

WATER-CURE JOURNAL

AND HERALD OF HEALTH, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

VOL. XXIX. NO. 6.]

NEW YORK, JUNE, 1860.

[WHOLE NUMBER, 173.]

Published by
FWLER AND WELLS,
No. 308 Broadway, New York,
AT ONE DOLLAR A YEAR, IN ADVANCE.

Contents.

GENERAL ARTICLES:	PAGE	My Satchel. Chap. XIV.....	PAGE
End of Volume XXIX.....	81	THE MONTH:	87
Familiar Letters, No. IX.—		The Signs of the Times—A	
To the Graduates and Students of the New York Hydropathic College.....	81	Voice from California—Woman's Equality in Indiana—The Hunger-Cure.....	89
To Drug-Takers. No. 3.....	82	Sanitary Legislation—Endowment of the College—Ravages of Dyptheria—More Fatal Drugging—A New Pathy.....	90
The Difference.....	83	Question for Debating Societies.....	91
Another Growl.....	83	The History of the Pet Pig.....	92
Diseases of the Throat and Lungs.....	84	Miscellaneous.....	96
A Vegetarian to his Daughter	84		
Water-Cure in Wilmington, Delaware.....	85		
Dr. Winslip on Physical Culture.....	85		

End of Volume XXIX.

BY R. T. TRALL, M.D.

WITH this number closes another volume of the WATER-CURE JOURNAL. During the fifteen years almost that we have been connected with this "HERALD" of the most radical and sweeping reform the world has ever known, there have been some seasons of great promise for our cause; and now and then one of temporary depression and discouragement. But never were the omens for the future more auspicious than now. The signs of the times certainly indicate that the year 1860 will be one of the most prosperous yet recorded in the annals of health reform. We judge this in part from the increased demand for JOURNALS, BOOKS, PHYSICIANS, and LECTURES. An extensive correspondence also with all parts of the country, enables us to know that the leaven which has been so long quietly working in the public mind is about to produce results which will be astonishing to those who have not kept up with the spirit of the age in this

matter of medical science. Everywhere there seems to be a desire for information. The people have learned that our system is substantially true; they feel that the drug system is intrinsically wrong; they believe there is a better way; they are convinced that giving poisons which are naturally destructive to health, to people as remedies when they are sick, is a terrible delusion; but they do not know precisely what they should do in the premises. They have lost confidence in drugs, but they dare not fully trust to hygiene; they feel that nature is the true physician, yet they can not implicitly trust her; they want more light, and this light they must have.

It is true, that in many places our system is almost unknown, and in some it has not probably a single advocate or friend. But, on the other hand, there are places—and they are not very few nor far between—where it has already become the popular system and the prevailing practice. From hundreds of places we have testimonials like the following: "The system you advocate is taking a deep hold on the people of this place. Some of the most intelligent families in the place have adopted it to the exclusion of all drugs, and do not patronize the drug doctors at all. A still greater number think well of your system, but have not confidence in themselves to administer it; and so employ the regular physicians while disbelieving their science and fearing their practice."

Such a state of public sentiment can not long endure. It must either go one step further or recede. It must go on to complete hygienic medication, or fall back into utter subserviency to druggery. Our reform must be advanced to revolution, or go back to nothingness. Reader, which shall it be?

Priessnitz was born Oct. 4, 1799. The centennial anniversary of his birthday is still distant thirty-nine years. The hygienic system has not been prominently before the world more than half thirty-nine years. But if its progress in the future shall correspond with its past history, it will be the prevailing healing art all over this land before the year 1899. There are (as we are a true prophet) thousands of full-grown men and women now moving and acting among us, who will live to see the day when the idea of giving poisonous drugs to a sick person will be looked upon as presumptive evidence of a manslaughterous intention, or a demented intellect.

The THIRTIETH VOLUME, which commences with the next number, will, as we hope and have reason to expect, mark an era in the circulation of the WATER-CURE JOURNAL, and in the cause it advocates. Will our friends aid us to realize this result by extending their subscription lists?

FAMILIAR LETTERS—NO. IX.

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

GENTLEMEN AND LADIES—I do not care to report remarkable cases of recovery from long-continued sickness under Water-Cure treatment, with a view to exhibit my own skill or that of my associates, but I do like to report them as contradicting Water-Cure treatment from that of the drug schools; and I am the more ready to do this, because there is a class of men standing midway between the Drug Schools and the Hygeio-Therapeutic School who undertake to relate themselves successfully to both—now giving medicines, then giving water treatment. Most manifestly this class of persons have little or no faith in water as a curative agent in a large class of diseases with which they may be called upon to deal, and for want of that faith they resort to the use of drugs, poisonous in their nature, and in which

the strangest of all strange things is, that they can have *any* faith. Every case, therefore, which comes under my oversight and general management, and which being of a desperate character, recovers, after having exhausted the *Materia Medica* as exhibited by its best administrators, increases my enthusiasm, and wakens up in me a desire to tell the good news to the sick and suffering wherever they may be. For I know, in the whole range of needs, nothing which the people of this country are more in want of than a knowledge and a due appreciation of the great and sublime truth, that the only *proper* means for the restoration of the sick to health are such means in kind and character as are proper to *keep* them in health. All other means, however *apparently* available they may be, or however effective they may *seem* to be, are actually and positively injurious in the exact ratio of their apparent efficiency. It is a fact well known to all of us who have had ample opportunity to compare the two systems of treating disease—this of Hygeio-Therapeutics, and that of Drug Medication—that while the former actually conserves the life-force while restoring the patient to health, the latter weakens and expends it largely in performing the same process. Thus, while a man who is sick will find himself not shortened in the *possible* duration of his life from being hygeio-therapeutically treated and cured, the same man, if treated by drug medication and cured, would be more likely than not, to be conscious that although at length his disease has been baffled and conquered, yet it has been done at a ruinous expense to his powers of longevity. For it is true, as the wiser class of men in the Drug Schools admit, and as all of us of the Hygeio-Therapeutic School affirm, that nature in all instances cures disease; that the physician is at best only her assistant, and that the means he uses are simply her auxiliaries. This being so, we claim that we have greatly the advantage in treating the sicknesses of our fellows, from the consideration that we use no agencies, instrumentalities, substances, nor things whose effects upon a person in health are not directly available, everywhere and always, to its maintenance, while our competitors for the public confidence are not in the *occasional* but the *ordinary* use of agents and substances whose legitimate effect on the human structure, as a whole, and on any of its parts, is to destroy its vitality. As a consequence of such destruction in a greater or lesser degree, according to the poisonous nature of the substances administered, or of quantity given, must the deleterious effects on constitutional vigor be clearly seen. From this point of view it seems to me that one can not be too enthusiastic in proclaiming the principles upon which this treatment is based, nor in giving practical illustration of its success to others less enthusiastic. It may seem vain, or unduly self-complacent, or ill-bred, to be rehearsing and unremittingly dinning in the ears of the people the results of his treatment upon the sick, reporting "remarkable" and "wonderful" cures, and loudly clamoring that they should give him their attention and heed his words; but vanity, egotism, and ill-breeding have their counterparts in a high-souled enthusiasm, devout love of principle, and a desire to do others good, originating in such consciousness of being able to do it, as will not allow him to keep quiet when a full knowledge of the truth which he holds would confer on them immense benefits. Which of these actuates me, I have no disposition whatever to argue. I have said in days gone by, that it had been given to others and myself to know the truth on the subject of curing the sick, and that we had deliberately and conscientiously pledged ourselves to God that we would proclaim this truth, and would be heard. Come what might to our purses, our repu-

tation, our public or professional standing, the truth *as it is in nature* should be made known to the people, and they should have ample opportunity to rejoice in it and be glad. By every conceivable means worthy of a Christian gentleman, do I hold myself obligated to spread, far and wide, the knowledge which I possess on this matter of healing disease by means that are consonant under all circumstances with a strict obedience to the laws upon which life and health depend; and I mean to be "instant in season and out of season, and fervent in spirit." I pity and feel sorry for those who hug to their bosoms, as if it were a thing of life, the drug delusion. It is like throwing one's arms about, and embracing the virgin of the old Greek tyrant, which, the moment that she was clasped, pierced his vitals with unseen daggers, and dropped him a bloody corse at her feet.

CASE NO. 1.

There came to "Our Home," a year ago, or thereabouts, a young man from this State, approximating in years to his majority. He was the last of a family of a number of children—the youngest son of a beautiful woman who died of consumption when he was a little boy. All his brothers and sisters had followed their mother to the grave—cut off in their budding by strokes from the same fell force that killed her, and he already had begun to show evident indications in the same direction, with this variation, however, that whereas his mother, brothers, and sisters had died of consumption of the lungs, he showed a tendency to consumption of the bowels. I met him upon his arrival in town attempting to walk up to "Our Home on the Hill-side," and such was his skeleton-like appearance, owing in part to his tallness—he was over six feet in height—and in part to his poverty in flesh, that instantly my mind came to a foregone conclusion. It was with the greatest difficulty that he succeeded in walking up the hill in front of our house, and he showed great muscular debility and physical prostration. However, there seemed to be in none of his structures any organic lesion; and, after listening to what I had to say expressive of a fear that he might receive no benefit because of a want of vital energy, he assumed the responsibility himself of remaining with us. We went to work at him, gently, of course and slowly—for, be the effect what it may on the purses of my patients, or on their *outside* interests, I have long ago settled the point that I will not be hurried in any of my undertakings to change the morbid conditions in which they may be. And if in my practice I have acquired any little reputation for success, it is, I think, owing to this determination. I have had such instances of recovery as to be reported far and wide: and this success has essentially depended, among other things, upon my insisting that ample time should be taken to make the changes from sickness to health. This young man's case is one exactly in point, for he remained with me some five or six months before he gained a particle apparently, yet in *my* view of the case he was actually gaining, for he had ceased to decline, and held his own. And in a great transition like that of passing out from under the law that kills, to the law that makes alive, there is a period in which progress neither way is perceptible, yet that very condition is conclusive to the mind of the professional man of victory—*sure* victory, though it may be long delayed.

At the end of this period the young man seemed all at once to put on new life, and he fell into a mistake into which hundreds of others fall, of supposing that his commencement to recover dated back no farther than that period of time when it became visible. Till better instructed, therefore, he gave no credit to all that had been done for him previously to this time. He did not stop to consider that in very many instances getting well of constitutional diseases, or of chronic diseases, or of functional diseases chronic in their nature, was like erecting a house—before the building process can be entered upon, an immense amount

of rubbish has to be removed, and preparations made to lay the foundation. He understands all this now. Having once fairly started, he went through a series of very marked and important changes so effective and decided as really and seemingly to use up and dispose of the whole mass of matter that made him up on his arrival. He became literally a physical illustration of that grand, transforming power of which Paul speaks when he alludes to one's becoming a Christian, "*Old things are passed away, and behold! all things are become new.*" This dried-up, skeleton-faced, sunken-eyed, shriveled-handed, feeble, old-looking boy of not quite twenty-one years; this patriarchal youth, cast off all these appearances of disease and premature decay, and came forth a new, well-built, fleshy, fine-looking, and beautiful young man as can be found in any of a thousand young men in our country. Along with this resurrection to health came greatly increased mental power, and such a superadded beauty of spirit as to make him one of the finest companions the most sensitive spirit could desire. He gained *thirty pounds* or more in flesh, and is now at home, "a living epistle—known and read of all men"—of the value of Water-Cure treatment. With very great regard, I am yours, truly,

JAMES C. JACKSON, M.D.

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

TO DRUG-TAKERS—No. 3.

BY W. T. VAIL, M.D.

MY DEAR FRIENDS—Had you no more faith in drugs than the medical faculty themselves—I mean the most learned teachers in our medical schools—had the millions of your readers no more faith in drugs than these learned teachers and practitioners, whom you suppose to know all about the matter, drugs would at once be at a discount in the market; many a splendid apothecary's shop would fail for want of customers, and many a starving physician would be obliged to seek some more profitable employment to eke out a livelihood.

The mass of mankind seem to think there is a drug for every disease, and could they only be so fortunate as to find that drug when they are sick, or find the physician who knows it and can administer it properly, they might be speedily restored. These learned doctors believe, while they are so bountifully and indiscriminately dealing out drugs to their patients, there is scarcely *one* disease in *four* in which drugs have the least efficacy toward effecting a cure.

A statement so remarkable as this, and one involving such a palpable inconsistency between faith and practice, will not, I am well aware, be received by you without some satisfactory corroboration or proof. I therefore bring forward to you the testimony of one of these learned gentlemen themselves, whose high standing, acknowledged attainments, and extended reputation ought to give force to his declarations sufficient to satisfy the most skeptical.

Dr. Jacob Bigelow, late President of the Massachusetts Medical Society, and Physician to the Massachusetts General Hospital, in a little work entitled "Expositions of Rational Medicine," says: "In the present state of our knowledge the truth appears to be this: Certain diseases, of which the number is not very great, are curable, or have their cure promoted, by drugs and by appliances which are strictly medicinal. Certain other diseases, perhaps more numerous, are curable in like manner by means which are strictly regimenal, and consist in changes of place, occupation, diet,

and habits of life. Another class are self-limited, and can *neither be expelled from the body by artificial means nor retained in the body after their natural period of duration has expired.* Finally, a large class of diseases have proved incurable from the beginning of history to the present time, and under some one of these the most favored of the human race must finally succumb."

Here our learned doctor evidently understands, and frankly confesses, that scarcely a fourth part of the ills to which flesh is heir "are curable, or have their cure promoted by drugs," and the same is the testimony of other learned physicians, while he and his professional fellow-laborers, many of whom we will have the charity to believe are ignorant enough to have a faith consistent with their practice, are dosing their patients, in each of these four classes of diseases, with numerous pharmaceutical preparations.

Now, my dear friends, did any of you ever know a disease in which these professional gentlemen did not prescribe drugs? One in which they did not continue to prescribe them week after week, month after month, and even year after year, if the disease, or the patient, lasted so long?

Now, there are more than a million of you in these United States who are striving, and who, many of you, have been striving for years, to regain your health by swallowing the drug prescriptions of the physician and drug preparations of the apothecary. How many among you, think ye, come within the first class mentioned by the learned doctor whom we have quoted? And how many of you, when your faith shall have become whittled down to the dimensions of the medical faculty themselves, will continue this system of poisoning, month after month and year after year?

There is a divine mode, my friends, of meeting and counteracting the physical ills to which your human nature is liable. This slipshod method of dragging the human organism into health by the administration of poisons is beneath the dignity and goodness, to say nothing of the wisdom and consistency of a God?

Now, will you have health? Would you put away from you your diseases, your drugs and your doctors, forever? Would you assume again your manhood and your womanhood, in all their power and purity and beauty? In short, would you be all—physically, morally, spiritually, intellectually—that God gives you the privilege to be? Then spurn this invention of the devil, of taking poisonous drugs into your delicately fashioned organism, and seek God's own appointed mode. God in his goodness has taken care of this matter. You can easily find out what his system is if you wish. I need not enlarge upon the matter. The way is open—"He who runs may read;" "The wayfaring man, though a fool, need not err therein."

THE DIFFERENCE.

BY SOLOMON FEESE, M.D.

THE best way to show the superiority of the Water-Cure to the drugging system is to compare results. Many persons who are sick, drug themselves perseveringly, using now this, then that substance, that is supposed to possess some mysterious quality or qualities inimical to disease. After continuing, often for years, the disease growing worse in proportion to the length of time the foolish course is persisted in, it is thought to have arrived at a stage sufficiently alarming to try the Water-Cure. The water-treatment would not do—of course not—when the disease was in its early stage, and the organism strong. But after the disorder had been of long standing, and the organism enfeebled to the point of dissolution, then the Water-Cure—which is considered a partial, incomplete system, that may have some good qualities to be sure, and may be applicable to

certain conditions, and certain kinds of ailments—this partial and imperfect system, despised and neglected so long, is at last sought. And, what is very curious, it generally cures the very diseases that the thorough, complete system—the system that we are often boastfully told embodies the wisdom of thousands of years—failed to cure. Strange, is it not?

Simple-minded men and women might infer from these things, and in fact some have so inferred, and in their simplicity have even maintained, that the frequency of these occurrences—the fact that so many of these seemingly hopeless cases, after having exhausted the wisdom of the other schools of medicine, and refused to get well, notwithstanding the numberless preparations we all see in the drug shops, the preparations, with hard Latin names abbreviated, that are not intended to be understood by common people, should leave home, turn their backs upon their doctors of great learning and dignity, who heartily despise all quackery, and all medical irregularities, and go to the water cures, and after being there a longer or shorter time, return home well—it is contended, I say, by some, that the frequency of these occurrences is strong presumptive evidence that the Water-Cure has in it some virtue. But hold, my simple-minded friends. Are you not mistaken, rash, presumptuous? Are you not setting up your own opinions, the evidence of your own feeble senses, against the great wisdom of the regular faculty, and evidently, by your perverseness and self-sufficiency, impairing the dignity of the profession? What right, I ask, have you to do this? What right have you to question the correctness of the orthodox medical practice? Alas! I fear you little know what you do. But if you will go on, weak and presumptuous as you are; if you will call upon yourselves the anathemas of the regular faculty; if you will set at naught their wise admonitions; if you will impiously endeavor to pull down the pillars of medical science; if you will set at naught authority, upon your own heads be the consequences. As for myself, I shall take care to speak reverently of dignitaries, so that none of you, when the fulminations of the doctors are about to fall upon you, can point to me as the cause of your calamities.

