

# THE WATER-CURE JOURNAL

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Physiology, Hydropathy, and the Laws of Life.

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## General Articles.

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

### TO THOSE WHO HAVE WEALTH, AND WHO LOVE TO DO GOOD WITH IT.

FRIENDS—I know that there are a great many calls for help by the needy upon those who have the means to assist them; and I know that the philanthropists of our day are to be found among the Christians of our day, not by any means *exclusively*, but in very large majority. Hence, I am aware that, in asking your attention to the cause which I feel myself bound to plead, I may not find you in disposition to respond to my call; but this must make no difference with me. It may be that there are some of you whom the presentation of this subject may stimulate to action, and thus be the means of doing great good. The subject, in speaking upon which I shall occupy a little space, is the condition and wants of the Hydropathic Medical College. This institution is a regularly incorporated and chartered college, whose founder is one of the ablest medical teachers in this country. Its object is to instruct such persons in the healing art as shall be desirous of placing themselves under its tutelage, thereby qualifying them to become medical practitioners. But the *principles* upon which its instruction is based, and the

*practice* which ensues upon a knowledge of these principles, are so different from those of the medical colleges of any other school or schools, as to separate it from them by very broad and marked distinctions. Permit me succinctly to trace out for you the line of separation between them.

In the first place, the Hydropathic Medical College teaches its students that God, in creating man, subjected his body to a system of well-arranged and clearly-defined laws, easy to be understood and obeyed; and obedience to which should insure health. No other college in the known world teaches this doctrine.

In the second place, this College teaches that when these laws are violated and sickness ensues, restoration to health is possible only so far as their authority is restored and obedience rendered. No other college in the world teaches *this* doctrine.

Third. This College teaches that when a person is sick, no substance or thing is fit to be used *remedially*, whose influence and effect on the body when in health is to make it *sick*. No other college in the world teaches *this* doctrine.

Fourth. This College teaches that no substance or substances applied to, or taken into, the body, ever *act* upon it outside of the operation of *chemical* laws. No other college in the world teaches *this* doctrine.

Fifth. This College makes no mysteries of its knowledge; it has no secrets; and just so far as its influence extends, it diffuses intelligence among the people, and has for its ultimate end the dissemination of such knowledge, in regard to the laws of life, as practically to do away with sickness. No other medical college in the world has this object in view.

Here, then, are five cardinal points in which this medical college differs from any other similar institution in the world. Of what value would it be to mankind if these points were well understood? Take the first proposition: Suppose every person in the United States valued the sacredness of *physical* law as he does the sacredness of what is termed, by way of distinction, moral law, what would be the effect upon society, and upon its individual members, in the sum total of human happiness? Pen can not portray—tongue can not describe the upward movement which would be made under such conviction and action! Why,

half the crimes for which we now build jails, penitentiaries, and gallows would never be committed. The juvenile depravities, which it pains the true heart now to witness, would be vastly diminished. The sickness, the breaking up of business pursuits, the sundering of relationship by death, and the agony of parting forever, would be rendered much less frequent. But *now* there is no such conviction of the sacredness of physical law. Men, women, and children, Christian and worldly, alike ignore the voice of God as uttered through the laws of the body. They hear no speech from him in grand significance, proclaiming that the *material* part of man is worthy his serious attention and regard, and that the care he shows for it will be in large degree the measure of his growth in his higher faculties. They live as they list; they eat, drink, work, sleep—all at hap-hazard. To them life has its round of duties and of cares, its pleasures and its pains; but these come and go, as circumstances may indicate.

Look at the second proposition: All other medical colleges, so far as I know, teach that a man may have health and live in the daily violation of the laws upon which life depends; and that, if he becomes sick, he can be restored to health without reference to them. They say, "We can make good the place of nature; our skill can serve as a substitute for her great statutes; if the sick will come to *us*, we will show them that in our remedies there is power to more than make good the ill consequences which their habits of life in the violation of law have induced." I am not speaking *scandalously* of the doctrines or teachings of other schools; I am speaking the *truth*. The land is full of medical men who never say *one word* when called to the bedsides of their patients about the necessity of obedience to the laws of their bodies in order to maintain their health. They sit down and administer to them their remedies; and if their conduct has any voice; if what they do is understandable, their patients can draw no other conclusion than that they may live as they please, get sick, and without reference to the principles of life, the remedies of the physicians are all-potent to restore them to their former condition.

Take the third proposition: Where else can you find the idea advocated, that nature can best supply the needs of all her creatures in their emer-



gencies? Where else is the sentiment advanced, that the true mode of curing the sick is to use only such substances or things as have a natural and legitimate tendency to *preserve* the health of those who use them? Where else is the principle sustained, that whatever will make a healthy man sick, can, in the very nature of the case, never make a sick man healthy? Why, there are medical schools in this country that advocate the exact *opposite* of this doctrine. They say that remedies in their very nature are substances whose effects on the system, when in health, are such as to make it sick; and that in this consists their remedial power. Thus, to take one in all the fullness of strength, and give him any substance or thing making him sick thereby; this is the very substance which, when one is sick, will restore the equilibrium of the nervous system, equalize the circulation of the blood, give strength to the muscles, clearness to the intellect, and vigor to the man.

Take the fourth proposition: Do you know what a stupendous fraud is this of feeding poison to those who are sick? The like of it can not be found in the records of the race. Such a damnable delusion were human beings never given up to in any other direction. Men have been cheated by their religious teachers, defrauded by the trustees of their political power, made to suffer in their business relations by the knavery of those in whom they had confided, and, indeed, they have suffered in all sorts of ways by those who held their interests in charge; but the whole put together can not compare, in its effects upon human health and happiness, with this terrible system of drug-medication. Its influence is universal. It is the combination, and the concentrated essence, for man's destruction, of all the Egyptian plagues. It has ruined the health of the whole race, and destroyed the longevity of all peoples living under the influence of Christian civilization. You who read this article, and who have a heart to work for man's redemption, may rest assured that the grog-shops in our country do not begin to have so sweeping and immoral a tendency as the drug shops. Forth from their shelves, under shelter of the respectability and learning of medical men, go agents whose effect on every nerve, tissue, fiber, and fluid of him who takes them, is of the deadliest kind; and all this, too, under such fatal impression. One perhaps could afford to die, at least for the accomplishment of some great and noble purpose, if the act which he performs, or which he submits to, were known *beforehand* to be fatal in its effects. He rouses his courage to the "sticking-point," and takes the result with the stoicism with which Socrates drank his hemlock, or the calm submission with which the Apostles died. But he who perishes by his own act, or by the act of others, under the impression that the act is to insure to him long life, wakes on the very edge of the grave to curse the mistake that has doomed him to death. Talk of poisons being *remedial* in their nature! Talk of their *ordinary* effects being to kill, and their *therapeutic* effects being to save! Talk of their *saving* life when given by a *physician*, and *murdering* life when given by a *quack*, as if the mere administration of the same thing by different hands could make the difference between life and death! Thousands, tens of thousands, hundreds of thousands, *millions* are sent out of this world, who might have staid in it ten, fifteen, thirty, sixty, or eighty years, but for the administration of poisons in the guise of remedies. Thousands, tens of thousands, *hundreds* of thousands have the foundation of tastes, appetites, and habits of life, which lead them directly to crime and to ruin, laid through the administration of medicinal poisons.

Take the fifth proposition, and see what a difference there is between us of the Hydropathic school, and the physicians and teachers of other schools. What mummery *they* make of their learning and their knowledge! How little inclined they are to make the people intelligent as to the means of preserving health! Not one of them in a thousand has a patient who gets well under his care,

who, during his convalescence, is instructed as to the *causes* of his sickness, and the means of preserving his health. The graduates of the medical colleges of this country feel themselves under no obligations to keep the people from being sick. Their business, they say, is to take care of them when sick, *not* to keep them well. We say that the first and foremost mission of the physician is to instruct all who come within his influence as to the best means of *preserving* health; and that, unless he does this, no matter how regular his education, nor with what prestige he may commence his professional life, he is nothing more nor less than a *graduated quack*—a man whose business it is to fatten on the mistakes of others—to make songs of rejoicing heard on his own hearth-stones, by means of the wailings that come up from the hearth-stones of his neighbors. We say that the first object of our graduates shall be to get out among mankind and teach them all knowledge on the subject of life and health, so that they shall be equal to the conditions in which they find themselves.

Permit me to offer on this occasion, as an additional reason why Christians and philanthropists should come forward, and by liberal donations place this institution on a prosperous and thrifty basis, the fact that all the other medical schools in our land fail to urge upon their matriculants and graduates the importance of practically illustrating the laws of life and health; thus leaving them to commence their profession among the people devoid of a healthy and holy example. If one takes the trouble to investigate the matter, he can but see that of all the professions whose occupants wield large influence in society, that of medicine, in the persons of its representatives, furnishes the lowest and feeblest type. I know of no class of persons so audacious in their defiance of the laws of health as doctors. Almost universally they are *gluttons*. Nine-tenths of them defile themselves with the use of tobacco. Many of them drink to excess; and but few, very few, can be accepted and followed in their habits of living, without degeneracy and great danger of ruin. Think of it. A doctor caring nothing for, but daily disobeying laws, whose sacredness and importance alone can give significance to his professional position! Why, it is as monstrous as it would be for a minister of the Gospel to be mouthing out oaths in his common speech at every third word. With such a class of men for public representatives of the laws of life, society can make no high progress in its material interests; they degrade the whole effort, and make it a burlesque. And to-day, by their personal habits of living, they stand across the path which pure Christianity must travel for the world's redemption, more decidedly than any other class or profession of men known to our institutions. It should be considered as a matter of moral obligation, on the part of all good men, to break down their influence, for it is seldom conservative, but in the main destructive to the welfare and the highest interests of man. I leave it to you, oh, generous heart, to say whether this College is worthy your assistance.

It is proposed to make an effort during the coming year to raise funds to place the Hydropathic College on a safe and liberal basis; and for this purpose contributions are solicited from all who feel inclined to assist. As the measures will be shaped and arranged so as to be likely not only to succeed, but to answer the ends sought in the best manner; and feeling a great interest in building up this institution, because of the principles which it advocates, and the great need there is for raising a higher and better standard of medical knowledge than that which at present obtains among the medical profession, I have thought myself at liberty to appeal to all those who have the means and a heart to prompt them to give for so noble and magnificent an object. I have very much more to say on this subject when opportunity shall present; and meanwhile,

I am, very respectfully,

Yours for the health movement,

JAMES C. JACKSON, M.D.

## SURPRISING AND USEFUL DISCOVERY.

EDITORS WATER-CURE JOURNAL—I have something excellent, something beautiful, something extraordinary to tell you; and through you, I wish I could tell it to *everybody*. Will you not ask everybody to hear it and believe it? (it is true as any word that was ever spoken) and then I am sure they will all be joyful together.

You know, and everybody knows, how liable persons are to be sick, and what an affliction sickness is. That often those in vigor, and in the midst of useful activities, are prostrated at once, and are obliged to lie for weeks in great suffering, while so far as they are concerned, life's duties are suspended. That many times epidemics sweep over large tracts of country, touching with their withering breath the old, and young, and middle-aged, the healthy and the feeble, the rich and the poor, and carrying off many to untimely graves.

And you and everybody know that there is a class of persons whose business or profession it is to take care of the sick, and see that everything possible is done for their restoration. That those persons—physicians—spend years in careful and laborious study to learn how to cure the sick; and that what they learn is to give medicines—when and how to give them.

And you know that medicine giving is a very delicate business, because if not administered with the nicest skill and precision, it is liable to do great injury; that under the most careful administration it invariably increases the suffering and debility of the person taking it; and that in a large proportion of cases its ill effects on the constitution are felt for years, or through life.

And now for my good news. I have found out that *sick persons will recover just as well, not only, but a great deal sooner and better, without taking a particle of medicine*. I know it, for I have seen it amply demonstrated. There is a disease, in epidemic form, called dysentery, or, putrid sore throat, which has prevailed in many parts of the country for the last year; and during the past winter it has raged through this and other States, devastating neighborhoods, and spreading terror; for it has baffled the best medicinal skill that could be brought to the bedside of the patients; and large numbers have died of it (or else of the practical treatment they have received. For when one is seized with violent illness, and violent remedies are used, if the patient dies, has any physician sufficient wisdom to determine whether the death was caused by the disease, or by the medicine? One thing is certain—if persons in good health were put to bed and subjected to the same treatment that sick persons sometimes receive, they would inevitably die.)

During the winter and spring there have occurred about twenty-five cases of this disease in our house. Several who are chronic invalids, and are quite feeble, have had it, but the larger number of those affected by it were strong, robust working people. In many of the instances they have become seriously ill, suddenly. There has been high inflammation of the throat, severe headache, back-ache, aching in the bones, chills, fevers, and all these symptoms in very aggravated degree. The persons have been fully as sick, at first, as many others have who have taken medicine and have died. But not one of these has taken a grain of "doctor stuff," because we thought that would do more toward killing than toward curing them. We kept the air in their rooms fresh and pure, kept their bodies clean, endeavored to equalize the circulation by making warm applications to the feet and cool ones to the head; when there



was general chilliness, supplied warmth; when there was fever, allayed it by cool bathing; secured the best mental conditions by enjoining perfect quietude, and encouraging a hopeful, cheerful, patient spirit, and thus allowed the vital powers to carry on their operations to the best advantage. The result has been that every one of our patients has entirely recovered. And they have not only escaped the horrors of medication at the time, but they have no poisons left to rankle in their systems.

Will not the doctors be rejoiced to hear of this? I hope you will take great pains to make it known to them, for it is a pity that they should labor so hard to know how to cure the sick, and after all should commit the sad mistake of doing more harm than good. I am sure that every generous-minded person would gladly exert himself to the utmost to relieve them from the hallucination which envelops them. Gratefully yours,

HARRIET N. AUSTIN.

