shed; but after a bath, such

is the warmth that summer clothing would suffice for covering. The coldest morning it was 15° below zero, or 47° below the freezing-point. I usually run a couple of miles, use flesh brush and towels, sometimes stand in the snow, frequently dry myself in snow storms and cold N. E. winds. I take for beverage no coffee, tea, or spirituous drinks; nor do I use tobacco. I never feel cold after leaving the water; never suffer from cold; never have coughs; I never had disease of any kind; no aches; no pains. My bathing time is by or before sunrise.

Cold baths should not be used at all times. I know of but one rule or guidance. Should reaction occur after bathing, it is a safe practice—not otherwise. No man can judge for another—every one for himself. If immediately after the shock, plunge or shower, a warm glow is diffused over the body, it is beneficial. A rent in one's coat, a fracture of a foot, damp feet, or a current of air, is often more dangerous, nay, deadly fatal, than the entire submersion of the body in congealing water, or its exposure to freezing air. More risks are daily incurred by ladies with unprotected feet in one day than in a winter's bathing.

Again, never bathe when fatigued. Exercise or circulate the blood by friction. Never feel timid if there is reaction. Wipe dry. Should one go shivering to his bath "like a galley slave scourged to his dungeon," he soon would wrap around him the drapery of death through very fear. There are some who should bathe; and if there is not vitality enough in their indolent blood to react, they should rub themselves with a flesh brush, or, as they do in Constantinople, thrash themselves with a rod until the sluggish fluid rushes back to the surface from which it has retreated. Jefferson said cold-water bathing every morning prolonged his life ten years. John Q. Adams daily bathed, so did Benton and many others.

I write this under the inspiration of a run and swim among the "cakes," after removing the icicles from my hair and whiskers. I have now bathed the entire winter, and have increased ten pounds in flesh since autumn.

I do not say these things vauntingly, for I know not how soon I may be called upon to suffer; but in a spirit of thankfulness to Almighty God that I have not had an hour's illness of body for many years. And I attribute my almost perfect immunity from these in all parts of the world to the use of cold water and the superintending care of Providence so graciously extended in every hour of need.

MAYO G. SMITH.

DRUGGISTS' MISTAKES.—Hardly a day passes that we do not read of the sudden death of some person, in consequence of the wrong medicine being put up at the apothecary shop. This subject is beginning to attract the public attention. Governor Newell, of New Jersey, in his late message to the Legislature, regards the evil to have attained that magnitude which requires legislative interference. He says:

It too often happens that valuable lives are sacrificed by the ignorance or carelessness of apothecaries in compounding medical prescriptions, and the same occasionally results from an inexcusable haste in writing recipes. These evils may be prevented in the future, in this State, by requiring all apothecaries, under penalty, to affix to each receptacle, in a distinct style, the English, as well as the official name of the medicine it contains, and by obliging physicians to write their prescriptions in full, instead of using the abbreviations and characters now in use.

Dr. J. P. Calhoun, of Rahway, N. J., through the *Philadelphia Medical and Surgical Reporter*, argues that the Governor's plan would not only be useless, but would

actually increase the liability to mistakes. We do not see the force of Dr. Calhoun's logic, nor the advantage of the remedy he proposes, viz., better educated druggists. We think the error often lies in the adulteration of the drugs. Said Professor E. S. Carr, M.D., of the New York Medical School, in a lecture to the medical class, not long since:

All drugs are more or less adulterated; and as not more than one physician in one hundred has sufficient knowledge in chemistry to detect impurities, the physician seldom knows just how much of a remedy he is prescribing.

If this statement be true—and we have it on good authority—that there are no pure medicines in market, all persons who swallow the prescription of the drug doctor must take their chance to be cured or killed, as may suit the convenience or profit of the adulterating druggist. We think the true remedy will be found in the better way, which dispenses with drugs altogether.

PITTING IN SMALL-POX.—This subject has again got into the newspapers, and they are publishing the preventives which are recommended in some of the medical journals. One of the latest of these is the application of nitrate of silver. A writer in the *Medical Times and Gazette* says:

In regard to this subject, if the eruption be distinct, the solid stick of nitrate of silver should be applied to the pustule, previously moistened with a little water. If confluent, the concentrated solution of eight scruples to an ounce of distilled water must be applied over the whole surface; if necessary to apply it to the scalp, the hair should be previously removed. The application should be used on the second or third day of the eruption. A case of confluent small-pox is related, where no punctures were made, in which the strong solution was applied to the whole of the face and ears; the pustules were immediately arrested, and in nine days the eschar had come away from the face without leaving pits. Another writer recommends applying a solution of the nitrate of silver, of the strength of one drachm to an ounce of water, all over the face for ten days or a fortnight, commencing a few days after the eruption makes its appearance; and if there be intense inflammatory action about the head, it may be applied over the scalp, and also to the mouth and fauces.

We regard this practice as exceedingly dangerous. It is becoming a common fashion with physicians to apply caustic solutions to almost all forms of cutaneous eruptions, especially erysipelas and small-pox. The result is, the eruption is repelled from the surface; the morbid matter is not all thrown out of the system, and of course remains as a deadly virus in the internal organs. We regard water and flour as the only proper applications to the surface in all cases of eruptive fevers. We have treated several cases of small-pox hydropathically, and in no case was there any pitting

at all. In a very bad case the application of flour would prevent the contact of the the external air with the open ulcer, and would not arrest nor prevent depuration; hence it is safe, and quite as effectual in preventing pitting as any caustic can be—even more so.

