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FAMILIAR LETTERS—No. 10. TO THE STUDENTS AND GRADUATES OF THE NEW YORK HYDROPATHIC MEDICAL COLLEGE.

GENTLEMEN AND LADIES—How completely, though slowly, we are upsetting the old ideas in regard to the curability of disease! More than two thirds of all the patients who come to "Our Home" for treatment, and who are either greatly benefited or get entirely cured, have been pronounced by physicians of other schools who have had them in charge to be hopelessly incurable. And well they might be; for of such a drugged set as they are, the public has no sort of conception, nor have the physicians much better who previously had them in charge.

It has been a favorite plan of mine to keep for years a private record of the conditions in which I found my patients upon examination. If you have any interest in looking over the experience of a single physician in this direction succinctly stated, you will find an illustration of my own practice in the advertising columns of this present number. To show you more minutely what sort of cases come into my hands for restoration, I give you below the exposition handed me by a *clergyman* well known in New England, who is at present a patient at Our Home, and is doing admirably under the immediate superintendence of our house-physician, Dr. Hurd. Let me sketch this minister of the gospel to you in detail, so that perhaps you will be able to get a glimpse of him.

He is full six feet in height, and not remarkably stout-built, but the different portions of his body are relatively well put together. He has a fine head, marking him as the possessor of a mind active while profound, sagacious yet cautious, impulsive yet calculating. He is as good a type of man—such as frequently crop out in the black scrofula family—as one could wish to behold. His temperament is nervous-bilious. Constitutionally he possesses large Alimentiveness, with high-wrought sensitiveness in the digestive organs, so as almost inevitably to make him a nervous-dyspeptic, whose dyspepsia would show itself particularly in the form of nervous sick-headache. Now, one with an organization like this would, early in life, exhibit strong tendencies to excessive activity, and therefore would demand great regularity and simplicity in all his habits, if sickness was to be avoided. But his parents knew nothing about the laws of life. Whatever religious instruction they gave their son most manifestly had reference to states of *mind* and of *heart*, and carried no significance into the department of his physical structure, and he was left to grow up in the *daily* use of life-force enough to have answered a *week's* existence.

When adolescence came, then came sick headache; when that came, then came the doctor; when the doctor came, came drugs; when drugs came, then came confirmed illness; and when this group gathered about, around, and in this lad, all the joyousness and pleasure of life left him. From that day till he came to me, his bodily health has been such as to cast him into little less than a hell upon earth. When he became a man, he became a minister, and studied theology. This, as he studied it, taught him the moralities as between himself and his neighbors, taught him the divinities as between God and his own soul, taught him the relations as between this life and the next, but never taught him a word as between this life and its immense sources of happiness or misery as relating to his *physical* existence. Hence, while a man of the keenest sensibilities to *spiritual* enjoyment, he has also been the possessor of the keenest sensitiveness to *physical* suffering. And while he has striven with all his might and main to grow in *grace*, his body—which he has never had in subjection—has come pretty near making him a "cast-away." Latterly, he

has had a revelation in regard to the meaning of Paul, when he said, "I keep my body in subjection, lest otherwise I might be a cast-away."

How many hundreds and thousands on thousands of professing Christians there are at this moment on the earth's surface, who are almost "cast-aways" by reason of their failure to keep their bodies in subjection. Now, this minister of Christ has not been unaware all this while of the fact that his bodily conditions stood across the path of his progress in the divine life. His instincts taught him this. They teach us all so. No sick man was ever so grossly befogged as to be led to believe that sickness (which always is the product of sin) can be the means of growth in grace. Were it so, then Paul's teachings might be inverted, and men might sin that grace might abound. Sin does not help a man in his search after holiness. Sin points her long finger the other way. She whispers, in the ears of all who will listen to her, just such teachings as Satan whispered into Eve's ear. She tells us that death does not come from disobedience. She lies, for she gave him birth. She did not, however, succeed in deluding my friend by any of her cunningly contrived sophistries. He kept himself alive all the while to the fact that sickness was a great hindrance to him. It cost him great suffering. It debilitated him. It weakened him not only in his *power* of thought, but deranged the *order* of his thought. It actually, at times, when its violence was at paroxysmal height, not only rendered him incapable of all manly and noble endeavor in any direction, but, after the subsidence of the attack, he found himself as one would expect to find a child when released from the gripe of a giant—feeble, resoluteless, void of aspiration, his whole nature as thoroughly unstrung as a bow is when unbent, and the strongest desire at the moment often was, that he might die.

There are a great many persons whose experience in the main has been like this man's—an experience, as I have said above, not likely to lead him to suppose that sickness is normally allied to sanctification, or disease to health, or death to life, or the devil to Christ. But, after all, it did operate upon him educationally. It trained him, tutored him, developed him, educated him, shaped his external life falsely, and fashioned his character after its own model. Do you know, gentlemen

and ladies, how many good, really honest, upright Christian people there are in this broad land who spend half their time in deploring their proclivities to sin, whose knees have worn holes in their closet floors, under the pressure of their bent bodies, as they have begged the Saviour to forgive them their sins, while with weeping eyes, and faces—now flushed to redness, then white as alabaster—they have wrung their hands in mortification and remorse, as the recollections of their own deviations from right and truth swelled up to their consciousness in dread array? Well, two thirds of all these have this compunction and repentance, mingled with strong cryings and tears, to go through with, simply because they have never yet been made acquainted with the devil's tactics. They have not been enlightened as to the true method of protecting themselves against his insidious and vile approaches. This has been the case with the subject of this sketch. Till latterly he has not known how to bring the great redemptive, saving force that there is in Christ, to bear upon the devilish forces that have been garnered up in his body. And thus, if his experience has been at all like my own, he has felt what Paul said that *he* felt, that there was "a law in his members warring against the law in his mind, so that when he would do good, evil was present with him. When you read what he has reported of himself below, you would not be surprised had he, like Paul, more than once exclaimed, "Oh! wretched man that I am! Who shall deliver me from the body of this death?"

It is an instructive fact that Christ, His apostles—and especially the Apostle Paul—after Him, should have labored so earnestly to teach Christians *how to make their bodies and souls cease their antagonisms, by a surrender of the flesh to the spirit.* And it is not less instructive, though sad, to learn that nineteen centuries afterward these teachings are so poorly understood, appreciated, and felt by their disciples. Not by any means unfrequently do I find my patients (simply from the fact that the lusts of the flesh have warred against the soul until dethronement of the latter has been made, and complete usurpation had been established) suffering agonies that are indescribable. Such wretchedness as their faces show, such evident gnawings of despair at their heart-strings, such sense of their forsaken condition, such feeble views of the Saviour's power to help them, such longings for eternal forgetfulness, such strong and almost overpowering temptations to suicide, one can hardly believe could exist in persons professedly pious, till all doubt is expelled under such opportunities as my professional practice furnishes me. Grouped together, these become visible in the results of a violation of God's physical laws, made manifest not unfrequently in those who have been redeemed by the blood of Christ, and who in former periods of their lives were jubilant in the consciousness of a union with him.

I do not know that the gentleman whose case I now present to you as an instance of a life spent in a physically wrong direction has ever experienced any of these states of terrible *spiritual* depression, when the devil hangs between the soul and its rightful king a veil as deep in its darkness as that which overspread Egypt when God's destroying angel smote to death all her firstborn; but my record-book has full pages of such instances, and one can hardly imagine how this gentleman could have been an exception, when it comes to be seen what monstrous violations of the laws upon which life and health depend he committed, and that, too, in search *after* health and life. In proof of which I submit to you his own statement of the various methods adopted by him to overcome his sick headache; for that is the term which has been given to his disease.

STATEMENT OF REV. D. T. TAYLOR.

DR. JACKSON—My Dear Sir: As near as I can recollect, since seventeen years ago I have been attended by, and taken the medicines from, twenty different physicians—allopathic,

homeopathic, eclectic, botanic, and motorpathic. I have been bled *once*, have taken *several* emetics, have had on my body twelve blisters, and mustard poultices without number. One allopathic physician, seventeen years ago, gave me about one hundred grains of calomel, until some salivation ensued, and the teeth were some sore and loose. I took it in twelve different doses. Another gave me quinine in powerful doses every three hours for two weeks, then every six hours for two weeks longer, then the *bark* for six weeks following, three times a day. Another gave me *opium*—three pills a day for three or four weeks. Four years since another gave me *strychnine* and *stramonium*, mingled with *iron* and *quinine*, twice every day for two or three months.

I have used, in the crude form, sulphur, cream-of-tartar, opium, Dover's powders, morphine, stramonium, strychnine, belladonna, ferrum, potassium, digitalis, niter, assafoetida, tar-water, lime-water, ipecac, tartar-emeticus, lobelia, jalap, pink and senna—the first fourteen in repeated doses, week after week, under allopathic treatment.

I have used of "Sick-Headache Remedy," three bottles; Poland's "Sick-Headache Killer," one bottle; Eastman's "Infallible Sick-Headache Remedy," two boxes; Hutchins' headache-pills, two boxes, and Dr. Town's headache-pills, twelve boxes. Total bottles and boxes, twenty.

I have swallowed of Brandreth's, Ayer's, Wright's, Moffat's, and other vegetable pills, not less than twenty-five boxes. I have used of

Sands' Sarsaparilla.....	6 bottles
Bull's ".....	6 "
Townsend's ".....	6 "
Brandt's Indian Syrup.....	6 "
Clark's Syrup.....	6 "
Pulmonary Balsam.....	6 "
Perry Davis and other Pain-Killers.....	8 "
Morse's Cordial.....	3 "
Other Syrups.....	12 "
Phoenix Bitters.....	6 "
Pierce's Bitters.....	4 "
Ayer's Cherry Pectoral.....	1 "
Fitch's Heart Corrector.....	4 "
Kennedy's Medical Discovery.....	1 "
Ham's Spirit.....	1 "
Oxygenated Bitters.....	2 "
Langley's Bitters.....	2 "
Other Bitters, not less than.....	10 "

Total.....90

I have used upon my body as many as twenty bottles and boxes of ointment, and ten of liniment.

I took the vegetable remedies of a botanical-electrical therapist four times a day, for eight months in succession. I have used homeopathy as a common family medicine, in dilutions, attenuations, pellets, and mother-tinctures, in some forty varieties—taking doses nearly every day for eight years past.

In conclusion, I have used the prescription of "the retired clergyman whose sands of life are nearly run out." Finally, I have used myself up. I find I have paid out for drugs and medicines during the past six years, for myself alone, the sum of \$160. Yours for reform.

D. T. TAYLOR.

With such a working apothecary shop I have to deal. And should I fail to restore him to health, three fourths of his friends in New England will say: "There! that's your wonderful Water-Cure, is it, that heals everything, and almost brings the dead to life; we knew 'twould turn out so when Brother Taylor went. Water-Cure may be good for some people, but it is of no use in *his* case. He wants something more *powerful* than water. If, instead of going up to Jackson's Cure, he had taken some of Dr. Parr's Life (?) Pills, he would have been all right now."

It is such sort of illustrators of the regenerating power of the gospel that the world has for its teachers, and the church for its guides. For it is true—sadly, lamentably true—that the clergymen

in our country are generally in ill health, their wives are feeble, and their children delicate; and that they are in the habitual use of drug-poisons either prescribed by physicians or patent-medicine makers, for the purpose of overcoming their morbid conditions. When mutiny and rebellion get into a camp, they are more dangerous if they have seduced officers than they could be were they to seduce only privates. When the devil makes the standard-bearers in the Christian host *sick*, who is to keep the flag unfurled whose waving folds fan the sinner's cheeks, and make him sigh for a home

"In the land of the blest?"

I never feel so depressed in spirit as I do when I have sick clergymen to cure. They are so ignorant of "the way of life on earth," as Jesus manifested it in His own person, that I can not forbear crying—

"Help, Lord! for the godly man ceaseth,
For the faithful fall from among the children of men."

However, we must not despair. Let us rather be vigilant and true, and see that through *us* THE LIGHT shineth, "for the grace of God, that bringeth salvation, hath appeared unto all men, teaching them that, denying themselves all ungodliness and *worldly* lusts, they should live soberly and righteously in this *present* world." I am for the truth and the right yours,

JAMES C. JACKSON, M.D.

HYGIENIC AND DRUG MEDICATION CONTRASTED.

ALL that I have said, shall say, or can say against drug medication, and in favor of the Hygienic system, is more than confirmed by the standard authors and living teachers of the drug system. I will give a few specimens of their testimonies on these points. And first, let me introduce to the reader some of the most eminent of the living professors of our Medical Colleges.

"LOOK ON THIS PICTURE."

Said the venerable Prof. Alex. H. Stevens, M.D., of the New York College of Physicians and Surgeons, in a recent lecture to the medical class: "The older physicians grow, the more skeptical they become of the virtues of medicine, and the more they are disposed to trust to the powers of nature." Again: "Notwithstanding all of our boasted improvements, patients suffer as much as they did forty years ago." And again: "The reason medicine has advanced so slowly, is because physicians have studied the writings of their predecessors, instead of nature."