"OUR HOME," DANVILLE, N. Y.

ADDRESS TO THE GRADUATES OF THE  
HYGIEIO-THERAPEUTIC COLLEGE,  
MARCH 31, 1860.

BY R. WALTER HEURTLEY, M.D.

DEAR FRIENDS AND FELLOW-STUDENTS—We have arrived at the first halting-place in our pilgrimage up the mountain of science. Below us lies the plain where we began our ascent; towering above us are the higher peaks, beckoning upward our adventurous feet; and the eye traces the grand outlines of the mountain, whose top is the throne of the Infinite, till they fade in the immeasurable distance.

Our little band is fewer in number than when we commenced our journey. Some have returned to their homes on earth—one gentle, earnest soul has gone to his home in heaven! God's peace be with him, and with them.

And now we who remain must part with each other, and with our honored guides who have so wisely and so patiently conducted us along the difficult pathways we have trodden. There is a kind of sadness linked with the word *farewell*, which can not but be felt by us in some measure. Let us be pardoned if, when we finally speak it, one to another, the voice should falter somewhat and the eye become moistened; nor manhood nor womanhood will be disgraced thereby. We have been unusually happy in our companionship; our daily intercourse has been full of genial kindness and sympathy, and our teachers have shown us how well they can maintain the dignity of their office while winning from all of us that cordial recognition which belongs to dear and true friends.

But we have to do with the living present, and not with the dead past, and may not linger by the graves of buried hours, except to remind ourselves of the good fruit they have borne, and which does yet, and ever must, remain with us. We may see each other's faces no more, but the thought of the times we have passed together must ever bring a sunshine to our hearts. We shall think better of humanity at large because of this experience, and feel encouraged in our own arduous labors by the recollection of the true hearts knit to ours, as workers in the same field.

Nor while we recall the harmony which has characterized our intercourse, let us fail to do justice to the wise and liberal regulation of this Institute, which has done so much to promote it.

The presence of women in the lecture and dissecting-rooms has thrown a sacredness around themes and demonstrations which in unmixed assemblies are too often treated with a profane levity. As brethren and sisters we have together dared to interrogate nature with respect to her great masterpiece. We have learned under the chastening influence of this, our association, to listen reverently to her most secret revelations, as to the oracles of God. At the same time in the interchange of mutual, helpful courtesies, our tasks have been lightened, and we have breathed an atmosphere of almost domestic kindness. No one of us who is familiar with ordinary school and college life, where the sexes are separated, can fail to draw a contrast between his former and recent experience, most favorable to the practice of our own college; neither can he fail to recognize the duty of becoming its advocate and defender.

This occasion is not suggestive to your speaker of a long or labored exhortation, it merely prompts a few simple earnest words, which may perhaps reach your minds and hearts quite as truly and usefully.

And first of our profession. Let no one hastily conclude that I magnify our calling overmuch, in claiming for it the place of the noblest of all professions. For in our studies and our labors we have to do with man in all his relations, mental, moral, and physical. He is but half a physician whose diagnosis of disease is always limited to the organic tissues, and whose dealings with his patient always cease with the prescription of a drug, the dressing of a wound, or the administration of a wet sheet. The true physician is the interpreter of God's unwritten laws to his fellow-man. He is not only a man of science, but a philosopher; not only well studied in diseases of the body, but well schooled in relation to life, its purposes, and the conditions of its happiness and misery. He is competent not only to alleviate physical suffering, but to grapple with the various sources of perplexity and grief which his relations with his patient will constantly reveal to him. True it is that the professional ranks are not made up of persons who so understand the duties and responsibilities of their office. But there are not a few, as I have the happiness to know, who do so understand their vocation, and whose daily lives are clear and faithful records of their faith. I speak the thought of these true laborers, and of many in ancient days, when I claim as the great head of our profession, and our chief exemplar, one who, eighteen hundred years ago, went about to heal the sick, raise the fallen, comfort the afflicted, and show the erring the way to reformation and happiness. Let all honor be given to those whose business it is to keep alive the historical events of that age in the minds of the people, and to expound to them the mystical significance of the acts and sayings of the Great Physician. I do not invite you or myself to become theological students or expounders, but simply as physicians to accept the special significance and instruction which I hold the ancient narrative to have for us.

To be faithful to our calling we must never cease to be students. This burden, laid on all of our vocation, presses with double weight on us who stand in the vanguard of medical reforms. The man of authorities can quiet his conscience and save his reputation by appeals to precedent and custom. *We* have no such shield. On the contrary, we are not only at open war with the time-honored doctrines, precedents, and customs of what is called "legitimate" medicine, but with many of the cherished habits and indulgences of society at large. We go forth to preach and practice strange doctrines, to dissipate pleasant delusions, to disturb old Routine in his jog-trot and comfortable ways of error; and not only must we

expect commotion and opposition, but we must bear in mind that the war between truth and error is a war of extermination, in which no quarter is given. Says a modern author in his humorous way:

"Every real thought on every real subject knocks the wind out of somebody or other. As soon as his breath comes back, he probably begins to expend it in hard words. These are the best evidences a man can have that he has said something it was time to say. 'I never,' said Dr. Johnson, 'think I have hit hard unless it rebounds.'"

We can thus anticipate experience, and learn the preparations necessary to come off victorious. We have not only to make ready for a fair contest, but to meet opponents who will not scruple to take every unfair advantage which our ignorance, our carelessness, or our weak forbearance may suggest. It is therefore the more necessary that we not only become thorough masters of the system we uphold, but also that we study carefully the systems and practices which we denounce in the lecture-room, or repudiate at the bedside of the patient—otherwise we may heedlessly confound truth with error, or by exposure of our ignorance, bring discredit on the truths we advocate.

Much of our success as physicians or lecturers will depend upon our personal character and conduct. I trust none of us will stain his integrity by mean, outward conformity to social opinions or practices which conflict with the dictates of his conscience. But we owe it to ourselves, to the society in which we labor, and, above all, to the cause for which we labor, to live as blamelessly as we can. The apostolic maxim, "As much as lieth in you, live peaceably with all men," goes no further, I presume, than this: that in matters *indifferent*, we should evince a reasonable compliance with the prescriptions of the community in which we live.

Among these matters indifferent, but not unimportant, are many of the forms of speech and modes of behavior by which the amenities and courtesies of social intercourse among educated people are commonly interpreted.

Some celebrated physicians, including the late Mr. Abernethy, of London, have obtained an unenviable notoriety by the bluntness of their speech and the uncouth character of their manners. Anecdotes of these people may make us laugh, but their conduct obviously presents a warning, not an example. Reformers are especially given to affectations of singularity in speech and manner which finally become habitual, and by producing needless irritations and antagonisms wherever they go, very seriously impair their usefulness. Such conduct is held, and not altogether unjustly, to imply a contempt for the feelings and habits of those with whom we associate; and the repulsion it creates toward a physician can scarcely be overcome by the highest repute for learning and skill.

Our alma mater, in providing us with an able instructor in the graces of speech, of carriage, and of behavior, has done her part toward us. Let us not deem the habitual culture, in ourselves, of what some author has not inaptly termed the "minor morals," beneath our notice.

Above all, let us guard our own integrity as we would our lives. Our noble profession claims at our hands no subservieny to authority, no blind adherence to systems, but *faith in Truth, and faithfulness to Truth*. It demands a life chastened by self-discipline and self-devotion—a courage prepared to face great difficulties, and to endure great trials with patience; and an enthusiasm which, kindling at the thought of the mission it has accepted, can exclaim, in the words of a German philosopher: "To this end was I born, to bear witness of the truth. My life, my fortunes are of little moment; the results of my life are of infinite moment! I am a priest of Truth; I am in her pay. I have bound myself to do all things, to venture all things, to suffer all things for her!"



## THEORY AND PRACTICE—No. X.

BY D. A. GORTON, M.D.

## REMEDIAL AGENTS—LIGHT.

**NATURE.**—It has been customary, with writers on physical philosophy, to consider Light as a material agent. Sir Isaac Newton maintained that light was matter in an extremely subtle state; and that certain bodies possess the power of throwing off this matter spontaneously, and that others could only reflect, or give it back, when received. This theory of light is known as the *corpuscular* theory, and is indebted for the general favor with which it was, until quite recently, received, to the immortal popularity of its world-renowned author. A more rational theory was advanced, some years since, by Fizeau, of France. This is known and honored by scientific men as the *undulatory* theory.

Fizeau maintains that there exists throughout all space an extremely elastic and wonderfully subtle fluid, which, like other media of similar character, is capable of receiving and transmitting undulations or vibrations. This theory is generally adopted by men of science, although the technicalities of optical science are based more upon the former than the latter theory. This fact is as unfortunate for the progress of this beautiful science as it is disastrous to the success of the engineer after optical knowledge. To do away with the unmeaning and obscure phrases which compose the verbalage of this science, and substitute terms which are more suggestive of true ideas, is the work of the rising generation. Who shall be the bold innovator?

The nature of the luminous ray is, therefore, quite evident; if we separate the idea of vision, of luminosity, which is obtained or produced by the functional activity of the eye, in conjunction with solar radiations, we shall get a clear idea of all that there is physical about it. It has been called, and not inappropriately, a "line of force," originating in that glorious solar orb, the center of our solar system, and extending a positive influence to every member of the solar family. Neither light nor heat therefore can be logically classed among the things pertaining to matter, or, rather, among such things as have length, breadth, and thickness. Inasmuch as both heat and light originate in, and are dependent on the existence of matter, they may be classed among the *special* properties of matter. If they are forces (a proposition perfectly demonstrable), then why not class them in the catalogue of forces—along with cohesion affinity, electricity, gravity, etc.? Let us be consistent even at the expense of uprooting our prejudices, or shocking feigned modesty.

However interesting the study of the *nature* of light may be, intellectually, the study of its *effects* on the animate kingdoms of nature is of far more practical importance to man.

**EFFECTS ON VEGETABLES.**—The influence of the solar ray on vegetables and animals is both chemical and dynamical (vital). Without the influence of the solar ray, vegetables would cease to grow, and man and animals would droop and die. This dependence is nowhere observed so strikingly as in the vegetable kingdom. All the properties which belong to the solar ray—such as light, heat, and actinism—are here seen to exert each its special influence. Thus the luminous property controls the growth and coloration of plants; the calorific property, their ripening and fructification; and the actinic or chemical property, the germination of seeds.—WELLS.

To such a degree are vegetables dependent upon light, that the nutritive processes cease altogether when they are deprived of it. No budding, nor blossoming, and consequently no bringing forth of fruit is observed where light does not fall. "A morbid condition, called etiolation or blanching, is induced in vegetables by growing them in dark places."—PEREIRA. When grown with a deficient supply of light, their stalks are tender and brittle, and they are deprived of that beautiful green color so characteristic of thrifty, healthy plants. Notwithstanding this positive necessity on the part of plants for light, yet too intense or prolonged light would be an evil to them. Plants need repose as much as man; and if the sun should pour down its beneficence upon them without any abatement, that quiet condition called the *repose* or "sleep of plants," could never obtain. Hence, in constituting the universe with shades and shadows, is exhibited the wisdom of an overruling Providence!

**ON MAN.**—As man is more complex in his nature and organism than other and lower forms of life, so is he more affected by influences for weal or woe than they. Light not only affects the human kind in a manner perfectly identical to its effects on vegetables—for man has a vegetative life—but it has a higher influence—an influence pertaining to his mental nature, which, if not of more importance than the former, is certainly of no less.

The "privation of light disposes to inactivity and sleep."—PEREIRA. To be long deprived of the influence of solar light is also a source of disease. The diseased condition known as *hypermia* or *anaemia* in animals, may be considered analogous to etiolation in vegetables, the chief cause of which is a want of sunlight.

To comprehend the true physiological effects of solar light on man, we need not indulge in abstractions. A practical understanding may be obtained by observing the human in different localities and situations. Compare, if you please, the ruddy farmer's boy of the country with the pale and delicate lad of the counting-house. Or contrast the rosy-cheeked matron of our rural districts, whose chief business is not only in the nursery within, but the nursery without, with the lily-complexioned lady of fashion, who never ventures from her secluded mansion except protected from the glorious solar beam by a thick umbrella or the opaque coverings of a hack or carriage. If this is not enough, compare the condition of the unfortunate man who lives in the first and second basements of houses—apartments where light seldom enters—with those who occupy comfortable rooms high above ground, where the solar beam gains a free access through the windows and doors of their apartments. I say, contrast these differently circumstanced classes of society in this city and country everywhere, and you have a practical illustration of the advantages of a sufficiency of solar light on the one hand, and the evils arising from a deprivation of it on the other. Says Prof. James Johnson: "If we wish to etiolate men and women, we have only to congregate them in cities, where they are pretty securely kept out of the sun, and where they become as white, watery, and tender as the finest celery."

A deficient supply of sunlight is fatal to beauty, either of form or face. No woman can be beautiful who long secludes herself from solar influences. Neither can man for a lengthened period of time retain power of body and vigor of mind under like circumstances. To enjoy health, ALL of either sex, or of any age, must go out in the air more or less, and subject themselves to those glorious influences which the bending sky above and the changing air around can only shower upon us.

Pathologists inform us that many diseases owe their origin, in part, to a privation of light. Such diseases as *ricketts*, *scrofula*, and *anasarca*; in brief, all those diseases dependent upon a depraved state of the fluids, owe their origin in part to deficient solar light. Their name is legion; we have neither time nor space to mention them.

Too much light is also a source of disease. The diseases which arise from this source are, however, few; they are seldom met with in general practice. With the exception of sunstroke, (*ictus solaris*) they are confined chiefly to the eyes; at the same time, it is unquestionably true that too much and prolonged light falling directly upon the body would dispose it to inflammation from nervous excitability, etc.