GAS A PREVENTIVE OF SMALL-POX.—A late number of the St. John's *Morning News* has the following:

A gentleman of intelligence and observation informs us, from all the information he can obtain from medical men, now having many cases of small-pox under treatment, that there is no house in the city where gas is burned, of the ordinary consumption, in which the disease has yet found lodgment. The gas, it is supposed, is a powerful disinfectant, and hence there is no contagion within the circle of its influence. He says that a person burning gas may contract the disease abroad and take it home with him, but it will not be communicated to any other member of his family.

The subject is worth investigating. That the burning of gas may be, to a certain extent, a protection against small-pox, we are inclined to believe; but we have had cases to treat in houses in this city where gas is burned, so that we are quite sure the preventive is not infallible.

HYDROPATHY IN SCOTLAND.—We learn, from a Scottish paper, that a hydropathic *conversazione*—a social meeting of persons friendly to the hygienic system of cure—was held lately in the saloon of Johnston's Temperance Hotel, Waterloo Place, Edinburgh.

The saloon was handsomely decorated, and the *conversazione* was attended by above two hundred ladies and gentlemen, among whom were the following: Rev. Alexander Monro, of the Lochhead Hydropathic Establishment, Aberdeen; Rev. Mr. Cox, Rev. Mr. Inglis, Mr. Davidson Nicol, Edinburgh; Dr. Lawrie, Edinburgh; Mr. Robert Simpson, Glasgow; Professor Dempster, America; Mr. Thomas Knox; Mr. Samuel; Mr. John Marshall, advocate; Mr. Thomas Macfarlan; Mr. James Middlemas, merchant; Mr. Mitchell, Carmichael; Mr. Patrick Wilson; Mr. George Lawson, Newington; Mr. Charles W. Anderson, Leith; Messrs. Scott & Low; Messrs. William, Thomas, and Benjamin Cowan, Blacket Place; Mr. Urquhart, Raeburn Place, etc. Mr. Davidson Nicol presided. Dr. Monro gave some general instructions on hydropathic treatment, and gave numerous illustrations of the value and efficacy of what he termed the golden rule in the application of the water-cure—"Never to apply a bath or other process that caused distress to a patient, especially if that patient was a child."

MEDICAL DISCUSSIONS.—We have been trying for ten whole years, as some of our readers know, to get into a discussion with some eminent and accredited teacher and practitioner of drug-medication, but without success. We have invited, challenged, dared, defied, provoked, coaxed, entreated, and importuned in vain. We have, indeed, succeeded occasionally in drawing out some

one on some single question—the nature of disease, and the *modus operandi* of medicine. But even these would not stick to the argument long, nor would a soul of them stick to the point in issue. No one has, as yet, ever offered to discuss with us the principles and philosophy, the merits and demerits, of our respective systems. Years ago we offered an opponent *one thousand dollars* if he would do this. We renew this offer again at this time. He shall be a teacher and practitioner of the drug system, and a professor in some regular medical school, and the discussion shall be continued until all the points in issue presented by one side are replied to by the other. And the discussion shall be published in the *WATER-CURE JOURNAL*, in at least one Allopathic medical journal, and in as many newspapers and periodicals as are disposed to publish it. We are willing to give this sum for the privilege of letting the public know what the best medical talent of our country can say against the system we advocate.

If they do not accept this very liberal proposition now, we shall soon, with the assistance of one or two hundred graduates of the New York Hygeio-Therapeutic College, discuss *both sides* of the questions before audiences of the people, and ask no favors of the doctors. The questions in issue between our systems must be met, and that soon. Drug-medication is either right or wrong. Hygienic medication is either right or wrong. If one system is right in principle, the other is wrong in principle. The people will soon demand to have the truth or falsity of these propositions shown, and then they will be shown.

SANITARY SULPHUR.—The Dupont Company in Louisville, Ky., in order to get a supply of water for their extensive paper mills, sunk an artesian well to the depth of 2,086 feet, when they struck a vein of highly sulphurous water, which threw a jet of three inches in diameter forty or fifty feet in the air, and discharged two hundred and thirty gallons per minute. But being very impure, and hence unfit for paper-making purposes, it is proposed to use the waters for bathing and drinking. A correspondent of the *Winona* (Minnesota) *Republican* says:

The Duponts, of course, were delighted at the result of their labors, and the company have been offered ten thousand dollars per annum for ten years' rent of the well and its contiguous baths. You may form some idea of the strength of the water from this fact, experienced by myself and

others: After drinking two tumblers in the morning, by noon every article of golden jewelry about your person will be completely blackened by the sulphurous evaporations through the skin and the thickest clothing. There is no doubt of the sanatory character of these waters.

It is almost time that common sense was applied to the subjects of victuals, drink, and medicine. On all other subjects that can be named, our people are eminently practical and common-sensical. But on these subjects they seem to be pre-eminently foolish and nonsensical. Every dirty puddle of water, impregnated with earthy, alkaline, or mineral impurities, totally unfitting it for cooking, washing, or even mechanical purposes, is regarded as a wholesome beverage and a restorative medicine.

People ought to know, and we will take this opportunity to inform them, that any water which will blacken their skins, or discolor the jewelry in their pockets, is not fit to take into the human stomach for any purpose whatever.