The venerable Prof. Jos. M. Smith, M.D., of the same school, testifies: "All medicines which enter the circulation, *poison the blood* in the same manner as do the poisons that produce disease." Again: "Drugs do not cure disease; disease is always cured by the *vis medicatrix naturæ*." And again: "Digitalis has *hurried thousands to the grave*." Dr. Hosack, formerly a professor in this College, used to say, that it derived its name from the fact that it *pointed the way to the grave*." And yet again: "Prussic acid was once extensively used in the treatment of consumption, both in Europe and America; but its reputation is now lost. Thousands of patients were treated with it, but not a case was benefited. On the contrary, *hundreds were hurried to the grave*."

Says Prof. C. A. Gilman, M.D., of the same school: "Many of the chronic diseases of adults are caused by the *maltreatment* of infantile diseases." Again: "Blisters nearly always produce

death when applied to children." Again: "I give mercury to children when I wish to depress the powers of life." And again: "The application of opium to the true skin of an infant is very likely to produce death." And yet again: "A single drop of laudanum will often destroy the life of an infant." And once more: "Four grains of calomel will often kill an adult." And, finally: "A mild mercurial course, and mildly cutting a man's throat, are synonymous terms."

Says Prof. Alonzo Clark, M.D., of the same school: "From thirty to sixty grains of calomel have been given very young children for croup." Again: "Apoplectic patients, who are not bled, have double the chance to recover that those have who are bled." And again: "Physicians have learned that more harm than good has been done by the use of drugs in the treatment of measles, scarlatina, and other self-limited diseases." And yet again: "My experience is, that croup can't well be cured; at least, the success of treatment is very doubtful. A different mode of treatment is introduced yearly, to be succeeded by another the next year." Once more: "Ten thousand times ten thousand methods have been tried, in vain, to cure diabetes." Still another: "In their zeal to do good, physicians have done much harm. They have hurried many to the grave who would have recovered if left to nature." And, finally: "All of our curative agents are poisons; and, as a consequence, every dose diminishes the patient's vitality."

Says Prof. W. Parker, M.D., of the same school: "I have no confidence in gonorrheal specifics." Again: "Nearly all cases of urethral stricture are caused by strong injections." And again: "The usual treatment of syphilis, by mercury, causes atheromatous deposits in the coats of the arteries, pre disposing to apoplexy." And yet again: "It must be confessed that the administration of remedies is conducted more in an empirical than in a rational manner." Once more: "The pains of which patients with secondary and tertiary syphilis complain are not referable to the syphilitic poison, but to the mercury with which they have been drugged." And, finally: "Of all sciences, medicine is the most uncertain."

Says Prof. E. H. Davis, M.D., of the New York Medical College: "Tablespoonful doses—480 grains—of calomel have been given in cholera." Again: "The *modus operandi* of medicines is still a very obscure subject. We know they operate, but exactly how they operate is entirely unknown." And again: "The vital effects of medicines are very little understood; it is a term used to cover our ignorance."

Says Prof. E. R. Peaslee, M.D., of the same school: "The administration of powerful medicines is the most fruitful cause of derangements of the digestion." Again: "The giving of morphine, or other sedatives, to check the cough in consumption, is a pernicious practice."

Says Prof. Horace Green, M.D., of the same school: "The confidence you have in medicine will be dissipated by experience in treating diseases." Again: "Cod-liver oil has no curative power in tuberculosis."

Says Prof. H. G. Cox, M.D., of the same school: "There is much truth in the statement of Dr. Hughes Bennett, that blood-letting is always in-

jurious, and never necessary, and I am inclined to think it entirely correct." Again: "Bleeding in pneumonia doubles the mortality." And again: "Calomel does no good in pneumonia." And yet again: "The fewer remedies you employ in any disease, the better for your patient." And once more: "Mercury is a sheet-anchor in fevers; but it is an anchor that moors your patient to the grave."

Says Prof. B. F. Barker, M.D., of the same school: "The drugs which are administered for the cure of scarlet fever and measles, kill far more than those diseases do." I have recently given no medicine in their treatment, and have had excellent success." Again: "I have known several ladies become habitual drunkards, the primary cause being a taste for stimulants, which was acquired in consequence of alcoholic drink being administered to them as medicine." And again: "I am inclined to think that mercury, given as an aplastic agent, does far more harm than good." And yet again: "I incline to the belief that bleeding is injurious and unnecessary." Once more: "There is, I am sorry to say, as much empiricism in the medical profession as out of it." And, finally: "Instead of investigating for themselves, medical authors have copied the errors of their predecessors, and have thus retarded the progress of medical science, and perpetuated error."

Says Prof. J. W. Carson, M.D., of the same school: "It is easy to destroy the life of an infant. This you will find when you enter practice. You will find that a slight scratch of the pen, which dictates a little too much of a remedy, will snuff out the infant's life; and when you next visit your patient, you will find that the child which you left cheerful a few hours previously, is stiff and cold. Beware, then, how you use your remedies!" Again: "We do not know whether our patients recover because we give medicine, or because nature cures them. Perhaps bread-pills would cure as many as medicine."

Says Prof. E. S. Carr, M.D., of the New York University Medical School: "All drugs are more or less adulterated; and as not more than one physician in a hundred has sufficient knowledge in chemistry to detect impurities, the physician seldom knows just how much of a remedy he is prescribing." Again: "Mercury, when administered in any form, is taken into the circulation, and carried to every tissue of the body. The effects of mercury are not for a day, but for all time. It often lodges in the bones, occasionally causing pain years after it is administered. I have often detected metallic mercury in the bones of patients who had been treated with this subtle poisonous agent."

Says Prof. S. St. John, M.D., of the same school: "All medicines are poisonous."

Says Prof. A. Dean, LL.D., of the same school: "Mercury, when introduced into the system, always acts as a poison."

Says Prof. Martin Paine, M.D., of the same school: "Our remedial agents are themselves morbid." Again: "Our medicines act upon the system in the same manner as do the remote causes of disease." And again: "Drug medicines do but cure one disease by producing another."

Says Prof. S. D. Gross, M.D., late of the New York University Medical School, now of the Louisville (Ky.) Medical College: "Of the essence of disease very little is known; indeed, nothing at all."

Such being the deliberate assertions, declarations, and confessions of those who advocate, teach, and practice the drug system, let us see next what they say of the system which we advocate, and which they oppose.

"AND NOW LOOK ON THIS."

Says Prof. Parker: "As we place more confidence in nature, and less in preparations of the apothecary, mortality diminishes." Again: "Hygiene is of far more value in the treatment of disease than drugs." And again: "I wish the

materia medica was in Guinea, and that you would study *materia alimentaria*." And yet again: "You are taught learnedly about *materia medica*, and but little about diet." Once more: "We will have less mortality when people eat to live." And, finally: "I have cured granulations of the eyes, in chronic conjunctivitis, by Hygienic treatment, after all kinds of drug applications had failed."

Says Prof. Carson: "Water is the best diaphoretic we have." Again: "My preceptor used to give colored water to his patients; and it was noticed that those who took the water recovered more rapidly than those of another physician, who bled his patients."

Says Prof. Clark: "Pure cold air is the best tonic the patient can take." Again: "Many different plans have been tried for the cure of consumption, but the result of all has been unsatisfactory. We are not acquainted with any agents that will cure consumption. We must rely on Hygiene." And again: "Cream is far better for tubercular patients than cod-liver oil, or any other kind of oil." And yet again: "In scarlet fever you have nothing to rely on but the *vis medicatrix nature*." Once more: "A hundred different and unsuccessful pains have been tried for the cure of cholera. I think I shall leave my patients, hereafter, nearly entirely to nature; as I have seen patients abandoned to die and left to nature, recover, while patients who were treated died." And, finally: "A sponge-bath will often do more to quiet restless, feverish patients than an anodyne."

Says Prof. Barker: "The more simple the treatment in infantile diseases, the better the result."

Says Prof. Peaslee: "Water constitutes about eight tenths of the weight of the human body, and is its most indispensable constituent." Again: "Water is the only necessary—the only natural—drink."

Says Prof. Gilman: "Every season has its fashionable remedy for consumption; but Hygienic treatment is of far more value than all drugs combined." Again: "Cold affusion is the best antidote for narcotic poisoning. If the medical profession were to learn and appreciate this fact [Why don't they learn it?—R. T. T.], the number of deaths from narcotism would be diminished one half." And again: "The continued application of cold water has more power to prevent inflammation than any other remedy." And yet again: "The application of water to the external surface of the abdomen, is of great importance and value in the treatment of dysentery. I have also cured adults by this means alone." Once more: "Water is equal in efficacy, as a diuretic, to all other diuretics combined. Water is the thing that produces diuresis; all other means are subordinate." And, finally: "Water is the best febrifuge we have."

Says Prof. Smith: "The vapor of warm water is the most efficacious expectorant we have." Again: "Abstinence from food is one of the most powerful antiphlogistic means."

To the above testimonials against the drug system, and in favor of the Hygienic, I will add the opinions of a few of the standard authors of the Allopathic School:

LOOK ON THIS, ALSO.

"I have no faith whatever in medicine."

Dr. BAILLIE, of London.

"The medical practice of our day is, at the best, a most uncertain and unsatisfactory system; it has neither philosophy nor common sense to commend it to confidence."

Prof. EVANS,

Fellow of the Royal College, London.

"Gentlemen, ninety-nine out of every hundred medical facts are medical lies; and medical doctrines are, for the most part, stark, staring nonsense."

Prof. GREGORY,
of Edinburgh, Scotland.

"I am incessantly led to make an apology for the instability of the theories and practice of

physic. Those physicians generally become the most eminent who have most thoroughly emancipated themselves from the tyranny of the schools of medicine. Dissections daily convince us of our ignorance of disease, and cause us to blush at our prescriptions. What mischiefs have we not done under the belief of false facts and false theories! We have assisted in multiplying diseases: we have done more: we have increased their fatality." BENJAMIN RUSH, M.D., Formerly Prof. in the first Med. College in Phila.

"It can not be denied that the present system of medicine is a burning shame to its professors, if indeed a series of vague and uncertain incongruities deserves to be called by that name. How rarely do our medicines do good! How often do they make our patients really worse! I fearlessly assert that in most cases the sufferer would be safer without a physician than with one. I have seen enough of the mal-practice of my professional brethren to warrant the strong language I employ." DR. RAMAGE, Fellow of the Royal College, London.

"Assuredly the uncertain and most unsatisfactory art that we call medical science, is no science at all, but a jumble of inconsistent opinions; of conclusions hastily and often incorrectly drawn; of facts misunderstood or perverted; of comparisons without analogy; of hypotheses without reason, and theories not only useless, but dangerous."—*Dublin Medical Journal*.

"Some patients get well with the aid of medicine; more without it; and still more in spite of it." SIR JOHN FORBES, M.D., F.R.S., Physician to Queen Victoria.

"Thousands are annually slaughtered in the quiet sick-room. Governments should at once either banish medical men, and proscribe their blundering art, or they should adopt some better means to protect the lives of the people than at present prevail, when they look far less after the practice of this dangerous profession, and the murders committed in it, than after the lowest trades." DR. FRANK, An eminent European Author and Practitioner.

"Let us no longer wonder at the lamentable want of success which marks our practice, when there is scarcely a sound physiological principle among us. I hesitate not to declare, no matter how sorely I shall wound our vanity, that so gross is our ignorance of the real nature of the physiological disorder called disease, that it would, perhaps, be better to do nothing, and resign the complaint into the hands of nature, than to act as we are frequently compelled to do, without knowing the why and the wherefore of our conduct, at the obvious risk of hastening the end of our patient." M. MAGENDIE, The eminent French Physiologist and Pathologist.

"I may observe that, of the whole number of fatal cases in infancy, a great proportion occur from the inappropriate or undue application of exhausting remedies."

DR. MARSHALL HALL, The distinguished English Physiologist.

"Our actual information or knowledge of disease does not increase in proportion to our experimental practice. Every dose of medicine given is a blind experiment upon the vitality of the patient." DR. BOSTOCK, Author of the "History of Medicine."

"I wish not to detract from the exalted profession to which I have the honor to belong, and which includes many of my warmest and most valued friends; yet it can not answer to my conscience to withhold the acknowledgment of my firm belief, that the medical profession (with its prevailing mode of practice) is productive of vastly more evil than good; and were it absolutely abolished, mankind would be infinitely the gainers." FRANCIS COGGSWELL, M.D., of Boston.

"The science of medicine is a barbarous jargon, and the effects of our medicines on the human system in the highest degree uncertain, except,

indeed, that they have destroyed more lives than war, pestilence, and famine combined."

JOHN MASON GOOD, M.D., F.R.S., Author of "Book of Nature," "A System of Nosology," "Study of Medicine," etc.

"I declare, as my conscientious conviction, founded on long experience and reflection, that if there was not a single physician, surgeon, midwife, chemist, apothecary, druggist, nor drug on the face of the earth, there would be less sickness and less mortality than now prevail."

JAMES JOHNSON, M.D., F.R.S., Editor of the *Medico-Chirurgical Review*.