**Therapeutic Application.**—In speaking of the effects of light, I have anticipated somewhat its application to disease. What is good to promote health, is certainly (Hahnemann to the contrary notwithstanding) important in the cure of disease. We say, therefore, that solar light, within certain limitations, is indicated in all cases when it was not the *cause* of the disease, or under those circumstances when it would be likely, from its nature, to be a *cause*. *Eruptive* forms may be mentioned as examples, when a seclusion from light would be to the immediate advantage of the patient. Also in the various kinds of *ophthalmia*, the patient should expose his eyes to light with extreme caution. "In severe wounds and surgical operations, and after parturition, the seclusion of the light," says Pereira, "contributes to the well doing of the patient." In nervous diseases also, where sleep is especially desirable, darkness and quietude are among the most prominent remedial means.

If light is a "specific" remedy for any one class of diseases, it must be for that class denominated *mental*. The influence of bright solar light over our mental conditions is truly marvelous. Its presence disposes to greater activity and general cheerfulness; it raises our hopes, increases our courage, and inspires us with new life, and gives us fresh zeal in all the conflicts of life. Darkness, on the other hand, if long continued, disposes the mind to gloom, melancholy, evil forebodings, and induces lowness of spirits. The advantages of high localities for the invalid is attributable to the great profusion of solar light, as well as pure air, that gain access to such habitations—sunlight being the best antidote for miasms of all kinds which is known to science. Those, therefore, who contemplate founding Hygienic institutions, would do well in selecting a site to bear in mind the oft-repeated maxim, "AIM HIGH."

PEEKSKILL HYGEOPATHIC INSTITUTE, May 1, 1860.

**MARRIAGE AND LONG LIFE.**—It has long been the opinion of those who have paid attention to the subject, that marriage in both sexes is conducive to length of life; and a European philosopher has lately made observations which render the fact indubitable. His researches, together with what was previously known, give the following remarkable results. Among unmarried men, at the ages of from thirty to forty-five, the average number of deaths only are eighteen. For forty-one bachelors who attain the age of forty, there are seventy-eight married men who do the same. As age advances, the difference becomes more striking. At sixty, there are only twenty-two unmarried men alive, for ninety-eight who have enjoyed the benefits of matrimony; at seventy, the proportion between the bachelors and married men is eleven of the former for twenty-seven of the latter; and at eighty there are nine married men for three single ones. The same rule holds good, in nearly the same proportions, with regard to the other sex. Married women, at the age of thirty, taking one with another, may expect to live thirty-six years longer; while for the unmarried, the expectation of life is only thirty years and a half. Of those who attain the age of forty-five, there are seventy-two married women for fifty-two old maids. These estimates, it must be understood, are based on actual facts, by observing the difference of longevity between equal numbers of individuals in single and in married life.



## DISEASES OF THE THROAT AND LUNGS.

BY R. T. TRALL, M.D.

[CONTINUED.]

### TEMPERATURE AND CLIMATE.

THE question whether a warm, cool, or cold climate is most conducive to the recovery of consumptives, has been much discussed in medical journals. The experience of the medical profession is very discordant on this subject. For a long time it has been the custom of physicians in our Middle and Northern States to advise their patients to go South. But as they almost invariably died, experience seemed to be against the plan. It is to be noticed, however, that, in at least nine cases out of ten, the patients were incurable before the advice to remove to a milder climate was given; so that, really, the result proves nothing for nor against the practice.

Recently, some of the medical journals have proposed, in view of the fact that confirmed consumptives do not recover by merely going to a milder latitude, sending them to the cold regions of the North. Even Quebec, and the country still north of it, has been named as worthy of a trial.

It seems to me that physicians, in recommending either a warm or a cold climate, look at the subject entirely through the spectacles of a false medical education. They seem to be looking after something specifically curative in some certain locality, as they are accustomed to regard drug-medicines as having specific virtues in certain forms of diseases. But as all virtue is in the living system, and all the curative power in the universe resides in the inherent powers of the constitution, temperature and climate, like air, exercise, food, water, etc., can only supply one of the proper materials and conditions for the uses of the living organism. And as consumption is essentially a disease of deficient respiration, it is obvious that whatever, in the matter of temperature and climate, will supply the most favorable circumstances for free respiration, must, other circumstances being equal, be the best for the consumptive invalid.

Hence we are led to the conclusion that a *pure* atmosphere is of the first importance; and as the muscular system and respiratory function are invigorated by a cool and relaxed by a very warm climate, it follows necessarily that a climate so cool as the patient can bear without actual discomfort is to be preferred. The patient requires to be much in the open air. Nothing is more dangerous to consumptives than the practice of keeping much within doors. Nor should rains, winds, nor snows prevent frequent exercise of some kind—walking, riding, calisthenics or gymnastics—in the open air.

Invalids who are so feeble as to be unable to exercise vigorously will be most unquestionably more comfortable in the mild climate of Florida, Texas, Madeira, or the Bermudas; but, unfortunately, such cases are generally incurable in any place. Those who have a slight affection of the lungs, and whose chief trouble is torpor or inaction in the digestive organs, will often, by spending a winter season in the Carolinas or Florida, and exercising most of the time in the open air, return in the spring very much rejuvenated. But, then, a judicious plan of hygiene would have cured them at home.

It is of vastly more importance *what consumptives do* than *where they go* to be saved.

### CLOTHING.

The proper rule for clothing is very simple—as little as possible, provided the patient is kept comfortable. The practice of burying consumptives in flannel under-shirts and drawers I regard as very pernicious. The patient should be so dressed as to be able to face almost any weather; but when exposed to cold or storms, the extra clothing should be in *outside*, not in *under* garments. Under-shirts and drawers tend to weaken the depurating powers of the skin, and thus increase the burden thrown upon the lungs.

Unequal clothing is a fruitful source of colds, coughs, and, finally, consumptions. The fashionable dresses of females and children, with light, thin stockings and shoes, almost bare arms and shoulders, and a load of clothing, painful to carry, around the chest, abdomen, and hips, can not be too strongly reprobated.

The ordinary dress of the females in all civilized countries is as well calculated to restrain the free action of the limbs, contract the chest, weaken the respiratory muscles, and expose them to colds, as could well be devised. It is not to be wondered at that our fashionably-dressed American ladies are so disinclined to walking, and so prone to sedentary habits. It is impossible for them, in their present style of dress, to go out, unless the weather is particularly fair, or to walk much without great fatigue and exhaustion.

The following remarks of Florence Nightingale, in her work, "Notes on Nursing," on the subject of female dress, are as applicable to female patients as to female nurses:

"It is, I think, alarming, peculiarly at this time, when the female ink-bottles are perpetually impressing upon us 'woman's particular worth and general missionariness,' to see that the dress of woman is daily more and more unfitting them for any 'mission' or usefulness at all. It is equally unhandy and far less objectionable being in a sick room than a woman. Compelled by her dress, every woman now either shuffles or waddles—only a man can cross the floor of a sick room without shaking it! What is become of woman's light step?—the firm, light, quick step we have been asking for?"

### DIET.

In no disease is a strict and strictly physiological dietary of more importance than in the complaint under consideration. But what is a physiological diet? The most absurd and injurious notions are abroad on this subject. The most eminent physicians of the allopathic school, and, indeed, of all the drug schools, recommend the vilest trash that ever entered the human stomach as especially useful, if not really medicinal, for consumptive patients. Milk, flesh, grease, gravies, pork, hog's lard, cod-liver oil, and alcohol are in the category of the preferred articles. In fact, whatever seems to be most conducive to the production of foul humors, scrofula, tubercles, measles, worms, canker, and scurvy in a well person, seems to be among the *materia alimentaria* of the medical profession for the treatment of consumption. No wonder they never cure the disease. No wonder that consumption is still, as it ever has been, the *opprobrium medicorum*.

Many cases are recorded of consumptives recovering health on resorting to long journeys, on foot, or on horseback, or in carriages; and these recoveries have taken place under the most opposite plans of diet. Some have lived almost wholly on rare beef and water; others have restricted their food mainly to stale bread or biscuit and such wild game as the field or the forest supplied; others have lived "generously," eating whatever fell in their way. Some have subsisted wholly on coarse bread and water; others, almost wholly on plain vegetables. Some have indulged their appetites freely, so far as quantity is concerned; and others have been extremely abstemious. Of course, the advocates of animal and of vegetable food alike, and the advocates of full and of spare diet, can equally prove the correctness of their views by reference to successful cases. But the intelligent physiologist and the close observer will conclude that the cures, in all of these cases, are attributable, principally, to the salutary influences of air and exercise, aided or retarded, as the particular case might have been, by the quantity or quality of the dietary which was adopted.

It often happens that a combination of several favorable influences will effect a cure, in spite of one or two adverse and opposing circumstances. And here is just where the people generally, and the medical profession particularly, are deluded in thousands of instances. Because a patient recovers, the inference is too apt to be drawn that whatever he ate or drank must necessarily have contributed to that result.

There is but one method for ascertaining the best dietary for a consumptive, and this is a reference to physiological law. Whatever food will supply the purest tissue with the least wear and tear of the vital machinery is the best. In the application of this law to a given case, we can not consult the patient's tastes, or habits, or present feelings. These may be normal or abnormal, natural or artificial, inherited or acquired. Our standard of judgment should be Nature, not morbid propensities. Adopting this criterion, the conclusion is inevitable that a simple fruit and farinaceous diet, in quantity carefully proportioned to the exercise and respiratory capacity of the patient, affords the best and the only rational hope of consumptives, so far as nutrition is concerned.

Bread-food should be made of the pure grain and water, unsophisticated by salt, sugar, or shortenings, and unperverted by yeast, acids, or alkalies. The only rising required is pure atmospheric air.

Milk, which is recommended and, indeed, highly extolled by the majority of medical authors on consumption, I regard as highly objectionable, as are all of its products—butter, cheese, cream, and buttermilk. Milk is recommended because it is *so natural a food*, being nearly allied in chemical constitution to the elements which compose the animal structure. This, however, is a grave mistake. No food can be more *unnatural*, as a single glance at the order and arrangement of nature, as manifested in all departments of the animal kingdom, will serve to demonstrate. Nature has pro-



vided milk for the nourishment of the young mammal, until the teeth are developed so that other food can be masticated. Then the supply is cut off. The mother is released from the duty of elaborating the food of her offspring, and they, in turn, become independent of her. To protract the period of nursing beyond the design of nature is clearly a perversion of organic law, which can never be practiced with impunity. And still worse is the result where the human being resorts to the milk of other animals. Though the milk of the cow, in chemical elements, very closely resembles that of the human being, its organic properties are very different. The microscope discloses the fact that the blood of the human being is so different from that of any other creature that its peculiarities can be readily detected by the eye when aided by powerful magnifying glasses. Every species of animals seems to be created with radical differences in the vital arrangements of its organic molecules; otherwise the distinctions of the animal kingdom could not be maintained. They would be constantly blending. The flesh, milk, and secretions of animals devoured by other animals would necessarily tend to amalgamate, as it were, all distinctive forms of structure, so that, eventually, all the animals on the earth would become mixed breeds and monstrosities.

The human being is placed on so high a plane above all else of the animal kingdom, that its higher and better nature requires an abstinence from all the secretions of other animals. But a greater objection still to milk diet, and one which will be more readily appreciated by the general reader, is this, *The milch cow is always a diseased animal.* Her secretion of milk after the weaning of the calf is itself abnormal. Were the animal kept in normal conditions, the secretion of milk would, in the order of nature, cease whenever the offspring no longer required it. But in order to make the lacteal organs yield milk, contrary to the rules and design of nature, they must be abnormally and constantly excited, and the product is necessarily more or less diseased. And the offspring of cows who are milked ten or eleven months in the year are deprived thereby of as wholesome food as they otherwise would have; and hence the practice of milking cows in order to feed human beings not only depraves the human being, but also deteriorates the animals themselves. What woman, whose breasts were so preternaturally and morbidly excited as to be forced to yield milk for other purposes than the nourishment of her own progeny, could supply a pure and wholesome article for her child? The idea is preposterous. Yet it is not more absurd than is the practice of deriving that supply from animals which are kept in a morbid condition for the very purposes of affording it.

#### DRINK.

I have but little to say on this subject. The indiscriminate practice of drinking by routine a large quantity of water by consumptives of all classes, and under all circumstances, can not be too severely reprehended. Thirst is the grand and the almost infallible rule. Those who use proper food have very little sensation of thirst, and hence require but little drink; while those who use salt and other seasonings have greater thirst, and require a larger quantity of water. As a general rule, a tumbler, or part of a tumbler, of water should be taken soon after rising, or after the morning bath or ablution; and at all other times the patient may drink according to thirst.

### EXPERIENCE IN HYGEIO-THERAPEUTICS.

BY J. H. STILLMAN, M.D.

I CAN NOT in this brief article give but a few cases out of many which I have treated within the last few months successfully. I hope your readers will not think me egotistical in speaking of my practice and my success, for the former belongs to the public and the latter is the result of the system of employing natural agencies in the cure of the various ills "flesh is heir to." Passing by all the opposition that has come from drug-killing, poison-peddlers, from old-fogysm, from nervous, tea, coffee, and tobacco slaves; standing above and beyond all these influences, and working for my patients in humanity's name, I have had the satisfaction of seeing them throw off the old shell and come forth new creatures; those wrecked by disease built up to be strong and rugged, the lame to walk, the blind to see, and the deaf to hear, and in general, I am happy to say, they receive the glorious gospel of health as the rule of daily life.