ANOTHER HEALTH CONVENTION IN NEW YORK.—Arrangements are now making to hold a second Health Convention in this city during the anniversary season in May next. We can not now designate the place, nor the day on which it will commence, but it will be about the middle of the month, probably the 15th. We hope to see many of our friends from different and distant parts of the country on that occasion. Those who do not see any further notice of our Convention before coming to the city, can learn all particulars by calling at the Hygienic Institute, 15 Lighthouse Street, or on Messrs. Fowler & Wells, 308 Broadway. Dr. J. C. Jackson and Dr. Harriet N. Austin, of Dansville; Dr. Trall and Mrs. Dr. Page, of the Hygeio-Therapeutic College, will be among the speakers. A number of other speakers will be invited, and some of them, no doubt, will be present, but we are not authorized as yet to announce their names.

THE JOURNAL ESSENTIAL TO HOUSEKEEPING.—H. B., "a life-subscriber," writes us from Arlington, Ill.: "My two children have had two attacks of fever, but being more afraid of the doctors than of the disease, I went to work in earnest with water-treatment, and the result was, in two days after being taken down they were playing about the house. A good Water-Cure physician would have all he could do in this community." Here is a hint for whom it may concern. A hundred thousand of this journal, scattered over the country, would

save a hundred thousand lives in less than five years. Are not these lives worth one dollar each? It would cost but fifty cents each to save them according to our club rates.

To Correspondents.

Answers in this department are given by Dr. TRALL.

SORE EYES.—A. P. S., Strongville, O. A diseased liver is probably the reason that your eyes do not get well. You eat too much and too many things. Be very sparing in the quantity of food, and abstain entirely from butter, milk, and molasses.

ITCH.—H. S., Conshohock, Pa. *Dr. Trall*—A disease of the skin is prevailing here to some extent, which is contagious, called by some, "emigrant's itch." I can not very well describe it, as it takes so many different forms. One will have scabs and scales, and another carbuncles and boils, while others will have merely "hives," like those caused by wood-ticks in summer. Our doctors (regulars) do not seem to be acquainted with it. One said it was not contagious, but that only proved his ignorance in the matter. It seems to be much more difficult to cure than "common itch."

In your "Encyclopedia" you say that cleansing the skin is the main thing; but some of the subjects of this disease are those who have been in the habit of a daily bath, and have not found even the "soap-sudsing" effectual to a cure. Please give us some advice in the next number of the WATER-CURE JOURNAL (if not too late for the next), if curable by hydropathic means, without any poison to "kill" it, and oblige subscribers and readers of the JOURNAL.

The real *scabies*, the itch, which is caused by a parasitic animal which burrows under the skin, may be killed by sulphur, turpentine, and various other poisons. We have always succeeded by soap-sudsing, washing, and scrubbing.

BRIGHT'S DISEASE.—S. W., Warrenville, Ill. This affection consists in a degeneration or partial disorganization of some portions of the structure of the kidneys, and is attended with and known by a secretion of urine, which contains albumen; hence it is sometimes called albuminuria.

The patient requires a rigidly abstemious diet, with tepid hip baths, and such attention to general bathing as the condition of the system requires. We can not prescribe special treatment without knowing the circumstances of the case.

VARICOCELE.—J. C. F., Rising Sun, Ind. We can not tell what kind of a surgical operation is best for a given case of varicocele without a particular description of the case. In a majority of cases the ligature or caustic is resorted to. There is no "usual fee" among surgeons, but each charges according to circumstances.

STIMULANTS FOR DEBILITY.—F. M., Oneida. As we have often stated in our writings, we do not prescribe wine, flesh-food, beef tea, nor stimulating medicines, foods, nor drinks of any kind, in cases of extreme debility, nor in the "sinking stage" of fevers, nor in any other cases whatsoever. Such cases are the very ones in which we would be most careful to exclude everything of a stimulating nature. Such patients want rest, not stimulation.

VEGETARIANISM.—J. F., Westfield. Smith's "Fruits and Farinacea," price \$1, is a good book to place in the hands of all persons who desire to acquaint themselves with the testimony and facts in favor of an exclusively vegetable diet.

CATARH AND ULCERATED THROAT.—C. N., Oshawa, C. W. I have what an M.D. calls the catarrh—frequent colds in the head, and an ulcerated throat. On the back of the palate the ulcers are small, and frequently break. What is the cause, and what can I do to cure it? I live on coarse food, a little meat once a day, and no pork. My hands trouble me very much by sweating. When in a temperately heated room, the sweat will run off in drops, as I work in an office, writing. There is something wrong, and I should like to know how to cure it.

The principal "wrong" is a diseased state of the liver; it is in a state of congestion. Restrict the diet to unleavened bread and fruits, with a moderate proportion of vegetables. Be sparing in quantity, and avoid condiments. Take the wet-sheet pack once or twice a week, and a sponge and sitz bath daily.

IPECAC EMETICS.—J. O. D., Pawtucket. A friend of mine, who has had twelve settled fevers in the course of thirty years, and many more incipient fevers, is very confident that he has repeatedly broken up the fever in its incipient stage by taking an emetic of ipecac. He thinks it probable that there was an incidental injury to the system, but is very confident that the medicine did good for the time, by preventing a settled fever, in the absence of better remedies. Please give us your opinion.