These extracts, which might very easily be extended so as to fill a large volume, shall conclude with the following confession and declaration deliberately adopted and recorded by the members of the National Medical Convention, representing the elite of the profession of the United States, held in St. Louis, Mo., a few years ago:

"It is wholly incontestable that there exists a wide-spread dissatisfaction with what is called the regular or old allopathic system of medical practice. Multitudes of people in this country and in Europe express an utter want of confidence in physicians and their physic. The cause is evident: erroneous theory, and, springing from it, injurious, often—very often—FATAL PRACTICE! Nothing will now subserve the absolute requisitions of an intelligent community but a medical doctrine grounded upon right reason, in harmony with and avouched by the unerring laws of nature and of the vital organism, and authenticated and confirmed by successful results."

And now, since the assembled wisdom of the medical profession of this country has condemned its own system "as erroneous in theory" and "fatal in practice," let us turn to the processes and appliances of the Hygeio-Therapeutic system. —[From *Water-Cure for the Million*.]

HOW WE TREATED FATHER'S FOOT.

BY HARRIET N. AUSTIN, M.D.

He was down in the printing-office the other evening, and, standing by a table or desk, a roller, weighing fifty-five pounds, rolled off and fell about three feet, striking on the flat part of his foot. It probably would have crushed it but for the iron flanges at the ends which served as a partial protection. As it was, the concussion was very severe; and by the time a carriage could be procured, and he brought home, the blood was settling in the parts and causing a very extensive "black and blueness." We immediately placed him in bed; and as he lay on his back, bent his knee and placed his foot in a vessel of water as warm as he could well bear it. This we continued, adding hot water as it grew cold, for about three quarters of an hour, till the intense pain was considerably relieved and the foot had resumed its natural color, with the exception of a small surface where the skin was abraded. We then poured cool water over it, wiped dry, covered the top with a cold wet compress of eight or ten thicknesses of soft linen, enveloped the whole in wrappings of flannel, and left him for the night. The compress was not removed till the next evening, being wet with a sponge when dry. When it was removed, the foot was found to be considerably swollen, but with scarcely any discoloration. It was then fomented for an hour, with flannels wet in hot water, and renewed as often as they grew cool, which reduced the swelling and also the pain which had continued in some degree, and was again enveloped in cool compresses. This was some days since, and the foot is doing well in

spite of the fact that it is used too much every day.

This, then, is our plan for treating a bruise. We always apply hot water, in some way, as soon as possible, which seems to liquefy the blood and prevent its accumulation and stagnation in the injured capillaries. And we never use hot water in any form, without making cool or cold applications after it, for the purpose of constringing and giving tone to all the vessels of the parts subjected to the influence of the hot applications. This is a secret worth knowing. In the old-fashioned way of taking hot foot-baths for colds, etc., by soaking the feet in hot water for half an hour and then going to bed, there had to be the greatest care to guard against exposure afterward, to prevent taking cold. But one may take such baths with impunity, if he will plunge the feet into cold water two or three times afterward.

Now, like the ministers, I draw some reflections from my subject. And, first—Those persons who represent that hydropathists, or hygeio-therapeutists, depend entirely upon cold water as a curative agent, are very ignorant of our principles and our practice, or are very dishonest. Water is but one of our agencies, and I am satisfied that most intelligent physicians who have had much experience in its use, oftener apply it tepid or cool, than cold. And when it is needful to make a sudden and decided impression on the nervous system or on the circulation, hot water is quite as frequently adapted to the case as cold water. So the term cold Water-Cure can not be appropriately applied by its friends or foes.

Second—Water-Cure, in a large number of instances, does not get half the credit that belongs to it, from the fact that if resorted to early, those to whom it is administered do not suffer or become as sick as they otherwise would. For instance, in this case of the accident to my father's foot, we can not tell how serious it might have proved but for the action which we took with it; but in all probability his suffering and inability to use it would have been much greater. So I have known many instances in which families, living side by side, have had some of their members attacked by fevers. Those families which believe in Water-Cure send their sick ones to bed, nurse them carefully, and require them to abstain entirely, or almost entirely, from food, and be quiet, and in a week or two they are as well as ever. There has been but little suffering or sickness to be endured. The neighboring house has some of its inmates taken in the same way, no more severely; the doctor is sent for, poisons are administered, the patient grows sicker, and the administration is continued. He goes down and down till nature seems almost exhausted, and he apparently lies at the edge of the grave. Then the doctor says, "All has been done for him that human skill can do. It is barely possible that he may live, but if so, Nature must rally. The case is in her hands now," and begins to let him alone. Nature does rally, and slowly and gradually he comes up to a comfortable state of health; and his friends all say to the neighbors who were attacked at the same time, but who were well long ago, and probably have been nursing him, "He would surely have died had it not been for the doctor. Oh, if you had been as sick as he, we should have seen you send for the doctor, in spite of your prejudices." The truth is, but for the doctor and his pill-bags, he would have been no sicker than they.

DANVILLE, N. Y.

DISEASES OF THE THROAT AND LUNGS.

BY R. T. TRALL, M.D.

[CONTINUED.]

"THROAT-AIL."

This affection is frequently denominated "*Clergymen's sore throat*," from the circumstance that clergymen are frequently affected with it; but, like consumption, it seems to be increasing among nearly all classes of our people. It is invariably connected with a morbid condition of the digestive organs, more particularly involving the liver. This complaint is often confounded with *laryngitis*, and both are very frequently, yet very improperly, called *bronchitis*. The locality of all these affections ought readily to distinguish them from each other. Throat-ail, a form of which is called *canker*, or *aptha*, has its primary seat in the mucous membrane of the mouth and throat; laryngitis is confined to the upper part of the windpipe, and bronchitis affects the ramifications of the windpipe in the substance of the lungs. The chronic forms of laryngitis and bronchitis have already been treated of as varieties of consumption. In their acute form they require, substantially, the same treatment, as will be mentioned when I come to consider inflammation of the lungs, with the single exception of cold wet cloths constantly applied to the throat, and frequently changed, so long as any preternatural heat remains.

Throat-ail proper must in all cases be regarded as the result of a dyspeptic stomach or diseased liver; hence the appropriate treatment consists of such measures as will cure the primary malady; and here the dietary becomes the leading remedial appliance. Plain food, simply prepared, without seasonings, or shortenings, or risings, and abstemious in quantity, constitute the essentials of the curative plan. Occasional sips of cold water, gargles of cool or cold water, and the wet-girdle around the abdomen, over the region of the liver, are among the measures which may be used with advantage.

QUINCY.

The quincy is a febrile disease; it is always attended with a constitutional febrile disturbance of greater or less severity. When the fever is high, denoted by a dry skin, white tongue, strong pulse, and a uniform and preternatural heat over the whole surface, the wet-sheet pack should be employed daily so long as these symptoms continue. In severe cases it may be repeated twice or thrice daily. In the milder cases, and in the low forms of fever, occasional ablutions with tepid water are preferable. The bowels should always be freed at once with enemata of tepid water, and the throat should be constantly enveloped with cloths wet in the coldest water, and renewed so often as they become warm or dry.

CROUP.

The *croup* is an inflammatory affection of the mucous membrane of the *trachea*, or windpipe. It is usually seated a little way below the larynx, but may extend the whole length of the *trachea*, from the larynx to the bronchial ramifications, and even into them. The danger is proportioned to the amount of surface involved.

The peculiarity of crouped inflammation consists in the formation of a secretion on the surface of the mucous membrane, of a tenacious and adhesive character, and of a very dense consistence, which dries or hardens, and is then cast off. It is then with difficulty expelled through the *glottis*, or opening of the windpipe, and when not expelled, the patient dies of suffocation.

In some cases this preternatural membrane is not fully formed, the secretion being arrested in its earlier stage. The disease is then denominated *false croup*. But when the secretion becomes so hardened as to be cast off from the mucous membrane in membrane-like fragments or patches, it is called *true* or *membranous croup*.

The treatment must be prompt and thorough. The safety of the patient consists in arresting the secretion so soon as possible. Napkins or towels wet in the coldest water should be kept constantly around the throat and over the upper front part of the chest until the breathing becomes entirely free. The fever which attends is always of the typhoid character, and often very low, and sometimes malignant, and in managing it regard must be had to these circumstances.

The temperature of the surface is the guide for the regulation of the bathing appliances. As in all febrile diseases, when the whole surface is dry and hot, the wet-sheet pack should be employed. If the external tem-

perature is low and unequal, the warm-bath is proper. In the intermediate states of febrile disturbance the tepid half-bath or tepid ablutions are to be resorted to. The bowels should be moved freely by means of enemata of tepid water; and when the difficulty of breathing, from the presence of tenacious phlegm, is extreme, expectoration may be promoted by the drinking of warm water, so as to nauseate the stomach. In very bad cases it may be necessary to irritate the throat with a feather, or with the finger, so as to excite vomiting.

DYPHTHERIA.

During the last year or two this disease has appeared in various parts of the United States. In some places nearly all the cases have been fatal. Medical men are not agreed as to its nature. Some regard it as a form of croup; others as a variety of malignant scarlet-fever, and others as a new and distinct disease. I am of opinion it is nothing more nor less than a modification of *scarlatina maligna*, in which the febrile effect is determined imperfectly to the skin, and partially also to the mucous membrane of the mouth and throat, after involving to some extent the upper part of the windpipe. In this latter case the symptoms will somewhat resemble those of croup. Though children are most commonly the subjects of it—as is the case with croup and scarlet-fever—it sometimes affects adults. It is certain that many cases of well-developed scarlet-fever are attended with what is called the "*dyptheritic throat*," which goes to prove that dyptheria is really a form of this disease, the peculiarity of which consists in a deposit of layers of lymph in the early stage, concreting into a membranous covering, analogous to that of true croup, and which runs rapidly into gangrene. It is attended, of course, with low fever and extreme depression of the vital powers. In many cases the patient dies in one or two days.

In *Braithwaite's Retrospect* for January, 1860, a well-marked and severe case of dyptheria is thus described:

"The patient is suddenly (and generally in the morning) seized with violent vomiting of a thin, yellowish-white matter, of a very offensive character; then purging of a fluid of similar appearance and smell. These dejections last an hour or so, and are followed by great prostration and stupor. The patient lies for a period varying from six to sixteen hours in a heavy sleep, from which he is with difficulty aroused, and then only to sleep again. The skin is hot; pulse 100 or more; the tongue of a bright red; drink is taken with avidity, if offered, but only to be immediately returned. And now the important question is put, 'Is the throat sore?' The answer is *always* the same—'Not in the least.' The reply, to a physician inexperienced in the horrible malady, may be fatal to the patient. The diagnosis is that this is not a case of dyptheria. On the other hand, the experienced man *expects* this reply; he forthwith carefully examines the throat, and then he *sees* the disease. In this early stage the tonsils, the soft palate, and the back of the pharynx present a bright shining red appearance. The small vessels are not seen individually injected, as in many forms of sore-throat, but the appearance is as though the parts had been brightly painted and then varnished. Hanging from the velum to the tongue is seen, in this stage, a transparent film of a tenacious fluid, which is burst by expiration, sending its particles over the mouth, and the instrument used to depress the tongue. The next moment a similar curtain is formed. After a period varying from six to sixteen hours the condition of the patient materially changes. The stupor has passed off, and delirium, often of a violent character, takes its place; there are the usual symptoms of cerebral excitement, and the fever runs high; breathing is quickened; the voice is changed to a thick, yet shrill tone; there is a short, dry cough (in children, evidences of coming croup); the neck is puffy and blushed; the tongue is coated with a white fur, and all those parts hitherto so brilliantly red are thickly spotted with a whitish substance, which, in a wonderfully short period, conglomerates, and forms one thick, plastic deposit, which in time may cover the whole palate to the teeth, so that the appearance, on opening the mouth, is as though it were lined with plaster-of-Paris. The violent delirium then subsides; the powers of life fail rapidly; the horrible sensations of choking and suffocation come on; the sufferer tears at his neck with his nails and tries to open his mouth, yet full power of swallowing still continues, and he greedily gulps anything given him in the shape of drink; large livid spots form on the extremities, amounting sometimes to purpura; the diarrhea of a white and offensive matter is incessant; muttering delirium comes on, and in a tetanic convulsion death closes the scene."

Though the above is a faithful and accurate description of the symptoms as they are usually presented in the worst forms of the disease, yet there

are some cases—very severe ones, too—in which some of them will be absent. I have known severe cases wholly unattended with delirium, vomiting, or diarrhea. Nor is the attending fever in any case “high,” in the proper sense of that term. It may be violent, but is always of the low, atonic, or typhoid diathesis.

In some cases a dyptheritic affection of the throat succeeds an ordinary attack of scarlet-fever, from which circumstance some authors infer that the diseases are necessarily distinct. I do not think the conclusion follows from the premises. I should rather infer that, for some reason—probably injudicious or mal-treatment—the scarlet-fever did not succeed in eliminating from the system all the offending impurities—all the *materies morbi*—through the cutaneous emunctory, and so nature soon after made an effort to expel the remainder through the mucous membrane of the throat.

Medical authors are not at all agreed as to the best or proper mode of treating this affection. The measures and the remedies which some practitioners recommend as useful, and even essential, others of equal experience condemn as useless, and even pernicious, and *vice versa*; from which the conclusion is legitimate and undoubtedly correct, that recoveries, when they do occur, take place *in spite* of the drug-medicines employed, rather than with their assistance.