*Cases.*—I was called to visit a lady several miles from the city, who had been confined to her bed for five months. She had been attended by one of our allopaths, and yet, notwithstanding his pills and plasters, grew exceedingly worse. Her right side and across her stomach was swollen to an enormous size, and so tender she could not bear the weight of the bed clothes. Her skin and eyes were very yellow, more so than any other person I ever saw. She had severe and constant pain in her side; no appetite, and vomited up everything she swallowed, and would often continue to vomit until she threw up large quantities of blood, and her extremities were constantly cold. I commenced treating her with no little anxiety, as she could not be moved to my house, where I could oversee her treatment, and I knew, unless the nurse was faithful in carrying out my prescriptions, she could not recover. I gave her sitz baths at 80 degrees, with a hot foot-bath, followed by cold dash, ordered the wet girdle to be worn constantly, enemata of tepid water and frequent drinking of warm water in small quantities, for the first few days, after which, wet sheet pack every other day, in addition, with a strict dry diet. In four weeks from the time she commenced water-treatment, she was out working in her garden, and has been well since.

Another was a man about 45, who had been obliged to walk on crutches for four years, with scrofulous ulcers on one of his legs, which was swollen and inflamed from his knee to his ankle. I put him on a plain, moderate diet, with packs, dripping sheets, and sponge baths. At the end of two weeks he was covered with a scrofulous eruption over the entire body; and in two weeks more, used no crutch or cane, and could walk a mile and back with ease, and has had no trouble with it since. I applied nothing to the limb but cloths wet in tepid water.

A lady, age 24, came to me in a most pitiable condition, and perhaps a brief history of the case may interest some one. Four years ago she was taken with ague and fever, took the usual drugs which broke the chills, but soon they would return, again to be cured in the same way, until her system was filled with drugs, and torpid and enlarged liver was the result. For this the famous blue pill—which has the peculiar power of whipping up the liver, as the doctors say—was freely administered, with other pills, powders, and plasters. In a short time, dyspepsia, in its most distressing form was present, and her teeth began

to decay. Nature kept struggling to rid herself of these impurities, and a diarrhea set in. This was met as usual by Dovers' powders, morphine, and various opiates, and the very opposite condition was soon the result.

Her doctor was no doubt very much astonished to find her growing very nervous and weak. He arrayed his nervines and tonics. His preparations of iron and wine she took by the quart, with a diet mostly beefsteak, to make blood, still she grew poorer, paler, and weaker. She had some cough, and he thought she was going into consumption, and pronounced hers a doubtful case; "so complicated that medicine would not work right." She came to me a mere skeleton, weighing only 86 pounds, though of a good height. Her sickness commenced with ague, which might have been cured in one week had she been treated hygienically; but instead of this, she was victimized by drugs, until she longed for death or deliverance, and all through ignorance, inexcusable ignorance. It took several weeks to get her system purified before she could gain strength or flesh, and twice during the time she had calomel sore mouth. At length nature triumphed; enough of the rubbish was removed to enable her to commence rebuilding what *science* had torn down. Steadily she improved in flesh and strength, and to-day roses bloom where four months ago premature decay and death were plainly written.

This is only a bird's-eye view of the condition of hundreds, robbed of their birth-right, health, and then obliged to pay the robbers for doing the murderous deed. More anon.

DE WITT, CLINTON CO., IOWA.

### MY SACHEL.

BY H. H. HOPE.

CHAPTER XIII.—LETTER FROM PENELOPE DARLING TO GERRIT FERGUSON.

MY DEAR GERRIT—You are now a resident of a city, and with a change of residence there may come a change in your habits and methods of living, for city life and country life are as unlike as two things can well be. I do not know this by personal observation or experiment, but by simple intuition; it being evident to an unprejudiced mind that this view is correct, from the simple fact if for no other reason, that where masses of human beings are congregated, there must necessarily follow such rules and regulations as shall accommodate them, and, of course, in a measure life must become artificial and conventional, while life in the country can be simple and natural. In city society, young as you are, you must be particularly exposed to its temptations; and I therefore can not but press upon you to keep your object in view, which is, to lay the foundation of such knowledge of your future profession as shall give you celebrity. Will you permit me, therefore, to offer the following suggestions. I shall speak to you with entire freedom, not because I am your superior, and, therefore, qualified to teach you, but because you are so placed as to be exposed, and, therefore, even my counsel may do you good. I know it is often said that women are ill-fitted to instruct men how to bear themselves in circumstances that involve grave responsibilities, but I am sure that the saying is false, and that if men would take the advice of women oftener than they do, they would be better for it. Be this as it may, you have always shown yourself ready to heed any words that I may proffer, and now as we are separated, and you are beyond the influence of home, and the protection of friends, I believe that



what I may say to you will be all the dearer and more appreciable.

Let me suggest, then, that you take good care of your health. This is a prime consideration. It is foolish, not to say wicked, for persons to be sick, when caution and discreetness on their part are all that is necessary to keep themselves in health. To a young man who has no fortune whereby to make his way to positions of usefulness and fame, whose success depends upon his own energies, rightly expended, health is *wealth*. A well-cultured mind, that can manifest itself through a well-trained and healthy body, may be considered by its possessor as a mine of riches; but to be sick, is to be poor. Keep your health, then, and in order to do so pay attention to the Laws of Life upon which health depends. These are very simple, and very obvious to the sincere inquirer, and quite easy of application. In truth, all God's laws are so related to the objects over which they have supervision, as never to be hard to obey. The animals beneath us find no difficulty in this respect. *Man* should find none. For if instinct aids *them*, it is so strong in him as to aid him none the less; and, additionally, he has his higher faculties to assist him. Do not, then, in this matter, act blindfold. Keep your senses about you. Be determined to follow the light that is *within* you, and the light that is all *around* you will be the more brilliant, and you will have comparatively little difficulty in doing what is right.

1st. Be *regular* in your habits of living. Rise and go to bed at or about the same time, making allowance for the difference in the season of the year. And, as a general thing, rise in the morning so as, having performed your toilet, to be able to get out of doors and take a walk before breakfast. To a student, this is what the logicians would call a *sine qua non*; and perhaps no other time of the day can be more appropriate for this purpose than the hours of the morning.

2nd. Let your food be simple, avoiding such articles as in order to be palatable must be highly seasoned, for they are unhealthy.

3rd. Eat your food slowly. The habit of eating rapidly is open to criticism.

4th. Eat nothing between meals. Unless you have a rule about this, and which you are determined to follow, you will fall into the practice, which is very objectionable as well on the score of good taste as of health. I do not know a single point from which I more earnestly judge of a young man's character than this, especially so far as *manners* are concerned. He who is seen in his hours of study, or of relaxation, eating apples or peanuts, sucking lemons, chewing raisins, smoking cigars, or drinking lager beer, thus manifesting such predominant appetite as to force him to its gratification at improper times, gives me to understand that he is of the class from which dissipation and drunkenness choose their victims.

5th. Do not eat too frequently, and at your regular meals eat enough. You are not a manual laborer, and if you were, to sustain life and strength there would be no need in eating as most working-men do. And being a student, whose expenditures are chiefly of the brain and nervous energy, you will be healthier, more vigorous, and a better student if you do not eat too often. If you can, I advise you to do your head-work between the hours of your eating. The brain performs its action better when the stomach makes its necessary drafts upon the circulation of the blood and upon the nervous system in ordinary degree. Hence, to think well, it is better that the brain and stomach should be harmoniously rather than antagonistically related. And the latter is the case when the stomach is full of food and the brain is set to laborious and profound processes of thought. Besides, other things being equal, thought is always valuable in the ratio of

continuity. He who can bring all his force to bear in this direction, will do very essential service by being so situated as to think uninterruptedly for a long time.

6th. Keep your body clean. A neglect here will have its influence in determining the measure of your health. There is much need of additional knowledge respecting the influence of ablutions on bodily health. Students are proverbially careless in this respect, more so than manual laborers, for the evidence of its necessity is not so clear, their occupations not being so defiling to their persons as are those of the worker. But there is no less need on their part of washing the body at least every other day in water of a mild temperature, for where the brain is specially active the excretions are large.

Follow these rules, my dear Gerrit, and you can scarcely fail to be well; and you will find most excellent *moral* results. For while it is true that mere physical health is not in itself the highest evidence of moral virtue, it is most manifestly one of the means established by the Creator for its *promotion*. While it is true that to be healthy in body does not demonstrate freedom from *moral* depravity, it does argue freedom from *physical* depravity, and to a degree not at present understood, do the depravities which the good deplore, and society has to combat and finds it difficult to cure, reside in the *physical* man. As, therefore, a security to your virtue, keep your health. As a guarantee against becoming vicious, do not get sick.

Father, mother, and myself miss you much from our home-circle, and watch the dial of the clock as it tells how the time passes away one day after another, gradually bringing nearer the period when, if no casualty or Providence prevents, you will make our home-circle complete. Though I am but a girl, a crude, poorly-taught, unskilled girl, in those things upon which society places so much value, I am so taught and skilled in the mysteries of the affections, I have been so educated by Nature herself to love whatever is beautiful and good, and to dislike whatever is ugly and evil, that you may rest assured that I shall not forget you. My confidence in you is so firm, my faith in the power of ideas is so great, my love of the Saviour is so complete, that my heart is at ease regarding you. You will more than answer our highest expectations; you will with perseverance combat the difficulties that rise up before you; you will overcome the obstacles that meet the student in his acquisitions of knowledge; you will win for yourself real triumphs, and come back to us laden with such testimonials from your teacher as to make all our hearts glad. And then, in the evening in your chair, with your feet on the hearth-stone, and in the daytime in father's office, you will do your part in making the family a happy circle, and the community in which you live to take upon itself higher aims and nobler endeavors. May the Saviour keep and bless you.

Yours, very truly and lovingly,

PENELOPE DARLING.

#### SCIENTIFIC QUACKERY.

I SEND you the following case for publication in the WATER-CURE JOURNAL:

The subject is a young woman about twenty-four years of age, tall, and powerfully made, remarkably so, more so than the average of men. The doctors—for there have been no less than three attending her—are all of the regular allopathic persuasion, men who have their diplomas from the highest colleges in the world. One of them was a lecturer in an institution in Dublin, another was on the medical-staff in the Crimea, and the other has no less than six letters attached to his name. So you see they are all respectable, and their acts are worthy of notice.

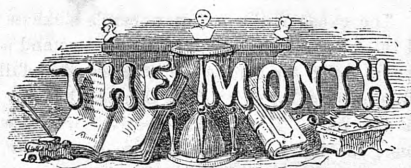
The cause of the young woman's sickness was, I think, a fall she received about two and a half years ago; for before she received that fall she was never a day sick; since then she has not been a day well. The fall she received was a severe one; she fell backward into an open cellar, and her back, somewhere near the shoulders, struck upon a tub; she could not breathe but with great difficulty for several days after the accident. About eight days after, Dr. L. was in her mother's house, when she told him of her daughter's illness, and also of the fall she received. He said that a good bleeding at the time would have been the proper remedy, but that it was rather late now to do much good. However, he did bleed her, bled her until she became very weak. She felt a little relieved after this, but soon she was worse than ever. The great pain now was in the region of the liver; she would occasionally swell considerably there; there would be a bloody froth issue from the mouth; she would become so convulsive that three men could hardly hold her. As often as the attack came on, so often was she bled, sometimes as much as two large bowlsful being taken from her; altogether she has been bled fourteen times. Doctor L.—the Crimean hero—soon saw that he was not going to be of much service, and advised the mother of the girl to call in Doctor M'D., the gentleman with the (appendage?) tail of six letters. She did so. He bled and drugged, drugged and bled for many months, but without any success; but he told the girl's mother that he knew that he could do no good, and that he considered her incurable. At the same time both he and Doctor L. told her that the disease was chronic inflammation of the surface of the liver.

As a last resource the mother was advised by the aforesaid doctors to secure the services of Doctor C., the Dublin lecturer; he bears a high character as a physician in these parts, and is generally called in at the last. He came. After examining the young woman, he expressed great surprise at the strength she yet possessed after all she had gone through. He also said that Doctors L. and M'D. had done the best under the circumstances. Dr. M'D. was present at the time. He said her only chance now was in undergoing an operation, but was very doubtful of her recovery. After some hesitation the mother consented to the performance of the operation, and to work they went in the following manner: Their instruments were eight needles, common darning needles, and two pokers, common fire pokers. They first dipped the needles in some liquid, which immediately turned them black; they then stuck them in two parallel rows two inches apart each way, and half an inch deep, over the region of the liver, immediately below the ribs. They then heated the pokers *red hot*, took one and passed it along between the rows of needles, as near the skin as possible without touching it, for a few moments, when they placed it in the stove again and performed a similar operation with the other. This they continued to do for one hour and a half; during that time the young woman suffered great pain; and when they were through with the operation, the space between the rows of needles was roasted—cooked—done brown. They then said they could do no more, and went their way, leaving the needles in the flesh, with instructions to the mother to leave them remaining there for one hour and a half longer, and then extract them; which she did. This ended the doctoring. Since then, about four weeks ago, the young woman has remained in a very weak state, but has had no severe attacks like formerly, but several light ones. Her mother thinks they will soon come on again, and that she will not have strength to get through them.

If Dr. Trall, through the pages of the JOURNAL, would recommend some course of treatment, he might, perhaps, relieve a great deal of suffering, save a life, and would oblige.

A CONSTANT SUBSCRIBER.





NEW YORK, MAY, 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.

**CONTAGIOUS DISEASES.**—The unusual prevalence of the small-pox, measles, whooping cough, scarlet fever, and dyptheria, in some of our large cities, and in various parts of the country, has elicited considerable discussion as to their real nature and causes. In this city, and in Boston, it is said, these diseases—especially small-pox and dyptheria—are on the increase. That the excessive or free use of animal food is among the ordinary causes of all forms of contagious and eruptive diseases, has long been our opinion. But it has been suggested that the employment of the milk and its products, butter and cheese, is one of the chief causes of small-pox and scarlet fever. The arguments adduced in support of this hypothesis are formidable, if not convincing. It is alleged that in all parts of the civilized world, where milk, butter, and cheese are freely used, the small-pox is proportionably prevalent and fatal. And it is further asserted, that the upper classes of the Hindoos, whose religious creed prohibits them from eating animal food of any kind, are never troubled with small-pox, nor other skin diseases.