But, irony aside. People go to water-cures or are treated at home every day, and recover from long-standing maladies that have only been made worse by bad treatment through years. Now, I want to ask whether anybody who is sick, and practices understandingly upon the Water-Cure plan, ever abandons it and recovers by the drug-treatment? There may be such cases. No doubt there are many cases improperly treated by the water-treatment that afterward recover. But of the thousands of cases that we have treated here in the last nine years, I can not call to mind one, that we considered doubtful or dangerous, that was cured by drug treatment afterwards. We treat many cases every year that the drug physicians consider hopeless, and restore them to health. Of our cases—those we consider doubtful—I do not believe they can show any that they afterward restore to health. Does not this show which system is the best? Does not this point out the true road to health? Does it not plainly indicate that that road does not lie through the apothecary shop?

It is certainly high time that men and women aroused themselves to a knowledge of the truth of this subject. That thousands upon thousands annually go down to their graves the victims of drug medication I firmly believe. How can it be otherwise? Before we are twenty-four hours old, our innocent stomachs, that were created only for the blandest nourishment, are made the receptacles of poisonous "medicines," and all along up, from infancy to old age, the same suicidal course

is pursued. And yet people sometimes wonder why there should be so much sickness and premature death in the world. The wonder is not that we are all sick, but that we are as well as we are. It goes to prove that this human constitution has remarkable powers of endurance—that under the most adverse circumstances it can often endure for a long time. But as to such a thing as good health, except in a comparative sense, there is very little of it, at least in the United States. And there never will be, so long as the present destructive practices are continued.

When I commenced this article it was my intention to give some cases that we have treated, and compare the results with those obtained by the drug-treatment; but my thoughts took another turn, and were not checked up till this article is as long as I designed it to be. In future numbers of the JOURNAL they shall be given.

PITTSBURG WATER-CURE.

ANOTHER GROWL.

Nor about the wind this time, but something entirely different. It is about the treatment a poor mortal has to endure when he is so unfortunate as to be sick. In the first place, I never could conceive the use of being sick; it is very uncomfortable to the one who suffers, and very inconvenient to those who are obliged to attend to the various wants necessarily accompanying it. The only persons benefited are the doctors and druggists, and if there were only fewer of them, there would be a corresponding falling off in sickness among the inhabitants of the civilized regions of the globe.

But if a person does transgress some law of nature, and thereby has to suffer for it, why in the name of common sense can't folks let this same nature take care of the matter herself? When a person is aching, groaning, twisting, and suffering all over generally, and wishes, above all things, to be somewhere *all alone*, where he can groan, kick, and jump, until he gets into a nice little passion, with nobody to hear or disturb him, or to be forever asking him how he is, or if he won't have something to eat—oh, horror! the idea of eating when one is sick!—and asking ten thousand other questions—why can't folks understand that he is only anxious to be *let alone*; and in due season nature will effect her own cure, if a cure is to be expected. But no, they *won't* let one alone. First, they must force down your unwilling throat all the old-woman remedies, from paregoric to dandelion and sarsaparilla, and after getting you dangerously sick on them, they commence with Dr. Wright's pills; when you get so weak that you can't lift a finger, they go and get a physician, who puts the finishing touch upon you, and if you are not blessed with a strong constitution, you may as well make up your mind at once that you are nearly ready to take possession of your preëmpted claim of Mother Earth, 6 feet by 2.

The idea that some folks entertain of drowning themselves every spring with a vile composition of weeds boiled down to a fluid, for the sake of purifying their blood, is so perfectly ridiculous, that it is astonishing that there are so many fools that do actually believe it and practice it. The bare idea of a healthy person taking medicine to preserve his health is perfectly preposterous. Let one in ordinary health commence taking "spring medicine" to "purify his blood," and follow it up every spring, and it won't be long before he will become a puny, complaining, irritable, sickly being—a perfect old granny—fit for nothing but to sit in the sunshine and keep the hens from scratching in the garden. Sarsaparilla, dock-root, and pills! Bah! the very thought of them makes me sick!—*Boston Cultivator.*

DISEASES OF THE
THROAT AND LUNGS.

BY R. T. TRALL, M.D.

[CONTINUED.]

BATHING.

THERE has been altogether too much routinism, on the part of many Water-Cure practitioners, in the administration of baths to consumptive invalids. Some have followed the "cold-water plan" literally, while others have gone to the opposite extreme and prescribed, as the leading measures of treatment, hot water, vapor, and steam. All are useful in certain cases, and either will be injurious if not adapted to the circumstances of the case in hand. As a general rule, no application of water, cold or hot, and no method of applying water externally, should be resorted to which has a tendency greatly to disturb the respiration or circulation. When the temperature is low, and the lungs much obstructed by tubercles, and when their substance is much disorganized by abscesses or ulceration, no bath should be employed which induces much of a shock. Packs, douches, and plunges are here inadmissible. But in the incipient stages they are, each and all, among the most efficient curative agencies.

The sponge-bath or tepid ablution in the morning on rising, the tepid half-bath in the forenoon, and the tepid sitz-bath in the afternoon, are well adapted to the great majority of cases. When, however, the patient is inclined to be chilly at the bath hour assigned, the bath should be omitted. The temperature of all of these baths should be pleasantly cool, but never so cold as to excite prolonged chilliness. Whenever the feet are inclined to be cold in the evening, or the head hot, the hot and cold foot-bath should be employed at bedtime. The wet-girdle or chest-wrapper, in the early stages, should be worn constantly until a critical effort or rash appears on the surface, after which it should be worn only during the day. It should always be so covered as to protect the clothing from dampness; and whenever the application creates unpleasant chilliness, it should be omitted altogether. The wet-girdle is preferable in the dyspeptic and tubercular forms, in which cases the liver and digestive organs are particularly involved, and the chest-wrapper is to be preferred in the catarrhal, apostematous, laryngeal, hemorrhagic, and bronchial varieties. In the laryngeal form a wet cloth, covered with a dry one, should be kept around the throat every night, and when there is considerable and constant soreness of the part, during the day also.

In the apostematous, catarrhal, and bronchial varieties, water may be much more freely used, and of a cooler temperature than in the other forms. The majority of these patients will be benefited by the wet-sheet pack daily, followed by the dripping sheet or tepid half bath. These cases approximate *pneumonitis*—inflammation of the lungs—in pathological character, and may be treated, especially in their early stages, nearly on the same plan. One rule, however, in relation to the temperature of the baths, should be always kept in mind as applicable alike to all forms, states, and stages of consumption. It is this: the temperature of the water employed must be adapted to the patient's ability to exercise. If he is able to take active exercise in the open air so as to secure favorable reaction, the water externally applied may be much colder than when he is unable to exercise much except in the passive way. Many errors have been committed in the management of consumptive invalids from ignorance of or inattention to this simple and obvious rule of practice.

For the cough, expectoration, hectic fever, night-sweats, diarrhea, etc., we have no special measures to propose. If the constitutional condition is properly cared for, these symptoms will be mitigated, so far as possible or proper.

We regard the practice of stopping the cough by opiates and other narcotics, promoting the expectoration by nauseants, reducing the heat of the fever by antiphlogistics, checking the night-sweats by tonics, and restraining the diarrhea by astringents, as is the usual custom of all drug schools, as exceedingly pernicious—as so many ways of hurrying the patient out of the world. And, indeed, the whole plan of treating local symptoms instead of constitutional conditions, is wrong in principle and disastrous in practice.

Nor can I refrain from animadverting, in this place, against the horrid practice of blistering the chest in consumptive cases. This practice is almost universal with Allopathic physicians. I am unable to understand how the counter-irritation of them, as the phrase is, can do any good, while I can see many and weighty reasons why their effects must necessarily be very mischievous. The chief difficulty in the lungs is obstruction,

and their great need is expansion—exercise. The respiratory muscles should have the freest possible play at all times, to facilitate circulation through the pulmonary tissues, and obviate accumulation and over-distension. Blisters, by inflaming the surface and muscles of the chest, render the expansive efforts of the lungs painful; hence, the patient inclines to breathe as little as possible; and a succession of blisters never fails to aggravate very greatly the dangers of the disease.

After all, consumption is a disease to be prevented rather than cured. The best measures judiciously applied will sometimes fail. With some persons the development of the disease is the sure harbinger of death. Fortunately, however, the means which are best calculated to arrest the progress of the disease are the most efficient preventives. A reasonable attention to hygiene will insure almost any person against all danger of ever falling a victim to this, the prevailing malady of our country.

It may not be amiss to advert briefly, in this place, to the recent popular nostrums which are flooding the markets as specifics for consumption—the hypophosphites of lime, soda, and magnesia, the preparations of iron, and of cod-liver oil, and other "blood-foods." It would seem that the hundred-and-one remedies which are constantly before the public as infallible remedies, and the hundreds of vaunted specifics which have occupied so large a space in the advertising department of the newspaper press during the last quarter of a century, connected with the fact that the disease is constantly increasing in fatality—its victims increasing in a greater ratio than the advance of population—ought to convince all reflecting minds that the whole business of manufacturing and selling remedies for consumption, is now, and has been from the beginning, and will be so long as it will pay, a fraud and a cheat.

All of these nostrums are put forward by their shrewd fabricators on some whim, prejudice, or false notion of the popular mind. But some of them are exceedingly specious in their representations and pretensions. This is particularly the case with the "blood-food" nostrums. It is claimed for them that they supply some element—phosphorous, iron, etc.—which the living organism needs for the healthy performance of its functions. Their use is predicated on the ground that they are really *fertilizers*, the same as manure is to plants, or inorganic elements to vegetables.

A correct physiology will dissipate all such notions in a moment. Animals do not and can not get nutrient materials from inorganic elements. They must subsist wholly on the proximate elements of organized matter. No matter to what extent phosphorous, lime, iron, soda, etc., are deficient, the living organism can not obtain anything it needs or can use from the administration of these substances in their elementary state. As phosphorous, iron, alkalies, earth, etc., they are poisons, and nothing but poisons, and as such will be rebelled against and rejected by the vital machinery. For this reason they are called medicines. As they exist in the proximate principles of grains, fruits, vegetables, or in animal matters, they may be nutritious and usable. But as they exist in their inorganic or elementary state, they are drugs, medicines, poisons, and nothing else. A very simple experiment will enable every rational mortal to settle this question for himself. Let him eat a meal of phosphorous, iron, soda, lime, potash, magnesia, salt, etc., and compare the result with a meal of real blood-food—potatoes, bread, apples, etc.

A VEGETARIAN FATHER TO HIS DAUGHTER.

MY VERY DEAR GIRL—There is one part of your letter to which it affords me the keenest pain to allude, and even now I feel as if I must pass it by, fearing that what I may say may pain you as much as it does me to think of the subject.

You inquire about eating meat, and say you are under my authority. In such matters I have never exercised authority, but I have been pleased and most deeply gratified by the conduct of yourself, your sister, and brother in meeting my most decided wishes as a fond parent, that you should adhere to a strictly vegetarian diet—not because it is a whim or fancy of mine, but because I know well that this is the true mode of living for mankind in general, as proved by the highest authority in such matters. I am well assured also that I should have been in my grave long since but for my abstemious habits.

I do not feel grieved at your expressing your feelings on the subject, and in regard to others enjoying a *savory dish* while you sit down to a potato; but I do feel grieved that you should allow your appetite to control your feelings and your judgment. This is the very thing that "brought

death and all our woes into the world." This led Esau to sell his birth-right for a savory mess of pottage. I fear, still further, that you incline to yield to another influence as bad, if not worse—fashion. There is in your composition, mentally, a tendency this way, and that being the case, it may at times appear hard to endure the ridicule and jeer of others, and especially the very *learned* remarks of *smatterers in science*, some of them passing in the world for *intelligent physicians*. My dear girl, be above it all—appetite, dread of singularity, and everything else. Keep your mind informed on the subject. We can afford to be ridiculed. We have right and truth on our side, and ought to pity those who would abuse us.

Just the same course has been and is adopted to put down the temperance cause, and just the same influences of appetite, fashion, and dread of singularity are applicable, and merit consideration in the one case as much as in the other. In fact, all good causes and every endeavor to inculcate and practice truth, moral and physiological, have been treated in the same way, and generally by the same class of *half-informed men and women*.

I do not wonder at your temptations if you have tempted the tempter by taking the gravy of meat. The true policy is to maintain high ground on all subjects. A sort of milk-and-water, half-way course in anything is seldom productive of satisfaction to friends or foes, and still less to one's own self.

I trust you will read this over as from one who loves you dearly, and who hopes sincerely that you will adhere to the cause of truth, whether subject to parental authority or not.

I am satisfied that the moral training, the course I recommend and give you, is worth all the sacrifice, even if meat were as necessary as the greatest gluttons imagine.

I will send you a book on the subject, and I pray you keep yourself informed as to the truth and facts in regard to the proper food for man.

I am, my very dear daughter,
Your affectionate father,

J. F.

WATER-CURE IN WILMINGTON, DEL.

BY J. D. CRAIG, M.D.

WITHIN the last two years, our cause in this city has made progress beyond the expectations of its most sanguine friends.

When I came here in May, 1858, there was but one person except myself who had the remotest idea I should succeed; but my faith in the merits of Hygieo-Therapia was great, and on it I was willing to rest my chances of success. The result has proved I was not deceived. My out-door practice has been, and is now, considerable; in fact, until last March I had nothing else. At that time I opened my house for the reception of patients, and for the last four or five months I have had as many as I could accommodate. After the middle of March, however, I shall have accommodations for as many more.

Last April we had the pleasure of listening to a course of lectures in our city, delivered by that eloquent champion of Water-Cure, Dr. J. C. Jackson, which was highly appreciated by our citizens.

I consider myself fortunate in having selected Wilmington as my field of labor. I think, for many reasons, it is one of the best sites for a water-cure in the whole country. It is one of the most healthful cities in the Union. The climate

is very mild, being neither very hot in summer nor cold in winter. It is on the great Southern thoroughfare, the "Philadelphia, Wilmington, and Baltimore Railroad;" thus making it easy of access from all parts of the country. The scenery around it is beautiful, and the spot where it is intended to erect our new cure on the Brandywine, about a mile and a half from here, is magnificent.

When I commenced writing this, my principal object was to report some cases that I have had under my care since I came here; but as I have written so much now, I shall be able to give only a few.

The first one I shall mention was the first case I had, and was one of amaurosis, connected with inflamed liver. The patient was a painter by trade, and had been sick for a number of years. Immediately preceding the time he came to me, he had been under the care of two or three of the most eminent oculists in Philadelphia, but without being relieved in the least. I confess the case looked to me a very doubtful one, for he was then able to see but very little, being unable to recognize any one until they spoke. The course of treatment was principally a pail douche before breakfast, a sitz-bath at 10 A.M., and a course of special gymnastics, calculated to draw the blood from the head. He was also restricted to a plain physiological diet—no meat, no grease of any kind, no spices, and but a very small amount of salt was allowed. In about three months after being under treatment he was able to distinguish the poor-house, which stands on a hill about half a mile distant from his residence, and in another month he resumed business. By my advice he sold his interest in the paint business, and took up another, which requires him to be most of his time in the open air. At the present time his health is better than it has been for years.

The next case I shall mention was one of amenorrhea. The patient was nineteen years of age, and had not menstruated for twelve months. She had constant headache, tongue heavily coated with bile, pulse 124, skin yellow, and lips bloodless. Here was another very doubtful case; she had been pronounced incurable by two of our most prominent physicians; but I had to take such cases, or none. In four weeks her pulse was down to 116, headache gone; in three weeks more, pulse 104, no headache, but much pain in the stomach and right side; two weeks later, pulse 96, no headache, but pain in the stomach and side still severe, and tongue still heavily coated. At the end of three months she had a slight menstruation, but nothing more of the kind occurred for three months more. At the end of that time the pains in the stomach and liver were entirely gone; she menstruated regularly, and at the end of another month, the bloom of health having returned to her cheeks, I gave her directions as to her future course, and left her to take care of herself.

I can report but one more case now, but I promise to report others at some future time. This was a case of inflammatory rheumatism. The patient was a man, twenty-seven years of age. When I was called to see him, he could not move hand or foot. For the first few days I packed him twice a day, and kept the hot and swollen joints bound in wet cloths constantly. As soon as he was able to move, I ordered pail douches as often as the fever got high. In ten days he was able to run across his room, and in two days more resumed business.

There are many more I should like to report, would time permit; two cases of consumption, particularly, I would like to note. I have had many cases of acute disease, and have lost but two cases since I came here.

DR. WINSHIP ON PHYSICAL CULTURE.

