

THE WATER-CURE JOURNAL

A GUIDE TO HEALTH, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

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General Articles.

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

MORE HINTS FOR THE SOLDIERS.

BY R. T. TRALL, M.D.

UNDER the title of "The Soldier's Pocket Companion," Dr. J. Walter Scott has published a small work, consisting of a collection of practical hints "gathered from an old campaigner." Many of them are valuable; and the work would be useful also in reminding the soldier in actual service of many things, trifles in themselves perhaps, but important in results, which he may perfectly understand, but which, without such reminder, he is very liable to neglect. The substance of its Hygienic rules we have already published in the *WATER-CURE JOURNAL*. But here are a few considerations so well presented that they are well worthy the space they will occupy in our columns:

VENTILATION.

The causes of disease are numerous. Where large numbers of men are huddled together, in barracks or close quarters, their breathings soon

contaminate the atmosphere, to say nothing of the horrible stench arising from their perspiring bodies, tobacco smoking and chewing, and other filthy habits. Fetid dew has been collected from the ceilings of rooms, when persons have congregated. This vitiated air is alone sufficient to produce the most direful results.

Camping on low or marshy lands (high grounds are generally healthy), and inhaling the deadly miasmas rising from stagnant water, and from decaying vegetable and animal matter, is as certain to breed disease as going into a mephitic well will destroy life.

Over some of the Southern swamps and lagoons often hang visible poisonous vapors; and in some parts the inhabitants have actually staked out the malarious boundaries.

PERSONAL HYGIENE.

Nor are the personal habits of the soldier less ruinous to health and life than the local and atmospheric influences over which he has no control. In a Southern climate especially, the careless habits of the men are a source of sudden and fatal danger. They are often struck down with an almost inconceivable rapidity. "I have seen a perfectly well man," says the writer, "after eating a single green apple, in two minutes rolling on the ground in excruciating suffering." Lieut. Townsend, an old tropical campaigner and explorer, remarks: "I found it to be the case, that my companions, on coming to Central America, almost universally threw off all restraint; and some, who, at home, were regarded as prudent and temperate, here became gourmands and drunkards. Some, on landing from the steamer, would rush and ravenously eat pine apples, oranges, and bananas, then swill down milk, *aguardiente*, and arrack—this in a few minutes turns the fruit in the stomach perfectly black—violent cramps would follow, and in some cases death ensued in a single day. I have seen fifty sit down at a table, and notwithstanding all advice of caution, cram and overload their stomachs with food. In fifteen minutes after they had finished the meal, nearly every one would be extended on his back upon the floor, groaning with agony."

THE MORALS OF AN ARMY.

The soldier's life has many anomalies. A part of the time is spent in extreme action, and part in supreme idleness. Time hangs heavy upon his hands, and weary hours pass by without any object to occupy the mind. There is generally a dearth of reading matter and books, and the intervals which afford such splendid opportunities for improvement are spent in listlessness, gambling, or drinking.

Bad men are numerous, and exert a powerful influence. One vile, obscene, unprincipled fellow will often corrupt a whole company. Then there are those from whom we might expect better

things, who delight to bring a blush to the cheek of innocence, and laugh at the sacrilege of purity.

A high-toned, pure-minded person, thrown into evil society, where day after day he hears ribaldry, obscenity, and blasphemy—unless he possesses a true independence—will be apt to have his standard of morality lowered, and, forgetting the lessons of virtue, the associations of home, and the memories of friends, become one of the contaminated crowd.

Away from books, worship, refined women, and the usual influences of society, even the religious lose their nobility of character, and become exiles from morality, religion, and humanity.

Psalm singing, praying soldiers, with Bibles chained to their saddle-bags, like the Cromwellians and Puritans of old, are, in the hour of conflict, mighty, irresistible—invincible.

CLOTHING.

He should have one heavy "four-point" blanket. This will be enough on a march, as two men usually sleep together. Let the blanket be lined with brown drilling or Kentucky jean; this adds but a few ounces more to the weight, and doubles the warmth.

An indispensable article is an oiled-silk or India-rubber overcoat. This is better than a blanket of the same material (recommended by some), for it can be worn when on guard duty, or on the march, during stormy weather, or it can be laid upon the ground beneath the woolen blanket, at night, to sleep upon—effectually warding off the moisture and dampness which penetrate through other materials.