So far as Hygienic medication has been tried in this disease, its incomparable superiority over all the drug systems has been fully sustained. Of several cases subjected to the water-treatment, to the exclusion of all drugs, which have come under the cognizance of Hydropathic physicians, all have recovered. This result seems to confirm the opinion I have often had occasion to express, viz.: that there is scarcely any form of acute febrile or inflammatory disease known to physicians which is not curable, provided the efforts of nature are judiciously aided by water, air, temperature, and general regimen, and not interfered with by the administration of poisonous drugs.

Among the drug-remedies which are most frequently prescribed by Allopathic physicians are calomel, chlorate of potash, chlorate of lime or soda, common salt, sesqui-chloride of iron, sulphate of zinc, antimony, caustic applications of nitrate of silver, with various tonics and stimulants, as quinine, wine, porter, beef tea, etc.

The proper and the only rational plan of medication consists in local and general bathing, regulated precisely and at all times by the local distress and superficial temperature of the patient, and a due regard to pure air and proper ventilation. The patient is not inclined to take, and does not require food of any kind until the severity of the local inflammation and the violence of the fever has materially abated. The practice of continually stuffing the patient on stimulating slop-food, or on food of any kind, because he is weak and prostrated, is a most pernicious one, and is enough of itself to cause a fatal termination in many cases. In these low diatheses and malignant forms of disease all the powers of the constitution are struggling with all their energies to throw out the morbid matter. If they succeed, the patient will recover; but if this effort is unsuccessful, the patient must die. He has no ability, until this struggle is decided, to digest food; and to cram his stomach with it, or to irritate the digestive organs with tonics and stimulants, is merely adding fuel to the fire; it is adding another to the great burden the vital powers are obliged to sustain, and thus lessening the chances for nature to effect a cure.

Cold wet cloths, well covered with dry ones, should be applied to the throat, as in cases of quinsy and croup; frequent sips of cool water may be taken, sufficiently to allay the painful sensations of thirst; the bowels should be freed by copious enemata of tepid water; the feet, if inclined to be cold, must be kept warm and comfortable by warm flannels or bottles of hot water; when the head is hot, painful, or the brain inclined to delirium, a cold cloth should be applied to the forehead and crown of the head, and the whole surface should be sponged with tepid or moderately cold water so often as the surface becomes very warm. When the whole surface is very dry and hot, the wet-sheet pack is the most appropriate. In the later stage of the disease, when the heat on the surface inclines to be irregular and the extremities to become cold, the warm bath, if practicable, is the best appliance. Under this management the patient will, in most cases, be fairly convalescent within one week from the attack. Occasionally, however, the disease will continue till nearly or quite the end of the second week. In a very severe case which was treated at our Hygienic Institute, 15 Laight Street, New York (reported in the *WATER-CURE JOURNAL* for May, 1860), the patient remained in a critical state from the sixth to the ninth day (and much of this time was thought by his friends to be dying); but on the ninth

day the breathing became easier, the frequency of the pulse abated, and the patient was fairly convalescent. I have no manner of doubt that, in this case, had the patient taken any one of the many drug-poisons which are administered for this disease by the drug-doctors, it would have turned the scale in favor of death.

THE HOME PRACTICE OF THE MOVEMENT-CURE.

CURE OF CROUP.

BY GEO. H. TAYLOR, M.D.

It is apparent that a knowledge of *correct principles* is the first requisite for a correct medical practice, and that in general the lack of this knowledge by the public at large involves the necessity of employing physicians. In the common drug practice, the *physician* is supposed to be the repository of all that is worth knowing in regard to health, while the *Water-Cure* strives to render medical knowledge *popular*, cultivates the study of physiology and hygiene among the people, and so aims at more than merely curing disease; it *prevents* disease by means wholly within everybody's power. *The Movement-Cure* is based on a further and somewhat more intricate knowledge of the same immutable, fundamental principles of physiology, and I contend that it is not, therefore, beyond the common understanding, but that every family may easily learn enough of its principles to prevent and to cure their diseases.

The following remarkable case of cure of croup by movements is not only instructive in itself, but is a good illustration of the principle to which I have adverted.

A little girl, two and a half years old, the daughter of Mr. H., of this city, who, as well as his wife, had received prescriptions of movements, was in February last attacked with membranous croup. The child was one of those thick-set, short-necked, fleshy subjects with whom this disease is so apt to have a fatal termination. The disease made rapid and alarming progress, and it was met with all the devices of treatment supplied by the *Water-Cure*, such as chest-douches, fomentations, ice, packs, etc., the appropriateness of which are so well proved by experience; but the case was so desperate that these only served to afford a temporary check and palliation of the disease. The bronchial tubes and trachea seemed to be nearly filled, and the white false membrane was easily and distinctly seen at the superior aperture of the windpipe. The child gasped for breath, and as the inspiratory effort was made, the sternum was fearfully depressed, while the crowing sound proceeding from the throat was dreadful to hear. In thirty-six hours the skin had acquired the purplish hue due to strangulation, the extremities were cold, and the respiration was in irregular convulsive throes; the strength was being rapidly exhausted, and consciousness seemed to have departed. At this stage the father, more by the accident of his position in holding the child than reflection, undertook to assist the respiratory effort. He placed his hands under the arms of the child, which he gently raised at each inspiratory effort—thus assisting the action of the muscles which elevate the ribs. The child *immediately depended on this assistance*, and the crowing sound was changed to a *mucous rale*. After more than an hour the warmth began to return to the feet and hands, and the color of the skin changed, and the patient was able to breathe a little without aid. This, however, was again soon required, and the hands were placed upon the lower portion of each side of the chest, so that the thumbs would nearly meet behind, and alternate pressure, corresponding with the rhythmical motions of the chest, was exercised. This aid was rendered, with slight interruptions, from ten o'clock till morning, when it was no longer required. The child was now able to cough up shreds of the false lining of the respiratory tubes, and of course the affection gradually disappeared, and the child has ever since remained quite well.

An important inference derived from the above recital is the following: In all cases of croup, however severe, the membrane which obstructs respiration, and will ultimately suffocate the patient, is *spontaneously thrown off by the process of suppurative secretion which must take place beneath it, if life can be continued, that is, if the respiratory effect can be secured for a moderate length of time*.

Thus I have indicated a single instance where a knowledge of the principles and processes of the Movement-Cure is of more value in saving human life than all other medical pretensions put together.

MY SACHEL.

BY H. H. HOPE.

CHAPTER XV.—INTERVIEW WITH MR. BICKFORD.

THE Mr. Bickford with whom, through his advertisement, our readers have become familiar, was born in New England, but had long been absent from his native land. Soon after he arrived at twenty-one years of age, having been apprenticed to a mercantile firm in Boston, he was promoted to the condition of supercargo on one of their vessels engaged in the East India

trade. When the vessel arrived at Calcutta, he was taken sick, and it was found necessary to leave him. He struggled under the influences of a good constitution, and against the influences of his doctors, through his fever, gradually recovered his strength and ability to work, and by one of those curious circumstances which arrange our conditions—we hardly can tell how—an opening presented itself to him to become a clerk in a large and wealthy house in Calcutta, which offer he accepted, and in the course of two or three years rose to the position of confidential clerk and cashier. Since his trip to the East Indies twenty years had elapsed, and he had amassed a great fortune; and though not retired from business, he had come back to the United States partly because of a desire which remained in his own mind to see the scenes of his early days, and partly to fulfill a sacred request made to him by a friend on his death-bed. It would seem that after Mr. Bickford was thoroughly acclimated and adopted into the habits of East Indian society, his life was saved, when in great peril, by the promptitude and energy of a young sailor, between whom and himself, by reason of the fact that they were both born in New England, and both were more than ordinarily enterprising young men, there sprung up a warm attachment, which grew into an enthusiastic, not to say a romantic friendship. This young sailor was taken into the service of the house of which Bickford was the confidential clerk, and thrived under his protecting care for two or three years, when, as he was about to return home to bring his wife and child, he learned that his child had been abducted, and his wife taken sick and had died. It affected him so that he became ill, and, in spite of everything that could be done for him, he wasted away to a skeleton and died. On his death-bed he willed what property he had to his son, made Mr. Bickford the trustee for its management, and obtained his consent that when time enough should have elapsed for his boy to arrive at the age of twenty-one, Mr. Bickford should go to the United States, and institute a thorough search, and, if possible, find the young man, and make over to him whatever should be in his possession. Mr. Bickford had so managed the sailor's fortune, that by a series of fortunate investments and realizations the property had swelled enormously; and he held in trust for his friend's heir—should he succeed in finding him—an amount to make him so rich in the United States as to justify him in being regarded as one of its wealthiest citizens.

It was with this view, then, that the gentleman returned and offered the reward of which our readers had notice in the last number of this JOURNAL. It was not so easy a thing as one would at first suppose, for any clew to be obtained to his friend's son, who had been taken away so mysteriously when quite a little child, and of whom nothing had been heard from that day to this by any of the neighbors or former friends of the family. But, accustomed to accomplish quite difficult undertakings, and having money in abundance, he determined to spare no effort. He was prompted to do it by the consideration that the young man now just arriving at manhood might need, to assist him, the property which his father had left, or he might need the counsel and support of one older than himself—and these Mr. Bickford

was ready to bestow. He felt somewhat excited at the bare thought that the child might have grown up under unfavorable circumstances, and have developed qualities less noble and generous than those which his father had always shown; for, as Quittle said in the last chapter, "Circumstances in large degree are laws."

As the result will show, the very slightest deviation from a pre-arranged course subjected him to a long and weary search, when otherwise all labor would have been comparatively unnecessary. Having made up his mind to offer a reward for the recovery of the children, he deemed it only common prudence to consult a lawyer; and, on making inquiry, was referred to Mr. Ferguson as being one of the ablest men in the village where he resided. On calling at his house he found that he had gone some distance from home, and would not be back under two or three days. Accordingly, being somewhat anxious, he placed the matter in the hands of another legal gentleman residing in the same town, and made his way on West. Had Mr. Ferguson been at home, and been intrusted with the investigation, he might have had suspicions arise—knowing, as he would have done, the circumstances that surrounded the case—when another man, acting as did the lawyer engaged, from mere abstract knowledge of these, would have found the way before him much more difficult.

Our readers will recollect that the writer of this article became, contrary to all calculation and expectation, mingled up in the affair of the search, by overhearing the conversation of two men in the bar-room of the hotel where he had staid over-night, and that partly from motives of curiosity, partly because he wanted something to do to keep him from monotony, and partly because he became interested in the two men whose conversation he heard, he entered into a *quasi* co-partnership with them to find the parties referred to in the advertisement, and so earn the thousand dollars. The evening of the day when, between Podunk, Quittle, and himself, the compact had been verbally made that they should work together, and while he should pay the expenses, if they were successful, they should share like-and-like—the expenses first being paid—he had an interview with his new partners, and learned from them more distinctly than has been stated the connection they had had with an abduction of two children, under circumstances which looked as if they might have been the children nominated in the reward. It was a curious revelation that these men made, and goes to show how intemperance blunts the moral sensibilities and places a man in the hands of the unscrupulous who keep sober. As our readers will have learned, Podunk and Quittle were drunkards—lazy, lounging, loaferish, ragged drunkards; drinking, as most men supposed, because they liked it: drinking, as they affirmed, because they could not help it; drinking, as most men supposed, for the mere purpose of making themselves feel good: drinking, as they affirmed, for the mere purpose of keeping themselves from feeling bad; lost to all self-respect, as their neighbors supposed: lost, as they affirmed, not by any means to *self-respect*, but bereft of *self-resource*.

During the day the writer of this story engaged the parlor of the hotel for his private use, and so, in the evening, he summoned Podunk and Quittle, and laid out his plan. He endeavored to make them refresh their memories with the circumstances attending the abduction, but they individually told their stories without any variation, declaring that up to this day neither of them knew who employed them, nor what motive there was for abducting the children, nor did the children seem to know—as far as they could get at any knowledge which they possessed—with whom they had lived, where they came from, nor anything about it. They suspected that the children

had been drugged, and had been, for days previous to their receiving them, oblivious of all former transactions, and that they were placed in their hands just at or about the time they were coming back to consciousness; and a change of circumstances and localities impressed themselves upon their notice as original facts, and left them with a life dating back no further than the period when they awoke from their period of forgetfulness. And they declared that they should doubt whether, if they were alive, they would ever have any more than the dimmest remembrance of where they lived or with whom they lived, of locality or scenery, of personal appearances or relations. This view had great plausibility in it, because reliable statements had often been made of children who had been, when quite young, stolen from their homes by wandering gipsies, and had been kept from their early years up to manhood, retaining no other recollection than such as these men supposed the children whom they helped to carry off would retain. And the writer was knowing to an abduction by a gipsy thief of a child whose life, previous to his being stolen, was entirely obliterated, except as one gets hold of the outline of a transaction, but is exceedingly puzzled and pained—sometimes almost to agony—because he can not fill it up. Wherever such obliviousness exists in respect to transactions in early life, there must have been some violent effect produced upon the nervous centers by drug-poison. And he apprehends that among all the causes that are at work to ruin the health of our people, there is none so potent to this end as that of taking so frequently as we do into our systems the most powerful and deadly poisons. If, as is generally now supposed, the gipsies possessed, and as some others may also possess, a knowledge of a drug which, when mingled with our food or with our drink, or taken specifically, has the effect to disconnect us with the past, so that we forget transactions which should lie in our consciousness with the most vividness, and are therefore the most easy to be recalled, it impressed itself upon us that undoubtedly this had been the case with the two children whom these men carried away, and we therefore determined that it should serve as a clew in the search.