We have the pleasure of placing before our readers an article on physical culture, from the pen of Dr. Winship, who has been properly designated the modern Samson. Any one can write about the laws of health, but no one can speak with the authority of Dr. Winship, for he gives us in his person the practical evidence of beneficial results from following out his own theories; or, more properly speaking, what he says is the result of his careful experience while training his system up to its present magnificent state of health. The doctor, after stating that the essential fact in education is a strict care of the body, joined with judicious mental training, goes on to say:

The present movement in behalf of physical culture would seem to encourage the belief that a revival of some of those great convictions in regard to education, which prevailed in ancient Greece, is now about to dawn. In its full sense, education is a leading forth of the faculties of the mind through the healthy development of those of the body. In physical culture, I would comprehend culture of the body in its most extended sense; not of the trunk alone, but with it of the neck, head, and limbs, and of whatever of us is material; it is the application of means for physical improvement, the avoidance of habits that infallibly involve physical degeneracy, the development of the bodily powers, the conversion of disease into soundness, of weakness into strength, of awkwardness into grace, of disproportion into correspondence; in short, the elaboration and finishing of the edifice in which mind resides—that temple made of clay—that house we live in.

Improvement of one's physical state can never be entered upon too early, and, so long as there is an atom of life and strength, never too late. Let no one despair of success in the attempt. Dr. Warren, in his little work on health, tells us of a member of the legal profession who practiced gymnastics for the first time, and with the happiest results, when nearly seventy years old. Cornaro, the Italian, whose treatise on health and long life [published by Fowler & Wells, New York; price, 30 cents.] has given him a world-wide reputation, began at forty to repair the ravages which many years of dissipation had made upon a constitution naturally infirm, and, in spite of the predictions of all his physicians and friends, he succeeded not only in restoring the health he had lost, but in gaining a health he had never before experienced. He was eighty when he published his treatise, lived to see it through four editions, and died tranquilly in his bed after he had completed his one hundredth year.

In this connection it is worth while to observe how much may be accomplished by simply correcting a single bad habit. The legal gentleman to whom Dr. Warren alludes was much benefited by gymnastics. On the other hand, Cornaro, as he himself states, found a panacea for all his ills in a careful avoidance of intemperance in eating and drinking. It is, indeed, of little consequence what path we pursue, if by it we can reach the desired goal, *tuto, cito, et jucunde*. Sometimes it may be inconvenient to take the best path; let us, then, do the next best thing. At an early age

I was told by many that to practice a heroic degree of self-denial, and to *rise from the table hungry*, was the way to secure health. For many years I tried to do this, but succeeded very imperfectly. I at length resolved to attempt the next best thing, and am not sure that it was not the best thing of all. It was merely this—to put no extra restraint upon my appetite, to practice no very rigorous self-denial, but to eat and drink about as much as I desired, and then, by my subsequent self-management, to take care that I should make myself *need* every particle I had swallowed.

Soon after I began to carry out this principle, I experienced a cessation of indigestion, and the many ills to which it gives rise. Having found, too, that this principle worked well in the long run, I still retain it as one of the cardinal rules in my method of training.

And what is my method? you will perhaps inquire. It is doing the right thing, in the right way, at the right time. It is the obtaining a sufficiency without going to excess. It is the using my own discretion about everything, without blindly following another's precept or another's example, or even tying myself down to rules of my own devising. It is the carrying out of what may seem to be the expediency of the moment. It is the doing what may seem best under the circumstances.

But though it may be difficult for me to describe briefly and clearly what my method is, that is no argument against its efficacy. What other method would have insured for me an appreciable gain in strength, day by day, month by month, and year by year, with an almost entire exemption, meanwhile, from any but the most trivial disorders? Let the following facts speak for themselves:

I was nearly seventeen years of age before I seriously undertook to improve my physical condition. I was then but five feet in height and a hundred pounds in weight. I was rather strong for my size, but not strong for my years, and my health was not vigorous. I am now twenty-six years of age, five feet seven inches in height, and one hundred and forty-eight pounds in weight. My strength is more than twice that of an ordinary man, and my health is as excellent as my strength.

What has produced this astonishing change in my physical condition during the last nine years? I will attempt to sum up a few of the proximate causes that may have led to this result.

1st. I have breathed an abundance of pure, fresh air almost constantly.

2d. I have exposed myself sufficiently to the sun.

3d. I have eaten an abundance of wholesome food.

4th. I have drank less than a quart of spirituous liquors, and less than a gallon of fermented.

5th. I have used less than an ounce of tobacco.

6th. I have taken, nearly every day, about a half-hour's gymnastic exercise in the open air.

7th. I have conformed to the customs of society only so far as they were not at variance with health.

8th. Regarding procrastination as the thief, not only of time but also of health, I have shunned it as especially dangerous in all matters pertaining to physical well-being.

9th. I have poisoned myself as little as possible by food contaminated with lead, copper, brass, or bell-metal.

10th. I have developed my body harmoniously.

11th. I have allowed myself at least ten hours' rest in almost every twenty-four.

12th. I have paid a due regard to bathing, without, however, rendering myself amphibious, or carrying a good thing to excess.

13th. I have been particular that every portion of my dress should be as loose and easy as the freest action of my muscles and limbs would demand.

During these nine years, while endeavoring to promote my physical welfare, I have made the following discoveries:

1st. That whatever increased my strength, improved my health.

2d. That one means of improving my health was to increase my strength.

3d. That the stronger I became, the healthier I became.

4th. That it was as easy for me to increase the strength of my body as it was that of a magnet.

5th. That by developing my body harmoniously, I could preclude the possibility of hernia, or any other serious injury, that otherwise might arise from an extremely violent action of my muscles.

6th. That lifting, if properly practiced, was the surest and quickest method of producing harmonious development, while it was also the most strengthening of all exercises, and consequently the most healthful.

7th. That it was better while exercising to perform twenty different feats once than one feat twenty times.

8th. That it was possible for me to take in fifteen or twenty minutes, all the gymnastic exercise that I should need in twenty-four hours.

9th. That I could gain faster in strength by forty minutes' gymnastic exercise, once in two days, than by twenty minutes of the same daily.

10th. That as my strength increased my exercise should be more intense, but less protracted.

11th. That increase of the muscular power was attended with increase of the digestive.

12th. That one means of increasing the digestive power was to increase the muscular.

13th. That many articles of food had formerly proved injurious to me, not because they were really unwholesome, but because I was unable to digest them.

14th. That a person may become possessed of great physical strength without having inherited it.

15th. That by increasing the strength a predisposition to certain diseases may be removed, and diseases already present, removed or mitigated.

16th. That increase of strength can not long continue on a diet exclusively vegetable.

17th. That increasing the strength made excretion take place less from the skin, but more from the lungs and the other emunctories.

18th. That what benefits a part of the body, benefits, more or less, the whole.

19th. That long before I succeeded in lifting 1,100 pounds with the hands, or in shouldering a barrel of flour from the floor, I had ceased to be troubled with sick-headache, nervousness, and indigestion.

20th. That a delicate boy of seventeen need not despair of becoming, in time, a remarkably strong and healthy man.

Having made the subject of health and strength a specialty for so many consecutive years, and with a success that has excited my interest, it may be pardonable in me to offer the following rules for the promotion of physical culture:

1. Select, if possible, for your sleeping apartment a room on the "sunny side."

2. Let the sun have access to it at least six hours a day.

3. Keep it thoroughly ventilated the whole time, particularly during the night.

4. Contrive, however, to have it thoroughly ventilated without subjecting you to too great a draft.

5. Practice general ablution at least once a week in cold weather, and twice a week in warm, but seldom oftener in a New England climate. [In offering this rule I expect to be censured by quite a large class in the community, who seem to delight in daily soaking and splashing in water, not having, probably, the slightest consciousness that by so doing they defeat every intention for which water is externally applied.]

6. Allow yourself not less than eight hours' rest as a daily average. [I allow myself not less than ten.]

7. Never, while in good health, let the temperature of your apartment, when heated artificially, get above 70° by Fahrenheit. [I prefer for myself a temperature of about 60°.]

8. Keep the atmosphere of any apartment you occupy sufficiently pure by occasionally opening windows, and sufficiently moist, when it is being artificially warmed, by the constant evaporation of water.

9. Never forget that the combustion of any inflammable substance is invariably productive of poisonous gases.

10. Never use food of any kind, if you can conveniently avoid it, that you have reason to believe was prepared in a copper, brass, or bell-metal utensil, no matter how scientifically such utensil may have been "protected."

11. Never use water internally or externally that has come in contact with *lead* or any other poisonous substance, if you can have choice of that which has only come in contact with iron, gutta-percha, or glass.

12. If you must use water that has come in contact with a poisonous substance, neglect no expedient for rendering such water as nearly free from it as possible.

13. Most use that kind of food which you most prefer, if your experience is not against it, without regard to what Liebig has said of its chemical constituents, or Beaumont of its digestibility.

14. Never "rise from the table hungry," if you are not an invalid, but completely satisfy your appetite. The digestive power, like the muscular, will be weakened, if not vigorously exercised.

15. Avoid excessive exercise of either mind or body, lest you create a necessity for narcotics and stimulants.

16. Avoid too little exercise for the same reason.

17. Increase your strength as one means of improving your health.

18. Practice lifting as the most strengthening of all exercises, and consequently the most healthful, but practice it with the utmost caution until you have ceased to have any weak point.

19. Use dumb-bells as a means of exercise to be ranked next to lifting in importance, and let them be always as heavy as you can conveniently handle, but use them with great caution, and never for a longer time than ten or fifteen minutes in the course of a whole day.

20. Develop the body harmoniously, in order that you may preclude the possibility of hernia, or any other serious injury which otherwise might result from a violent action of your muscular system.

21. Never let the duration of gymnastic exercise exceed a half-hour daily, or an hour once in two days.

22. Never rise early unless you retire early or sleep with your windows closed, or have something to attend to which will not permit you to lie late.

23. If you retire late, or sleep with your windows open, lie until you feel like rising, whatever may be the hour.

24. Gradually wear less clothing about your neck until you wear so little that you can at any time allow your neck to be entirely exposed without being liable to take cold.

25. Be careful that your dress is at all times loose and easy in every particular.

26. Conform to the customs of society no further than your health will admit.—*Sat. Eve. Post.*

QUITE RIGHT. When the people become informed in regard to the utter worthlessness, and even worse than worthlessness of the pills, plasters, and slops peddled out so extensively, they will save their *quarters*, and bodies too.

Good company and good conversation are the very sinews of virtue.

Always speak the truth. Make few promises.

MY SATCHEL.

BY H. H. HOPE.

CHAPTER XIV.—DELPHI.

Down between two great hills nestles a little village called Delphi; known by that name more from the fact, that within its limits prevails a greater amount of drunkenness than in any other village of the same size in the State, than from its bearing the same title of the spot whence, thousands of years ago, issued oracles to the Greeks. In a low, mossy-roofed tavern, over a slumbering fire, sat two men, bearing evident marks of habitual inebriety, though just at the period to which I allude they were comparatively sober. They were known by the names of Podunk and Quittle. Their clothes were ragged; their hats had holes in the crowns, and their broad, old brims slouched down over their eyes like a Spanish *sombrero*. Each had a greenish, bluish glass in his hand, two-thirds filled with poor whisky; and they seemed to be in confidential conversation.

It so happened, from causes not here necessary to mention, that the writer of this article was stopping at this hotel over-night, it being the only public inn in the place; and though externally uninviting, and *internally* so, as far as the public bar-room was concerned, was really a well-kept tavern for those days. The landlady being a woman in early life educated to the mysteries of house-work, and naturally neat, had kept up her pride in this direction, and managed to make the house somewhat widely known for its internal cleanliness, and the excellently-cooked food that appeared on its table. Of course the bar-room in this case—as in the cases of all the hotels in the earlier part of this century—was an exception; the wife having little or nothing to do with it, it being given over to the landlord and his lazy bartender. More *then* than *now*, bar-rooms were dirty places; and even at *this* day they are by no means desirable spots for one to rest himself—certainly not for any other purpose than to sit down while you can ask a question and get its answer.

The men whom I have described did not seem aware of my presence when I entered the room upon coming down from my lodging-place, and went on with their conversation and their sipping of whisky as though they were safely barred in, and everybody else bolted out. There was not the first case in the world's history where the old Latin maxim proved true, that "Wine being let in, the truth is let out." They had drank just enough of their morning dram to make them talkative and confiding; and though they seemed to be aware that they were saying in the presence of a stranger things which they designed should be private, they somehow or other fell into the illusion, or seemed to fall into it, that I was one of the party. And as I had good reason—as the reader may by-and-by see—to be interested in what they were saying, as soon as I found it out, I felt myself entirely at liberty to make the most of the circumstances which, without any violation of confidence or courtesy, had brought me into the possession of important knowledge.

"I say, Quittle," said Podunk, "it's darned queer—this whole thing!"

"What thing?" Quittle inquired.

"Why, consarn ye! about that 'ere gal and boy."

"What about 'em?" exclaimed Quittle.

"What about 'em? Why, jest look in this ere newspaper;" and he took up the newspaper, which was the *Delphi Gazette*, and read as follows:

"\$1,000 REWARD!!—The writer of this notice will pay the reward offered above to any person or persons who give him such information as will lead to the discovery of two children, a boy and a girl, who, some twenty years since, were most mysteriously abducted from the houses of their parents, in the County of Cumberland, in this State. These children were not brother and sister, but their parents were neighbors, and they were permitted to play together in their parents' door-yards respectively. On the morning of the 16th of August, 18—, about nine o'clock, they were seen playing in the yard of the boy's parents, by the boy's mother; and when sought for within half an hour of that time, they were not to be found, and have never been heard of since. Circumstances have transpired leading the writer of this to suppose that they were stolen; and as nothing has been heard from them, he chooses to infer that they are not dead, and may be living somewhere in the State of their nativity. Of course he knows nothing about their condition or place of residence, if they are alive, and can only say, what must be obvious to all who may read this, that they must now be both of adult age. But the heart which aches, seeks for something to relieve it; and the writer of this takes pleasure in continuing a search which up to this time has proved hopeless, but which he—vainly, perhaps—expects will be ultimately successful. If any man or woman, boy or girl, black or white, knows of any boy and girl, or boy or girl, who has no recognized parentage, who has been taken from the poor-house, and bound out by the overseers of the poor, within the last fifteen years, they not knowing his or her parentage, such persons will confer a great favor by calling the writer's attention to it, and remembering that it is within the range of possibilities that by furnishing such a clew, a thousand dollars may be earned."

"JOHN BICKFORD."

"There, Quittle," said Podunk, "what d'ye think o' that? There's a chance for ye. S'pose we go snacks, and git the money. What d'ye say?"

"Look here, now," said Quittle; "d'ye mean to say that's in the paper, or d'ye only mean to say that ye've been concoctin' it in yer own brain?"

"Why, look here, Quittle! look right there! see for yerself. Don't ye see the thousand dollars in big figures up there?"

"Wall, yis; it kind o' seems to me that I do; though ye know, Podunk, I never was good at figures."

"Wall, it is there; and I'm the man that somehow or uther, kind o' imagines that by putting our two heads together, we can earn this thousand dollars. 'Cause ye know what we know, how oncet you knowed and I knew jest sich a gal and boy as that."

Quittle looked up in his face with the utmost astonishment depicted on his carbuncled visage, and inquired, "Where, where did we know 'em, Podunk?"

"Why, don't ye recollect the night that, not ten miles from here, we druv all night and set a little boy down in the highway in the forenoon, jest by a bridge that crosses a mill-pond?"

"Oh, yis," said Quittle; "I'd forgot that."

"Wall, now, Quittle, who knows but that 'ere boy is the very chap this man wants to find. I wonder if he'd pay the thousand dollars for findin' one, or would he give the thousand dollars only for findin' both?" And he turned round and looked at me, as I stood with my back to the fire, and said: "Stranger, ye look purty much like a good sort of a feller. Ye'er a *gentleman*, I guess. Come, won't ye take a drink, and then share and share in this talk, and go in for findin' these ere

children, and so git this reward? If ye're in for it, why, my friend here, Leonidas Quittle, Esq., and myself, the Hon. John Podunk, will let ye in, and we'll set up a hunt; and if we find 'em, we'll go *evens*; first payin' out o' the whole sum the expenses to which we've been severally and collectively subject. Ye understand? Say it costs ninety dollars to hunt the babbies up; then we will subtract that from the thousand, which would leave nine hundred and ten dollars; and then we'll divide what remains equally. That's a fair proposition, and quite within the rules of 'rithmetic. When I was a youngster, I was great on 'rithmetic, stranger, and went to the very first school—keepin' that, I tended to what's called the Rule of Three. So I'm purty good in 'rithmetic, though not extensively 'quainted with what they call Mathematics. (I never could understand why they don't call it *all* 'rithmetic); but what d'ye say, stranger? will ye go in with us?"

In reply, I said that I saw no very great advantage to be derived from setting up a search to which we had no possible clew. These children, if alive, are now grown, and all traces of them have been lost.