It is very true that a person may, in consequence of unwholesome food, get his stomach so foul that an emetic of any kind will prevent a fever. But there are better ways of inducing vomiting than by taking ipecac, or any other poisonous drug. And besides, one day's fasting will cleanse the stomach more effectually than all the emetics in the world. The fact that your friend had so many attacks of fever is conclusive that he lives very unphysiologically. It is better to live right and have no necessity for fevers or emetics.

VISITS TO THE COUNTRY.—A. M., Boston. We charge twenty dollars to visit a patient at a distance which requires us to be absent from the city twenty-four hours, and thirty dollars if absent two days.

CANKER IN THE MOUTH.—H. C., West Point, Io. My palate and pharynx are red with inflammation, and my tongue and epiglottis are partially affected. I do not use tobacco, coffee, tea, ardent spirits, nor meat. What does this affection indicate, and what is your advice?

Our advice is, that you tell us what you do eat, not what you do not, and then we may be able to tell you what the cause of your ailment is, and how to correct it.

ENLARGED LIVER.—P. C. G., Montrose, Pa. *Mrs. Fowler and Wells*—I would like Dr. Trall's opinion through the columns of the WATER-CURE JOURNAL, in relation to the following case: The patient is nearly twenty-seven years of age; his height is five feet seven inches; weight from 150 to 160 lbs.; temperament marked by N. Sizer as follows: Vital, 6 to 5; Motive, 5; Mental, 6. He is a farmer by occupation; is anti tea, coffee, rum, and tobacco; has not taken any medicine for about three years; eats pork sometimes. He is troubled with losing his breath in his sleep, and it requires every effort which he can make to regain it. I have Shew's work, but can find nothing in it to describe his case. Will Dr. Trall please tell the cause and preventive?

The patient has congestion or enlargement of the liver, probably owing to improper food or over-eating. But as you do not tell us anything about his dietetic habits, but merely mention some things which he does not do, we can form no opinion of the causes; nor can we indicate the proper treatment without knowing more about his personal habits, and also what diseases he has formerly had, and what medicines he has taken.

CLINICAL LECTURES.—In answer to several correspondents, we offer to give a clinical lecture in any place within one day's ride of New York for \$25 and traveling expenses. We will meet in a public audience as many invalids as will come together, examine and explain their cases, and prescribe the hygienic plan of treatment. We should like to see all the invalids of the place together, and all the doctors of the place with them. We must have one month's notice, and the privilege of designating any day within one month after receiving the application, on which we will attend.

Business Notices.

THE WATER-CURE FOR THE PRESENT SEASON.—In addition to the old established institutions now in successful operation, there will be, in the early part of the season, a number of new ones ready for the reception of invalids which we may be able to notice in our next issue. Of the existing establishments we may name, as the first and oldest establishment in the United States, Dr. Trall's "Hydropathic and Hygienic Institute," Nos. 13 and 15 Lighthouse Street, New York. In the upper part of the city is the establishment of Dr. Taylor, corner of Sixth Avenue and Brooklyn Street.

In Brooklyn, Dr. Adams receives patients at 63 and 65 Columbia Street; and in Williamsburg, Drs. Lines keeps an establishment, on the corner of South Fourth and Second streets.

The most extensive country establishment is Dr. Jackson's "Our Home," at Dansville, Livingston Co., N. Y. This is also among the oldest in the country, for, although it has been in operation but a single year in that place, it is to be regarded as a continuation of the Glen Haven Cure with a change of locality.

On the line of the Erie Railroad are the establishments of Dr. Gleason, at Elmira, N. Y.; that of Dr. North, at Binghamton, N. Y.; and that of Dr. Thayer, also of Binghamton, N. Y.

In the interior of the State, in a beautiful and salubrious locality, is the "Fish Lake Water-Cure," of Drs. McCune, at Delhi, Delaware County. In Western New York is that of Dr. Green at Castile, Wyoming County. In the southwestern portion of the State is Dr. Burdick's Cure, at Alfred, Allegany County, and, in the northwestern part is Dr. Foster's establishment at Clifton Springs. Near Utica, N. Y., is Dr. Holland's New Graefenburg Water-Cure.

Those who prefer the northern regions, will find accommodations at Northampton and Worcester, Mass.; Brattleboro', Vt.; and Hill, N. H.

In the immediate vicinity of Northampton are the establishments of Dr. Munde at Bentonville, Dr. Halstead at Round Hill, and Dr. Dennison near Round Hill. At Brattleboro', Dr. Blackall is fitting up a new house, and one of the original establishments is, we learn, to be continued.

The Worcester Water-Cure is still under the charge of Dr. Seth Rogers, and the "Granite State Water-Cure" at Hill, N. H., is under the care of W. T. Vail, M.D.

To the Eastern Water-Cures must be added that of Dr. S. Phillips, at New Haven, Conn.

In the Western States we notice the extensive establishment of Dr. Seelye, at Cleveland, Ohio; the Granville, O., Water-Cure, by Dr. Bancroft; Dr. Kingsbury's establishment at St. Charles, Ill.; Drs. Nevins and Kenyon's establishment at Peoria, Ill.

South of us, is the Philadelphia Water-Cure, at 729 South Tenth Street; Dr. A. Smith's "Living Springs Water-Cure," at Wernersville, Pa.; the establishment of Dr. C. Baelz, at Phillipsburg, Pa.; the Pittsburg Water-Cure, by Drs. Frease; Dr. Craig's establishment at Wilmington, Del.; and Dr. Child's establishment at Winchester, Tenn.