Having got out all the facts from my newly-formed acquaintances, an interview was had with Mr. Bickford. He proved to be a very estimable, well-informed, pleasant gentleman, evidently a man of means, at ease in his manners, polite, and quite earnest in his desire to find the son of his friend, and assist him to arrange his new relations with credit and success. Upon being admitted to his room, he asked my name. I told him my name was H. H. Hope.

"Well, Mr. Hope, what can I do for you?"

I said: "I have called to see you, sir, with reference to the advertisement which you have had printed, thinking that by one of those strange arrangements of circumstances in which occasionally one finds himself, I have gotten hold of a clew to the original parties to the abduction of the children whom you wish to find, and I felt that perhaps it would be better to call upon you and converse with you on the subject."

He seemed very glad, immediately asked me to be seated, and said he should be pleased to hear anything I might have to say. I told him that before I gave him any information I should be under the necessity of stipulating with him that he should not use the information in any such way as, in case of its being available, should relieve him from the payment of the thousand dollars. For I had pledged myself to those who satisfied me that they knew something on the subject, that if they co-operated with me in the search, and we were successful, they should have their respective proportions of the reward. He said I might feel perfectly easy in that respect, as he was just as ready to pay the thousand dollars, for the slightest information if by following it up the children were found, as if a person walked into the office and satisfied him that the children were in the next room. "But," said he, "I beg

pardon; I talk of them as if they were children; I can not relieve myself of that feeling. Though any effort that is put forth must be predicated upon the ground that they are adults, and perhaps in active social relations."

I then made known to him the conversation which I had overheard between Podunk and Quittle, and my arrangements with them. He seemed very much delighted, and we agreed that at an early hour of the next day I should bring Mr. Podunk and Mr. Quittle, and he would have his lawyer, when the whole thing should be gone into formally. I also told him I thought it would be well to advertise additionally that he wanted interviews with any person or persons bearing any such relations as his former advertisement referred to, and who were entirely unable to recollect any transactions that took place in their lives previous to the period of their being stolen. He caught at it in an instant, saying that it might have great weight; and accordingly he put into the daily papers an advertisement, asking interviews with all persons who had arrived at man or womanhood, and had no knowledge of things that transpired in their lives previous to the age of four or five years. This did the work, and helped us materially.

The next day, while Mr. Bickford's lawyer was laying out his plans for prosecuting the search, and while I was talking with Mr. Bickford at his hotel, a waiter brought up a card, bearing on it the name of Gerrit Ferguson. Mr. Bickford told the waiter to ask the young man up; and when he entered, after introducing himself, he said he had seen both the advertisements, and that while the first had not impressed him particularly, the second had so aroused his interest as to make him desirous to confer with the gentleman who had thus advertised and offered a reward; "for," said he, "in many respects I answer to the advertisement. I am the adopted son of Mr. Henry Ferguson, having lived with him about fifteen years. I was picked up by him as I sat on the wayside one Sabbath noon, as he returned from church, just as I was gathering up my confused faculties, and endeavoring to remember where I had been, and to find out where I was. The kindness of Mr. Ferguson, together with that of his wife, soon roused me out of my torpor, and my powers resumed their wonted sway, except so far as the *memory* is concerned. My knowledge of all transactions anterior to that time is of no sort of account. I have dim recollections, and the dimmest impressions, but I can not associate them with anybody or anything. I can not remember my mother—her image is entirely displaced by that of my present mother. I can remember living in a stable and helping to take care of horses. I can remember a black man who used to put me on the horse's back, and make him trot. I also remember a man who used to come to the stable, and who seemed to be a man that had authority. But where the place was, and who these persons were, I have no sort of knowledge. The whole, though vividly impressed in my recollection, wears the air of an illusion."

This looked exceedingly favorable, and quite inspirited us; and Mr. Bickford was induced to put the inquiry to the young gentleman if he had learned or heard of a girl whose history was at all like his own. Gerrit jumped from a chair as if a ball had struck him. "A girl! Yes, sir, I know a girl—or rather a young lady—whose history is the counterpart of mine exactly. About two weeks after I found myself as I have related to you, this girl found herself in pretty much the same condition. She was picked up by a shoemaker at the other end of our town, and cared for by him, until some little time had elapsed, when she and I became acquainted under very curious circumstances. And, as my adopted parents had no daughter, and I no sister or friend of my own age, I prevailed on them to overcome the scruples of the shoemaker, and the girl's scruples, and she became a member of their family, and is to-day as anxious to solve her own history as I am to solve mine."



NEW YORK, JULY, 1860.

A NEW VOLUME! *The present number commences Vol. XXXII. of the WATER-CURE JOURNAL, and new subscribers may commence now. We hope to receive large accessions to our list, including both, new subscribers and renewals. FRIENDS! the matter is now in your hands. Will you respond?*

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

ONWARD.—In our last issue we alluded to certain evidences that the cause of Hygienic Medication and Health Reform is on the eve of a season of unusual activity and progress. We are daily receiving assurances of the correctness of this prediction. Never before was our correspondence so extensive, nor the spirit of inquiry abroad so general and so critical into the merits and principles of all medical systems. When the masses of the people begin to study this subject in right good earnest, the work of reform, of revolution, will soon be accomplished. Like all other causes which involve radical changes in personal habits and social customs, our cause has to contend against the ignorance of some of its professed friends, the prejudices of the indifferent, and the misrepresentations of its enemies. And as false friends are always worse than open enemies, so does our cause suffer more from the indiscretions of the one class than the opposition of the other.

The opponents of Hygieo-Therapy often point to the discrepancies, in the practice of those who call themselves hydropathic physicians, as evidence that our system has no well-established and philosophical basis. And well they may. If some of us never give drug medicine of any kind on any occasion, nor prescribe stimulants in any case, while others prescribe all of them frequently; and if one half of those who keep what are advertised to the world as water-cure establishments, have a restaurant in one corner and a drug-shop in another, our enemies may well point to these facts as evidences that we have no independent and distinctive system, and that Water-Cure is but an appendage to, or an auxiliary of, the drug system.

Still, the people would not often be de-

ceived nor misled if they would exercise so much discretion in trying to understand this matter as they ordinarily do exercise in relation to the common business transactions of life. Before a merchant will purchase a suit of clothes, a bale of cotton, or a barrel of sugar, and before a farmer will buy a horse, a cow, or a pig, he will examine personally its qualities, or have the most unquestionable references. But "it is easier to cheat a man out of his life than out of a shilling." Invalids often write us complaining that, having gone to an establishment, whose physician was advertised as a hydropathist, they were recommended to take drug medicines, to drink sulphur or other medicated or mineral waters, or to use a little wine, or a more "stimulating diet," by which they were injured or imposed upon; and they are sometimes disposed to blame us for having such "associates" [opponents?]; and some of them go so far as to censure the publishers of the WATER-CURE JOURNAL for admitting their advertisements.

We have, many a time and oft, given our readers a very easy method of avoiding all such difficulties. Our system is *hygienic*, not *drugopathic*. It is precisely what it pretends to be—nothing more, nothing less. It professes to cure diseases—all diseases—by the employment, *exclusively*, of such agents as are in normal relations to the living organism. These, as we have repeatedly stated, are *air, light, temperature, water, food, electricity, exercise, and rest, sleep, clothing, passional influences*, etc. Whenever a physician prescribes aconite, capsicum, calomel, quinine, opium, wine, brandy, lager beer, bleeding, or blistering, he is practicing *drugopathically*. If he employ them, or any one of them, in connection with hygienic agencies, he is a *Hydrodrugopathic* physician, but not a *Hydropathist*.

And our enemies and opponents not only make the most of these mongrel "water-doctors," but they go a step further, and misrepresent us continually. We have yet to see the first instance in which any medical journal of any drug school has spoken of our system truthfully. This is a grave charge; but we make it deliberately. Medical journals whose editors take the WATER-CURE JOURNAL, and who are in possession of our standard books, and who *know* what our system professes to be, repeatedly tell their readers that Hydropathy regards "*water* as a universal panacea;" that it proposes to cure all diseases with water

alone; that it has "a single remedy for all diseases," etc. We have many times called upon these journals to do us the justice to tell their readers precisely what our system is. But not one of them has ever had the grace, the decency (shall we say the honesty?), to do it. These remarks apply to allopathic, homeopathic, eclectic, and physio-medical journals.

"Who steals my purse steals trash; but whosoever robs me of my *true* name," and misrepresents my principles, does—what? We would not say that he *lies*, because the language would not be becoming; but we do say, he utters that which is not true.

To show that we are not accusing our cotemporaries falsely, nor unfairly, we will refer to a single fact. In the *Eclectic Medical Journal* of Philadelphia, for May, 1860, edited by Professor William Paine, M.D., is an editorial article by the professor on Eclecticism, in which occurs the following sentence: "The hydropathist claims that water is the universal panacea for all our ills." Now this assertion is entirely false. There never was a shadow of truth in it. No real or pretended hydropath ever put forward any such claim. All hydropathic books and periodicals clearly and distinctly repudiate it. We have no expectations that a man who has the effrontery to make so preposterous a statement will ever have the grace to retract, correct, or modify it. So we shall not waste any ink and paper in asking him to do so.

But our cause is onward, despite these powerfully adverse influences; and in this fact is found the best illustration of its inherent virtue and truthfulness. For twenty years it has been prominently before the world without enlisting an open, manly, and candid opponent. All who have opposed or attacked it have done so from some safe corner, or behind some subterfuge, or in a position where their assaults could not well be met. Medical journals assert and reiterate the most outrageously false things of us; but we are not permitted to reply through their journals, so that their readers never hear but one side of the story. How different is, and always has been, and always will be our conduct toward them! We have offered, and offer now, to publish any and all of the arguments they can bring against our system. We have offered, and offer now, to discuss with them, orally or in writing, the merits of our respective systems. We will at any time go to Philadelphia or Cincinnati

(the chief seats of the various drug medical schools), and discuss, before the public, with any one, or with all of the professors of any one or of all the drug schools, any question in issue between the systems we respectively advocate. What more would gentlemen have? We ask them to meet us fairly, or stop barking at us from behind the fence.

A FAMILY NECESSITY.—If our readers could peruse, as we do, more than one hundred letters every month in the year, of which the following is a specimen, they would not wonder at our zeal and earnestness in calling on our friends so frequently to aid us in circulating the WATER-CURE JOURNAL:

STILES, DAVIS CO., IOWA, April 20, 1860.

DEAR WATER-CURE JOURNAL.—My favorite among all the papers of my acquaintance, I dearly love your good-looking face and highly prize your monthly visits to our fireside; but better still, I love your glorious teachings. My poor pen can not portray the gratitude of my heart to you and to the Author of every good and perfect gift, for the good you have done me. From infancy I possessed a good constitution, but whenever I got bilious, or had the headache, or felt unwell, I must take a dose of medicine to prevent sickness; and when I left home, to be gone a few days, my kind mother was careful to see that my pockets were well supplied with pills (I do not blame her, for she thought it was perfectly right). Until twenty years old, I lived as people generally do, and disease had already begun to show itself in the form of dyspepsia; but happily for me, about that time I became acquainted with you, dear JOURNAL, and you taught me a better way. My health has ever since been improving. My husband was one of your readers at the time of our marriage. We commenced keeping house by adopting your plan of living so fast as we understood it. We now have three children, whose good health is a subject of remark. They never drank one cup of tea or coffee in their lives; never eat but very little meat, and have taken no drugs. We have treated them hydropathically for colds, fevers, and dysentery, and always with success. We are certain of one thing: we could not keep house right without the WATER-CURE JOURNAL.

SARAH T. CLARK.

A HOMEOPATHIC DOSE.—Dr. Harlow A. Van Deusen, of Great Barrington, Mass., has addressed to us a communication in reference to a conversation which he had at one time with "G." (by which we presume he means Dr. A. Gorton), complaining that said "G.," in an article published in a late number of the WATER-CURE JOURNAL, did not fairly represent his sentiments. We do not publish the article, for the reason that it would have no interest for, and be understood only by, the two doctors aforesaid. The following paragraph, however, seems to afford the gist of the matter in issue:

I know by experience that ipecacuanha acts on the stomach, and produces vomiting, and that croton oil acts on the bowels, and produces purging. But I have never attempted to explain the *modus operandi* of medicine, except by reference to its specific action.

As Dr. Van Deusen has quoted the "Hydropathic Encyclopedia" to sustain his position that medicines act on the living organism, and as we profess to be somewhat intimately acquainted with that work, and with the ideas that are entertained by its author, we will inform the Doctor that we do not understand it to teach any such doctrine; while we know that the author believes and teaches the contrary.