"Not as *you* knows on," said Quittle. "Traces sometimes last longer than any other part of the harness, though they have to undergo the greatest strain. Since Podunk's been talkin', it's rather got into my head that somethin' can be made out of this ere affair, 'cause I kind o' recollect that while Podunk and I set the *boy* down in the place he tells on, some four weeks arter, about six miles from that place, another feller and I set a *gal* down; and though in both cases we who did it were hired to do it—and purty well paid, too—and knew nothin' 'bout where they come from, why, Podunk and I know where the *boy* was left, and the other feller and I know where the *gal* was left; and they wan't left five miles apart, by jingo!"

"What's that you say, Quittle?" said Podunk, almost made sober by the announcement.

"Wall, this is what I say, Podunk: I say that five weeks arter you and I left that boy, John and I left a gal five miles on the road toward Damascus; and a plaguy purty gal she was, too; and I've thought of her more'n a thousand times, 'cause I pitied her, she bein' a gal. The boy I didn't think much about. Boys, ye know, take care of themselves. They've a right to do *anythin'*, and they find employment, and git up into society. I say, stranger, isn't it a fact that some of the biggest fellers we've got in the nation have started from nothin', and grown ever so big? That's what I hear, and I believe it, too. Who knows but that little feller that we left down there by the mill-pond, jest as like as not is in Congress? If I was rich, and my old woman was willin', I'd go 'round and see if I couldn't find some information about him, 'cause I'd like to know if he's livin', and what's become of him. He was a smart one, wasn't he, Podunk?"

"Yes, he was, Quittle."

"But this gal that we left was the handsomest little gal that I ever see, and if I hadn't agreed to leave her jest as I did, I vow I'd have taken her home and kept her, even at the risk of having my old woman think that it was one of my children that I'd got outside of the pale of wedlock—which, by-the-way, stranger, she'd been very likely to do; for she kind o' thinks that her old man was up to sich things once, and she is tarnal particular on the *moralities*. However, she needn't have been so wakeful and 'spicious, for I've always been one of the soberest men—as your honor now sees—this region could produce, and have never violated the *moralities*. But this little gal took hold on me. When I druv off and looked back, and see her sittin' down on the grassy bank, with her elbows on her knees, and her face in her hands, I knew she was a-cryin'; and I said to myself, 'Quittle, you've come the nearest to-day to bein' a villain that you ever come before. You've hired yourself out for money—and a good sum, too—to do a prodigiously mean act, that of settin' a nice little gal down in the street, and leavin' her to her

fate.' And I tell ye, stranger, I didn't look at the sun for a whole week after. I felt jest as if he was a great lookin' glass, and I should see myself in it if I looked at him. It come very near convertin' me, and makin' me join the church; and I didn't get over it for six months. I've seen the time when I'd given my old cow to know whatever become of that nice lookin' little gal. What concatenation of sublunary things forced the little creature into the highway for a livin', I wasn't permitted to know at the time; the bargain with me was all made in the dark; and the money that I received was paid into my hands for my comrade's use and mine in the dark, without our bein' able to git one glimpse of him that made the bargain."

I confess that the talk of these two men had set my blood boiling; not in view of the reward which was offered, but simply from the impression I received that it was not by any means unlikely that these two children thus left in the highway were the very children who were stolen; and although, as I supposed at the time, I had not heard of any of the parties before that morning, I was beginning to be greatly interested in the solution of the matter. And having a little time on my hands, and being a little disposed to use it speculatively, I decided upon the instant to spend a month in investigating the affair, as it would be as good pastime as fishing or hunting, and would keep me from growing dull. So I said to these poor drunks, "Now, gentlemen, I understand you to have been talking *truth* about the two children."

"Wall, stranger," said Podunk, "I've told you the truth about *one* of 'em, and Quittle knows I have."

"Yis, you have," said Quittle, "and I've told the truth about the *other*, and you *don't* know as I have."

"Very well," said I; "assuming that you *have* told the truth about your assisting to abduct a boy and girl, and this advertisement going to show that a boy and girl *were* abducted, I propose to become your partner in the search, and assist in finding the children and getting the money, *upon certain conditions*, which you both must agree to, or else I won't move a foot in the matter."

"Name yer conditions," said Podunk.

"Yes, name yer conditions," said Quittle; "let's hear yer conditions. Conditions is law; conditions is virtue; conditions is success everywhere; for, conditions is circumstances, and circumstances is principles, and principles is law. Isn't that *logic*, stranger? Now, I wouldn't give a cent for a man who went 'round the country talkin' on big subjects, who gits up and tells fellers that they must make their own circumstances—hew out their own way—achieve their own victories. Why, it's all 'in your eye.' Circumstances makes *us*; we didn't have anything to do with our bein' made. Why, the simple circumstance that I had a father and a mother, was what brought me into existence. I didn't make myself. Now it stands to reason that a feller that can't make himself *'fore* he's made, can't make himself afterward. I tell ye, circumstances makes *us*; and any man who knows anything, knows that things are all the time goin' on that twists him 'round, puts him into shape, and sets him goin' in a direction *teetotally* different from that which he calculated on an hour before. Why, jest look here, stranger! twenty minutes ago we three had never seen each other. Here was the Hon. John Podunk and myself a-talkin', over our bitters, 'bout the comin' election, when, lo and behold! Podunk takes up a newspaper, and his eye, which always is in a fine frenzy rollin' for figures—cause figures represents money—lights right on this advertisement. He reads it, and then bursts out about these babbies, jest as you come into the room. Now, in less than half an hour, we're goin' into copartnership. But, stranger, what's ye goin' to call yer name? My name is Quittle; my friend's name is Podunk. What shall we call you?"

"My name, sir," said I, "is Hope—H. H. Hope."

"H. H. Hope!" said he; "quite significant. Podunk; quite providential. In this search we've got to *live* on hope;" and he looked up with a queer, laughing leer in his eye; and finished the sentence by saying, "and I don't know but we've got to do it in more senses than one. Perhaps Mr. Hope will have to be the man who'll furnish us the money to make the search. If so, why, then, he'll have to be 'an anchor sure and steadfast, that enters within the veil,' which, being liberally interpreted, means, that enters behind all this mystery, finds the gal and boy, and gits the thousand dollars. What d'ye think of that interpretation of Scripture, Podunk? And doesn't it go to show jest my doctrine to be true; that circumstances is principles, and principles is law, and law governs us instead of we governin' the law? So, name yer conditions, stranger—or Mr. Hope—and let's hear what they are; for conditions is principles, and I never violate principles."

"My conditions," said I, "are these: first, that you shall make me the captain; second, that you shall mind me; and third, that for one month from this day neither of you shall drink more than three drams a day; and that for every violation of this part of our agreement, if we find the children and get the thousand dollars, you shall do k off \$20 each from your respective thirds. It is clear enough to me that when sober, you are both men of considerable shrewdness; but you keep yourselves so steeped in liquor as not to be worth more than half your usual force. Now, evidently here is money to be made if we can be successful; and though I do not need to go into the speculation for that reason, you do. Three hundred dollars apiece would be a great lift to you; and if you undertake to earn it, you must keep sober, or I will have nothing to do with you. And inasmuch as the advertisement is to me as much as it is to you or anybody else, you may work *your* way, and I will work *mine*. And I have got the advantage of you both at the start."

"How so?" said Podunk.

"Yes, how so?" inquired Quittle.

"In this way," I replied, "that it may turn out that the children for whom this reward is offered are the very ones in whose abduction you were engaged. To abduct a child, or to assist in abducting one, is a state's prison offense; hence you have got to work very carefully, lest in earning your thousand dollars, you make a mistake and land yourselves in the penitentiary. You know no more where to look for these children than I do, except that on a certain night about fifteen years ago, you landed a boy and a girl at certain points, which points you know and I do not. But then, I have the advantage of you again. I could easily put myself into communication with Mr. Bickford, have you arrested, state what I have heard you say, force you to tell to the public all you have told me; and then, getting you committed, if successful in finding the children, and they should prove to be the ones in whose abduction you were engaged, I could get you convicted and sent to state's prison."

One never saw more blanched faces than these red-nosed, carbuncled-cheeked, rubicund-visaged men showed, as I alluded to the bare possibility of their being brought to justice for participating in the theft of a boy and girl fifteen years before. A minute, however, did not elapse after I ceased to speak before both of them gathered up their senses, and Podunk said, "What you say, stranger, is very true; I've understood that for a good while. And sence you've been talkin' I purty much calculated to go to this man, tell him all I know, and take the consequences. However, I see no objection to assentin' to the conditions you impose; for if 'twarn't for my cursed appetite—which has got all the power of a disease over me—I should be a sober man. As it is, I would be glad to bind myself not to drink again as long as I live, if I thought such a bond would have any strength in it. But my past experience, stranger—

I mean Mr. Hope—goes to show that bonds of this sort are mere *burnt tow*. When my appetite wants liquor, personal considerations and moral relationships give way jest as a dam gives way before a head of water which has been thrown upon it by a sudden and overpowering freshet. I am ready to sign."

"Wall, so am I," said Quittle. "Let me tell ye, stranger—or perhaps I should now say Mr. Hope—Mr. Podunk and myself haven't always been in jest sich circumstances as ye find us. We're the victims of our appetites; and what seems strange to me is, that these temperance fellers should go 'round the country and undertake to cure us tipplers of our love of strong drink, by preachin' hell and damnation to us all the time. What is the use of preachin' that to a man with which he is more familiar than with anything else in the world? Why, I havn't seen the day for the last ten years that damnation hasn't run through me like liquid lightning, and I've been livin' in hell all the time. I don't want any more of *that*, with a view to my cure. I want a little somethin' of a different sort. If I could be taken and treated as if I had the typhus fever, I really believe I could be sober, but the minister in our town has never got it into his head that drunkenness is a disease; nor has any members of the church, nor any doctor, and as far as I know, none of the lawyers, nor politicians, nor has our county judge ever dreamed that the reason why Podunk and I wear these old slouched hats, with our coats all out, and spend half our time in this dingy bar-room, is 'cause we're *diseased* as well as *morally depraved*. So, if we're ever to be cured and made sober men—and I want to be as much as Podunk does—we've got to be treated upon an entirely different principle from that which temperance folks go on. But I suppose, Mr. Hope, that you don't want to hear anything more 'bout this, though I want ye to understand that this isn't the first time that Podunk and I have talked over this matter of not gittin' tipsy or dead-drunk, and we've determined we never would; but we found ourselves as helpless as the children we helped to kidnap. So you see what risk you'll have to run in regard to our drinkin' habits, though we *do* sign your pledge. Why, Mr. Hope, what's twenty dollars to me when I want a dram? I'd pay *two thousand* dollars, or *ten thousand* dollars; I'd sell a *whole State*; I'd barter a *nation*; I'd traffic off my *hopes of heaven*—if I had any such hopes—for a glass of liquor when I want it. It's a fire in my bones—is this want—it's red-hot lava running right through me—it's *agony* in its intense and concentrated form—it's what *nothing* will quench but *Liquor*. Now I am ready to sign. Barely possible one of these paroxysms won't come on me; for, you see I only git drunk occasionally, though I suppose I'm about 'half-seas over' two-thirds of the time. But I've struggled and fell, got up, struggled and fell again, till Podunk and I have purty much made up our minds that we might as well take our comfort in the only way we *can* get it, and when we go into the other world *test* the question whether there is any hell *more bottomless*, or any fire *more unquenchable* than what we've been livin' in for the last dozen years."

The readers of this story will not be surprised at the condition of these two men, given by themselves, more than I was. But a few minutes before I had concluded to enter upon this investigation purely for my own gratification; now, the conditions of these two men prompted me to the search more than any other possible motive. Somehow there sprung up a hope within me that we should not only be successful in finding the children, but that I might also be instrumental in assisting these poor fellows to throw off their terrible vassalage to alcoholic drinks, and once more become sober men. This inspired me, and I became an enthusiast, and my hands were given to them as if they were the children of my own mother. We entered into our compact, I took lodgings in the little dingy hotel, and from this our search began.



NEW YORK, JULY, 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.

THE SIGNS OF THE TIMES.—Those who have watched the advertising columns of the WATER-CURE JOURNAL for several years past, can not have failed to notice one striking feature—the constant decline of hydrogopathic establishments or watering places, and the corresponding increase of true hygienic institutions or water-cures. According to the laws of demand and supply, which apply as well to professional avocations and rival systems as to the world of traffic, this fact indicates a growing public sentiment in favor of the radical or exclusive hygienic treatment *vs.* the eclectic, compromising, mixed-up, everything-in-general-and-nothing-in-particular plan. It is a perfectly natural inference, that the more people study any subject or system, the better they will understand it. Many thousands of the people of these United States have given more or less attention to the various theories and systems of medication which are now before the world for many years past, and the result has been uniformly in one direction—a loss of faith in drugs and a greater confidence in nature, proportioned exactly to the attention they have bestowed on the subject. The end of this investigation—the final conclusion of the public mind, when all have fully examined the several systems of the healing art, which are now challenging their attention, it is easy to predict.

Twelve years ago, when we opened No. 15 Laight Street for the reception of invalids, three-quarters of those who came to us were in favor of a little medicine. Less than one half would submit, without much discussion and argument, to that one of our "rules and regulations" which reads, "Alcohol, Tobacco, and *all Drug Medicines* must be religiously abstained from." Some patients protested vehemently against this "fanatical ultraism," as they termed it; and some left us indignantly, because we

refused to receive them unless they would throw every particle of their physic to the dogs. All admitted the great merits of our system; every one could eulogize the Water-Cure sufficiently—each applicant professed twice as much faith in the "virtues of cold water" as we entertained; no one seemed to be ignorant of the poisonous nature and dangerous effects of "apothecary stuff." But then, to do without *any* medicine, not to have a *very little* on special occasions, this was "running the thing into the ground" altogether.

But times have changed wonderfully. Now, more than three quarters of our patients are as much opposed to all druggery as we are. And we have reason to believe that many of them would quit our establishment in disgust, if we should suggest the necessity, propriety, utility, or expediency of a drug remedy on any pretense whatever. The moral we would indicate as the legitimate deduction from the premises aforesaid may be reduced to an interrogation point thus: If such changes have occurred within a dozen years, what will the same efforts continued for another dozen years accomplish?

A VOICE FROM CALIFORNIA.—No people have suffered more horribly from the effects of drug medication than the pioneers and early settlers of the land of gold. But suffering has made them wise in this matter; and now there is not probably any State in the Union where our system has a greater proportion of firm friends and outright advocates. The extract from a letter sent with an order for books and WATER-CURE JOURNALS, is a specimen of what we frequently receive from the Pacific coast:

SHAW'S FLAT, CAL., March 14, 1860.

If you will send me some extra JOURNALS, I will distribute them where I think they will do the most good. I am a firm believer in the Hydrogopathic system, and hope to live to see it triumph over the whole world. Myself and family have lived strictly after its teachings since July, 1858. The five years previous to that time I was a miserable invalid, and took a variety of medicines during the whole time; but, learning a better way, we adopted it at once, and have not swallowed pill or drop, nor taken a dose of any kind of medicine since. When I commenced living hydrogopathically, I weighed 145 pounds—six months afterwards, my weight had increased to 185 pounds; and now I can boast of the possession of uniform good health. I have had but one day's sickness in my family, which consists of six persons, and that was a cold caused by traveling all day in the rain. Two of my nearest neighbors also live strictly according to the system you teach, and can bear equal testimony to its incalculable advantages.

A. M. CROW.

WOMAN'S EQUALITY IN INDIANA.—W. M. writes from Hartsville, Ind.: "In looking

over the WATER-CURE JOURNAL for Feb., we find some remarks made by Aunt Fanny, which we can fully indorse; and we have the pleasure to inform Dr. Trall, Principal of the New York Hygieo-Therapeutic School, that there is one institution in the Great West where ladies and gentlemen are educated, in all respects, on the principle of exact equality. In the Hartsville University, located in Bartholomew County, Indiana, the females, as well as the males, take part in lyceum debates, read essays, declaim, etc. Our institution has been in successful operation for eight years, and be it said to their honor (notwithstanding the strong prejudice against them at the beginning), that they have made equal progress in literature and in the different sciences. School exhibitions, May parties, Sabbath-school celebrations, and Bible society collections, etc., have always been represented by a goodly number of female speakers, who have done credit to the cause and honor to themselves. We are erecting a new college building on a plot of twenty acres, on which are two never-failing springs, one of which is of pure fresh water. Will Dr. Trall recommend some thorough hydrogopath to give us a call before locating elsewhere?"

THE HUNGER-CURE.—M. R. S. writes from Boston, Mass.:

DR. TRALL—Dear Sir: Some authors believe and teach that the most certain and speedy cure for dyspepsia is the so-called starvation cure. I have even seen this recommended in Hydrogathic works; and the case is often referred to, of a man in New Bedford, who for several months restricted himself to three ounces of coarse bread per day, and in so doing acquired excellent health. Many other cases of cure are related as resulting from a similar dietary. One author relates the experience of a lady who, for four weeks, limited herself to less than three ounces of solid food per day, losing some flesh, but gaining strength in the mean time. Now, sir, would you recommend such a course? Is there no danger of going too far, and of so crippling the digestive organs as to bring the patient to a more dangerous point than that from which he started? It is said, authoritatively I believe, that a healthy digestion suffers less from a want of food than an unsound one; but surely four ounces of nutriment hardly seem sufficient to sustain life in a healthy person a month and more. I notice that Dr. Burdell, in one of his notes to the Life of Cornaro, expresses the conviction, that the sooner bread is eaten after baking, the better—meaning, probably, the sooner after it is cold? Is this your opinion? and is it true of fermented as well as of unfermented bread?"