We would like to publish in our next issue the address of Water-Cure practitioners who do not keep establishments, particularly the graduates of the Hygieo-Therapeutic College. Will all of them who see this notice, and have a "local habitation and a name," favor us with their address?

A BEAUTIFUL WATER-CURE IN CHICAGO.—One of the finest, most spacious, and every way the most costly and elegant house designed for this purpose, has been erected near the lake, in that great, growing, and magnificent city. The owner is one of the most remarkable men in America. He is as active, wide-awake, and enterprising as he is reformatory and devoted in his views and principles. His name and address is SOLOMON STURGES, box 4,268, Chicago, Ill.

The physician as well as the manager of this—probably the most extensive and costly establishment in the United States—is yet to be chosen. We hope soon to be able to announce the opening of this new Cure.

HOW TO LIVE.—Mrs. George Washington Wyllys says of this new book: "We had scarcely thought it possible that so much solid, useful information could be included within the course of an interestingly told tale. There is not a solitary page that does not contain enough to make it worth the whole price of the book to every woman; and if the girls will read it, instead of dish-water poetry and sentimental romance, their husbands—when they get 'em—will reap the benefit at every meal they eat." (SEE ADVERTISEMENT.)

Agent for Canada.—GEORGE LONGMAN, 41 King Street East, Toronto, has taken the Agency for our Books and Journals, which he will supply at retail or in quantities. Our friends in Canada will find it advantageous to avail themselves of his services.

THE DAY OF THE MONTH.—Every Inventor, Mechanic, and Manufacturer should have a copy of our excellent little "POCKET ALMANAC" at hand, to keep him posted in regard to matters pertaining to his interests. And all good

WIVES AND MOTHERS should have the "WATER-CURE AND HEALTH ALMANAC FOR 1860" hanging in a convenient place for frequent reference; while all the

MEN—YOUNG AND OLD—will find a fund of rich materials for thought in the "PHRENOLOGICAL ALMANAC FOR 1860." The price of each, prepaid by first mail, is only 6 cents, or twenty-five of one or all will be sent for \$1. Address FOWLER AND WELLS, New York.

Advertisements.

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

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

NEW YORK HYGIENIC INSTITUTE. Nos. 13 and 15 Laight Street.—THE SICK CURED WITHOUT MEDICINE.—We have treated hundreds of cases of the worst forms of ACUTE and CHRONIC DISEASE, many of which had previously been pronounced incurable by the best physicians of other medical schools, without giving a PARTICLE OF MEDICINE OF ANY DESCRIPTION. We believe the healing art to be a true science, and when the LAWS of that science are brought to bear upon the sick they will get well by natural means. Our remedies embrace AIR, WATER, WHOLESOME FOOD, TEMPERATURE, ELECTRICITY, the "Movement-Cure," CALISTHENICS, and GYMNASIO exercises, with mental and social recreations adapted to each particular case. We not only cure the sick, but teach them how to keep well after they are cured.

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

Our terms are from \$7 to \$12 a week for board and treatment. We take boarders without treatment, and also give treatment without board. Transient board \$1 per day.

R. FANCHER, Proprietor,
R. T. TRALL, M.D., Physician.

KINESIPATHIC INSTITUTE.

52 Morton Street, New York.

CHARLES H. SHEPARD, M.D.

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

DR. G. H. TAYLOR'S INSTITUTION,

No. 67 West Thirty-eighth Street, New York.

All forms of chronic and acute disease treated by the Water and Movement-Cure, and other means strictly hygienic.

THE BROOKLYN HEIGHTS

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

ELMIRA WATER-CURE.—THIS

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

A CARD.—THE BINGHAMTON

WATER-CURE *excels* any similar establishment in this country, as to the "HOME COMFORTS" to be enjoyed by those taking treatment during the cold weather.

All curable diseases treated with a success which defies competition.

Spermatorrhea of years' standing permanently cured in a few weeks by a new mode of treatment. Prescriptions sent (and the method of treatment fully explained) to any part of the United States, on receipt of \$5.

Address (involving a stamp) O. V. THAYER, M.D., Binghamton, Broome County, N. Y.

DR. BEDORTHA'S WATER-CURE

Establishment is at Saratoga Springs.

FISH LAKE WATER-CURE.

The location is decidedly beautiful, retired, and salubrious. Terms \$5 to \$8 per week. Address W. S. McCUNE, M.D., or MRS. O. F. McCUNE, M.D., Delhi, N. Y.

COLUMBIAN SPRINGS WATER

CURE is now open for the reception of patients and visitors. Those wishing hotel fare can be accommodated.

T. H. CHRISTMAN, M.D.,
4t. Columbian Springs, Herkimer County, N. Y.

NEW GRAEFENBERG WATER-CURE.

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

FARMERS AND THEIR WIVES,

Sons, and Daughters—all ought to see LIFE ILLUSTRATED. Only a Quarter for three months.

IDEAS!! IDEAS!!! OUR HOME.