We deny that medicine has *any* action, "specific" or otherwise. We maintain that it is entirely passive in relation to the living organism; hence an attempt "to explain its *modus operandi* by reference to its specific action" is, philosophically speaking, arrant nonsense. Will Dr. Van Deusen explain to us what he means by the "specific action" of a medicine?

OUR CHALLENGE ACCEPTED—ALMOST.—The following communication, which has been on our table some time, we publish without the author's name and address, for the reason that these are intrusted to us confidentially.

Dr. TRALL.—Dear Sir: I notice in a late number of the W. C. JOURNAL that you banter the whole allopathic tribe for a fight, and even have the temerity to offer a reward of a thousand dollars for an opponent. I confess that this looks a little Quixotic to me—so much so, that I can not feel fully assured that you are in real earnest. Please write me what security you will give for the redemption of your pledge—who the committee of decision will be, and all the terms on which you propose to enter the contest. If these are all satisfactory, and you will *affirm*, it is possible that I may meet you. But before deciding on my course, I must have an abstract of your positions, or the points of your argument. You will recollect a little sparring between us some years ago; and allow me here to remark that our controversy terminated rather mysteriously, as I had the *last word*, so far as I knew, until I saw the question asked in LIFE ILLUSTRATED, "Where is Dr. Jno. S. Wilson, of Airmount, Ala.?" I sent on my reply to you as usual, when the JOURNAL ceased to come, and I heard no more of the controversy until I saw the question above, some year or two afterward.

Now, as to entering a controversy at present, I wish you to understand me *distinctly*. I do not pledge myself to enter it, as my time is much occupied, but *may* do so, provided you will secure the payment of the money pledged, arrange the committee of decision to my satisfaction, and give me a complete list of all your points in advance, so that I may know the strength of the fortification I may be required to storm. And there is another point which I wish you distinctly to understand, that this communication is *strictly confidential*, and that I do not wish my name announced until all the preliminaries are arranged, and I accept. Should we engage in this contest, I would suggest that the controversy be carried on by an interchange of letters, and that publication be delayed for some time, or until the warfare is ended. It will also be necessary for us to determine, beforehand, *when* and *how* it shall end, for I have no idea of entering an interminable campaign. Let me hear from you *fully*. Respectfully.

Our positions or "points" are these:
1. Allopathy teaches a false doctrine in re-

lation to the nature of disease. 2. It teaches a false doctrine in relation to the action of remedies. 3. It teaches a false doctrine of the relations of diseases and remedies. 4. It teaches a false doctrine of the relations of remedies to the living organism. 5. It teaches a false doctrine of the relations of disease to the *vis medicatrix nature*. 6. It teaches a false doctrine in relation to the law or laws of cure. 7. It teaches that nature has provided remedies for diseases, which doctrine is false. 8. It teaches a false nosology. 9. It teaches a false pathology. 10. It teaches a false therapia. 11. Its classification of the *materia medica* is false. 12. Its greatest and best authors have condemned it as having neither science nor common sense to commend it to confidence. 13. It kills more than it cures. 14. It is more injurious than useful to the world, etc., etc. These propositions are so stated as to place us on the affirmative, giving our opponent the negative, which he prefers. We are willing to give security that the money shall be paid; but, before we take this trouble, our opponent must decide whether he will go ahead, now that he has seen our "points." So far as the committee is concerned, we are willing to leave the decision to the people of the United States, or so many of them as read the controversy.

DR. WINSHIP'S EXPERIENCE.—We have been requested to state whether we approve all the propositions put forward by Dr. Winship, the "strongest man alive," which have been published in the papers, and which appeared in the June number of the WATER-CURE JOURNAL. We have to remark, that of the forty-six propositions of the Doctor, we can cordially indorse all of them with two or three exceptions. The sixteenth proposition of the doctor, and which expresses one result of his experience, is, "That increase of strength can not long continue on a diet exclusively vegetable."

Now the world is too full of facts proving exactly the opposite to give Dr. Winship's opinion on this point any especial importance. No doubt the fact is as he alleges, so far as his experience is the test. But the same experimental test would prove that no person could long continue strong without the use of liquor or tobacco. Those who have long been addicted to the use of either of these poisons will, on discontinuing them, feel weaker, and, on resuming

them, will experience their former strength and vigor. But every intelligent physiologist knows that this experience is delusive. Against the opinion of Dr. Winship we have the facts, that nearly all the hard toil of the world always has been done on a diet mainly vegetable; and that all the working animals of the earth, and all that can endure prolonged and severe toil, are *exclusively* vegetarian in their dietary.

Dr. Winship says again: "That increasing the strength made excretion take place less from the skin, but more from the lungs and the other emunctories."

We think the true explanation is this: Improving the health tends to balance the action of the various depurating agents, so that, in perfect health, each organ does its own proper duty, and no more. But in feeble health, the lungs, liver, and kidneys are torpid or obstructed, so that the skin is forced to do vicarious and disproportionate duty.

In relation to bathing, Dr. Winship says:

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.]

Nothing can be more absurdly erroneous than for any individual to make the method of bathing which he finds useful or agreeable to himself, the rule for everybody else. There are persons who can take a cold bath, in a cold room, every morning in the year, even in a New England climate, with advantage; while others should never take a cold bath at all. A majority of persons can practice general ablution with benefit every morning, provided they properly adapt the temperature of the water and of the room to their own temperature and circulation. There is no doubt a great deal of indiscriminate "soaking and splashing" in water; for the reason that the people do not take sufficient pains to inform themselves in this matter; nor do physicians—always excepting the hydropaths—teach much except error in relation to bathing.

THE CATTLE DISEASE IN MASSACHUSETTS.—In many places the New England farmers are almost panic-stricken, in view of the ravages of the disease which appeared among their cattle for the first time last fall. From the vicinity of Brookfield, Mass.,

the epidemic has extended to Eastern Connecticut, and fears are entertained that it will spread, like the cholera, over the whole country. The same or a similar disease has already extended over vast regions in Europe. A Washington (D. C.) correspondent writes:

Such a "cattle-pest," if it reaches the great herds of the West, will not only produce a panic, but utter and irretrievable ruin among many thousands of people whose wealth is in their herds. It has already produced such a panic in Massachusetts that all the annual cattle-shows will probably be dispensed with next fall, and the people are about to memorialize Congress to lend its power in aid of the State, if possible, to stay the epidemic. It is a matter of such serious consequence that every one interested in neat stock should think seriously of its danger. It is no wonder that it begins to attract attention here.

The Governor and Council of Massachusetts have issued a proclamation, convening an extra session of the Legislature, to adopt measures for the prevention of the spread of the cattle disease.

We are at a loss to conceive what legislature, state or national, can do in the premises, except to kill off all the diseased or suspected animals, and establish a system of non-intercourse between the cattle of infected districts and those of all other places, as has been done in Europe. But the whole subject of preventing and curing epidemic and contagious diseases seems to us to be more appropriately within the purview of the physiologist, the physician, and boards of health. What can statesmen or politicians know about it? Why is it the medical men are not thought of in this "impending crisis?" Why does not the Legislature of Massachusetts appeal to the Massachusetts Medical Society for information on this subject? to the National Medical Association, about to convene in New Haven, Conn.? There seems to be a very general idea abroad, that medical men are of no sort of use except to dose, and drug, and bleed, and blister at disease when it actually exists; and that in the matters of preventing disease, or checking its ravages, or removing its causes, we must look elsewhere than to the medical profession. How is this?

COLLUSION BETWEEN DOCTORS AND DRUGGISTS.—The editor of the *Journal of Rational Medicine*, an organ of the Eclectic branch of the Drug-Medical School, published at Cincinnati, Ohio, by C. H. Cleveland, M.D., offers to act as agent or go-between in filling the orders of country physicians and drug-dealers for drugs and medicines. At the conclusion of his ad-

vertisement is this significant line: "No commission is charged to those who send the order."

Now this announcement is vividly suggestive of a practice which, we are assured, and have reason to believe, is very general in New York, and, indeed, in all of our large cities. This is the practice of the apothecary in allowing the physician a percentage on all the medicines sold as his prescriptions. We have heard twenty-five per cent. on the gross amount of those sales mentioned as the compensation of the doctor; and when we consider the enormous profits of the retail apothecary—from 50 to 1500 per cent.—the lion's share seems little enough in a business point of view.

But is this a fair and legitimate business transaction? Our readers will at once perceive the strong temptation this practice holds out to the physician. The more medicine he orders from the druggist, the greater are his perquisites; and so long as human nature is human, is the temptation not a little too strong for successful resistance by ordinary mortals, to prescribe more medicine than is absolutely essential to the patient's welfare? Will the physician, under the circumstances, be inclined to prescribe so little as the patient can do with, or so much as he can bear? Admitting that the physician, under the sometimes irresistible temptation of pecuniary profit, will not do anything seriously to damage his patient, is there not an inducement, which ought never to be allowed to exist, for the physician to prescribe many useless or indifferent things—placebos, perhaps—which are no trifling drain on the pockets of his customers, and no insignificant source of revenue to the treasury of the Mutual Assistance Society, the apothecary and doctor?

PERSONAL.—Miss Anna Inman, M.D., has returned from Paris, where she has spent one year in attendance upon the hospitals of the French metropolis. She will probably locate in this city. Mrs. L. F. Fowler, M.D., is about to visit London and Paris. She will avail herself of all the facilities offered by the hospitals and medical institutions of those cities to perfect herself in the means of teaching and illustrating to her department in the Hygeio-Therapeutic College. Miss Rhoda H. Hyde, late of Jersey City, has located in Aurora, Ill. She is thoroughly qualified, and will prove a terror to drug-doctors in the prairie land. Mrs. L. S. Campbell is doing a

good business in Tipton, Iowa. Henry McCall is having excellent success in Oska-loosa, Iowa. Hachadon Adonian, M.D., is about to return to Constantinople, Turkey, to propagate the gospel of Water-Cure in the Sultan's dominions. He has graduated at both the Allopathic and Hygeio-Therapeutic Colleges, so as to be well armed with diplomas for a controversy with the drug-doctors. Mr. R. Fancher, proprietor, and Mrs. Rachel Safford, matron, of the New York Hydropathic and Hygienic Institute, No. 15 Lighthouse Street, have merged their business relations into a matrimonial alliance—an example we specially commend to all persons similarly situated. The day after the wedding, at break of day, the happy couple started on a wedding tour, not to Saratoga, nor Newport, nor Long Branch, nor Cape May, nor Nahant, nor Rockaway, nor Coney Island, but among the cooks, and chambermaids, and bath attendants, and patients, and guests of the establishment. Dr. A. T. Hamilton, of Lewiston, Pa., and Miss Maria E. Wilcox, of Bristol, Conn., have become husband and wife. There are indications that other students and graduates of our school will soon "go and do likewise;" but we will not anticipate.

To Correspondents.

Answers in this department are given by Dr. TRALL.

DISEASED LIVER, WITH DROPSY.—E. F. P., Fruit Hill. There seems to be a gathering in my left side, just below the ribs, of some kind of fluid; as I throw myself back and forth I can feel it and hear it rush up and down. I have also a bitter taste in the mouth nearly all of the time, connected with a choking sensation low down in my throat.

Your symptoms indicate an enlargement of the liver, with an abscess or dropsical collection either in the liver or lower part of the cavity of the chest. Diet very sparingly, leave off meat and coffee, and take the wet-sheet daily, with a constant use of the chest-wrapper for a few weeks.

FETID PERSPIRATION.—E. A. H., Ilion, N. Y. Will Dr. Trall please prescribe for the following: A young man is troubled with *perspiration under the arms*, which is very disagreeable, and of an offensive odor. Always occurs when under much bodily or mental excitement, and is very profuse. He lives on vegetable food, Graham bread; uses no meat, tea, coffee, tobacco, nor liquors, although he has not lived so physiologically until within a few months. Please say if any water processes are applicable to such a case?

The system wants a thorough cleansing by the wet-sheet packs and an abstemious diet.

ENLARGEMENT OF THE SPLEEN.—I. C., Dayton, O. We have often cured this disease. We could probably cure the case you describe; but as the case is a desperate one, and as the patient has been badly drugged, we would not like to give a positive opinion without seeing him.

PLEURALGIA.—A. E. T., Chili, Ind. I am very much troubled with a pain about the shoulder-blade, and in the left side, attended with burning sensations. It affects me most when in a sitting position.

We are of opinion that your bowels are constipated, and your liver congested. Use a plainer diet, and employ sitz-baths and the wet girdle.

HARD AND SOFT WATER.—E. M., New Rutland, Ill.—Will you please tell us through the WATER-CURE JOURNAL—

1st. Whether saponifer, or concentrated lye, is good to break water with, which is to be used for bathing purposes?

2d. What is the best method of preparing hard water for bathing and drinking?

3d. What is the most convenient filter?

4th. Will filtering make hard water better for bathing?

There is no way of rendering hard water fit for bathing or drinking purposes, except distillation, and this is altogether too troublesome and expensive. Filtering will take out the animal and vegetable impurities, but will not remove the saline and earthy particles, on which its hardness depends.