The conclusion that we have come to, deducible alike from theory and from experience, in treating many hundreds of dyspeptics in all states, stages, and phases of the disease is, that dyspeptics should eat all the food they can use, and no more. It happens very often, that in feeble conditions of the digestive organs, but little food can be as-

simulated, and all that is taken more than this is a burden. We have cured dyspeptics on the "starvation" plan of three ounces a day, and others on the abstemious plan of six ounces, while others have eaten with advantage more than twice the quantity. Many dyspeptics will gain flesh and strength on four or six ounces of solid food per day, who would lose both on eight or twelve ounces. With others, however, it is *vice versa*. The rule for us to be governed by in our prescriptions is, not that of weights and measures, but of digestive ability, and the rapidity with which the transformations of tissue take place in the particular case. *Unfermented* bread is in its best condition so soon as it is cool enough to eat after coming from the oven; but fermented bread is in its best condition one or two days after being baked. Fermented bread can never be as wholesome as unfermented, if this is properly made. Our little book, "Water-Cure for the Million," will tell you all about bread-making physiologically.

SANITARY LEGISLATION.—Our legislative savans at Albany, during the late session, were importuned by many physicians of this city and others, to pass a bill creating a sanitary police for the city of New York. The project was denounced by some of our representatives in the Assembly as a scheme intended more to give power, patronage, office, emoluments, countenance, and authority to the regular medical profession and its orthodox members, than to improve or care for the health of the city. Entertaining this view of the scheme, the Hon. James H. Lynch, in a speech in opposition, handled the profession in a style more vigorous than complimentary. He said, among other things:

Do gentlemen see what it is asked to have done here: to make a so-called professional qualification a merit, by law, for political place and power, and that profession the one of all others that has made the least progress in the science it pretends to elucidate, and that vilifies and traduces every man who makes any valuable discovery in the art of healing, because it may be in *opposition* to the regular usage of the schools and the Hippocratic oath.

To see whether my assertions are correct, let us examine some learned authorities on this head; such as I think gentlemen will grant ought to know whether the so-called science of medicine is a fact or a pretence. Sir William Knighton, of England, the medical adviser of the royal family, in a letter to a friend, published after his death, says:

"It is somewhat strange, that though in many arts and sciences improvement has advanced in a step of regular progression from the first, in others it has kept no pace with time, in this, and we look to ancient excellence with wonder, not unmixed with awe; medicine seems to be one of those ill-fated arts whose improvement bears no proportion to its antiquity."

Professor Gregory, of Edinburgh, did not hesitate to declare with great honesty, in his classroom, that "ninety-nine of every hundred 'medical facts' were so many medical lies."

Dr. Francis admitted, in a lecture delivered before the Academy of Medicine, not long since, that "they yet know very little of diseases or their treatment;" and when they are in doubt, they apply the lancet, blister, or prescribe calomel: either of which, I believe, tends to shorten life, even in the strongest constitutions; but it is the established mode of the schools, and anything that is not taught there is an innovation, and must be put down. When did any two medical classes agree on the same course of progress? They never did, and never will. They let humanity perish while they dispute a technicality.

Authorities can be piled mountain high, from physicians themselves, to show that the art of healing is more a theory than a science; that its pretense of science is a humbug; and I assume that a man of strong common sense and judgment, is as competent to judge of general matters as those who possess diplomas. Some of those possessors of diplomas legally killed the greatest men of mind the world ever produced; and of those who graced the world of art, I may mention Scott, Shakspeare, Madame Malibran, and our own beloved Washington. Sir, what is asked here by this bill? It is, that a class, whose only merit is that of being unsuccessful doctors in our city, who have been long looking after political power, which they found it difficult to reach, shall have positions provided for them by legislative enactment. The people have no confidence in them. One of the applicants urging this bill was a candidate against the present city inspector of our city; and this celebrated changeling politician and physician received so small a number of votes, that he is ashamed to acknowledge that he was a candidate; then he made an effort to be resident physician—he failed; he sought, then, to procure influence enough to make him surgeon-in-chief of the police, in which he was successful—as a policeman to render medical service; thus he made out to get that appointment, because he would not have many to treat; but he was required to wear some insignia of office, which he declined to do. Failing in all these efforts to achieve fame or a fortune, his last game is to ask you to give him the city inspector's department of our city, to transform into some kind of an eleemosynary institution, whose fledgeling doctors might be quartered upon the public treasury, while they pursue their studies in phlebotomy.

ENDOWMENT OF THE COLLEGE.—"A Voice from Tennessee" asks us to publish the following:

Who are the friends of the Hygieio-Therapeutic College? It may be said, that every one who will assist in divulging its truths and explaining its principles to the people, is its friend; and I think there are many who would be glad of an opportunity to testify their appreciation of its merits and usefulness, by assisting to establish it on a permanent and prosperous basis. Most of the subscribers to the WATER-CURE JOURNAL are its warm friends; and if each of them will give one dollar toward the building up of a new and commodious college, the thing will be done. Some of them, it is true, are as able to give twenty-five or a hundred dollars, as others are to give so many cents; and no doubt the members of the faculty will do more for it than any others. I submit this proposition to the consideration of your readers and all others interested.

RAVAGES OF DYPHTHERIA.—We clip the following from an exchange paper:

Twice within a few days (says the Rochester Democrat) we have had occasion to speak of the ravages made by death in the family of William Jeffrey, Esq. The first victim was a promising youth of thirteen or fourteen years, and the

second a boy of three; and now the afflicted father is called to support another, and, if possible, a severer bereavement in the loss of his companion. Mrs. Jeffrey died on Saturday afternoon at five o'clock, of the same disease which destroyed the children that went before—dyptheria. Mr. Jeffrey has still two children, who are ill of dyptheria. One of them is improving, the other was attacked on the day Mrs. Jeffrey died.

As nearly all the cases of dyptheria which are treated allopathically die, and as all who are treated hydropathically recover, we respectfully appeal to a candid world, whether it is really dyptheria or drugs that does the killing?

MORE FATAL DRUGGING.—A correspondent sends us an account of the death of a child of Mr. Archibald Bathurst, of Washington Iron Works, Pa., occasioned by the administration of a dose of *oxalate of potassa*, which was procured of the druggist in mistake for *citrate* of potash. The medicine was taken from a bottle labeled "citrate of potash," and as the appearance of the two salts is almost exactly alike, the mistake was with those who originally put up the articles. These facts were published in the Bellefonte Central Press. But our correspondent adds: "Mr. Bathurst has buried no less than four interesting children within fourteen months, previous to the death of this their only remaining son; and all have been faithfully attended by *drugopathy*; and this last little fellow was able to run about the house and sit at the table and take his meals; but not being quite well, the affectionate parents wished to do all in their power, that he might not be taken from them. Oh! how heart-rending."

A NEW PATHY.—We learn from the Boston Medical and Surgical Journal, which learns from the London Lancet, that a distinguished physician of Paris, M. Marshal de Calvi, is now lecturing on a new medical doctrine, to which he has given the name of Holopathy. M. Marshal considers that diseases, as they come before the medical practitioner, are only "phases or episodes of a general affection of the organism, which affection or diathesis produces the episodes when circumstances favor their appearance." The lectures are causing some sensation in the French capital. If this is not as clear as mud, then we do not see what mud was made for. We wonder the excited people do not all rush *en masse* into a mud puddle!

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.

To Correspondents.

Answers in this department are given by DR. TRALL.

CATARH.—Student, Petersburg, Ill. You had better discontinue the use of milk, and also puddings, and restrict your diet to bread, fruits, and vegetables. Be moderate also in quantity. Tepid hip-baths once or twice a day should be employed.

HYGEO-THERAPEUTIC COLLEGE.—M. B. S., Marion, Wis.—It would take "a young man of good English education" one year to graduate at this school. The expense would be about \$300. We would recommend him to attend a course of lectures at once, and then study afterward. This will save both time and money.

PUTRID SORE THROAT.—D. K. P., Plainfield, N. Y. At the eleventh hour I conclude to send for the *WATER-CURE JOURNAL*. I hope you will give some information in regard to the putrid sore throat and typhoid fever. There have died two and three in some families of those disorders.

You will find the information you desire in the series of articles now being published in the *WATER-CURE JOURNAL*, on Diseases of the Throat and Lungs.

SPINAL CURVATURE.—J. C., Cheshire, Mass. What can I do for my spine, which is getting out of its natural shape; the deformity extends about three or four inches—lower part, a trifle below the lower point of my shoulder-blade. I think it is caused by my business as a tailor. My efforts to sit more straight cause some pain. Will this erect posture weaken my spine lower down? Can I cure myself and follow my present business? Being dependent on my daily labor, this is a vital question.

Our judgment is, that you will have to abandon your present occupation for a season, in order to overcome the difficulty, after which you may resume it, with care to keep at all times an erect posture.

BLEEDING FOR INJURIES.—T. F., Bluevale. When a man falls from an elevation and is greatly stunned, is it proper to bleed him? The Allopathics say it is. Will you be kind enough to mention the proper way to proceed with safety?

It is very improper to bleed in such cases. The best European surgeons repudiated this practice fifty years ago. Our doctors are behind the age on this as on some other subjects. The patient, while insensible, wants nothing but a quiet place, an easy position, and plenty of pure air. He will "come to" much better without bleeding than with it.

APOPLEXY.—A. K., Americus, Ga. Will you please give me the Water-Cure Treatment for an apoplectic fit, in the next *WATER-CURE JOURNAL*?

Apply cold wet cloths or the pouring bath to the head; free the bowels by copious enemata of tepid water; put warm applications to the feet, and bathe or sponge the surface with tepid or cool water according to the degree of heat, and follow it by gentle friction.

SACCHARUM CHINORUM.—B. T. G., Spruce Grove, Ky. Will Dr. Trall please give his opinion as regards the healthfulness of Chinese sugar-cane molasses? It is used by almost every family in this vicinity, and most people seem to regard it as wholesome food for all classes and ages.

We do not regard the saccharine principle in the Chinese plant as differing materially from that of the ordinary sugar-cane, cultivated in the South. We are of opinion that most people, South and North, and even East and West, use a great deal too much sugar.

PROLAPSUS.—A. J. C., Palestine, Texas. Your case requires such treatment as you could only get at an establishment. We have cured such cases as you describe, after the patient had been confined to the bed for ten years. The plan of bathing and dieting you are pursuing will benefit your general health, but special management is requisite to restore the displacement of the uterus.

WATER-CURE IN ARKANSAS.—W. A. L., Tomlinsonville, Ark. Having become satisfied that the system you teach is more in harmony with the laws of nature than any other now practiced, and believing that a good hydropathist would do well in this part of the country, I write to inquire whether you can not send us a graduate of your school? What is the expense of attending one of two terms?

We have no graduates to send; they are all in demand nearer home. You must send us a student. The expense for one year, including two terms of lectures, will be a little more than \$300.

EPILEPSY.—C. A. R., Wheeling, Va. The great majority of cases are curable by the water-treatment. We have cured several cases. The dietary is of more importance than the bathing. We would not promise anything, in any case, unless the patient would adhere rigidly to a plain and abstemious diet. The case you describe could probably be cured in three months.

CONSUMPTION.—B. P. S., Alfred, N. Y. "Cough, expectoration, spitting of blood, night-sweats, short breath with sense of weight in the lungs, and great emaciation," are not only signs of a "consumptive tendency," but evidences of the existence of confirmed consumption. As the patient has been much reduced by prior diseases, and badly damaged with drugs, we do not believe a cure is possible.

ERYTHEMA.—M. A. S., West Urbana, Ill. So long as there is any tendency to erysipelas, inflammation of the face, nose, or elsewhere, your diet should be extremely abstemious. Avoid salt; also milk, and all its products.

CHRONIC LARYNGITIS.—C. O. P., Burlington, Mich. Mush and milk is not proper food for you. If your millers will not grind Graham flour for you, you can get a hand-mill for \$2, and grind the grain for yourself.

POLYPUS TUMOR.—J. M. K., Troy, N. Y. We could probably cure the case you describe in one week. The surgical fee would be \$25, be the time required more or less.

A QUESTION FOR DEBATING SOCIETIES.

Do not adults worry children more than children annoy adults? It is of course a worry to hear children cry, but their crying is generally a sign of their being afflicted by the plague of adults. They may well cry. No child is fretful except it is sickly or ill managed. Bottle and spoon are the first plagues that the child suffers from adult stupidity or selfishness. Nursing mothers commonly yield their places, once a day, to spoon and bottle, because society says to them, every evening, "Won't you come out to-night?" and because they have not courage to answer always, "No." Society can do without them very well, but they are not aware of that. Society, in as far as it means friends, can find them out in their own homes; and why should they become plagues to their children, for society, in as far as it means fashion? And then bottle and spoon are made into double plagues by the ignorance of nurses, who, looking upon milk as a thin fluid, although even cow's milk is really so heavy as to need dilution, do terrific things with gruel. The plague of an adult nurse will even pour into the mouth of a week-old infant, gruel, which is to the child's stomach what gravel might be to her own. Then rhubarb follows to correct the gruel, as one might correct a meal of gravel with a dose of pepper. But when the children first begin to think and talk, how the adults plague them! Judgment and experience have yet to come. That they may come the faster in the first years, there is given to the young child by Nature a vivid sense of all present impressions, a strong curiosity to roam from one inquiry to another, and an impartial readiness to pass from impression to impression, fastening with a like eagerness on each. In our profound wisdom, as adults, when we see that an impression has struck painfully upon a child, we beat incessantly upon the hurt. The child shrinks, cries; it is temper, it is nonsense; we must conquer this. We must not let a baby get the better of us. The vivid thought, already more painful than our duller sensibilities can understand, would be dropped in a minute or two if we presented to the grasp of the busy and tender little mind, another and more pleasant subject of

attention; but no, that won't do for us. The thorn has thrust only a tiny point into the sensitive little creature, and it should not cry for anything so small, therefore we will not pick it out at once, but hammer it in to the head by reasoning, and scolding, and long dwelling on the topic of which a mere touch was painful. A minute's cry is tortured into half a day's affliction by defiance—often enough through the "naughty temper" of adults—of the simple rule that when a child is hurt by the too intense dwelling of its imagination upon some distressing thought, especially if it be one that ought not to distress it, we must not allow such an impression to be deepened. A delightful period of childhood, in which fancy and reasoning hold equal sway, is followed in most children by a period in which the early uses of the fancy have been served, and a dozen or more years of experience having been gained, the exercise of reason becomes vigorous. The stores of memory then begin to be eagerly grouped and fashioned into argument, and, as the growing muscles impel boys and girls to leap, run, tumble, spin, and skip, the growth of reasoning power impels to a keen relish of all manner of argument. But the plague of adults is on this period of young life also. Again and again the cry goes forth against the boy or girl whom a wise Providence has brought to this stage of development. "You mustn't argue. Do what you are told. I know better than you. I say it is, and it is. Don't be conceited!" Stupid father, turning a deaf ear to the stir of intellectual life in your child, refusing to preside graciously and wisely over the wholesome exercises to which it is impelled. Which is the true plague? Young people who are denied outward expression of this active force within them, reason on, nevertheless. Denied fair opportunity of bringing their conclusions to the open test of comparison with thoughts and experiences wider than their own, it is hard for them to contrive that they shall be reasonably sound. They weave error on error into their long chain of secret thought, because they are not allowed to produce their work as it is done, and get all people who will to pull at one end of it while they pull at the other, and so test its strength. All those interminable boys' arguments over the family breakfast, or the family dinner, or the nursery tea-table, are they a source of plague? If so, it is of the plague of dullness in adults, who do not see what is building; who do not understand the wisdom of young builders, whom a sacred instinct has impelled to try freely and vigorously every brick they are setting in a structure mightier than any temple on earth.—*Times*.

PATENT MEDICINES.

Of all the unmitigated and scandalous impositions practiced upon the newspaper fraternity and the public, the prevailing system of patent medicine advertising is the worst. A great many of the papers have long since excluded all such advertising from their columns. [We do not know of half a dozen besides *LIFE ILLUSTRATED*.—Ed. W. C. J.] while others continue to inflict upon their readers flaming "puffs" of these quack nostrums which are absolutely a disgrace to the civilization of the age. We confess to having been guilty of admitting this kind of advertising into our columns; but we now ask pardon of our readers, and if they will forgive us, we promise not to do so any more. We have a few unexpired "contracts" with these quack gents, which we expect to fulfill, after which no more of this obscene stuff will appear in our columns; and if any of the low-lived, pusillanimous, whining agents of these nostrums come poking their noses into our sanctum for the purpose of getting their trash inserted for about one third our usual rates, we shall deem it an especial privilege to assist them down stairs through the instrumentality of an incomparable square-toed boot.