We wish the readers of the WATER-CURE JOURNAL distinctly to understand that, in conducting a Health Institution, we do it with entire submission to the IDEAS which we hold on the subject of health. Intending that these shall be in conformity with the laws of life which God has established for the government of human beings, we mean to make our Institution, as far as possible, a complete and thorough exponent of our principles. And we do not for a moment take into account how far we shall be separated in sentiment, action, policy, or practice, from those who carry on establishments which they call Water-Cures, or from the great mass of our fellow-citizens, in respect to modes and methods of life. Satisfied ourselves, from a large and wide observation, that the art of healing as administered by physicians generally, whether of the drug school, or hydro-drug school, is the most transparent sham that was ever sought to be palmed off on intelligent men and women; by all that we hold sacred in self-respect, or in the Divine law, or in humanity, we separate ourselves from obedience to the dictates of mere expediency, or of that policy which prompts to mere money-making. Honorable as it is in any profession to obtain a competence—earnest ourselves to insure such competence—in all this matter of treating the sick we prefer, first, to be true to our principles, and then seek success in our business affairs.

Let it be understood, then, distinctly, by the public, that the Institution which we conduct is as different from institutions supposed to be similar to it, as things exactly opposite in all their constituents can be. We are in earnest in this matter of treating disease, and therefore for no considerations can consent to go contrary to our principles in any arrangements we make for the reception and accommodation of our guests; while we will do everything we possibly can for their comfort and happiness while with us, yet nothing could induce us to subject a great and noble cause, like this of Hygieno-Therapeutics, to the suspicion which must inevitably be awakened in all thoughtful and considerate minds, when it is perverted to the uses to which in large measure it has been subjected by persons who have represented themselves as its true public exponents.

Let us then state what are our peculiarities.

1. We use only water which is soft; holding hard water as unfit to use.
2. We administer our treatment on entirely a different plan from that of any other Water-Cure in the United States.
3. We never give any medicines, of any kind, to anybody, under any circumstances.
4. The preparation of our food is different from that of any other Cure within our knowledge, and may form—as it does in large measure—one reason why our guests prefer our Institution.
5. The relations which the patients hold to the physicians are different from those of other establishments.
6. The repose and quiet which patients should have, are more thoroughly secured to them than in any other institution, so far as we know.
7. Women, who, in order to be well, must be relieved from the slavery of Fashion, at least while under treatment, are by us permitted and encouraged, though not required, to wear a style of dress which enables them to live out of doors, and thus avail themselves of the best possible hygienic advantages for speedy recovery; and our Cure is the only Cure in the United States where this thing is so arranged and brought to bear as to form one of the strongest therapeutic means for the successful treatment of Female Diseases.

8. Our medical staff, in numbers and in experience, surpasses that of any other institution. First, we have Dr. Jackson, who has treated more persons, and a larger variety of diseases, than any other living man who has ever given any medicine. As most of the readers of this JOURNAL know, Dr. Jackson's practice has been very extensive; and witnesses to his very extraordinary success can be found in large numbers in every State and Territory of the Union. His reputation is as wide as the knowledge of Water-Cure.

Next, we have Miss Harriet N. Austin, M.D., whose reputation and success are rapidly coming to be known through our country, for the treatment not only of diseases that are general to both sexes, but for the treatment of diseases peculiar to her own sex, and whose highly original mind and fine tact as editor of "THE LAWS OF LIFE" have given her large rank already as one of the most promising women of the present generation.

In addition, we have Dr. F. Wilson Hurd, who has been associated with us for nearly four years, and who has been spending the past winter in New York. On his return he will be inaugurated as House Physician of OUR HOME. To those who know him (and his friends are by thousands), and have on many occasions witnessed his capacities as a physician, and the tact with which he manages a Water-Cure, this announcement will give unfeigned pleasure; for it will be a guarantee that the Institution will not suffer either in skill, or for lack of those kindly attentions and healthful regulations that enter so vitally into the curative treatment of its guests. If there is one thing more needed than another in a Water-Cure, it is such a man as Dr. Hurd has already proved himself to be. Intelligent, courteous, patient, having a large talent and a wide experience, with a natural aptitude for the business to which he has heretofore sedulously devoted himself, he will enter upon his arduous field of action with every possible qualification that a young man can desire. Assisted, as he will be, on the one hand, by Dr. Jackson and Dr. Austin, and on the other hand by Mrs. Emily Austin Hawke, Assistant House

Physician, who has been with us four years, and Dr. York, a young gentleman of fine qualifications, as Bath Superintendent and Medical Assistant, and by other helpers in the various offices of THE CURE, who are of like faith with ourselves, he can not fail to win fresh laurels in the department where he is already so widely and favorably known.

Our cooking and baking will be under the management of Mrs. Majesta Hubbs, daughter of Mrs. Hawke, assisted by Mr. Orville Burlingham, brother-in-law of Dr. Austin, both of whom are qualified by residence with us to keep up the reputation which

OUR HOME

has already acquired for furnishing to its guests the best of dietetic arrangements of any health institution in the world.

In fine, the Cure has principles of its own, a plan of its own, and its own policy. Those who want to learn what are our principles, should send for our tracts on Health, each of which is richly worth what we ask for all of them, and which already have been read to profit by more than half a million of persons. Also, let them send for

THE LAWS OF LIFE.

a most uncompromising Health Journal, published monthly, of the size of the WATER-CURE JOURNAL: single copy, 75 cents; or 6 copies for one year, \$3; or single numbers, 6 cents. It is edited by Dr. Austin, assisted by Dr. Jackson. See Publisher's advertisement in another column. To learn what our plan is, send for our CIRCULAR, which will tell all about us, and which will be sent for a three-cent postage stamp to prepay postage. To know what our policy is, come and see us, and learn how to live.