This is a subject of vast importance, and is deserving of a careful and thorough investigation. The milk trade and the dairy business are immense. But if, instead of providing us with wholesome food, these avocations are but pampering to morbid appetites, filling society with the most loathsome and fatal diseases, and thus deteriorating the race, it is time that the people understood it.

The most unanswerable argument we have seen against the use of cows' milk, as an article of human food, is the physiological one. It is certain that, in order to yield the secretion of milk, the cow must be kept in an abnormal state; and this makes out the milk produced, after the period when

designed it should stop, to be a diseased product. Again, nature has nowhere provided milk as food, for man or animals, except for the infantile offspring previous to the development of the teeth. And yet, again, to feed the offspring of the human being on secretions of any other animal is, most clearly, a violation of the order of nature. The only question for us to settle is, how mischievous are the consequences? We shall have more to say on this subject ere long; meanwhile we throw out these suggestions that others, as well as ourselves, may study this subject in all its bearings. It is quite probable that some of our friends who are familiar with the dairy business, and who have long been acquainted with the prevalent diseases in such sections of the country, may furnish us with important facts tending to confirm or to refute the theory that milk-diet predisposes to malignant and contagious diseases.

**DYPHTHERIA.**—We continue to hear of the ravages of this malady in various parts of the country; and so far as we can learn, more than three-quarters of all the cases treated allopathically die. In this city the deaths of this disease have been about fifteen per week, which comprehends nearly all the cases which have occurred. We have long maintained that dyptheria is a modification of what is popularly known as "putrid sore throat," and of what is really a modified form of malignant scarlatina. There is, in many of these cases, a severe swelling of the glands of the mouth, neck, and throat, with a superficial ulceration of the mucous membrane of the tongue, throat, and sometimes the upper portion of the windpipe, and the secretion of an adhesive matter very much resembling that of membranous croup. In some cases the patient dies of suffocation, as in ordinary croup.

The late medical journals of all the different drug schools have a good deal to say about the nature, causes, symptoms, and treatment. But, unfortunately, there is no agreement among the authors as to the proper treatment. The drugs and caustics which one practitioner recommends as useful, another condemns as injurious. And we are left to the usual conclusion that when sick persons recover after a course of drug medication, it is in spite of the medicine.

We have lately had an opportunity to test our notions of the superiority of hygienic treatment. A severe case occurred in our institution. The patient—a boy, nine years of age, was the son of one of the stu-

dents of our school. The child had a violent fever of the low diathesis, and for nearly a week was speechless, and sometimes almost insensible and nearly pulseless, and for a number of days both blind and deaf. He was "packed" the first and second days, and afterward sponged with tepid water occasionally. The bowels were freed by enemata of tepid water; wet cloths were kept constantly about the throat, and cool water was given as a drink according to the inclinations of the patient.

On the ninth day a favorable crisis occurred, and the child convalesced rapidly, with no untoward symptom.

Dr. McCune, of Delhi, N. Y., a graduate of the Hygieio-Therapeutic College, writes us that he has recently treated eight cases of putrid sore-throat—all successfully. This speaks well of Water-Cure in connection with the fact that Allopathy loses a majority of its cases. A correspondent of Montgomery County, Texas, writes us that four cases of a strange disease have recently occurred in the neighborhood, the first three of which were fatal. The physicians made a post-mortem examination of the three fatal cases, and came to the conclusion that the disease *might have been* dyptheria. It is to be regretted that they did not see some reason for an opinion that it ought to have been treated hydropathically.

**PUBLIC MEDICAL CLINQUES.**—In the April issue we offered to visit any place within a day's ride of this city, and meet with, examine, and prescribe for as many invalids as would come together in a public audience, for the sum of \$25. In response we have received several communications to the effect, that as no one likes to move in such a matter and assume responsibility, we had better charge an admission fee, and an extra price for examinations and prescriptions, thus making persons pay according to benefits received, etc. One writer suggests twenty-five cents admission fee, and one dollar for prescriptions. We are quite willing to make this arrangement, or abide by the other. Indeed, our friends may exercise their discretion in this matter. In places where there are a large number who would like advice, it would certainly be economy on their part to make up the sum of twenty-five dollars, and then bring as many patients as they please. In some villages there are from fifty to a hundred invalids. We have heard of a small village in New England in which there are forty bed-ridden women.



Patients are now consulting us weekly by letter from various parts of the United States. They pay five dollars for the first prescription, and one dollar for each subsequent letter of advice. Persons also come to us frequently from a distance of several hundred miles to have their cases examined and get a prescription for home-treatment; and this at a cost, sometimes, of twenty-five or fifty dollars. Many persons, also, write us that they would like a personal examination, and would not mind the fee, but can not afford the time and expense of a journey to the city. The plan, therefore, that we have proposed, while it will not give us so much as we could earn at home, where we have more or less office and out-door patients every day, would afford invalids at a distance, where there are several in a place, an opportunity of having their cases attended to at an insignificant expense.

We must declare, however, that our ruling motive in this project is to advance the cause of health reform among the people, and present the subject of hygienic medication—"Hygeio-Therapy"—to the public in a practical and comprehensible shape.

For this purpose it has seemed to us, that public clinics would be even more profitable than formal lectures; for the reason that, in all such exhibitions, those subjects will be sure to come up in which the people of the place have a special interest. In examining the patients, we can explain the distinctions and fundamental differences of the various medical systems, and the effects of drug-medication better, perhaps, than in any other manner. We are accustomed to do this in the clinics of the Hygeio-Therapeutic College; and our students find these exercises quite as interesting and instructive as any lectures can be. And again, in this way we are brought into familiar and conversational relations with the patients present, and the audience, as with any physicians who may be present, all of whom may ask us any questions they please, or suggest any objections to anything we teach or assert; and their objections or suggestions shall always be politely and candidly met. In a large place we are willing to give several clinics—as many as the number of invalids and the interest excited in our cause require.

**NEVI MATERNI.**—Notwithstanding the numerous examples on record in which the child has apparently been marked or de-

formed by shocks, or strong impressions, on the mind of the mother, during pregnancy, many physicians still profess to doubt the possibility of such occurrences. A large number of very striking cases have lately been reported in the medical journals. We have seen, in the course of our professional experience, several cases in which the marks or blemishes could be easily traced to the mental impression of the mother, and were, indeed, wholly inexplicable on any other hypothesis yet suggested. But the most remarkable, and, perhaps, conclusive case occurred recently, in the practice of Mrs. L. F. Fowler, M.D., Professor of Midwifery in the Hygeio-Therapeutic College. She was called to a case of premature labor. The child, on being delivered, though otherwise not unusually developed, presented a dark-red, livid, and shriveled appearance of the abdomen, precisely as would result from the application of a degree of heat sufficient to greatly inflame and partially decompose the structures. It had every appearance of having been severely burned. On inquiry, Dr. Fowler learned that, two or three months previously, a fire occurred in a rear building adjoining, in which a woman was fatally burned, the abdomen being the part most severely injured, and presenting the same appearance as did the child above mentioned. The mother of this child was present, saw the horrible agony of the injured woman, and was, of course, greatly shocked by the event.

**COMMENCE OF THE COLLEGE.**—The closing exercises of the winter term of the Hygeio-Therapeutic College took place in the lecture hall, 15 Laight Street, on Saturday evening, March 31st. Selected theses were read by Mrs. C. B. Heurtley and F. A. Relhan, and an admirable address was delivered by R. Walter Heurtley. Speeches and remarks were made by most of the professors, several students, and by other friends of the cause. The exercises on the whole were unusually spirited and interesting, and kept the large audience quiet from seven o'clock until after eleven. The class has been one of the most harmonious and intelligent we have ever had, and all its members have been earnest and laborious students. The degree of M.D. was conferred on eighteen ladies and gentlemen, being all of the applicants; and it certainly speaks well for the intellectual stamina and acquirements of the class, that not a single candidate for graduation failed to bear a

satisfactory examination before the board of curators. This has never before happened in the history of the school.

An interesting episode, which took the audience by surprise, and which had not been advertised in the programme, served to vary and enliven the proceedings. This was a wedding. Two of the students, having concluded to graduate in the degree of matrimony, as well as in that of doctor of medicine, it was arranged that the wedding should "come off" before the class and audience. The marriage ceremony, which was improvised for the occasion, was performed by the Principal of the College.

At a meeting of the medical class, the following preamble and resolutions were unanimously adopted:

*Whereas* the term of lectures at the Hygeio-Therapeutic College is about to close, and whereas we recognize in the teachings of this institution a true medical philosophy and a healing art based on the clearest evidences of science, we feel like giving expression to our sentiments in relation to its character, as an exponent of the great principles of health-reform, and also our appreciation of the services of the faculty; therefore—

*Resolved*, That to our worthy President, R. T. Trall, M.D., the able and earnest expounder of the theory and principles of life, disease, and remedies, is due the best wishes of the earnest heart, and the faithful co-operation of every health-reformer.

That we fully appreciate the efforts of Professor D. A. Gorton, in delivering his profound and interesting course of lectures in the department of chemistry and physics.

That to all the associate professors, in the various departments of the course, for their earnest endeavors to impart instruction, and the kindness of manner they have manifested, in all their intercourse with the class, we tender our profound thanks and earnest wishes for future success in disseminating the principles of health-reform.

That in recognizing woman as worthy, and qualified by nature to appear side by side with the sterner sex in the lecture hall, the faculty of this institution have manifested their profound knowledge of human nature, as is clearly demonstrated in the refining influences reciprocally exerted by the sexes on each other in our own class.

That we, notwithstanding the absence of facilities possessed by more highly favored colleges, in view of the correctness of the principles taught here, would earnestly recommend this institution to our countrymen, as one setting forth in a clear and conspicuous light, rational principles of medical philosophy.

W. W. WIER, Chairman.

M. P. BROWNING, Secretary.

F. A. RELHAN,

F. WILSON HURD,

MATTHIAS NEAD,

} Committee.

The following is a list of the graduates with their respective theses:

Miss M. Augusta Fairchild, Laporte, Pa.; the Liver.—Mrs. Susan M. Estee, Petersburg, N. Y.; the Physician's Mission.—Mrs. E. S. Choate, Auburn, N. Y.; Obstetrics.—Mrs. Cora B. Heurtley, Brattleboro', Vt.; the Dawn of Life.—A. J. Haille, Griffin, Ga.; Consumption.—Geo. P. Betts, Lakhaska, Pa.; Dyspepsia.—H. C. Whaley, Palmyra, Mo.; Pneumonia.—F. Wilson Hurd, Dansville, N. Y.; Surgery.—Eli P. Miller, New York city;



Food.—C. H. Estabrook, Roxbury, Mass.; the Nerve-Force.—Geo. W. York, Cambridge, Ill.; Intermittent Fever.—M. P. Browning, New York city; Toxicology.—Jeremiah Maury, Sinking Springs, Pa.; Dysentery.—F. A. Relhan, Dominica, W. I.; Laws of Health.—William Smith, Jr., Union Valley, N. Y.; Duties of the Physician.—Emory Potter, Union Valley, N. Y.; Fever.—W. W. Wier, Brattleboro', Vt.; Kinesipathy.—R. Walter Heurtley, England; Hallucinations.

ORIGIN OF CANINE MADNESS.—A correspondent informs us that mad dogs have lately done much damage in the vicinity of Galt, Canada West, and asks our opinion respecting the origin of the disease. We are of opinion that foul and putrescent food, overheating the blood and inflaming the passions, are the producing causes. Dogs which are fed on the decaying offal of our markets and slaughter-houses are most frequently the subjects of this disease. Any putrid or half-decayed flesh food is a predisposing cause. Dogs are also often engaged in fighting and worrying each other or other animals, which tends to inflame the blood and poison all the secretions. Any carnivorous or omnivorous animal, in ordinary health, may be excited to that degree of anger that will change the saliva into a poison. It is well known that violent passion will sometimes so change the quality of the milk in nursing mothers, that the child who partakes of it will be poisoned to death. These facts, and many similar ones which might be named, seem very clearly to point to impure food, bad blood, and violent passions as the essential causes of the disease known as hydrophobia. Either cause alone might, when extreme, be sufficient to induce the disease; but frequently all of them are combined. A theory has been broached, that restrained sexual passion is the cause of this terrible malady. We are not acquainted with any facts which go to substantiate this theory, nor have we seen any evidence advanced in support of it. So far, it must be regarded as a mere conjecture.

A VISIONARY SCHEME.—Mr. E. Y. Robbins, in a lecture on Sanitary Science, recently delivered in the Cooper Institute in this city, expressed the opinion that due attention to hygiene, would secure the lives of ten thousand of our citizens annually, prevent not less than two hundred thousand cases of unnecessary sickness, and the loss of many millions of dollars in working time and productive ability, funerals, medical attendance and drugs; besides preventing also an incredible amount of suffering, pauperism, vice, and crime resulting therefrom.

There can be no doubt of the literal truth of all that Mr. Robbins advances in favor of a sanitary police. Probably there is not an intelligent adult in the city who will dissent from any one of his positions. But whose business is it? There's the rub. The authorities, speaking in general terms, seem to think that the chief end and aim of office-holding is to pocket ten thousand dollars apiece, not to save ten thousand lives. So long as the machinery of government enables them to do this, we strongly suspect that life-saving schemes may be set down as among the dreams of crazy fanatics and impracticable philanthropists.

GUM CHEWING.—A late Chicago paper states that a citizen of Napierville went to a drug store and procured some dog poison, in order to exterminate some objectionable members of the canine family, and while there, purchased also some chewing gum for his children. By mistake he gave the gum to the dogs, and the dog-bane to the children. The children all died, as did his wife, who partook of a portion of the supposed gum. We notice this sad event for the purpose of protesting against the practice of gum chewing—very common in some places. It leads to tobacco-chewing and other bad habits. The mere habit of exercising the masticatory organs on anything except food, is a pernicious one, and often difficult to overcome.