If our own business men and mechanics do not furnish sufficient advertising patronage to sus-

tain their own paper without the aid of these quack dealers, it will have to go down—that's all. * * * Those who would avail themselves of the benefits of advertising in the *Watchtower*, now have the assurance that their favors will not be overshadowed and obscured by enormous patent medicine advertisements, which nobody reads and everybody despises.—*Vermont Watchtower*.

We commend the good resolution of this editor. One of the offices of the WATER-CURE JOURNAL is to dissuade the people from swallowing the foul stuff palmed off on the public as patent medicines, and, in fact, every other sort of apothecary stuff; and we've succeeded in driving it entirely out of many families. But when editors refuse to advertise it, we shall soon be able to free the people from these wicked and pernicious drugs and poisons.

THE HISTORY OF THE PET PIG.

BY D. E. DODGE.

THE epicure purchased a charming white pig,
And a nice little pet was he;
And he gave him his fill
Of garbage and swill,
And a monster he soon came to be.

How sweet was the sound of his musical voice,
At morning, at noon, and at night;
As with grunt and with squeal
He demanded each meal,
Which he ate with amazing delight!

And oh, how enraptured with joy was the sense,
As floated the odors afar;
As he rose from his bed,
In the pen or the shed,
And took himself out to the air!

One morning I saw him hang dead by the heels,
And hushed was each murmuring sound;
With a chip in his jaws,
And blood on his nose,
And his bristles strown over the ground.

His master and mistress were cleaning the fat
From off his long, winding canal;
But the rest of the game
I would not dare to name—
But oh, how delightful the smell!

And they scraped it, and washed it, and made it
quite clean;
And they cut off the flesh from his bones;
And they chopped, and they stuffed,
Till it was quite full enough,
When they hung it in graceful festoons.

And they smoked his round quarters, so plump and
So black as an African's skin, [so fair,
In a dirty old shed;
And they roasted his head,
Till it grinned a most horrible grin.

And they scraped all the wax from his short, pend-
dant ears,
And they singed off the hair from his feet;
And they boiled them, and sliced them,
And salted and spiced them,
And made them quite ready to eat.

And they ate up his snout and his long, twisted tail,
And they gnawed his backbone to the core;
And they ate up his liver,
Though they could discover
Full many an ulcerous sore!

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.

The Institution, of which the above is a good representation, is located at No. 15 Lighthouse Street, New York city. We can not say that it has the most pleasant location of any institution of the kind in the world; for if it were in the vicinity of the great Central Park, on the bank of some quiet river or silvery lake, among shady trees, "where the birds sing sweetly and the sunset is bright," or in some wild mountain gorge surrounded by the "grand old woods," where the brooks murmur, and where nature exists in her highest grandeur and magnificence—we certainly think it would on some accounts be more pleasant than it is here. Neither is it as pleasant inside as it appears on the out. The rooms—some of them are too large and some are too small, and the most of them are plainly furnished. We have seven small bath-rooms in the house, and one which we are enlarging and refitting, so as to make it very convenient and pleasant; yet we are frank to say that there are other Water-Cures that have better bath-rooms than ours. But we have the best of bath attendants to balance any deficiency in rooms.

Our dining-room is so small, that we have to serve two breakfasts and two dinners, to accommodate all our guests. And while we provide an abundance of good wholesome diet, we are obliged in truth to say, that we have food on our table which we neither eat ourselves nor allow our patients to eat. We do this to satisfy our boarders, who are not yet convinced of the importance of living as plainly as we do. Our patients are generally required to eat only a moderate amount of plain food, and in some cases we find it necessary to almost entirely prohibit them from eating anything for a time.

We have found that there is a large class of chronic diseases where the brain and nervous system, and more especially the stomach and reproductive organs, are involved, that it is not only necessary that the patient should be kept upon plain and simple diet, but it is indispensably necessary that the quantity should be restricted to a very small amount. Many patients are encouraged to stay ten or twelve months at Water-Cures, and then go home no better than they came, who, with proper instruction and encouragement, might go home in much better condition with as many weeks' treatment.

We have in our city markets almost all the luxuries which the world affords, yet we do not want sick people to come here to feast on these luxuries; neither do we want them to come thinking that they will be away from temptation. We do not believe in running away from temptation. Moral power and physical strength are gained by exercise, not by inactivity. We gain more moral power by resisting one temptation, than by running away from a hundred.

We believe that health and happiness are the result of right living and right doing. It will be our effort to explain to our patients the cause of their troubles, and, while they stay with us, to surround them with the best and only natural means of recovery. We seldom have patients stay longer than two or three weeks or months before they get in a condition to manage themselves at home, except a few who have plenty of money, and prefer living here to anywhere else.

Good health comes from good blood, and this is made from good food perfectly digested. Water is our principal remedial agent. With it we can purify and cleanse the system of all morbid and impure matter, relieve the most violent pain, equalize the circulation, strengthen the function of any weak organs, and promote change of tissue much faster than can be accomplished in any other way. We have a *Gymnasium*, also a good room recently fitted up for the treatment of disease, the kinesiopathic or movement plan of treatment, which proves invaluable in strengthening weak muscles and promoting the activity of any debilitated organ, removing congestion, and giving tone and activity to all parts of the system.

Located as we are in this city, our patients find many things to instruct, amuse, and occupy their minds, which

breaks up the monotony, inactivity, and uselessness of country water-cure life, and provides something to think about, aside from the row morbid feelings.

Prices, from \$7 to \$12 per week. Transient boarders, \$1 per day. Bathing Sheets and Packing Cloths extra.

R. T. TRALL, M. D.,
E. P. MILLER, M. D., } Physicians.
Mrs. RACHEL SAFFORD,
FANCHER & MILLER, Proprietors.

FOR SALE.

Pure GRAHAM CRACKERS, 10 cts. per lb.; by the barrel, 7 cents. The best HAND MILL, \$2. Portraits of Dr. TRALL, \$1. FANCHER & MILLER.

THE LAW OF SEX—Choice of the Sex of Offspring Explained, price \$1.

R. T. TRALL & CO., No. 15 Lighthouse Street.

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.

CENTRAL PARK WATER-CURE.—

DR. T. L. NICHOLS and MRS. MARY S. GOVE NICHOLS have opened a Hygienic and Hydropathic Establishment at the Emmett Mansion, corner of Fifty-Ninth Street and Second Avenue, New York, near Central Park, Jones' Woods, and the fine scenery of the East River. The situation is high, airy, and salubrious, though but forty minutes' ride from the City Hall by two railroads on which cars pass every moment. Dr. and Mrs. Nichols will devote themselves to the cure of the sick, and the care of delicate children and young persons who may have tendencies to disease. Such persons may acquire health and vigor, and also, to a limited extent, pursue their studies under competent teachers. For terms, etc., address

T. L. NICHOLS, M.D., New York City.

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.

PEEKSKILL HYGEOPATHIC INSTI-

TUTE. 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.

SCHUBERDECKER'S WATER-CURE,

Wall House, corner of Fourth and South Fifth Streets, Williamsburg, N. Y. 1t

NATURE'S CURE.—THIS ESTAB-

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

DR. D. H. MAXSON.

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 *Hydro-Sanatorium* 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 *avoids* 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 (in full) O. V. THAYER, M.D., Binghamton, Broome County, N. Y.

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

THE DANSVILLE MEDICINAL

SPRINGS.—These Fountains have already become celebrated for their curative effects, and large numbers are visiting them annually to partake of treatment, and derive benefit from their use. Unlike the *Mineral Springs* in the United States, their waters are *pure, perfectly soft, and unimpregnated with foreign substances*. For the time that they have been before the public, they have proved to be, in the treatment of the various diseases to which the people of the United States are subject, superior to any other springs of water which have gained a general reputation. They are three in number, and are called the All-healing Spring, the Escott Spring, and the Dewey Spring. They lie upon the hill-side, on the eastern slope bounding this beautiful village; and their owners, already in possession of a very large and comfortable establishment, are in process of erecting great additions, with a view to meet the public demand. The following diseases have been treated successfully at these celebrated springs: Baldness, Scald-Head, Deafness, Sore Eyes of long standing as well as those which were acute, Catarrh of the Nostrils, Bronchitis, Consumption in its incipient stages, Asthma in its worst forms, Palpitation of the Heart, Spinal Diseases, Congestion and Enlargement of the Liver, Chronic Dyspepsia, Enlargement of the Spleen, Constipation of years' duration, Piles, Nervous Rheumatism, Rheumatism of the Joints and Muscles, Diseases of the Kidneys, Irritation of the Bladder, Female Diseases of every kind and character, General Debility, Neuralgia, Cold Hands and Feet, Scrofula and Skin Diseases of every variety, Paralysis of the upper and lower limbs, Epilepsy, Cataplexy, Sick Headache, Nervous Headache, Bilious Fever, Ague and Fever, Typhoid Fever, those diseases to which children are subject, and, in fact, *every* disease known to our climate and our latitudes. It is astonishing to see the remarkable cures that result from the judicious use of these waters externally and internally applied. And one great difference between the effects from the use of these celebrated Springs and those of the *Mineral Springs* of the United States is, that they purify and cleanse the blood, and are readily used by the vital forces to aid in carrying off old, worn-out, and acrid materials, leaving nothing in the system but what tends directly to promote the health of those who drink them. An analysis shows them to be as free from foreign matters as any springs in the United States that have ever been subjected to chemical tests. Here, then, is a place to which the sick from all parts of our country can resort, and secure for themselves (if it is possible to secure it) what they so much long for—restoration to health.

The Institution in operation, and whose bath-houses are supplied with water from these celebrated springs, is situated a little out of the village of Dansville, which contains about five thousand inhabitants, and exceedingly thrifty in its business and social aspects, and is one of the finest localities for invalids which the North can show for a residence during summer or winter. The name of the house kept by them is

OUR HOME:

expressive, as they think, not only of the objects they have in view in inviting the sick to come to them, but of the ends also which they secure to their patients. And as a proof of it, they take the liberty to say that during the last summer they had at one time *twenty-one* States and the Canadas represented by their guests, and during the past winter they had *nineteen* States and the Canadas represented in like manner. And they also take the liberty to call attention to the superiority of these Medicinal Springs from the fact that their use is as *available in winter as in summer*—which is not the case with the various *Mineral Springs* which have obtained celebrity in the North.

The proprietors of "Our Home" take pleasure also in announcing to those who may wish to seek a residence and take Water-treatment during the summer, that they are located where they have as beautiful scenery as the eye could wish, and air as pure as freshened the Garden of Eden, and which is never tainted by fogs. With plenty of sunshine; pure soft water in abundance, and large and extended facilities for its application; a table spread with abundant variety of healthful food, *simply cooked*; and the whole Institution under the management of skillful physicians of large reputation, they feel themselves at liberty to bespeak the attention of all those who, being sick, desire to recover their health by means that are in perfect consonance with the laws upon which Life and Health depend. The house is well furnished with all the appurtenances belonging to

AN INFIRMARY

conducted upon scientific principles. And though it may seem strange, yet it is none the less true—and as they think, none the less to their credit—that their physicians having, as they have had, so very extensive practice in the treatment of all forms of disease, *have never yet given to any human being, under any circumstances, a dose of medicine*. They have long thought—and their success has simply confirmed that thought—that the sick can be more surely, speedily, and safely cured in the absence of the use of Drug-Poisons than by their use; and this, too, not only in the case of *certain* diseases, but of *all* diseases to which the human body is liable.

The reader will readily see that with such a philosophy as this, so widely different from that which is commonly held, their treatment of Human diseases must be widely different from that of any man, no matter what his name, nor what he calls himself, who gives Drug-Poisons. This is true in fact, and their Health Institution, therefore, differs as widely from establishments of like object, whose physicians use hard water and give Drugs more or less, and know but very little of trust or faith in Nature, as old Cheshire cheese differs from Turk's Island salt.

The Proprietors of this celebrated Health Institution, by the time that this notice will fairly be before the public, will have completed, so as to bring them into use, two Bath-Houses—one for each sex respectively—that will probably exceed in size, convenience, neatness, extent of accommodations, and facilities for giving different kinds of baths, any like structure in the United States. And it is their intention to make their Institution conform in *every* respect to this department of their Cure.

Their medical staff is composed of the following persons: James C. Jackson, M.D., Physician-in-Chief; Miss Harriet N. Austin, M.D., Associate Physician; F. Wilson Hurd, M.D., House Physician; Dr. Emily Austin Hawke, and George W. York, M.D., Assistant Physicians.

They take the liberty, before bringing this notice to a conclusion, to call the attention of the public to three points: First, Their very great success in treating not only *general* diseases, but a disease confined chiefly to Young Men, and known as Spermatorrhea, or Weakness of the Reproductive Organs. Their physicians have treated over *three thousand* cases of young men, scattered over various parts of the United States, Canada, and the West Indies, and have restored them from conditions of feebleness which fore-shadowed early death, to vigorous, healthy, and active usefulness. Let every young man, therefore, in the country, under whose eye this notice may fall, if he finds himself with this disease on him, or if he knows of one of his fellows who has by early imprudence brought it upon him, seek a residence himself, and advise his friend to seek a residence with us, and take a course of Water-treatment at "Our Home." He may rest assured that he will never regret it.

The second point to which the proprietors would call public attention is, the great success which has attended the treatment of disease peculiar to women, and which are known as Female Diseases. Between fifteen hundred and two thousand women have been treated by Dr. Harriet N. Austin and Dr. Jackson, for diseases peculiar to their sex. And the testimonials of their practice are to be found in the persons of their patients who have been restored, and who are this day living in good health in almost every State in the Union.

The third point worthy of note is, that their chief lady physician, Miss Harriet N. Austin, M.D., assisted by Dr. James C. Jackson, edits a Health Journal, of the size of the WATER-CURE JOURNAL, published monthly, neatly printed, and costing to single subscribers seventy-five cents a year, and to clubs of six or more, fifty cents each. It is called THE LAWS OF LIFE, and its great aim is not only to teach sick people how to get well, but its *greater* aim is to teach people who are already well how *not* to get sick. This periodical embodies from month to month the thoughts of its conductors and patrons, is rapidly increasing in its subscription list, and is already acknowledged to be a power in the community, within the range of the topics which it considers. Each No. has a lecture on some subject connected with health, delivered by Dr. Jackson, and photographicly reported; and it is not too much to say that, judging from the expressions of those who take the Journal, each No. is worth more than the *whole* twelve numbers will cost.

The Nos for this year contain the following lectures. That for February has Dr. Austin's great lecture, at the Cooper Institute, in New York City, on "The Physical Conditions of Women." The March No. has a lecture from Dr. Jackson, on "Student Life; or, How to Work with the Brain without Overworking the Body," which should be read by men and women of all professions, who make study a pursuit. The April No. has a lecture from Dr. Jackson, entitled "Baths; or, How to Use Water on the Human Body," which should be read by all who wish to use water, either for the preservation or the restoration of their health. The May No. has a lecture, by Dr. Jackson, on "Clothing; or, How to Dress the Human Body," and which can be read by everybody to great profit. The June No. has a lecture, by Dr. Jackson, on "Female Diseases and their Treatment," which should be placed in the hands of all the women in the country, who, being sick, want to get well, or, being well, wish to be kept from the most terrible of all curses to their sex—debility and disease in their special organism.

In addition to this, the proprietors wish to say, that they have for sale Health Tracts, thirteen in number—making, if bound, a volume of *two hundred and fifty pages*—which are on subjects advertised below, and for sale at prices annexed; and the whole of which they offer for *one dollar*, to be safely wrapped up, directed to order, and the postage paid. They do not believe that in so small a space, and for so small an amount, the same degree of information can anywhere else be found in this country. To those wishing to buy them in large quantities to sell again, or to give away, a very liberal discount will be made.

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

N. B.—Clergymen supplied *gratuitously* with any of the tracts which they may desire to read.

Specimen copies of the LAWS OF LIFE and Circulars of

the Institution, giving a detailed description of its location, condition, and objects, will be sent to all who may wish to know of us and our plans, upon receipt of a letter notifying us, and containing a postage stamp to prepay their orders.

ROUTE.—Come from the East on the New York and Erie Railroad to Corning, thence by the Buffalo and Corning Railroad to Wayland; or from the East on the New York Central Railroad to Rochester, thence on the Genesee Valley and the Buffalo and Corning Railroads to Wayland; or from the West to Buffalo, thence on the "Buffalo, New York, and Erie" Railroad to Wayland, and so to "Our Home," six miles, by coach.

All applications for admission into the Institution, or for medical advice for home-treatment or for Circulars, or for Tracts, or for specimen copies of the LAWS OF LIFE, should be addressed either to JAMES C. JACKSON, M.D., or to HARRIET N. AUSTIN, M.D., Dansville, Livingston County, N. Y., and they will receive prompt and correct attention. F. WILSON, HURD & CO., Proprietors.

MOUNT PROSPECT WATER-CURE,

BINGHAMTON, N. Y., eight hours from New York city, by the Erie Railroad.—This Establishment has a location unsurpassed in natural advantages by any other. To those persons who seek a quiet, retired place, accessible, and only a mile from the center of a beautiful village, this presents unequaled attractions. Invalids and their friends will find in this Institution every facility for comfort, and the recovery of health. A large garden is attached to the premises, from which the finest fruits are obtained. *Strawberries* will be in season through the month.