FREQUENT BATHING.—A correspondent desires us to publish and comment on the following paragraph, which is clipped from the "Homeopathic Almanac for 1860:"

Frequent ablutions of the body during the warm seasons of the year are conducive to health and comfort. The pores are thus kept open, the transpiration healthy, and increased tone and vigor imparted to the entire system. But excessive bathing is exhausting rather than otherwise, and in all cases the temperature and duration of the bath should be proportioned to the strength of the patient. The devotees of the bath-tub are uniformly short-lived, and who takes a cold bath regularly every morning may count on shortening his life ten years.

All right, except the last clause. Of that we have only to remark, as the Quaker is made to say in the play, "Verily, this man speaketh foolishness!"

VARICOCELE.—J. McC., Millville, N. J. Will Dr. Trall please answer the following questions? 1. Can varicocele be permanently cured? Can it be cured at any successful Water-Cure establishment? 3. How much would be the probable expense? 4. How long would it be likely to take to cure it?

We can not answer questions so indefinite. Before we can give any opinion we must know all the circumstances of the case. Some cases are curable in a few weeks, others in several months, and some cases are incurable. The expense would be \$7 to \$10 per week.

ENLARGED TONSILS.—A. A., Galva, Ill. Will Dr. Trall answer the following questions? 1. What is the cause of enlarged tonsils? 2. Is there any remedy for them besides having them cut out? What is a reasonable fee for that operation? 4. Please give us a receipt for making Graham crackers.

1. Inflammation induced by unphysiological habits. 2. Yes; in most cases hygienic treatment will cure. We have cured many cases without any surgical operation. 3. \$5. 4. You will find a recipe in "Water-Cure for the Million."

DYSPEPSIA WITH LARYNGITIS.—H. P., Mechanicsville, Iowa. The heartburn, sour stomach, hoarseness, expectoration, etc., of which you complain, indicate a very dyspeptic state of the stomach, with chronic inflammation of the upper portion of the windpipe. It should be attended to at once, or consumption may be the result.

BREAD AND WATER.—R. H. A., Lowell, Mass. Please give your readers a recipe for making physiological bread in the best possible manner; also, a brief statement of the rules which should regulate the application of water as a remedial agent.

You will find the above, and many other matters which everybody ought to know, fully explained in "Water-Cure for the Million." Price, prepaid by mail, 20 cents.

PURE WATER.—I. O. P., Boxley, Ind. Cemented cisterns are better than wooden ones. Clean rain water does not require filtering.

We are instructed to filter rain or river water through alternate layers of charcoal and sand, but do not know how much of the articles to use. Will you inform us?

As much as you please; no matter how large the amount of material, if you have room for it. Filters and cisterns can be kept from freezing by being surrounded with any non-conducting substance.

DISEASED LIVER AND LUNGS.—H. O. W., Whitewater, Wis. Your affection was originally a disease of the liver, but the blistering and drugging you have employed have extended the disease to the lungs. You must attend to your health at once, and thoroughly, or confirmed consumption may be the final consequence. "Water-Cure for the Million" will inform you how to make physiological bread. Do not use "hard well water." The chest-wrapper would probably be useful. Please understand that, in this department of the JOURNAL, we answer questions, not write out full prescriptions.

RECIPES FOR COOKING.—G. D. M., Cayuga, N. Y. You will find all the recipes you desire in our published works—"Hydropathic Cook Book," "Water-Cure for the Million," etc. If our readers would thoroughly study the principles we teach in the WATER-CURE JOURNAL, they would soon know how to cook anything which is fit to be cooked at all, physiologically and properly, and recipes would be unnecessary.

COLLEGE FUND.—We have received several communications on this subject, in which the writers propose to subscribe \$100 to be payable when the whole sum of \$20,000 is subscribed. We do not think well of this plan. It might happen that, after we had expended a thousand dollars, and obtained a subscription of \$19,000, we could not collect a cent because the other thousand was not subscribed. We suggest that, as a better way, those who have the means and the disposition, give such sums as they please, irrespective of what others may or may not do. Every dollar that any one gives thus unconditionally is a stimulus to others to do likewise.

TRACTS FOR THE PEOPLE.—S. A. M., Cincinnati, O. As you suggest, the time has fully come when the people ought to be made to understand our system, if possible. It only requires to be universally understood to be universally adopted. There is no better way of educating the public mind on any subject than that of scattering broadcast among them well written and cheap books and tracts. We can not supply you with "Water-Cure for the Million" for less than ten cents each, by the thousand; but as the work contains the advertisements of our books, Institute, School, etc., we will give any one who buys a thousand copies, two hundred copies for gratuitous distribution.

ENDOWMENT OF THE HYGEO-THERAPEUTIC COLLEGE.—As Chairman of the Executive Committee appointed to raise the sum of twenty thousand dollars for the endowment of the College, I wish to say in justification of any apparent indifference on the part of the Committee, that our action in the premises is necessarily deferred owing to the absence of some of the officers of the Board of Trustees. As soon as these gentlemen return, the Committee will hold a session for business, when plans will be perfected and measures vigorously taken, whereby if possible to raise the proposed sum before the opening of the winter session of the College. Meanwhile it will do the readers of this JOURNAL no harm to think the matter over, and get themselves thoroughly warmed up, so that when application shall be made, they may find themselves liberally disposed. We are strong enough in numbers and have wealth enough in our ranks, to raise this money in a fortnight after the plan of the Executive Committee is submitted, and this, too, without taxing the purse of a man or woman in our ranks to such a degree as persons in like pecuniary circumstances tax their purses for the gratification of any one of their gross appetites.

I am respectfully,
JAMES C. JACKSON, M.D.,
Chairman of the Executive Committee
of the Endowment Fund.

TO FRIENDS AND CO-WORKERS.

IN JULY and in JANUARY we begin new Volumes of this JOURNAL. Those whose subscriptions close with the last number, can now forward, with their request for renewal, the names of their neighbors as new subscribers. May we not hope for a very large accession to our list to begin with the new volume? We will print the man-elevating truths, and trust to our co-working friends in every neighborhood to find the readers. Now is the time to begin the good work.

NEW PUBLICATIONS.

RECEIVED from T. B. Peterson & Brothers, Philadelphia:

THE REBEL AND THE ROVER, by Harry Hazel; 8vo, paper, 91 pages; 25 cents.

MARY STUART, QUEEN OF SCOTS; a historical romance of the 16th century, by Geo. W. M. Reynolds; 8vo, paper, 192 pages; 50 cents.

THE LITTLE BEAUTY, by Mrs. Grey; 12mo, cloth, 125 pages.

DYSPEPSIA; A brief Treatise of the Nature, Cause, and Cure of the Prevailing Disease of America upon Hygienic principles, by D. A. Gorton, M.D. Peekskill, N. Y. 12mo, paper, 35 pages; 12 cents.

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

AND PHYSIOLOGICAL SCHOOL is located at No. 15 Laight Street, New York—a central and very pleasant part of the city, being but one door from St. John's Park, or Hudson Square, which is a private park, but to which we have a key, and all the inmates of our house have free access to its shady walks beneath the stately old trees, which have more the appearance of a forest than any other in the city, where they can enjoy the advantages of both city and country, having good air, pleasant scenery, and when the gas lights are burning around it is truly magnificent. Our House is not as convenient and well arranged as we would like to have it, yet by careful attention to the actual wants of our patients we manage to give very good satisfaction.

We mean to have everything about it conducted on as near physiological principles as possible.

We have recently rearranged one of our bath-rooms, so that it is very convenient, and answers our purpose exceedingly well.

We mean that our patients shall not lack for care and attention, and therefore we have no bath attendants but those who are well qualified for their position; and our physicians devote their personal attention to those who place themselves under their charge.

We have no less faith in water as a remedial agent than formerly. To relieve pain, equalize circulation, reduce inflammation, remove congestion, promote the activity of all the organs of digestion and assimilation, to subdue nervous irritability, and cure any and every form of disease of the generative organs, or for any curable disease; it has no equal in any remedy known to the medical profession; and with the other Hygienic agencies which we bring to bear in this Institution, precludes the necessity of using any stimulants, narcotics, opiates, poisons, or medicines of any kind.

Dr. Trall has been a regular Allopathic practitioner for twelve years, and has tried the virtue (?) of medicine in all forms of disease, and he now finds no difficulty in curing diseases which no application of medicine would effect. He is universally acknowledged to be at the head of the profession in the theories of disease and the nature and action of remedies. He has examined more patients than any four Water-Cure physicians in the country. Aside from those treated in this Institution, patients from other water-cures all over the country come here to have examinations by him, and generally go away satisfied that he understands their disease, and that his prescriptions are correct. He has for his associate Eli P. Miller, M.D., who for over a year had charge of the Bath Department in Dr. Jackson's Water-Cure at Dansville, N. Y. He understands thoroughly the system of treatment at that cure, and designs to combine what there is valuable in it with the experience, science, and skill of Dr. Trall, and who will act as house physician, subject to his counsel.

Our female physician is Dr. Rachel Fancher, a lady who has made the diseases of her own sex a special study, so that we are prepared to treat all forms of uterine diseases and displacements on a plan different and far superior to that pursued in any other establishment in the country.

We have a good room fitted up for the practice of Kinesipathy, which our patients can have the advantage of for a small additional expense, and which proves of considerable value in hastening cures when combined with water-treatment.

Our patients have the privilege of attending Dr. Trall's lectures occasionally, which is worth to any one all the time and expense of board and treatment here.

We have a good Gymnasium, which is freely open to all.

The expense attendant upon a stay with us is no greater than at other Water-Cures, whose advantages can not compare with ours.

If any one wishes to know what diseases we treat, and with what success, let him send to us for a copy of "WATER-CURE FOR THE MILLION," a little work just published by Dr. Trall, in which the rationale of drugs and the processes of Water-Cure are given; together with the name and address of one hundred of the cases which have been treated at this establishment.

The price of this work is 20 cents, post-paid.

Terms, from seven to twelve dollars per week.

Packing clothes, extra.

Transient board, one dollar per day.

R. T. TRALL, M.D.,
ELI P. MILLER, M.D., } Physicians.
DR. RACHEL FANCHER,

FANCHER & MILLER, Proprietors.

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.

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.

SCHIEFERDECKER'S WATER-CURE,

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

ELMIRA WATER-CURE. — THIS

Cure has been open seven years. For fourteen years its physicians have devoted their best energies to the Hydropathic practice. Our location elicits the admiration of all. We have spared no pains to make our *Well-Sure House* 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. E. B. GLEASON, M.D., { Elmira, N. Y.

A CARD.—THE BINGHAMTON

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

All curable diseases treated with a success which defies competition.

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

Address (enclose a stamp) 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.

DR. BEDORTH'S WATER-CURE

Establishment is at Saratoga Springs.

COLUMBIAN SPRINGS WATER-

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

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

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.

NEW HAVEN WATER-CURE.

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

PEEKSKILL HYGEOPATHIC INSTI-

TUTE AND WATER-CURE.—THIS INSTITUTION is located on a proud eminence at the commencement of the HIGHLANDS, opposite the famous DUNDERBERG HILL, around which Sir Henry Clinton marched an army in 1777 to surprise Forts Clinton and Montgomery. It commands a beautiful view of the HUDSON and HIGHLAND PASSES, which General Heath thought he could defend against the whole British army. This point of the river is especially rich in revolutionary scenes.

Intrenched as he is here, Dr. Gorton is confident that he can, with his few retainers, defend an innumerable company of invalids from the most sanguinary assaults of disease without the loss of a single man, woman, or child.

Paraboli expressions aside: There is no place in this country better calculated for the invalid to regain his or her health than this. Diseases peculiar to females are made a specialty. Inclose a stamp for a circular. Address D. A. GORTON, M.D., PEEKSKILL, N. Y.

P. S.—CORRESPONDENTS please write name, P. O., county, and State in full.

MOUNT PROSPECT WATER-CURE,

Binghamton, N. Y., eight hours from New York by the Erie Railroad.—This Establishment has a very beautiful location, and every facility for comfort and the recovery of health. A large garden is attached to the premises, from which the finest fruits and vegetables are obtained. For Circular address J. H. NORTH, M.D.

EXTRA INDUCEMENTS TO AGENTS.

—Send for one of our new Circulars and Price Lists.

FOWLER AND WELLS, New York.

OUR EXPERIENCE.

WOULD YOU LIKE TO READ IT?

We have been connected with a Water-Cure as follows:

DOCTOR JACKSON..... 13 years.
DOCTOR AUSTIN..... 8 years.
DOCTOR HURD..... 4 years.

We have examined at our Cures, prescribed for and treated, of both sexes, over 3,000 persons. We have prescribed *Home* treatment for over 6,000 persons. We have written in that time to the sick over 25,000 letters. Of persons treated by us, or prescribed for by us at our Cure, there were males, 1,800; females, 1,579. Of the whole number who have stayed and taken treatment at the Cure there were 1,900 who had marked critical actions.

Of these, by the skin, were 1,400.
Fever, 79.
Bowels, 202.
Sweatings, 153.
Drooling at the mouth, 10.
Urine, 44.
Menstrual Flux, 12.

Of the whole number treated by us at our Cure, there had been pronounced incurable by other physicians, 1,051. Of the whole number prescribed for by us at our Cure, there had been pronounced—so they said—incurable by their former physicians, 1,614.