TRACTS.—We have them written and published on the following topics:

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

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

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

All letters asking for Tracts, Specimen Copies of "THE LAWS OF LIFE," Circulars, medical advice, or for admission into the Cure, should be addressed either to Dr. Jackson, or Miss HARRIET N. AUSTIN, M.D., Dansville, Livingston County, N. Y., and they will receive prompt attention.

Hydropathic practitioners, and physicians of other schools, as well as Health-Reformers and persons who want to learn how to live, would find it interesting and instructive to visit "OUR HOME," and witness the management of a great Health Hospital on strictly hygienic methods. They would come to think as thousands already had, that Nature is quite as great As are doctors who give poisons.

NATURE'S CURE.—THIS ESTAB-

LISHMENT is situated at PETERSBURG, Rensselaer Co., N. Y. The sick cured and taught how to keep well. We believe that when the laws of nature are brought to bear upon the sick, they will get well by natural means, without giving a particle of medicine of any description. We invite all that desire health to come and see what we can do for them.

Our terms are from \$2 to \$3 a week for board, from \$3 to \$7 for board and treatment.

All that are able to do so will have the privilege of defraying their expenses by manual labor. Address

11* DR. D. H. MAXSON.

PHILADELPHIA MODEL WATER

CURE AND HYGIENIC INSTITUTE, for the reception of Patients and Boarders, is permanently located at No. 109 North Sixth Street, above Arch, half a square from the splendid fountain and Franklin Park. Electricity in various forms, Chemical Baths, Dr. Landis' very improved Electro-Vapor Bath, Movement-Cure, etc., are administered when needed. Most speedy cures are made. Especial attention given to female Hls and Cancers. Send four postage-stamps for Lecture by Dr. Landis, upon "Who are the Quacks?" Address

11* S. M. LANDIS, M.D.,
No. 109 North Sixth Street, Philadelphia.

THE WILMINGTON WATER

CURE.—This Institution is situated in the city of Wilmington, Delaware, which for healthfulness of climate, softness of water, and beauty of surrounding scenery can hardly be surpassed in the United States. Address

6m J. D. CRAIG, M.D., Wilmington, Del.

GRANITE STATE WATER-CURE.

We wish to say to the sick and afflicted, that we have now devoted ten years of our life to the study and practice of the Water-Cure, during which time we have had great success in the treatment of chronic diseases, in a great variety of its forms—a success better than we had any good reason to anticipate, and which has given us great confidence in the power and efficiency of the Hygieo-Therapeutic method of medical treatment. We honestly believe that these ten years of experience and observation, and practical warfare with the ravages of disease, have given us a skill and a power of success worthy of the confidence and trust of the sick, whether male or female, old or young; and to all such, especially to those who have long been sufferers, we extend a cordial invitation to write us in relation to their cases, and we will give them our opinion of their prospects. We would speak words of cheer to desponding hearts. We have succeeded every year in curing many in whom the fountains of hope seemed well nigh dried up forever, and whose friends had long before given them up in despair. We have ascertained from the practical test, and therefore we know, that seven out of every ten of the great multitude of chronic sufferers can just as well be cured as not, if the proper means only be applied; and therefore we know that thousands and tens of thousands of our poor fellow-mortals suffer, and agonize, and drag out a pitiable existence, and miserably perish long before their appointed time, without the least necessity in the wide world.

We sympathize with these; especially with the younger portion. It grieves us to the heart to see young men and young women, all shattered in body, debilitated in mind, and disqualified for the enjoyments and necessary discipline of their time of life. We know just how to help these. We have passed through that Quagmire of Error and Slough of Despond ourselves, which is now enveloping them with its untold horrors; and we long to take them by the hand and conduct them safely to the shore, and place their feet on dry ground.

Come, then, all ye sufferers from disease who are longing to be cured. We offer you life. There is a wrong way and a right way. Nearly all of you have taken the wrong way. You have dosed yourselves with poisons after having violated the laws of your life in various ways, and produced disease. You have committed two wrongs, instead of doing the one thing that was right. You must turn. You must seek direction. You must persistently adhere to the right till nature can recuperate her exhausted forces, and you will be healed.

We invite you to our Institution, not because it is better than any other in the land! not because we are more skillful than anybody else! not because this is the only place where you may expect to get healed! We despise all such nonsense, let it be put forth by whom it may; but we invite you because we have labored earnestly and long in the study and practice of the Water-Cure; have striven to organize and establish a Cure that should exactly meet the wants and necessities of the sick; and because we believe we are thoroughly prepared to direct you in the way of life, that you may secure to yourselves all the blessings of your being. We are deeply grieved at the amount of sickness and suffering in the world, and we honestly feel that the mission of teaching and healing to which we have been providentially appointed is a Divine one, inuring much more to the happiness of the world than to our own personal profit.

Our Establishment is conducted on the simplest possible plan; no show, no pretense, no fashion with its abominable observances to worry and fatigue the patient. The simple business is to get well. Therefore the patient is left perfectly free and at his ease at all times.

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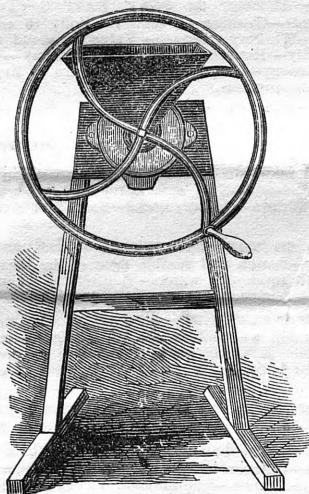
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NOTICE OF GRAHAM'S LECTURES ON THE SCIENCE OF HUMAN LIFE.*

[The following article was written some years since by Mr. Charles P. Peckham, formerly Editor of the "Botanico-Medical Recorder.]"