For circular, address, J. H. NORTH, M.D.

DR. BEDORTHA'S WATER-CURE

Establishment is at Saratoga Springs.

COLUMBIAN SPRINGS WATER-CURE

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.

SARATOGA SPRINGS REMEDIAL

INSTITUTE, for the cure of LUNG, FEMALE, and CHRONIC DISEASES. For a Circular of full particulars address SYLVESTER S. STRONG, M.D.

MOUNTAIN GLEN WATER-CURE,

PLAINFIELD, N. J.—Persons will receive here the simple unadulterated treatment of Water-Cure, such as, in Priessnitz'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. Summer boarders received.

A. UTTER, M.D., Proprietor.

PHILADELPHIA MODEL WATER-CURE,

for Patients and Boarders, is *permanently* located at 19 North Sixth Street, half a square from the splendid fountain and Franklin Park. Electricity, Chemical Baths, Dr. Landis' most improved and invaluable Electro-Vapor Baths, Surgical Appliances, etc., scientifically administered when needed. No drugs used. Physiological Dietary, and most speedy cures made. Especial success in FEMALE ILLS, CANCERS, and YOUNG MEN'S COMPLAINTS. Send twelve cents, in stamps, for Dr. L.'s Lecture, "WHO ARE THE QUACKS?" The Philadelphia *Dispatch* says, "It is the paragon of lectures, proceeding from a great and experienced mind." The Philadelphia *Mercury* says: "Dr. Landis makes the most astonishing cures of many persons who have in vain sought for relief in drugs, or even at other Water-Cures. He is, moreover, an 'orator,' one of Nature's eccentricities, capable almost of wheedling the devil."

COL. J. F. DOWNS' SENTIMENTS.

Dr. Landis' method of curing disease is so much advanced of the treatment generally pursued at country establishments, that I have seen much speedier and better medical and surgical cures made by him in the city, in the middle of the hot season, than I ever saw at any other place, notwithstanding the cry against the impurity of city and country air. Moreover, Philadelphia is a healthy spot, and the judicious remedies and personal physiological attention which Dr. Landis bestows so industriously upon his patients, far supercedes the difference between city and country air and water. In other words, money, time, and life may be saved at any season by going under the Doctor's charge.

As a cared patient, an appreciative advocate of true skill, and, above all, as a friendly adviser to the sick, I commend Dr. Landis and his much improved treatment to the public confidence.

J. F. DOWNS, Kenton, Delaware.

For further particulars, etc., inclose a stamp, and address the physicians, S. M. LANDIS, M.D., or MRS. DR. C. S. LANDIS, 19 North Sixth Street, Philadelphia, Pa.

P. S.—Terms from \$3 per week and upwards. Examination fee, \$5. Bills payable weekly, in advance. Persons who wish home-treatment please send for our examination papers.

GRANITE STATE WATER-CURE.

As a patient of this institution I wish to say a few words to my Water-Cure friends, and to the sick and suffering generally, in regard to this pleasant retreat among the green hills of the old Granite State.

I have been here at several different times during the past year, and have also visited some of the largest and most popular Cures in the United States, and I can truly say that, for those who wish to get well, I believe this Cure to be equal, if not superior, to any other, for the following reasons:

1st. The water is perfectly pure and soft—a matter that must ever be regarded as of the first consequence in treating chronic disease. The Granite State is celebrated for its pure and sparkling fountains, the like of which can flow only from a soil made up like its own. No better water supplies the kitchen and bath-rooms of any Cure in our country.

2d. The cooking and dietary departments. The art of cooking simply, and at the same time furnishing good and palatable dishes, is a matter which every patient will regard as important to his comfort and to his success. Patients are not starved here, nor confined to one or two kinds of food; but the table is well supplied with a good variety of the most healthy articles, simply cooked.

3d. Every patient who wishes to labor, and is able to do so, can pay a part of his expenses thereby. This arrangement not only affords advantages to those of limited means, but is of great importance to some invalids in regard to their recovery, as experience here shows.

4th. The kind and parental care bestowed by Dr. and Mrs. Vail on all under their charge, I have never seen equaled. This is of no small consequence, especially to the young, who seek health far from home and friends. These advantages, together with an experience of ten years, render Dr. Vail's success truly gratifying. The improvement made by patients here will compare favorably with that of any institution I know of, and probably with that of any in the world. As an illustration I may say that although I had been considered for some time an almost hopeless case, and had vainly sought for health for several years before coming here I find myself now rapidly realizing my most anxious desires, having gained 17 lbs. in weight during the last eight weeks, and in strength and spirits accordingly. The lady patients here are under the special care of Dr. Ellen H. Goodell, a young lady admirably qualified by nature, education, and by experience in the Hydropathic treatment, to fill the important office of female physician.

In conclusion, I wish it distinctly understood that the writer of this article is no mythical personage, but a veritable specimen of the *genus homo*, who can be addressed at his residence, Newton, N. H., or at Hill, N. H.
Yours, etc., DANIEL STENES.

NEW HAVEN WATER-CURE.

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

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.

THE LORETTO SPRINGS AND WATER-CURE Cambria Co., Penn., will be opened on the 20th of June next. This establishment is chartered by the State, and is furnished and fitted out on the best and most approved style for the comfort and treatment of invalids.

The medical department is under the charge of the celebrated Dr. S. FREASE, of Pittsburg, who will give his entire attention to the cure of all diseases; and the management of the house under MAJOR JOHN BRADY, well known as the highly competent and experienced landlord of the Brady House, Harrisburgh, Pa.

Commutation tickets for visitors will be issued on application by the Pennsylvania Railroad Company, from Pittsburg and all way stations on that route.

On the arrival of the visitors at Cresson Station, coaches will be in attendance to convey them to the Springs, which are four miles distant, by plank road. Persons taking treatment, \$10 per week. The usual packing, covering, etc., should be brought by the patients.

3t F. A. GIBBONS, Jr., Secretary.

CHESTNUT SPRINGS WATER-CURE.

Chestnut Hill, Philadelphia County, Pa.
4t DR. WEDER, Resident Physician.

THE PHILLIPSBURGH WATER-CURE.

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

COME TO THE LIVING SPRINGS

WATER-CURE, where Dr. A. and Mrs. Dr. C. C. SMITH are permanently located, and where all diseases are healed with great success. Wernersville, Pa. 1t

PITTSBURGH WATER-CURE.—A

first-class Cure, with soft spring water, magnificent scenery, and room for over 100 patients. Send for Circular to H. FREASE, M.D., or Mrs. CELIA P. FREASE, M.D., Box 1804, Pittsburg, Pa.

FRANKLIN WATER-CURE AND

PHYSIOLOGICAL SCHOOL, near Winchester, Tenn.
3t* Address B. W. CHILDS, M.D.

LITERARY AND PHYSIOLOGICAL

SCHOOL.—The Natural Sciences and Mathematics taught. Situated at Franklin Water-Cure. Address
3t* PROF. J. S. HAMILTON, Winchester, Tenn.

WILLOW-GROVE WATER-CURE

is at Westboro', Mass. Address DR. S. VINEY & CUTLER. 1t*

WORCESTER WATER-CURE.

For Circulars, address
1t 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.
4t* 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,
DRES. NEVINS & KENYON.

HYGIENIC RETREAT—AT MO-

line, Ill., is a Water-Cure where Calisthenic and Gymnastic Exercises, and the "Movement-Cure," as well as all other hygienic conditions, are made subservient to the cure of disease. This is the Cure of the great West, and we mean to make it equal to any in the East. It is the place for the sick to get well.

The physicians are well qualified, skillful, and devoted to their profession.

For a Circular address the physicians,
A. G. HUMPHREY, M.D.,
2t MRS. S. K. HUMPHREY, M.D.

THE GALESBURGH WATER-CURE.

—The Electro-Chemical Baths and Electricity used. Cancers, and all marks and malignant growths cured. Address DR. J. B. GULLY, Physician and Proprietor, Galesburgh, Ill. 1t*

WATER CURE IN CALIFORNIA.

DR. BARLOW J. SMITH, Graduate of the New York Hydropathic College, has located his Hygeio-Therapeutic Institution on Stockton Street, corner of Pacific, San Francisco.

This establishment is the first on the Pacific coast that combines all the advantages of Hygienic medication, and will be equal to any in the Atlantic States or Europe.

By the treatment of Dr. SMITH, all curable diseases, acute or chronic, can be cured. His theory of disease is not that of the old school, hence his practice is not to destroy the vitality and diminish the powers of life by the lancet, cupping, leeching, blistering, burning, purging, and vomiting, means so destructive to real health.

BOE-SETTING performed in the manner practiced by the renowned Dr. Sweet, of Connecticut.

THE GYMNASIUM attached to the Institution is completely furnished with necessary apparatus for healthful exercise.

ELECTRO-CHEMICAL and VAPOR BATHS administered to patients without extra charge.

Letters of inquiry promptly answered, and circulars sent on application. Address as above.

BARLOW J. SMITH, M.D.

HYDROPATHIC PHYSICIAN WANTED

The Loretto Hydropathic Institute Company will receive applications from Physicians of that practice, to take charge of the patients of the Institute, which opens on the 15th day of June next. References will be required. Address F. H. GIBBONS, Jr., Sec'y, 144 Cathedral Street, Baltimore, Md.
LORETTO, CAMBRIA CO., PENN. 3t.

WATER-CURE FOR SALE.—

Information will be given by DR. C. BAELZ, Water-Cure, Beaver Co., Pa. 1t.

THE YOUNG MAN'S WAY TO INTELLIGENCE, RESPECTABILITY, HONOR, AND USEFULNESS.—This is a very excellent work, and every young man should procure a copy. Price, prepaid by mail, 5 cents.

FOWLER AND WELLS,
308 Broadway, New York.

WATER-CURE FOR THE MILLION.

(A LITTLE BOOK FOR EVERYBODY.)

The Processes of Water-Cure Explained; Popular Errors Exposed; Misrepresentations of Physicians Unmasked; Hygienic and Drug-Medication Contrasted; Rules for Bathing, Dieting, Exercising, etc. Directions for Home-Treatment; Recipes for Cooking; Remarkable Cases to Illustrate, etc.

BY R. T. TRALL, M.D.,

Author of "Hydropathic Encyclopedia" and other works; Principal of the New York Hygeio-Therapeutic College; Professor of Institutes of Medicine; Clinical Lecturer; Physician to the New York Hydropathic and Hygienic Institute, etc., etc. Seventy-two pages. Sent prepaid by mail for twenty cents. Ten copies (prepaid) for \$1.25. One hundred copies (prepaid) for \$1.00.

This work should be in the hands of every person who undertakes self-treatment, or to prescribe for his neighbors. In fact, it is the *Health Guide for the Million*.

Orders attended to by the author,

No. 15 LAIGHT STREET, NEW YORK.

Those who wish to diffuse a knowledge of the principles of our system among the masses, would do well to give this tract an extensive distribution. For such purpose it will be furnished at the actual cost of paper and printing.

NEW BOOK.

AN EXPOSITION

OF THE

SWEDISH MOVEMENT-CURE.

EMBRACING

The History and Philosophy of this System of Medical Treatment, with examples of Single Movements, and directions for their use in various forms of Chronic Disease, forming a complete manual of exercises; together with A SUMMARY OF THE PRINCIPLES OF GENERAL HYGIENE.

By GEORGE H. TAYLOR, A.M., M.D., Principal Physician to the Remedial Hygienic Institute of New York City.

Price, post-paid, \$1.25. Address,

FOWLER AND WELLS,

308 Broadway, New York.

DYSPEPSIA; ITS NATURE, CAUSE, AND CURE UPON HYGIENIC PRINCIPLES, BY D. A. GORTON, M.D., Professor of Chemistry and Physics in the New York Hygeio-Therapeutic College. An Octavo Pamphlet of 24 pages. Every invalid and physician in America should read it. Price \$5 per hundred; single copies mailed post-paid to any one enclosing three postage stamps to the Author. Address, Peckskill, N. Y.

MECHANICS—THEIR PRINCIPLES

and Practical Applications. Edited by Oliver Byrne. Containing—I. Statics; II. Dynamics; III. Hydrostatics; IV. Hydrodynamics. With numerous illustrations and Diagrams. Sent post-paid for 75 cents.

FOWLER AND WELLS, New York.

FOR THE DEAF.—HASLAM'S

Artificial Ears. Entirely concealed when worn. No trouble or necessity to hold them to the ears. Fit snug round the head. Can be worn in the house, street, church, theater, or anywhere. Hat or bonnet on or off.

Send your address, and a descriptive and illustrated Circular will be sent to any part of the United States.

Address,

HASLAM BROTHERS, 429 Broadway, New York.

SYRINGES.

Having made arrangements with the manufacturers, we shall keep a supply of Syringes constantly on hand for sale at low prices.

We shall send the very best Patent Elastic Syringe, warranted to give satisfaction, by mail, post-paid for \$3. A liberal discount allowed to Water-Cure Establishments and those who buy to sell again. Cash orders shall be promptly attended to and dispatched by first express.

FOWLER AND WELLS, 308 Broadway, New York.

THE MILLWRIGHT AND MILLER'S

GUIDE, illustrated by twenty-eight descriptive plates, with additions and corrections. A valuable work. In one large volume. Sheep, prepaid by mail, \$2.75.

FOWLER AND WELLS,

308 Broadway, New York.

AVOIDABLE CAUSES OF DISEASE.

Price, \$1.

MARRIAGE AND ITS VIOLATIONS. Price, 25 cts. The above-named books, by Dr. Eltes, are worthy of general circulation. We have made arrangements with the publisher to furnish them, wholesale and retail, at his lowest price.

Address,

FOWLER AND WELLS,
308 Broadway, New York.

BOOKS FOR THE SEASON.

We have just published new editions of the following seasonable and very valuable works. They are the most complete, the most beautifully illustrated, and perfectly got up of any works of the kind. They may be had in one large, handsome, well-bound volume complete, or in separate volumes, as preferred. They embrace

THE HOUSE;

A NEW ILLUSTRATED POCKET MANUAL OF RURAL ARCHITECTURE, with numerous views and plans, or How to Build

DWELLING-HOUSES, BARN AND SHEDS,
STABLES, HORSE & CATTLE, ICE-HOUSES,
POULTRY-HOUSES, PIG-PENS, LARGE & SMALL.
And all other buildings for farmers or village residents.

THE GARDEN;

A POCKET MANUAL OF HORTICULTURE, or How to Cultivate Vegetables, Fruits, and Flowers, with Information on the

GROWTH OF PLANTS, SOILS AND MANURES,
THE KITCHEN GARDEN, THE FRUIT GARDEN,
THE FLOWER GARDEN, ORNAMENTAL TREES, ETC.

With the best list of flowering plants, trees, and shrubs approved and recommended by the American Institute.

THE FARM;

A NEW ILLUSTRATED POCKET MANUAL OF PRACTICAL AGRICULTURE, or How to Cultivate all the Field Crops,

THE ROTATION OF CROPS, UNDER DRAINING,
FENCES, THEIR VARIETIES, ON FARM CROPS,
FARM MANAGEMENT, ORCHARD MANAGEMENT,

and other subjects of the utmost importance to every farmer. It will surely be his own fault if the reader of this work does not make an improved system of farming "pay."

DOMESTIC ANIMALS;

A POCKET MANUAL ON STOCK, or How to Breed, Rear, and Use all the Common Domestic Animals,

THE BEST HORSES, THE BEST CATTLE,
THE BEST MULES, THE BEST SWINE,
THE BEST SHEEP, THE BEST POULTRY,

with Chapters on Bee-Keeping, Diseases, HOME TREATMENT, and Cure of Sick Animals, etc. Very important.

"The House"—"The Garden"—"The Farm"—and "Domestic Animals," may be had in paper covers, at 30 cents each, the four at \$1; or in one large well-bound gilt volume, prepaid by first mail to any post-office, for \$1 50.

Address, FOWLER AND WELLS,
308 Broadway, New York.

AGENTS AND BOOKSELLERS, in every city, village, or neighborhood, may do well by engaging in the sale of these NEW ILLUSTRATED RURAL HAND-BOOKS.

IMPORTANT TO INVENTORS.
PATENT OFFICE DEPARTMENT.

We transact at this office all kinds of business connected with procuring Patents, either in this country or in any of the European States.

Having secured the aid of the best Patent Attorneys known to the public, both in England and on the continent of Europe, we are able to afford the best of facilities for obtaining Patents in foreign countries.

The Solicitor who has charge of our Patent Office Department, has for the past ten years been successfully engaged in obtaining patents for inventions, and during the later portion of that time has devoted particular attention to contested cases.

The business of this Office will be strictly confidential. No charges will be made for examinations of new inventions; inventors may consult us as to the novelty and patentability of their improvements, and receive our report, by describing their inventions to us, and inclosing a stamp to prepay the return letter.

Communications by letter in reference to Inventions, Patents, or Patent Law, promptly attended to.