Of those whom we pronounced incurable whom we treated, there were 164. Of these, over two thirds for awhile stayed on their own responsibility. Of deaths we have had while under treatment, 46. Of the whole number of persons treated by us who were benefited by the treatment, but have since died—as far as we can learn—there are 192.

Of the Females treated by us, there have had local or female diseases, 1,142.

Of the Males, the local complications have been quite as numerous. And inside and outside of our Cure, we have treated over 3,000 persons for spermatorrhea.

Of the 1,800 men treated for disease, or prescribed for at our Cure, 1,444 had used Tobacco.

863 were using it when they came.

Of other things of which men and women were in use when they came to us,

2,564 used Tea once a day.
2,106 used Coffee.
2,716 used meat and butter.
297 used ardent spirits as a beverage.

We have treated and cured so as to make of them sober, useful men, 20 gutter-drunkards.

Of the 3,379 treated or prescribed for at our Cure, there had 2,923 at some time of their lives taken *Calomel*.

525 had taken Iodine.
114 had taken Cod Liver Oil.
1,166 had taken Quinine.
97 had taken Colchicum.
154 had taken Strontine.
2,736 had taken Soda.
2,943 had taken Magnesia.
3,006 had taken Opium.
2,018 had taken Patent Medicines.
1,142 had taken Homeopathic Medicines.
657 had taken Eclectic Medicines.
888 had taken Botanic Medicines.
202 had consulted Clairvoyants.
455 had consulted Spirit "Mediums."
289 had been at other Water-Cures, either for treatment or advice.

Now, nearly all of these had dabbled largely in minor medicines—such as Salts, Castor Oil, Rhubarb, "Composition," "No. 6," Lobelia, and various Bilious Pills occasionally. But of those who had taken Patent Medicines, over 900 had taken from three to fifteen bottles of Townsend's Sarsaparilla. One man had taken 104 bottles of Sarsaparilla and 33 bottles of Vaughan's Lithoniptic. Over 500 had taken Wild Cherry. 257 had taken Chancalagua and Yellow Dock. 604 had tried Kennedy's Pasture Weed. One man had taken 64 boxes Brandreth's Pills. Of the women, over 600 had submitted to caustic burning. Take them as they run, they have taken the following poisons: Calomel, Quicksilver, Iodine, Potash, Nitric Acid, Nitrate of Silver, Arsenic, Quinine, Prussic Acid, Sulphuric Acid, Tartaric Acid, Tartar Emetic, Sugar of Lead, Morphine, Crude Opium, Laudanum, Aconite, Lachesis, Chloroform, Belladonna, Camphor, Bi muth, Cantharides, Cicuta, Corrosive Sublimate, Colchicum, Saltpeter, Tobacco, Alcohol, Cyanide of Potash, Ergot, Sulphate of Iron, Hydrochloric Acid, Hyoscyamus, Ipecac, and in fact well-nigh everything that the genius, or invention, or research, or desperation of their doctors could administer.

They had been sick from one week to twenty-five years. They varied in age from the child a day old, to the man of eighty years.

They traveled to reach us from half a mile to 3,500 miles. They came from twenty-nine States of the Union, from the West Indies and Canadas.

There have been at one time represented in Our Cure, twenty-nine States and Canadas.

Those who have been cured have stayed from one week to three years.

Those who have been benefited from six days to six months

We have treated the following diseases successfully: Scald Head, Nervous Headache, Sick Headache, "Sevenday" Headache, Neuralgia of the Face, Deafness, Inflam-

mation of the Eyes of long standing, *Weak Eyes*, Amaurosis, Nasal Catarrh of the front and back passages, Sore Throat, Mucous Sore Throat, Catamel Sore Mouth, Bronchitis, Inflammation of the sheath of Spinal Cord, Inflammation of the Lungs, Stomach, and Bowels, Liver Cough, Stomach Cough, Enlargement of Liver, Torpor of Liver, Enlargement of the Spleen, Enlargement of the Heart, Palpitation of the Heart, Consumption of the Lungs in incipient stages, Mucous and Nervous Dyspepsia, Spasms of the Stomach of long standing, Diseases of the Abdomen and of the Kidneys, Asiatic Cholera, Drunkenness, Typhus Fever, Bilious Fever, Fever and Ague, Scarlet Fever, Measles, Whooping-Cough, Small-Pox, Chronic Diarrhea, Piles—blind and bleeding of the worst kind, Paralysis of the Bladder, of left side, of the lower limbs, of the left side of the Face, Diabetes, Spermatorrhea, Orchitis, Prolapsus Uteri, Miscarriage, Leucorrhoea, all the diseases of the Reproductive Organs, Scrofula in all its forms, from that which the child has to that which the full-chested man or delicate woman has, as for instance, Sore Throat, Sore Ears, Skin Disease, Marasmus, Ulcers on the arms, neck, legs, and armpits, groins, knees, and ankles, Apoplexy, Epilepsy, Catalepsy, Congestion of the Brain, Gout, Rheumatism with enlarged joints, Acute Rheumatism, Lumbar Abscess, Insanity. We have cured over twenty insane persons, one an Allopathic physician of high standing, after he was given up by the Superintendent of a State Asylum. Bloody Dysentery, Curvature of the Spine, Dropsy, Puerperal or Child-bed Fever, Purpura Hemorrhagica Tumors of the Uterus, St. Vitus' Dance, Erysipelas, Croup, and many other diseases.

Neither of us has ever given a dose of medicine.

Now we ask you, in all candor, if the evidence that we understand our business is not *presumptively* in our favor? Do not our statistics show that you may safely trust yourselves with us?

LISTEN!

In addition to this evidence we offer these—
1. Our Home is large and well adapted to the purposes we seek.

2. We have plenty of pure air and sunlight.
3. Our water is soft, abundant, and pure.
4. Our Bath-Houses are the completest arrangements for bathing purposes on the

CONTINENT OF AMERICA,

being one for each sex, and of the following dimensions, and when finished will cost us not less than \$3,000.

LADIES' BATH-HOUSE.

Dressing-room..... 25 x 25 feet.
Packing-room..... 30 x 20 "
Hospital..... 10 x 20 "
Work-room..... 40 x 20 "

We can give twenty packs in each bath-house at a time, thirty six-baths, and plunges, douches, and half baths innumerable.

GENTLEMEN'S BATH-HOUSE.

Work-room..... 36 x 24 feet.
Dressing-room..... 30 x 24 "
Packing-room..... 36 x 24 "
Hospital..... 15 x 24 "

We shall always have on hand 100 barrels of cold water running day and night into and out of our reservoirs, which will be inclosed in a building erected on the ice-house principle. We shall also have our hot water heated from a furnace that heats 50 barrels from a temperature of 45 to 50 degrees to 160 to 180 degrees in three hours.

OUR HOME

is like a clock that keeps good time, and does not mislead the inquirer. Order, Neatness, Quiet, Simplicity, Naturalness, Promptitude, and Success are our helpers. These have our Cure in charge.

"Nature is our mistress gentle and holy."

"We obey her and live."

We "cease to do evil and learn to do well," and Nature in her queenly majesty stoops and places under our sick ones her everlasting arms, and broods them in her capacious bosom, like a mother her first-born.

You do not believe it, *O Drugg Doctor!* Come and see for yourself. "Seeing is believing."

You do not believe it, *O Editor of a Newspaper!* Visit "Our Home," and constitute yourself a committee of inquiry. You will readily find persons who will voluntarily give testimony.

You, even you, O Clergyman! *doubt* whether our statement is true. We tell you, sir, we are far *inside* the truth. Come, and see for yourself, that to be *natu al* is not necessary to be *skeptical*, that to be *unconventional* is not to be *infidel*, that to be *free* is not to be *loose*; that to obey the Creator's laws involves one in no irreverence to the Creator's character. Come and see a HEALTH INSTITUTION, such as you have never yet seen. And if you want quickening in this respect, read our card to Clergymen. And to you all, who see this, we say, come and see, or, which is next best, send for our Health Journal—

"THE LAWS OF LIFE,"

and read it, and you will soon find out that you have many things to learn as to the *best way* of living *without sickness*. Why, if you only knew how much you lose in not reading it, you would not, for a tenth part of what it cost

you to pay for your *tea*, go without it. Send also for our Health Tracts, any of which is worth what the whole

THIRTEEN

cost. Send also for our Circular. It will tell you about prices, routes, and things to be brought by the sick when they come to us. Specimens of our paper will be sent to all who will transmit a stamp to prepay postage.

A FAVOR,

We ask of those who may read this notice, that they will bring OUR HOME to the knowledge of the Invalids in their towns and villages. We are engaged in a great work, are in earnest, and solicit the kindly regard and assistance of *all* who want

Health to be the ruling habit,
And sickness the exceptional condition
Of the American people.

THIRTEEN HEALTH TRACTS FOR ONE DOLLAR.

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

We will send one or more of them for their prices, and pay the postage ourselves, or we will pay the postage and send the whole nicely wrapped up and carefully mailed, for *one dollar*. All letters should be addressed to Dr. Jackson or Dr. Austin.

PACKING-CLOTHES—Persons visiting the Institution with a view to take treatment should bring them, unless they prefer to buy them on arrival. They consist of two large comfortable, and one large woollen blanket; or one large heavy comfortable, and a pair of large and heavy woollen blankets, and two *men* sheets. These latter, in any event, had better be bought *here*, as they can be made to fit.

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 Railroad to Wayland; or from the West to Buffalo, thence on the "Buffalo, New York, and Erie" Railroad to Wayland, and so to "Our Home," by coach.

We remain, respectfully, for the Proprietors,
JAMES C. JACKSON, M.D.,
HARRIET N. AUSTIN, M.D.,
F. WILSON HURD, M.D.
DANVILLE, LIVINGSTON Co., N. Y.

TO CLERGYMEN.

GENTLEMEN—The Proprietors of Our Home—a Water-Cure located in Danville, Livingston Co., N. Y.—respectfully invite as many of you who are *Sick*, as we can accommodate, to become at any time our guests without charge for three months, and to take a course of treatment for that length of time should your conditions require it.

To those of you who are addicted to the use of Tobacco, Ardent Spirits, Drug-poisons, Tea, Coffee, or Opium, and would like to be relieved from your dependence on them, we extend the same invitation. The large experience which our Physicians have had in aiding persons to change their habits in these respects, warrant us in holding out to you a good deliverance, and in short time.

Should you accept our invitation, and at the time of your announcement to us that you will do so we should be unable to *lodge* you, we will give you board and treatment—providing you will find lodgings in town, which can be done at small expense.

If you are unable to leave your homes, and yet would like advice for Home treatment for yourselves, or any member of your families, our Physicians, of whom James C. Jackson, M.D., is Physician-in-chief, on receipt of descriptions of your ailments, and stamps to prepay their answers, will promptly make out prescriptions and mail them to you.

The only *proviso* we annex is, that you write to us, before you come, and give us minute statements of your conditions, that we may judge as far as able of your diseases and their curability, and that you satisfy us that you are connected with some Religious Denomination, or occupy with respectability independent clerical positions.

Circulars of Our Home, as also copies of our Health Tracts, will be forwarded to you on receipt of letters requesting them to be sent and inclosing postage stamps to prepay them. Hoping, gentlemen, that those of your number who are invalids will receive our invitation in the same spirit in which we tender it, we have the honor to be
Your obedient servants,
F. WILSON HURD & CO.

DR. REYNOLDSON, WHO CONDUCTED the Liverpool Medical Mesmeric Society, 1845, '67, '8, may be consulted all June at Dr. Adams' Water-Cure Establishment, 68 Columbia Street, Brooklyn, especially by those who wish to be treated this summer at Newburgh, Orange County, N. Y. Consultation fee, \$5.

PHILADELPHIA MODEL WATER-CURE AND SURGICAL INSTITUTE for Patients and Boarders, is *permanently* located at 109 North Sixth Street, near the splendid fountain and Franklin Park. Electro-Chemical Baths, Movement-Cure, Dr. Landis' invaluable Electro-Vapor Baths, Surgical Appliances, etc., used when needed. Unprecedented success (by original method) in FEMALE ILLS, CANCERS, YOUNG MEN'S DIFFICULTIES, and all SURGICAL CASES. Most speedy and perfect cures made; time and money saved. We continually cure patients who have left other Water-Cures without benefit. They say our treatment is "so different" to that of other "Cures." Give no drugs. Send twelve cents for Lecture, "WHO ARE THE QUACKS?" The Philadelphia Dispatch says, "It is the paragon of lectures, proceeding from a great and experienced mind." Send a stamp for Circular. Address S. M. LANDIS, M.D., or MRS. C. S. LANDIS, 109 North Sixth Street, Philadelphia.

P. S.—See our advertisement in June number of WATER-CURE JOURNAL. 1t

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.

8t F. A. GIBBONS, Jr., Secretary.

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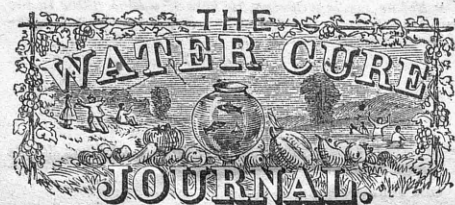
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