India-rubber goods, unless VULCANIZED, are utterly worthless—being sticky, brittle, and rotten.

Instead of the glazed caps, which heat the head and burn the face, the best military hat in use is the broad-brimmed, light-colored, soft felt hat, with a high crown, with a ventilating hole in the side.

KEEP THE MOUTH SHUT.

There can be no doubt of the correctness nor of the very great importance of the above hygienic rule. We do not, however, agree with Dr. Scott, that its chief utility consists in straining impurities from the air, nor in warming the air before it passes into the lungs, as supposed by Catlin and other travelers. These are important considerations truly, but more important than all is the fact, that breathing through the nose with the mouth closed, is the only possible way to fully expand the lungs and call into play all of the respiratory muscles. The aeration and purification of the blood, and even the perfect elaboration of the nutrient material supplied through the digestive

channels, is dependent on the due action of the lungs. Sleeping with the mouth open unbalances, as it were, the whole respiratory apparatus, and hence interferes seriously with the functions, not only of digestion and respiration directly, but, indirectly, with those of circulation, innervation, secretion, and depuration. We can fully indorse Catlin's opinion, that sleeping with the mouth open in infancy and childhood, is one of the most efficient causes of distorted teeth, unhandsome mouths, unsymmetrical features, and even ugly-looking faces.

The author sincerely believes that by keeping the mouth and teeth shut, a person can sleep in any malarious region, or mingle in any out-door infection, almost with impunity.

This is a discovery of such importance that its magnitude can at present scarcely be apprehended. Had it been practiced earlier, it would probably have saved innumerable lives.

The writer of this, although of a weak and delicate constitution, some years since went from the North to some of the most sickly portions of the South and West. He slept on the banks of rivers and on the borders of swamps—by the sea and among the mountains—and while many of the old acclimated settlers were dying around him (especially in Norfolk, during the yellow fever), he enjoyed his usual health; a fact which he attributes to *temperance, and keeping the mouth closed.*

This is the experience of several noted travelers, Catlin, Lewis, and Livingston. The Indians also understand this well. Taught by their mothers in infancy, no one has ever yet beheld an Indian sleeping with his mouth open, as is common in civilized life.

Even the animals—Nature's own followers—always keep the mouth closed. Observe any of them and see if you can discover one with its mouth open in sleep.

It was *through the nostrils* that the Creator "blew the breath of life" into the first man.

The principle seems to be, that air, by passing through the delicate inner glands of the nose, becomes purified—as it were, strained of its noxious properties and animalculæ—and supplies the lungs with healthy food; while, with the mouth wide open, all these impurities go directly to the lungs and work out their deadly ends.

HOW TO BATHE.

In giving place to the following paragraphs, we object to the soap, except occasionally, and to the last clause. A heated state of the body, instead of being an objection to bathing—and the same is true of a state of perspiration—is favorable thereto, provided the body is not at the time in a state of fatigue, nor in that degree of excitement which disturbs the respiration. All violent shocks, it is true, should be avoided, but it is not the "shock of cooling off," but of adding cold to cold, so as to induce internal congestion, that does the mischief.

Bathing is now recognized as one of the great aids in preserving health; but the bath, like many other things, must be modified to suit each individual case.

A feeble, nervous person should use the warm or tepid bath, while a robust one should employ the cold bath.

Never remain in the water over five minutes; three minutes is generally sufficient. Use plenty of soap. But after-friction is truly indispensable. Rub the body with a linen towel or hair gloves until it is perfectly dry and all a-glow.

It is always best to bathe early in the morning, just as soon as you get up.

Wash the feet well every night, before going to bed. This keeps the flesh and nails soft, prevents blisterings, chafings, and corns. A valuable addition is, also, to rub the feet with a little oil, grease, or soap.

A running stream, lake, or large body is best

to bathe in; but let not the absence of these prove any excuse, for a person can take a good bath with a gallon of water.

Should the soldier be so situated that it is very inconvenient to take an entire body bath, let him wash his head, neck, shoulders, and breast, below the armpits, in the morning; and the feet and ankles at night.

Never be afraid of pure water. If a person can wash half a dozen times a day, all the better. It will secure him a higher enjoyment of health, and a greater immunity from disease.