FOWLER AND WELLS, 308 Broadway, New York.

HOW TO DO GOOD AND GET "PAID FOR IT."—Take an Agency for our Publications. The terms are such, there can be no possibility of loss. EVERY FAMILY will be glad to obtain some of them. For particulars address FOWLER AND WELLS,
308 Broadway, New York.

FRUIT-GROWERS AND NURSERYMEN will find an able advocate in LIFE ILLUSTRATED.

SELF-IMPROVEMENT.—READ THE PHRENOLOGICAL JOURNAL FOR 1860. Only \$1 a year. Address FOWLER AND WELLS, 308 Broadway, New York.

WHEELER & WILSON
SEWING MACHINES.

METHODIST BOOK CONCERN,
No. 200 Mulberry Street, New York.

Being in constant receipt of inquiries from our brethren respecting Sewing Machines, with requests to recommend and purchase, we have, in conjunction with some lady friends, carefully and thoroughly examined the various machines of practical value for family sewing, and find those made by THE WHEELER AND WILSON MANUFACTURING COMPANY, No. 505 Broadway, New York, to fully combine the essentials of a good instrument, and such as we can confidently recommend.

Having seen so favorable results from their use, in our own and the households of our friends, we are desirous that their benefits should be shared by all our brethren, and hence have interested ourselves in their behalf.

With best wishes, your brethren.

ABEL STEVENS,
JAMES FLOY,
DANIEL WISE,
DAVID TERRY,

THOMAS CARLTON,
J. PORTER,
J. BENJ. EDWARDS,
W. A. COX.

TO TEACHERS AND LITERARY INSTITUTIONS.

IVISON PHINNEY & CO., New York, will send gratis and prepaid, on application, their NEW DESCRIPTIVE CATALOGUE (168 pages, 8vo.), of the

AMERICAN EDUCATIONAL SERIES, including the most approved and late initial and higher books in Spelling, Reading, Arithmetic, Mathematics, History, Geography, Writing, Music, Language, Chemistry, Philosophy, Botany, Geology, etc., making over 100 volumes of choice progressive

SCHOOL AND COLLEGE TEXT-BOOKS. THE EDUCATIONAL NEWS (No. 5 lately issued) sent free to Teachers.

Specimen Copies of Books to Teachers, and first supplies for Classes, on very liberal terms.

IVISON, PHINNEY & CO.,
Nos. 48 and 50 Walker Street, New York.

A GREAT WORK.

HYDROPATHIC ENCYCLOPEDIA:
ILLUSTRATED.

A Complete System of Hydropathy, embracing Anatomy, illustrated; Physiology of the Human Body; Hygienic Agencies, and the Preservation of Health; Dietetics and Cookery; Theory and Practice of Treatment; Special Pathology and Hydro-Therapeutics, including the Nature, Causes, Symptoms, and Treatment of all known Diseases; Application to Surgical Diseases and to Hydropathy, to Midwifery and the Nursery; with Three Hundred Engravings, and nearly One Thousand Pages, including a Glossary, Table of Contents and Index complete. By R. T. TRALL, M.D.

Almost every topic of interest in the departments of ANATOMY, PHYSIOLOGY, PATHOLOGY, HYGIENE, and THERAPEUTICS is briefly presented. The following is a brief analysis of its contents: HISTORY OF MEDICINE, of Bathing, and of Medicated Baths; ANATOMY, illustrated by one hundred and twenty engravings.

PHYSIOLOGY, illustrated: Muscular Action; Nervous Influence; Philosophy of Mind; Special Senses; Functions of Digestion, Circulation, Respiration, Absorption, Nutrition, Secretion, Excretion, Calorification, Temperaments, Races, and Theory of Population. Ample illustrated.

HYGIENE, embracing all the relations of Air, Light, Drink, Food, Temperature, Exercise, Sleep, Clothing, Bathing, the Excretions, and the Passions; Growth and Development of Body and Mind, the Preservation of Health, and the Attainment of Longevity.

NATURAL DIETETIC CHARACTER OF MAN, with Special Directions for the Preparation of Food; also Diet for Invalids; WATER-CURE—Philosophical Exposition of the Mucus Operandi of Water-Treatment; MANAGEMENT OF LYING-IN WOMEN, Treatment of Child n, etc.; TREATMENT OF SURGICAL DISEASES, illustrated with three hundred engravings. The work is a plain, intelligible, and a sufficient guide for Domestic Practice, or Home-Treatment.

A new edition of this great work has recently been printed, and may be had in one large volume. Price, prepaid by mail to any Post-office, only Three Dollars.

Address FOWLER AND WELLS,
No. 308 Broadway, New York.

AGENTS in every neighborhood will be supplied in packages of a dozen or more copies, by Express, or as Freight. Single copies by mail. Every family should have a copy.

THE BUILDER'S GUIDE; OR, COMPLETE SYSTEM OF ARCHITECTURE. Illustrated by Sixty-six Engravings, which exhibit the Orders of Architecture. Designed for the use of Builders, Carpenters, and Joiners. By Asher Benjamin. Sheep, \$2 50.
FOWLER AND WELLS,
308 Broadway, New York.

NEW
Anatomical and Physiological
PLATES.

By R. T. TRALL, M.D. Price \$12.
These plates were prepared expressly for lecturers and teachers, as well as for students. They represent all of the organs and principal structures of the human body *in situ*, and of the size of life. Every family ought to have a set, and every man, woman, and child ought to be familiar with the wonderful structures and functions which they so admirably illustrate. There are six in the set, as follows:

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

Dissections.—No. 2 is a complete dissection of the heart, exhibiting its valves and cavities, and the course of the blood. The large arteries and veins of the heart, lungs, and neck are displayed, with the windpipe and its bronchial ramifications; also the liver with its gall-bladder and ducts; the pancreas; the kidneys with their ureters and blood-vessels; the descending aorta, or large artery of the chest and abdomen, with its branches into the right and left iliac arteries; the ascending vena cava, or great vein of the abdomen and thorax; the uterus and its appendages—ovaries, fallopian tubes, round and broad ligaments, etc.

Nervous System.—No. 3. Side view of the brain, heart, lungs, liver, bowels, uterus, and bladder. Also the various subdivisions of the base of the brain, with the whole length of the spinal cord, showing the origin of all the cerebro-spinal nerves. Very useful to physicians, phrenologists, teachers, lecturers, and others.

The Eye and the Ear.—No. 4. The anatomy of the eye and ear, representing the arrangements of the minute blood-vessels, nerves, and other structures concerned in the functions of seeing and hearing. Beautifully colored.

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

Circulation.—Skin.—No. 6. The lobes of the lungs and cavities of the heart, valves, etc., with the large vessels of the circulation; also a minute dissection of the structures of the skin—the sebaceous follicles, sweat glands, etc.—exhibiting the extent and importance of the great depurating function of the surface. The most natural and best ever made.

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

FOWLER AND WELLS,
308 Broadway, New York.

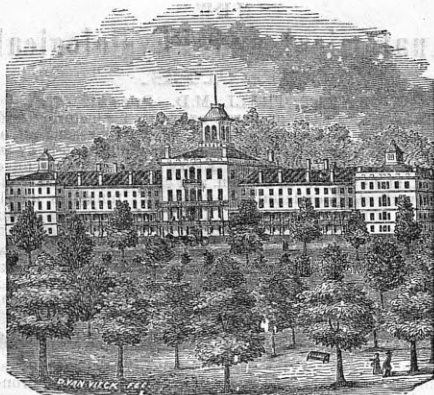
WANTED.—TWO COOKS, ONE Chambermaid, and one strong Man to take charge of a furnace at Dr. Trall's Water-Cure. None but able persons need apply. Address FANCHER & MILLER, 15 Lighthouse Street.

IMPORTANT WORK.

"THE MYSTERIES OF NATURE," explaining the physiological law of sex, and giving to parents and breeders of animals the control of the sex of offspring. The first edition of this remarkable work having been exhausted, it will now be sent, post-paid, by mail for \$1. Address TRALL & GORTON, No. 15 Lighthouse Street, New York. A liberal discount to agents and the trade.

CHART OF THE ANIMAL KINGDOM. By A. M. Redfield. This chart, which is in size 44 by 5 feet, presents the subject of Natural History before the student in the most plain and simple manner possible. The arrangement of its several parts is so harmonious and beautiful, the classification so lucid and orderly, the statements and explanations so brief, yet comprehensive, that it merits the attention of all classes, from the student desiring to take his first lessons in this great science, to the experienced naturalist. To render it, it possible, still more plain, the chart is accompanied by a book of 700 pages, entitled, ZOOLOGICAL SCIENCE; or, Nature in Living Forms; illustrated by numerous plates. The chart and book are furnished for Ten Dollars. Not mailable.
FOWLER AND WELLS, 308 Broadway, New York.

THE NEW ILLUSTRATED SELF-INSTRUCTOR IN PHRENOLOGY AND PHYSIOLOGY, with more than a Hundred Engraved Portraits of Remarkable Men and Women. This excellent practical work, written for the information and improvement of all, embraces, among other topics: THE LAWS OF LIFE; Hereditary Influences; Health—How to Preserve it; Temperaments—Illustrated; SIGNS OF CHARACTER; Principles and Proof of Phrenology; Analysis and Classification of the Faculties; and a Chart for Recording Examinations. A handy 12mo vol., revised and enlarged, bound with gilt back and sides. Prepaid by mail, only 50 cents.
FOWLER AND WELLS, 308 Broadway, New York.



ROUND HILL WATER-CURE

AND HOTEL, AT NORTHAMPTON, MASS.

H. HALSTED, M.D., Proprietor and Principal Physician.

WHAT THE PRESS SAY OF US.

"DR. HALSTED AND HIS PRACTICE.—Our readers and the public are not unfamiliar with the name of Dr. Halsted, the proprietor of the famous Round Hill Water-Cure. The Doctor's treatment of disease, known as the 'Motorpathic System,' has produced wonderful and gratifying success, where all others signally failed. This is especially efficient where the body is debilitated and 'run down.' It is also of marked merit in the cure of diseases incident to females, as many in this city can testify. We are knowing to many surprising cures effected by the Doctor, and in cases where other physicians confessed themselves unable to accomplish any good. Being a physician of professional and scientific attainment, and having had the benefit of large experience and extensive practice, he can be consulted by all with entire confidence. His specialty, we should state, is the treatment of female diseases."

Miscellaneous.

MAXIMS OF LIFE;

OR, HOW TO BE HAPPY.

Keep good company, or none. Never be idle.

If your hands can not be usefully employed, attend to the cultivation of your mind.

Live up to your engagements. Keep your own secrets, if you have any.

When you speak to a person, look him in the face.

Good character is above all things else.

Your character can not be essentially injured except by your own acts.

If any one speaks evil of you, let your life be so that none will believe him.

Drink no kind of Intoxicating Liquors.

Ever live (misfortunes excepted) within your income.

When you retire to bed, think over what you have been doing during the day.

Make no haste to be rich, if you would prosper.

Small and steady gains give competency with tranquillity of mind.

Never play at any game of chance.

Avoid temptation, through fear you may not withstand it.

Earn money before you spend it.

Never run into debt unless you see a way to get out again.

Never borrow, if you can possibly avoid it.

Never speak evil of any one.

Be just before you are generous.

Keep yourself innocent if you would be happy.

Save when you are young to spend when you are old.

"Whatsoever ye would that men should do to you, do ye even so to them."

In this country, the mortality of children is increasing with terrible rapidity. In Boston, the percentage of deaths of children under 10 doubled from 1830 to 1850. In New York, the deaths of children to each 100,000 inhabitants have more than trebled since 1810.

The average length of life in this country is diminishing at an alarming rate, it having sunk in the three principal cities as follows:

	New York.	Philadelphia.	Boston.
1810-20.....	26	25	25
1844.....	20	22	21½
1860.....	15	20	20

So much for dirty streets, cesspools, unventilated houses, and druggopathy.

BREATHE fresh air if you would live long. In New England, farmers, who pass their days out of doors, live to an average age of 64 years. The average age of persons who have in-door occupations at death is, in Massachusetts and Rhode Island: Shoemakers, 43; tailors, 42½; editors, 41; druggists, jewelers, and teachers, from 39 to 40; machinists, 38½; printers, 36½. Fresh air, therefore, almost doubles a man's life, while it more than doubles his capacity for enjoyment.

ENGLAND gives her prisoners each a thousand cubic feet of air to breathe; in the class-rooms of our school-houses, in New York, we give our children from 50 to 150 feet each. And the prisoner has ventilation, while the scholar generally has none.

SENSIBLE.—The School Committee have forbidden the assignment of lessons for study out of school in the Boston schools for girls. The city physician has become convinced of the alarming evils resulting from such studies. The system of cramming the young brain; keeping up an unremitting pressure during in and out of school hours is pernicious, wicked, and suicidal, frequently resulting in broken constitutions, feebleness, insanity, and death.

THEY WON'T DO IT.—Sixty-six physicians of Virginia have signed a card stating that they are informed that some medical men of Richmond are attending patients by the year, for a specific sum, and believing that this practice is injurious to the interests and derogatory to the honor of the medical profession, as well as hazardous to the patient, they reaffirm the opinion of the "Medical Society of Virginia," as expressed in the "Code of Ethics," and of the profession of the city, as expressed in a resolution appended to the "tariff fees," and therefore pledge not to attend patients by the year, and to refuse consultations with any physician who may directly or indirectly be guilty of such practice.

Well, now, what's the harm? why not pay physicians for keeping their customers in good health, as well as to pay them for giving bitter pills when ill? If we were the people of Virginia, we'd just pledge ourselves not to employ the very dignified drug doctors who put on such airs, go on stilts, and "kill or cure" according to the "Kode of Ethics," and old school "Physick." We'd keep our "tariff fees" in our pockets, and tell the Wise doctors of Virginia to — "play on a harp of a thousand strings," or whistle, rather than to experiment on the bodies of

Yours truly,

SUNSHINE.

A DYING West India planter, groaning to his favorite servant, sighed out, "Ah, Sambo, I am going on a long, long journey." "Never mind, massa," said the negro, consolingly, "it am all de way down hill."

MARRIAGE OF NEAR RELATIVES.—The Ohio Legislature has been passing some laws on this subject, and if one half is true that has been affirmed in regard to the effect of cousins intermarrying, it would seem as if it were the duty of parents and guardians to interfere, and even of all State Legislatures to do what can well be done to prevent so injurious a custom. It is said that in Massachusetts, out of 17 families formed by the marriage of cousins, there were 95 children; and in Ohio, in 873 such families, there were 3,900 children. It would thus seem that the average number of children is not diminished by such intermarriages, the Massachusetts statistics giving 5½ children to each such marriage. But out of these 95 children, 44 were idiots, 12 scrofulous, and only 37 in tolerable health, while in Ohio 2,490 out of 3,900 were either intellectually or physically defective. In all families some of the children will be more or less defective, and were careful records made, the proportion of perfectly healthy children would be found smaller than most imagine. But 44 idiots out of 95 children is a proportion, if true, sufficient to startle any one, and to demand some vigorous remedy. The records and inquiries of insane and idiotic asylums might throw great further light upon this subject. In one case of double cousins, 9 children—all there were—were idiots of low grade. Enough, then, may be demonstrated to make all sensible cousins abstain from marrying. Families, like the opening leaves of a flower, are formed not to grow together, but apart. Friends and guardians, and all who have the confidence of the young; ministers and medical attendants, should bear such facts in mind, and exert the full measure of their intelligence and influence to prevent such unions.—*Phil. Ledger.*

We have been trying for years to open the eyes of the people on this subject, and are glad to see attention is being awakened in the right quarters. "Fowler's Hereditary Descent" (price 87c.) treats the question by the light of Phrenology and Physiology, and consequently scientifically.

"THIN SHOES—THIN SHOES."—Yesterday at three o'clock a young lady of sixteen summers took final leave of father, mother, and all earthly friends, including a husband to whom she had been married less than a year. A sad half honeymoon has it been to her and her husband, as well as her parents, who doted over this, their only child, for even a year ago the alarming hectic elicited the whisper of possible consumption.

Like thousands of others, blooming in youth, she heeded not sufficiently the kind caution against little violations of the laws of health, and admired very little feet. Yesterday a very dear friend about her age, who instinctively hovered about the dying bed of her youthful friend, was present when the interesting scene closed.

During the leave taking, which occupied considerable time on account of the shortness of breath, the dying bride looked earnestly at her young friend and said, "Mattie, come here," and then summoning her strength for an extra effort, added, "thin shoes—thin shoe."

At what a fearful cost was that lesson learned, and how few seem willing to learn it for less! Tomorrow, in her full wedding robes, Lizzie passes to the silent tomb, leaving with the thousand pleasant recollections of her almost faultless life the eloquent sermon contained in these expressive words, "Thin shoes—thin shoes."—*Cleveland Plaindealer.*

PADDY was summoned to court for refusing to pay a doctor's bill. Judge—"Why do you refuse to pay?" Paddy—"What for should I pay? shure did he give me anything but emetics? and the never a one could I keep on my s'omach at all, at all."