A STEP BACKWARD.—In the *Physio-Medical Recorder* for February, 1860, is an article over the signature of John F. Morey, M.D., from which we clip the following paragraph:

"Before I closed this communication, I meant to say that I am truly pleased to learn that you do not intend to admit females into the Physio-Medical Institute; for I am fully convinced, in my own mind, that it has been an injury to the cause. If they must be educated in the Science of Medicine (which I deny), let them attend female Institutions. I do not consider, judging from their physical organization, that it was the intention of the Almighty for a woman to fill any other station than a 'help-mate' for man. They would make as good and appropriate politicians and theologians as physicians, which would be too ridiculous to contemplate."

The above is the first intimation we have had that the Physio-Medical School had "backed down" from the position it lately assumed in favor of the equal medical education of the sexes. Soon after our Hygeio-Therapeutic College announced that its doors were open to both sexes on precisely equal terms, our Physio-Medical friends in Cincinnati proclaimed their willingness to educate female physicians. The

plan has worked admirably with us. Why Drs. Curtis, Cook & Co. should so suddenly abandon it as a failure we can hardly imagine, unless it be on account of the innate, constitutional, and incurable antipathy that feminine nature has against receiving a medical education as it is in drugs. We have long been of opinion that the drug schools would never make much headway in educating female doctors. They take to hygiene as naturally as a duck to water. All the diplomas in the world, backed up by the Hippocratic oath and the Oglethorpe pledge, and guarded by all the anathemas in the dictionary against heresy, will not make one in ten of them stick to the drugs. Graduate where they will, they will, before they have been in practice six months, become nine-tenths hydropathic, with a strong squinting toward the system in the matter of the other tenth.

Well may Dr. M. say, the admission of females into the Physio-Medical Institute has been "an injury to the cause." What cause? Why, the cause of drug-medication of course! And we are of opinion that, if females were admitted into all of the medical schools in the land, they would so damage "the cause" eventually, as to be the death of all the drug-medication in the land.

But Dr. M. has made a most wonderful discovery. He has discovered that the Almighty did not intend women to be physicians, politicians, nor theologians. And what is his evidence? Purely anatomical. He judges this from her "physical organization." Marvelous genius! Where did he study his anatomy to make this wonderful and truly original discovery? If he can sustain this theory by a demonstration of the tissues and organs, we should be exceedingly glad (as we go for the latest improvements) to engage him to fill the chair of Anatomy, Politics, and Theology, in the Hygeio-Therapeutic College.

Dr. M. has appealed to the Bible. We fear his Bible studies have been as defective as is his anatomical education. Dr. M. considers that woman has no station to fill but that of a "help-mate" for man. We respectfully suggest that the good book says, help-meet. But, "mate" or "meet," how can a woman be more serviceable to man than in the capacity of physician? Where can woman better prove her high and holy mission on earth than by teaching husbands and children the laws of life, and directing them how to recover health?



**MORE WATER-CURE PHYSICIANS WANTED.**—When we started the Hydropathic School, seven years ago, many persons predicted that we should very soon supply all the demand there would be for its graduates. Such, however, was not our opinion. We had no doubt that the demand would increase faster than the supply, and this opinion has been more and more strikingly verified every year since. There has never been so great a demand for Hygeio-Therapeutic physicians as at the present time. In our last issue were several advertisements for physicians to take the medical direction of large establishments; and we have lately noticed similar advertisements in some of the newspapers. Among the places mentioned are Chicago, Ill., Baltimore, Md., and Brattleboro', Vt. We have also received, during the last three months, more than a score of applications for physicians of our school to locate in private practice in various parts of the country. These facts are not only encouraging to those who are proposing to qualify themselves for Water-Cure physicians, but they speak well for the spread of our cause among the people. It has taken a quarter of a century to get the people fairly interested in this subject, and it will, we prophesy, require another twenty-five years to supply the demand for *true* practitioners of the healing art.

**ENDOWMENT OF THE COLLEGE.**—During the closing exercises of the winter term, several students and other friends of the cause of a true medical education expressed a desire that some action should be at once taken to raise a fund to endow the school; whereupon the Board of Trustees appointed an Executive Committee, with power to add to their numbers, comprised of the following gentlemen:

JAS. C. JACKSON, M.D., of Dansville, N. Y., Chairman; D. A. GORTON, M.D., of Peekskill, N. Y., Recording Secretary; ELI P. MILLER, M.D., of New York city, Corresponding Secretary; FOWLER & WELLS, of New York city, Treasurers.

The plan of operations agreed upon is for the Executive Committee to send circulars to the friends of our cause throughout United States, and appoint corresponding secretaries wherever desirable, who may solicit subscriptions for the purpose. The subscriptions are to be in the form of promissory notes, payable one year after date, or so soon thereafter as the sum of ten thousand dollars shall have been subscribed; and not payable at all unless the whole sum of ten thousand dollars is pledged.

About two thousand dollars were pledged by the individuals present, so that, we have no doubt, with a little exertion, the sum required will be easily provided. It is thought that if the ten thousand dollars can be raised in this way, the Legislature of the State will appropriate an equal sum, giving us the sum of twenty thousand dollars to secure the land and erect the buildings. After this is accomplished, we believe the donations of benevolent individuals will soon furnish the school with ample means to provide for the apparatus, anatomical museum, library, laboratory, and professorships. All persons interested are requested to send for circulars.

## To Correspondents.

Answers in this department are given by DR. TRALL.

**IRON FOR THE BLOOD.**—E. S. W., Pepperell, Mass. It is not true that preparations of iron are in any sense blood-food, or that they are useful remedies for pale and bloodless invalids. The patient you mention should have a correct diet, not mineral drugs.

**VOMITING AND CONSTIPATION.**—J. H. C., Auburn, N. Y. How shall one be made to vomit when we can not get enough warm water down to occasion sickness? What course should be taken to move the bowels when injections fail to do it?

Tickling the throat is usually sufficient to induce vomiting. If injections, thoroughly employed, will not move the bowels, the bowels should be let alone. But we believe that, if properly managed, they will always move the bowels all that is necessary.

**FISTULAS.**—J. N., Syracuse, N. Y. We can not tell precisely how we would treat a given case until we see it. Different operations are adapted to different cases. A majority of cases can be cured by a mild caustic alone. It is very rare for these ulcers to heal spontaneously.

**HYGEO-THERAPEUTIC COLLEGE.**—W. A. S., Tamlinsonville, Ark. The fees for the whole course of lectures are \$50 for the summer term, and \$75 for the winter term. Board can be had for from \$3 to \$5 per week, according to room and accommodations. The summer term commences the second week in May, and the winter term the second Monday in November.

**NASAL POLYPI.**—L. A. W., Fall River, Mass. We have always succeeded in making radical cures in cases of polypus tumors of the nose. The operation of extraction requires from two to four weeks. Our usual fee for the surgery is \$25.

**THE MAD STONE.**—N. G. K., Mt. Palestine, Ill. Will Dr. Trall please tell us, through the WATER-CURE JOURNAL, what he thinks of what is called the Mad Stone. A gentleman in this State has one. A great many persons visit him who have been bitten by mad dogs. He says there never has but one person died with hydrophobia to his knowledge after having the stone applied; that was a gentleman badly bitten and torn in several places by a mad dog, and not having confidence in the Mad Stone, delayed going until he began to be sick, but said the application of the stone allayed the spasms. He puts the stone in warm water, then places it on the bite, to which it will adhere until it is full, then puts it in cold water to cleanse it. A little boy in this place was bitten about three weeks ago by a dog supposed to be mad. His parents took him to the Mad Stone, paid \$30—think he is cured.

Notwithstanding all these plausible stories and appearances, our faith in the saving efficacy of the Mad Stone amounts to no more than the shadow of a shade of nothing at all.

**SPERMATORRHEA.**—We can not prescribe in these columns, in detail, to bad cases of this complaint. Such patients require a very precise management, and

ought to be, for awhile, under the strict discipline of our establishment. There are no diseases which more effectually undermine the self-reliance, self-control, and will-power of the patients. We have cured hundreds who could do nothing for themselves at home, simply because they lacked resolution to follow our advice without our personal presence to enforce it. Our advice, deduced from a large experience and extensive correspondence with this class of invalids, is, that if they do not improve under self-treatment very decidedly within one month, they had better seek a good water-cure.

**EGGS, ONIONS, ETC.**—G. V. S., Shoenersville, PA.—1st. Are raw eggs healthy? 2d. Are onions healthy—and how served? 3d. Is it healthy to drink water while eating, or should a man drink it before or after meals? 4th. What diseases are contagious? 5th. Is tobacco-chewing a preventive of them?

1. Raw eggs are wholesome compared with pork, and unwholesome compared with good bread. 2. Onions are not objectionable to most persons, but there are so many better things that we never eat them. 3. All drink should be taken between meals. 4. Small-pox, measles, whooping-cough, etc. 5. No.

**PURPERAL FEVER.**—M. H. C., Archer, O. We have had several deaths in our midst recently that have filled our neighborhood with grief and alarm. The cases were women who had lived as persons generally do, used tea, coffee, and eat meats, butter, and fine flour bread, etc. On the second day after confinement they were attacked with rigors or chilliness, followed by fever and constipation of the bowels, and suffered severe pain, and died in three or four days. Now please tell us how a woman approaching confinement shall be treated to prevent an attack of this disease, and if attacked what remedies should be used. The Allopathic doctors have declared that no doctors in the world could cure such cases when the attack comes on before the ninth day; also that pregnant women will catch this disease.

The affection is known as peritonitis or purperal fever. It is easily cured hydropathically. The bowels should be freed with enemata of tepid water; the abdomen fomented or covered with wet cloths over which dry ones are placed, and the whole surface spunged when preternaturally hot. The disease is not contagious at all. The only way to prepare for confinement is to live hydropathically. The Encyclopedia will give you the requisite information.

**TO CORRESPONDENTS.**—We are daily receiving communications requesting us to send answers to questions, and prescriptions for home-treatment, by letter, instead of through the columns of the JOURNAL. This we can not do without pay. We answer questions through the JOURNAL gratuitously, for the reason that such correspondence benefits our readers and subscribers; but when private advice or a prescription by letter is desired, the fee is our right, and we must have it.

We are also daily receiving anonymous letters, asking us to answer certain questions. Let it be distinctly understood that we take no notice of anonymous communications. Those who are unwilling to give their names have no claim on our gratuitous services. We do not wish to publish names, but we must have them as evidence of good faith.

Again, persons frequently send a series of questions requesting us not to publish them, but to reply to them by numbers. This we must decline. Unless the questions are stated, the answers are unintelligible except to the interested party, and the object of this department is general as well as individual instruction. Those who prefer private correspondence can have it by paying for it. If they are willing for it to be public, it shall cost them nothing.

**HYGEO-THERAPY.**—J. B. Boxby, Ind. Please answer the following questions through the columns of the WATER-CURE JOURNAL: 1. What is the best method of treating colds? 2. If in eating but two meals a day, at what hours should they be taken? 3. Will you please to explain the manner in which the different baths mentioned in the WATER-CURE JOURNAL are performed; the diseases in which each is applicable; the best for persons in ordinary health; the proper time of day for bathing? etc.

To answer your questions would be to write a book. And as such books are already published, we must refer you to them.

**TWO MEALS A DAY.**—N. B. D., West Falmouth, Mass. Would it be proper and well for one eating but twice a day, to eat two *full* meals, one at 7 o'clock in the morning, and the other in the afternoon at 5 o'clock, providing he does not retire to rest for four hours after the last meal?

A person might do very well on the above plan; but we would prefer the first meal an hour later, and the last an hour or two earlier. 8 A.M. and 3 P.M., or 9 A.M. and 4 or 5 P.M. are preferable in ordinary cases.



## Business Notices.

## THE WATER-CURES FOR THE PRESENT SEASON.

— Under this head, in our last issue, the establishment of Dr. Bedortha, at Saratoga Springs, was inadvertently omitted. It ranks among the "old established" Cures of the country. The establishment at Westboro', Mass., formerly conducted by Dr. Hero, is now under the charge of Drs. Viney and Cutler. Dr. Maxson has become proprietor of the Petersburg Water-Cure, formerly conducted by the Rev. Mr. Estee. Mrs. O. C. A. Wood, M.D., is located in Utica, N. Y. Drs. A. G. & Mrs. S. R. Humphrey have opened a "Hygienic Retreat" in Moline, Ill. This is a point where a good water-cure is very much needed, and we anticipate the best of success for the proprietors. Drs. Humphrey write us that a Hydropathic physician is much desired at Lancaster, Ohio, where they formerly practiced with good acceptance. Dr. Newell W. Fales has left Richmond, Iowa, for the Pacific coast. He called on us recently, accompanied with his wife—the late Miss E. M. Hurd, M.D.—and little daughter, on their way to California. They will locate in Sacramento City, where they have flattering inducements. Dr. D. A. Gorton has removed to Peekskill, N. Y., and opened a "Hygeiopathic Institute." We do not particularly admire the liberal display of "flesh-pots" and stimulating beverages—tea, coffee, beef-tea, etc.—announced in the dietetic department of his circular. They look to us more "hygeiopathic" than Hygeio-Therapeutic. Probably, however, they are intended for boarders, and not for invalids. Dr. A. L. Hamilton is about to locate, professionally, in Marietta, Pa. We hear, also, that he is about to take to himself a "better half," in the person of a young lady whose acquaintance he formed at the Hygeio-Therapeutic College. We wish the parties all possible happiness.

DR. GEORGE MOYER is about opening a Water-Cure Establishment in Van Buren, Jackson County, Iowa. He will also attend to country practice.

DR. BARLOW J. SMITH has removed from Sacramento to San Francisco, California. We hear very favorable reports of his successful practice in the Golden State.