PRIOR to our departure from the East, we procured this work and brought it with us to the West. We have run hastily over its pages, gathering the sublime truths which were ripe for the harvest. We might sift some parts of this production, but we have no disposition to point out the minor faults of a work so pre-eminently calculated to effect a purer and healthier state of things, if man, in his ignorance and depravity, is not already run so low as to be incapable of rising to the blessings he has so long and so blindly cast aside from his view. The work is a noble production of genius, philanthropy, and intellect—and it will remain a monument sacred to the memory of its author, through ages long after he shall have been gathered to his fathers.

To prevent, rather than cure disease, has ever been the final aim of our labors. During our short connection with medical studies, our eye has been directed to the causes of disease, and the means to be pursued to obviate them, as being altogether better than combating the effects, or actual disease, by medicine, even though the medical action were the most unexceptionable that it were possible for such action to be; but when active medical process is necessary, we have seen no reason to doubt that the Thomsonian System is incomparably more natural in its ways and means than any other which has yet been offered to man for his approval or condemnation. Still, we feel constrained to go for the much better practice of preventing disease, by laying the axe at the root of its causes. At the very threshold of our medical studies, we saw that there could be no permanently successful termination of our researches short of this end. Hence we have labored continually, in our limited sphere, to point out the source of disease, that it might be prevented there, without waiting the manifestation of its streams. We saw full clearly that, to attempt a purification here, while the first causes, or the infraction of Nature's laws, remained to produce their morbid effects, uncorrected, could not secure a permanent state of health. We recommended again and again the works of George and Andrew Combe, because we saw them rising from the mists of the old school and pushing off on the right train to practical physiology and health. We saw that their labors were calculated to diffuse light into the regions of darkness; and we now have the sweet satisfaction of placing Sylvester Graham on the list as among the first of the benefactors of mankind. He belongs to the new school, and is one of her pioneers who unfolds the varied causation of disease and the means of its prevention. In the same spirit of others of the same school, his anatomy and physiology is made practical and enlightens the path of every one who will walk therein. Dr. Alcott, we learn, is of the same school, though his works have never yet come under our view. Now it is this kind of anatomical and physiological knowledge that we have said should be common to all, and the indispensable requisites of our schools. The whole matter is rendered perfectly familiar by the worthy personages of whom we have spoken; and a moment's reflection must suggest the vast utility of the introduction of this kind of knowledge into all our nurseries of learning.

* The Graham Journal of Health and Longevity. Devoted to the Practical Illustration of the Science of Human Life, as taught by Sylvester Graham and others.

How can we more properly enlighten the rising generation than to teach them a knowledge of themselves—the causes of health and disease—of good and evil which is set before them. They will then know that of which the mass of mankind are now ignorant. If they choose the good—health, happiness, and long life will be the fruit they shall gather. If they choose the evil—disease, bondage to the doctors, and untimely death will be the penalties of wrong-doing and disobedience.

All this knowledge is emanating and is to emanate and be diffused from the new school of moral and practical physiologists. The physiology, as taught in the old school, is a physiology of abstractions. It has been of little or no utility on the great scale of the vital concerns of life; and even the practicing regulars, whatever may be the extent of their physiological speculations as learnt from their professors, are continually violating, in their medical practice, the plainest common-sense physiological laws; and what better are we to expect so long as they shall remain as they are, without any practical originality—"cabin'd, cribb'd, confin'd" to the usages of their schools whose basis is upon "hypothesis piled upon hypothesis," yielding only "ineffectual speculation."

Take for example the large physiological work of Professor Duglison; and we select this, only because the various views of the abstract physiologist are gathered together in this work more extensively than in any other. But what light does this massive orb shed along the obscure path of man? and in what consists its practical utility to the great and suffering interests of humanity, engulfed in ignorance, disease and death. Do its rays converge to a focus to establish the useless speculations attempted? Oh, no. The professor has cited a vast array of names from all the world to prove uncomeatable points and their contraries—points so hidden that, whether proved one way or the other, could be of no essential benefit on the extensive scale of active life.

Such are the labors of the old-school physiologists. Instead of applying the plain and comprehensive truths of this science to the wants of society, they wrap themselves up in their speculative garb, and attempt to penetrate the Ultima Thule of all the non-essential minutiae of profitless abstractions, as if these ineffectual speculations were of paramount importance for the prevention and cure of disease. So far from this, the physicians of such physiology go forth in their campaigns against the sick with their minds in confusion worse confounded by all they have learnt, and utterly overlook the plainest and simplest physiological indications.

How different from this are the labors of the new school whose physiological labors are of direct and immense value on the great scale of civilized life! Here everything is made to have an extensively useful and practical bearing; and hence this knowledge is of the greatest importance, and should be diffused throughout the whole length and breadth of society.

To conclude, we say let no family remain without Graham's Lectures on the Science of Human Life. The moral bearing of the work is no less important than its physical; for so long as the body and soul are clenched together, the purity of the one can not be secured without the other. Who ever knew an unclean body united with a pure and elevated soul? It is a true saying that "even from the body's purity the mind receives a secret sympathetic aid."

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[To give a more definite idea of this fresh work, we give below an abstract from the Table of Contents.]

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