How to LIVE.—A Congregational clergyman in Massachusetts, ordering more of our books, writes as follows:

Having purchased "How to Live," I have read it. I consider it a most interesting book. As respects the subjects treated I never read a book with so much profit to myself. May you never publish a poorer book; and any house publishing one equally good will do itself honor. J. B. C.

THE WILLOW-GROVE WATER-CURE, at Westboro', Mass., under the direction of Drs. Viney and Cutler, will be found of easy access by our Eastern friends.

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.

Our Books in Cincinnati.—Having made arrangements with RICEY, MALLORY & Co., of Cincinnati, to keep on hand a complete assortment of our books, we take pleasure in commending them to our Western friends.

ELEMENTARY ANATOMY AND PHYSIOLOGY. By Edward Hitchcock, D.D., LL.D., and Edward Hitchcock, Jr., M.D. New York: Ivison & Phinney.

Of the numerous works on Anatomy and Physiology, designed for the use of schools, the work before us is much the most elaborate and complete. In the departments of Microscopic and Comparative Anatomy—subjects of great and constantly increasing interest—it is much more full and complete than any of its predecessors. We are gratified to notice, also, that the subject of Hygiene, which may be said to be the chief use and application of a knowledge of both anatomy and physiology, has received more attention than is usually bestowed upon it in similar works. And still another feature enhancing its value is the profuseness of its illustrations. For the family circle and the popular reader it contains nearly all there is of practical value for the large and expensive works of Carpenter, Dunglison, Hassall, Wilson, Draper, Owen, and others.

## 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,  
NO. 15 LAIGHT STREET.

This Institution affords the best facilities for the sick to get well that can be found in this country.

It is pleasantly located near Broadway, in a central part of the city, on a street that opens direct to the beautiful Hudson, through which circulates the pure country air, and but one door from St. John's Park, to which our patients have free access at all times.

The Sixth, Eighth, and Ninth avenue cars pass every five minutes within a few yards of our door, going from the lower part of the city to the great Central Park, which contains nearly nine hundred acres, and is now being laid out in the most artistic and costly manner.

We are within a few minutes' ride of Brooklyn, Greenwood Cemetery, Staten Island, Governor's Island, Randall's Island, Williamsburg, Bergen Heights, Jersey City, Weehawken Heights, the Elysian Fields, and other places of much interest within ten miles, any of which are accessible by cars, omnibuses, or boats at an expense of from one to ten cents.

In the way of lectures and amusements of all kinds, and opportunities for intellectual instruction, New York can not be excelled. There is scarce an evening but that there is some free lecture or public amusement of some kind to attend.

The churches of Beecher and Chapin, and a large class of the most popular preachers, can be attended every Sabbath by those who are able to attend.

The medical department of this Institution is under the immediate supervision of R. T. Trall, M.D., President of the New York Hygeio-Therapeutic College, who has long been known as one of the most scientific writers and successful practitioners in the country. As Associate Physician we have E. P. Miller, M.D., who is well qualified to carry out fully the principles of the Institution, and who will labor assiduously to facilitate the recovery of all who come here for treatment.

We treat here every form of disease with entire success, without the use of drugs or medicines of any description.

We have cured hundreds who had previously exhausted the skill of the best physicians of other medical schools, and by them been pronounced incurable, and while we invite the sick, whatever may be their complaints, to come and be cured, we take pleasure in informing them that we know too well the power of nature to cure disease, and the value of life and health, to poison them with drugs.

Our remedies embrace good Food, Water in its various modes of application, Electricity, Calisthenics, Dancing, and Gymnastic exercises, and in addition we have recently fitted up a large room for the treatment of obstinate forms of paralysis, dyspepsia, consumption, spinal curvatures, and a variety of other ailments on the Kinesipathic or "Movement Cure" plan of treatment. This system of treatment has long been used with great success in the old country for almost every variety of disease, and we think will prove a valuable auxiliary to water treatment. This is not only the best place to be cured when sick, but to learn how to keep from being sick.

There is connected with this establishment the only chartered college in the world where true Hygiene and the LAWS OF LIFE AND HEALTH are taught as a branch of the medical profession.

We invite all to come and see what we can do for them. Our terms for patients are from \$7 to \$16 per week. Boarders \$5 to \$10. Transient boarders \$1 per day.

Patients should bring packing cloths, or they will be charged \$1 per week extra.

R. T. TRALL, M.D., { Physicians.

E. P. MILLER, M.D., {

FANCHER & MILLER, Proprietors.

## 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. tf.

## 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.

## NEW GRAEFENBERG WATER-

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

## 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 equals 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 (include 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. 4t

## 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.

## MOUNT PROSPECT WATER-CURE,

BINGHAMTON, N. Y.—This Establishment has a very beautiful location, soft water, and every facility for the treatment of invalids. For circular, address,

J. H. NORTH, M.D.

## PEEKSKILL HYGEOPATHIC INSTI-

TUTE.—This Institution is now ready for the reception of patients and guests. It is beautifully located, about five minutes walk from the depot. It commands a fine view of the Hudson River, and is surrounded with beautiful mountain scenery, shrubs, fruits, and flowers of every variety. For particulars send for Circular.

Address D. A. GORTON, M.D., Peekskill, N. Y.

## A CARD.—THE UNDERSIGNED

desires to express his grateful thanks to the people of the United States and other countries, for the liberal patronage bestowed upon him while connected with the Hygienic Institute of New York. To particular members of the profession he is under special obligation for favors and kindly courtesies. He is now located in the beautiful and romantic village of Peekskill, N. Y., where he desires a continuation of professional favor and public patronage.

1t\* Respectfully, D. A. GORTON, M.D.

## MOUNTAIN GLEN WATER-CURE,

PLAINFIELD, N. J.—Persons will receive here the simple unadulterated treatment of Water-Cure, such as, in Priesnitz's hands, accomplished more wonderful cures than were ever recorded of any other system or combination of systems.

Terms, from seven to ten dollars per week.

N. B.—We are but one hour and a half from New York, in the midst of the most beautiful scenery, fine air, and pure water. A. UTTER, M.D., Proprietor.

## NEW HAVEN WATER-CURE.

Address for circular, J. P. PHILLIPS, M.D., or MRS. E. A. PHILLIPS, M.D.

## PHILADELPHIA MODEL WATER-

CURE, for the reception of Patients and Boarders, is permanently located at No. 119 North Sixth Street, half a square from the splendid fountain and Franklin Park. Electricity, Chemical Baths, Dr. Landis' very improved Electro-Vapor Bath, Movement-Cure, etc., are administered when needed. Most speedy cures made. Especial attention to Female Ills and CANCERS. Send four U. S. stamps for Dr. Landis' great Lecture upon "Who are the Quacks?"

"It is the Paragon of Lectures, proceeding from a great and experienced mind."—*Philadelphia Mercury*.

Address, S. M. LANDIS, M.D.,

1t\* 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

16m J. D. CRAIG, M.D., Wilmington, Del.



# OUR HOME.

## OUR NEW BATH-HOUSE.

The Proprietors of "Our Home" take pleasure in announcing to their friends, and to the sick generally, that they are erecting for the accommodation of their patients, a Bath-House, which, when finished, will, for the purposes to which it is to be put, exceed any like structure on this continent. Relying as they do on pure, soft water as the most valuable hygienic agent known to man in the cure of disease, and prompted by their past success, they have determined upon an outlay which, while large, shall be equal to the reputation which "Our Home" as a Water-Cure sustains. They hope to have the building finished and fitted for use by the time that the readers of the JOURNAL shall have seen this notice. Its dimensions will be sixty feet by thirty, and two stories high, and it will contain a large Dressing-room, a Work-room where the baths are given, a Packing-room, and other conveniences for the use of the guests and help; and it will be so arranged in its internal plan and policy as to make it worth visiting by all who desire to take water-treatment. Their intention is, to be able to use, if they wish it, five hundred barrels of cold water, and one hundred barrels of hot water each day; and the variety of baths given as they may be needed, will be greater than has heretofore been used by them, or by any other like institution in this country.

It is by this time pretty well understood that "Our Home" is conducted on a plan very different from that which marks the other institutions in the land which are called Water-Cure. Acknowledging, as its physicians do, their dependence on Air, Heat, Light, Electricity, Food, and the use of the Social element as hygienic agents in the cure of disease, they still regard Water, when properly used, as so standing at the head of them all as to justify the popular usage in calling their methods of treatment "Water-Cure." While they have chosen to locate their establishment where the purest air, the most abundant sunshine, and the finest climate can be had; while they spare no means to secure to their sick ones the widest possible opportunities for proper exercise; while they feel warranted in saying that for their patients they set the best table of any health institution in the world, they are better pleased in being able to say that "Our Home" is supplied with the means of using pure, soft, running water, in the treatment of the various diseases that come under their medical supervision, than in alluding to any other advantages which it possesses.

"Our Home" is not a place where persons can have great facilities for dissipation; where, under the name of Water-Cure, they can get no Water-treatment; where, under the cover of an attempt to get their health, they can so indulge their dissipating propensities as to go back to their homes at the close of the season no better than when they left them. It is not marked either in its outside, nor in its interior arrangements, by splendor, by rich and costly adornments, by any means for gratifying luxurious tastes, habits of ease, or artificial life; there is nothing about it that feeds the conventional, that promotes the unnatural, or that warps still farther from the true line of life, by the side of which all human creatures should travel; but from its most unimportant arrangements throughout its whole plan, everything is done with a special eye to the restoration to health of the sick who may be our guests, and the preservation and maintenance of their health after they shall have returned home.

## "WHERE ARE YOU GOING THIS SUMMER?"

This is a question which will soon begin to be asked by persons who, having confined themselves very closely to business during the past year, are intending to spend the summer months in recruiting their worn-down energies. While tens of thousands will give no thought in the matter, but will take themselves to the various watering-places in our country, imagining that these are the best resorts; there are others—and not a few—who have found by experience that to spend the summer months at such places is to throw away their money, and return home defeated in the very object sought. These will seek a residence in the country; and therefore the proprietors of "Our Home" call their attention to the superior advantages which their Water-Cure offers. Devoted as it is, primarily, as a Health Institution, to the purposes of the sick, it presents rare advantages for those who are not sick, but who wish to live hygienically while away from their own homes. Within it they can find a larger combination of means calculated to give vigor of body, steadiness of nerve, clearness of intellect, and power of will, than perhaps can be found elsewhere. Here also can be found beautiful and picturesque scenery, and during the summer months finer rides and finer drives can not be desired.

While guests at "Our Home," they will be within ten minutes' walk of a thriving, beautiful village of five thousand inhabitants, which has telegraphic communication with all parts of the Union, two large banking institutions, eight churches, newspaper depots, one of the finest schools in the United States, and as good society as any other village of its size.

Those who are sick, and for whom Water-Cure treatment is desirable, and who would like to have their friends near them, will find "Our Home" particularly well adapted to their wants; for, while they would be guests in the Cure, their friends could board and lodge at the hotel, or in private residences in town, and thus could spend their day times at the Cure, and if they wish, could have the advantages for bathing which this Institution presents.

Dansville, therefore, as a place for those who wish to spend the summer in partaking of rural life and its enjoyments, is not easily surpassed.

## TO THE YOUNG MEN OF THE UNITED STATES.

Many of you are suffering from the effects of early imprudence, which are shown in the morbid conditions of your reproductive organs. You are losing, or have already lost your health, and life to you has become a burden. Your difficulties are of such character as to forbid free communication with those in whom on other subjects you confide, and therefore already have many of you been made the victims of the pretended physician, who has obtained your money, and left you in worse conditions than he found you, by filling your system with the most deadly poisons which he could administer.

Now let us call your attention to the advantages which "Our Home" presents for the restoration of your health.

Dr. Jackson and his associate physicians have treated *without medicine*, and successfully, over *three thousand* persons for spermatorrhea. Hundreds of them were so far debilitated and enfeebled by the ravages of this terrible ailment, as to be lost to all practical life. Dissipated, hopeless, hypochondriac, capricious, vacillating, lacking in energy of mind and vigor of body, they were dragging their slow lengths along to early graves; and yet, by judicious and skillful Water-treatment, they are now in sound health, the joy of their parents and friends, and full of the hopes and energies of vigorous manhood.

## FEMALE DISEASES.

Our treatment of women who are afflicted with any of the ailments usually called Female Diseases, is as different from that pursued at other Water-Cures as the treatment of other diseases is. Doctor Austin and Doctor Jackson have treated over 2,000 persons, and have never subjected one to the barbarous practice so fashionable with the profession. With no class of diseases do they have better success, and from none do they get better evidence that hygienic treatment is equal to the needs of the sufferer. If women suffering in this direction would send for our tract, entitled,

FEMALE DISEASES AND THE CAUSTIC BURNERS,  
and read it, they would learn something worth knowing.  
DELICATE GIRLS.

We have been very successful in training and giving vigor to young misses and girls approaching adult age, who have been from childhood feeble and lacking in growth. We have made the hearts of many parents glad, and hope to many more. Illustrative of our views on this point, we take the liberty to call attention to an editorial from the pen of Miss Austin, under the caption of

"HOW TO MANAGE YOUNG GIRLS,"  
and published in the April number of THE LAWS OF LIFE,  
which will pay perusal.

## 1,500 MILES!!!

Suppose it is 2,000 or 3,000 miles to "Our Home," what of it, if you can reach it and get your health? Last summer we had *twenty-one* States, and this winter *nineteen* States represented in our Water Cure at one time. One lady came *thirty-five hundred* miles to be treated by us for diseases of years' standing, and returned to her friends *cured*. The vast majority of our patients get well, no matter what their diseases may be. We treat all diseases afflicting persons of different ages, sexes, and pursuits. We cure the scrofulous child, the woman long afflicted with diseases peculiar to her sex, and the man broken down by business, study, bad living, or drug-medication. It is far better to go to an Institution particularly and specially devoted to the cure of the sick, whose physicians never give any medicines, and possess the experience which large and varied practice gives, and whose testimonials are those *whom they have cured*.

## THE PHYSICIANS OF OUR HOME.

The Proprietors of this Water-Cure feel proud of their Medical Staff. At its head stands James C. Jackson, M.D., whose reputation is known wherever Water-Cure has been heard of. Thousands all over the United States bless him every morning, and thank God every night fall that they have been placed under his care.

Next is Harriet N. Austin, M.D., a lady whose extraordinary success in treating the sick, especially with diseases peculiar to women, has won for her real fame.

Next is F. Wilson Thur, M.D., whose skill and excellent judgment have been displayed so often in the treatment of our guests, that already he has secured a large measure of confidence as a Hydropathic practitioner.

Next is Dr. Emily Austin Hawke, who has been connected with us for nearly four years, and who has shown such fitness for her place, as with our guests to endear her name and make it familiar as a "household word."

Next is Dr. George W. York, a gentleman just graduated from the Hydropathic College, but whose kindly courtesy, gentlemanly bearing, fine intelligence, and honest face speak well for him in his new position as Assistant Physician.

If those who may read this would like to know more about us, they can do so by applying for a Circular, and inclosing a postage stamp for its prepayment, and it will be sent gratuitously. They can also send for our Health Tracts, which are being distributed in all parts of the Union, and a notice of which, with their prices, will be found below. If they would like to become familiar with our teachings, and the principles upon which our action is based, they can send for "THE LAWS OF LIFE," a Health Journal of the size of the WATER-CURE JOURNAL published monthly, and edited by Drs. Austin and Jackson, specimen copies of which are sent free to all applicants.

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

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.
12—Student Life.....	" 6 "
13—Christian Liberty.....	" 6 "

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

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 should be addressed either to JAMES C. JACKSON, M.D., or Miss HARRIET N. AUSTIN, M.D., Dansville, Livingston County, N. Y.

## HEALTH CONVENTION—POSTPONEMENT.

In consequence of the inability of some of the principal speakers to be in the city at the time announced for the next Health Convention in New York (the 15th May), the convention will be postponed until further notice.  
R. T. TRALL, M.D.,  
President National Health Association.

## CHESTNUT SPRINGS WATER-CURE.

Chestnut Hill, Philadelphia County, Pa.  
DR. WEDER, Resident Physician.

## THE PHILLIPSBURG WATER-CURE.

25 miles west of Pittsburg, opposite Rochester, Beaver County, Pa. For further information, address,  
DR. C. BAELZ Water-Cure, Beaver County, Pa.

## GRANITE STATE WATER-CURE.

To INVALIDS—How many of you there are that would like to know just what to do, or where to go to recover your health? You are sick of drugs; you are tired of drug doctors; you are disgusted with prescriptions. You long for health; some of you, I know, would give all you possess, could you but secure again this God-given blessing. You know by experience that all things else in this world are as chaff and filthy rags compared with this.

Now I believe I can give you some valuable advice. I can tell you just where many of you can get cured; where you may go and leave your diseases behind you when you return, or where you may apply for just the advice you need.

I have been an inmate of the Granite State Water-Cure now for several months. My health, which for a long time previous had been failing in spite of the best treatment I could get, has been improving steadily since I entered here. I had previously almost despaired of recovering, and my friends thought my case doubtful.

I attribute my success to the following facts:

1st. The skill, experience, and kind attentions of Dr. Vail, which I can not too highly commend to all who are in need of medical advice.

2d. To the extreme purity and freshness of the air here.

3d. To the transcendent purity and softness of the water with which the Cure is supplied, which nought but granite and sandy soils, like these of the "old Granite State," can produce.

4th. To the excellence of the diet here. This establishment is not a boarding-house, but a *Cure*, where food is prepared, especially for the sick, in the most physiological and scientific manner.

Now I desire to say to the invalid who wants health, that here is the place where, in my opinion, he can get it if it is possible for him to get it at all. The Cure is not large, a-commodating only about thirty patients. This enables the Doctor to give a good deal of personal attention to every department, which can not be done by the physicians of very large establishments; and patients would generally prefer to be looked after by the head of the establishment than to be intrusted to assistants or servants.

By applying to the Doctor personally, or by letter, directing "Hill, N. H.," and inclosing stamp for Circular, patients may obtain any information they desire.

PEMBROKE, MASS. ANDREW JOSELYN.

## SELF-IMPROVEMENT.—READ THE

PHRENOLOGICAL JOURNAL FOR 1860. Only \$1 a year. Address FOWLER AND WELLS, 308 Broadway, New York.



**PITTSBURG WATER-CURE.**

Has no superior. Located beautifully. Water soft and abundant. In short, it is quite equal in all its arrangements to any Cure in the United States. Don't fail to send for Circular. Address DRS. FREASE, Pittsburg, Pa.

**COME TO THE LIVING SPRINGS**

WATER-CURE. Learn how to live, get well, and grow fat. A. SMITH, M.D.  
WERNERSVILLE, PA. MRS. C. C. SMITH, M.D.

**DRS. VINEY & CUTLER'S WATER-CURE** is at Westboro', Mass. Send for a Circular. 11\*

**WORCESTER WATER-CURE.**

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

**KENOSHA (WIS.) WATER-CURE,**

situated in one of the most healthy cities on Lake Michigan. Water pure and soft. Building large and commodious. All diseases treated with success. Address H. T. SEELY, M.D. E. PENNOYER, Proprietor.

**GRANVILLE (O.) WATER-CURE.**

—W. W. BANCROFT, Physician. Open summer and winter. Especial attention paid to physical education, and diseases of females. Terms \$6 to \$10 per week.

41\* W. S. LEWIS, Proprietor.

**ILLINOIS WATER CURE.—BEAU-**

tifully located at Peoria, Ill. Open Winter and Summer. Electro-Chemical Baths used to eliminate mineral drugs and all impurities from the system. Address,

DRS. NEVINS & KENYON.

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PHYSICIAN, St. Charles, Kane County, Illinois, will attend to all diseases peculiar to females. Ladies married or single (especially married) will find it to their advantage to consult Dr. Kingsbury in every ailment (or accident) peculiar to the sex. No drugs given. All communications strictly confidential. 1\*

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From the Detroit Advertiser, Feb. 23, 1857.

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Now, carry out this principle in view of the relationship which should exist between a patient and her medical attendant, and observe the consequences. As a man, we might not object to the attentions of a female M.D. She could not help feeling a decent amount of sympathy for us, if we were ill. In doing it, she would but obey an inexorable law of her condition. But place her at the bedside of another woman: would she patiently bear with all that woman's foolish whims and idle caprices? Not a bit of it. She would "pshaw," and "fiddle-de-diddle" away all the sufferer's imaginary ailments. And when we consider that fully nine tenths of all the female ailments are the result of imagination—when we consider that these ailments are not the less painful on that account, but are ailments that demand, being mental, a mental remedy—it will be perceived, at a glance, why men are successful, and why doctresses, however skillful, would be incapable of effecting a cure. No; a woman will never make a reliable physician for a woman, however she might for a man. She can not be sufficiently *en rapport* with her own sex. Nature forbids it; and nature is a capital judge of the seemly and the suitable. —*N. Y. Sunday Times*.

Is it possible that this is the sort of "female human nature" with which the *Sunday Times* has associated? We shall hand the editor of that paper over to the tender mercies of those he so ungallantly assails. Ladies, you have the floor, and may now be heard.

*Apropos*, an exchange says:

Mrs. Sylvia Goodwin, of Worcester, a professional midwife, has, within the past ten years, attended one thousand six hundred and twenty-six cases, and with the loss of but one patient out of the number.

What has the *Sunday Times* to say to this?

## A WORD TO EDITORS.

DR. TRALL.—*Dear Sir*: I have recently become a subscriber to the WATER-CURE JOURNAL, and for some time past have paid considerable attention to the science of Hydropathy, and am perfectly convinced that our whole people ought to know more about it, for surely, if what is said is true, there is not another subject of equal importance known, when I except religion. And, indeed, it is our religious duty to study and know these things better than we do. That God has created us for a wise purpose no one will deny, then are not we responsible if we thwart the purposes of God? I know it is, and always has been, an uphill busi-

ness to introduce anything new, and the more important the subject the greater difficulty is experienced in introducing it. Yet if the doctrines of Hydropathy are true, it must and will prevail May God speed its glorious doctrines.

Now, Dr. T., I am very much at a loss to know why it is that our public journals are so dormant on the subject. Seldom do we hear them make mention of it. Are their editors ignorant, or do they get too good pay for puffing or advertising patent medicines? I would rather excuse them from the latter charge, but there is something wrong somewhere, and where is it? Editors are usually well read—they profess to know all about politics, science, and religion, and often write lengthy articles condemning this one's evil doings and extolling that one's probity, all of which is very right; but laying aside honesty, is it fair—are they doing their duty to their patrons and the world in withholding the important science of Hydropathy? If editors believe, why will they not assist in introducing it to the people. They might do an incalculable sight of good. It is frequently the case that people will read and believe that published in the newspapers when they would reject the same thing if found in a medical journal, if the article in question related to medicine. Certain it is that editors of newspapers can give great impetus to the cause. Will they do it?

Yours truly,

A. H.

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A YOUNG physician having tried in vain to get into practice, at last fell upon the following expedient to set the ball rolling: He sprang upon his horse once a day, and drove at full speed through the village: after an absence of an hour he would return and carry with him some of his instruments—thinking if he could impress his neighbors with the opinion that he had practice, they would begin to place confidence in his ability. A wag who more than suspected the deceit which he was practicing, determined to know the truth. He accordingly kept his horse in readiness, and the next time that the doctor galloped by his door, sprang on his horse and placed himself on the young gentleman's trail. The doctor saw the man following at his heels, but did not at first evince any uneasiness. At length, however, he thought it advisable to turn down a narrow lane. The pursuer followed on like an evil genius; but the doctor grew impatient to return home. There was no house by the way at which he could afford any pretext for stopping. In the mean time his saddle-bags were with him, and he was otherwise equipped for business, so that he could not return, in the face of his neighbor, without exposing the secrets of his trade in the most palpable manner. Every bound carried him farther from his home, and the shades of night began to fall on hill and tower. Still sounds of horse's hoofs were thundering in his ear, and he was driven to his wit's end; but just as he turned the angle of the wood, he heard a low moan. A man lay prostrate near the fence of a meadow, and blood gushed from a fearful wound in his arm. He had cut an artery with his scythe, and was in danger of immediate dissolution. The young doctor sprang from his horse and staunch the wound. Bandages were applied, and his life was saved. The pursuer had also thrown himself from his horse, and as the physician tied up the bandage, he looked up in his face and said—"How lucky, neighbor, that I was able to arrive just in time."

The wondering spectator was silent with awe, and after assisting the wounded man home, he told such a miraculous tale to the wondering villagers as secured to the young physician a reputation not only for skill, but also for a supernatural presence. Thus did the merest accident contribute more to his advancement than years of stu-

dious toil could have done; and the impertinent curiosity of a waggish neighbor opened for him a path of business which the most influential patronage might never have been able to provide for him.—*Old Paper*.

## DENTISTS ON DENTITION.

ROMEO, MICH., Feb. 15, 1860.

DEAR WATER-CURE JOURNAL—I inclose part of a paper read at the annual meeting of "The Michigan Dental Association," at Detroit, January 10th, 1860. It was written without any thought of its being published, but as the *Dental Register* has "printed" it in the Feb. number, "without consent" (I did not attend the meeting). I thought it might be of interest to the readers of the WATER-CURE JOURNAL, particularly if Dr. Trall will "criticise" or "remark" upon it.

## DIFFICULT DENTITION.

I suppose, if parents were absolutely healthy, there would be but little trouble with the children in dentition. Let the child be properly begotten and fed—let the habits of both mother and child be correct, and dentition will go on without serious trouble. Hence the treatment should begin with the mother, long before the birth of the child, and be continued after, and then, if the child does suffer, whatever else we do, let us not poison it.

The principal danger to be apprehended is from a confined state of the bowels, so I would have the child fed (or the mother, in case the child derives its food exclusively from her), in such a manner as to keep the bowels free, and there is no danger.

If the child manifests febrile symptoms, I would bathe it. "Cold water doctor," do you say? No, I would use no cold water, except ice to the gums, if they be much inflamed. Inclose a bit of ice in "a rag" and put in the mouth—a "sugar teat" without the sugar.

I am aware that the doctrine above announced, in regard to the state of the bowels, is not according to the books or general notions; yet I apprehend the principal danger in a relaxed state of the alvine functions consists in the treatment usually instituted for it. With my experience and observation in these cases, I rely entirely on diet and bathing, as the only safe treatment.

R. S. BANCROFT.

VALUE OF HEALTH.—Nothing on earth compares with health. All we labor and all we live for is valueless without it. How soon the dreams of wealth sink into insignificance when your beloved child is wasting away! How empty are the bubbles of ambition, the praise of multitudes, and the pride of life, when one of the darling objects of your affection has been trampled down by disease! How utterly your hopes and aspirations fade, when some lurking disorder has fastened on your vitals, and is relentlessly dragging you downward to the end; when you hold with loosening grasp upon time's moorings, cast a longing look upon its shore, and feel that you are drifting out upon the dark and unknown sea that rolls beyond the world! Then you find how life clings to life, how priceless is the simple boon of health, which men value not at all until it is gone. Then, too, you may appreciate him who restores it, and even him who labors for its restoration. Then you may feel what it is to be a physician; what are his duties, and what responsibilities hang upon him. If any task calls louder for devotion than all others, it is surely that of preventing disease, and of instructing the people so to live, as to reach a good old age, without the necessity of either drugs or doctors of any sort. It is the mission of the WATER-CURE JOURNAL to bring about a condition of things so desirable. Reader, can you not aid us in this great missionary work of securing the life and health of our people? This JOURNAL shall serve not only as a *monitor*, but also as an *INSTRUCTOR*.