Do not bathe when over-heated or in a state of perspiration—the sudden cooling off shocks the entire system.

WATER-DRINKING.

The following remarks are excellent and timely, and can not be too strongly commended to attention. We object, however, to the admixtures and artificial beverages.

Improper drinking of water has killed thousands. There have been instances where thirsty armies, after long marches, have come to some river, when the men would lie down on their faces and quaff an inordinate quantity of water, with these results: some died almost instantly, others became crazy, and some staggered like drunken men.

Avoid drinking water as much as possible while marching. When you feel dry, rinse the mouth with water, but do not swallow it. Drink only when resting, or before the word is given to march.

Men, when heated, should not drink anything cold. In a high state of perspiration ice-water only aggravates thirst.

Tepid water, a little weak coffee or tea, lemonade, sweetened water, mixed with vinegar or ginger, or with a drop or two of spirits of ammonia, should alone be drunk.

Drink slowly. Half a tumbler of water will suffice the thirstiest man in the world, if he *drinks by sips.*

Take from twenty-five to one hundred sips, and swallow each time—it will quench thirst better than a quart drank in the usual manner. In fact, it is almost impossible to get down a full glass of water taken in this manner.

LIQUOR-DRINKING.

Liquor is very good in some cases as a medicine. Brandy especially, mixed with cayenne-pepper, and diluted with warm water, is beneficial when a person is wet, chilled through, and feels as if he were about to be taken ill.

But in health, avoid spirituous liquors as you would deadly poison.

In every epidemic, or in any unhealthy country, you will notice that the "bloats" die first—they "drop off" like sheep.

The vile trash of liquor ("rot gut") sold by camp followers, is most detestable and dangerous. *In a hostile country it is often poisoned.*

Liquor is sure to be taken just when it should not be.

If you *will* drink it; if no warning can deter you, it is better to take it *after* an effort than *before.* But the false, *drunken* strength inspired by any liquor is of short duration, and the body becomes feebler than ever. The tension over, weakness, drowsiness, and stupidity follow.

Of course we dissent from the brandy and capicum advice in the above paragraph, for we believe that rest, being the natural and only permanent remedy for fatigue, can be obtained sooner without stimulus of any kind than with it. It is true that stimulus, by calling into preternatural action the latent energy, produces the feeling of rest, but only to result in more real and more prolonged exhaustion after the feverish excitement has subsided.

ON THE MARCH.

On a march, from April to November, the entire clothing should consist of a colored flannel shirt, with a loose collar, woolen drawers and pantaloons,

shoes and stockings, and a light-colored felt hat, with broad brim, to protect the neck, eyes, and face from the glare of the sun, and a substantial but not heavy coat, when off duty.

When new shoes are first worn, wet them after putting them on, and grease them daily.

Never march in cotton stockings, but in worsted socks—the thicker the better, even in summer.

Blistering, burning, soreness, and tenderness of the feet may be entirely prevented by soaping the sole of the foot and the stocking with common brown or soft soap.

Should blisters form on the feet, at night draw a piece of worsted yarn or thread through them (the blisters) with a needle, and cut off the yarn or thread, leaving two short ends to project; this allows the water to discharge, and in the morning the feet will be found perfectly well.

If the heels, toes, etc., become painfully chafed, a piece of court plaster, stuck over the spot, will prove a great relief.

Should the side seams rub the feet, flatten the seams with two round smooth stones. Cut out the pegs with a knife.

While marching, or on sentry, never sit or lie down for a moment—bear up; the change of posture will affect you more than actual marching; but when the column halts for rest, lie down flat on your back. One minute spent in that manner refreshes more than ten minutes spent in standing, sitting, or loitering about.

The more weary you are after a march, or other work, the more easily you will take cold if you remain still, unless the moment you cease motion you throw a blanket over your shoulders. This precaution should be taken in the warmest weather, especially if there is a slight air stirring.

Remember, that a draft of air is more dangerous than to plunge into water up to your neck, or exposure to the coldest weather.

When on the march, or other active duty, the more thirsty you are, the more essential it is to safety of life itself to rinse out the mouth two or three times, and then swallow the water, sip by sip, with intervals between.

Have the knapsack light as possible. Put some of the weight you carry on your breast—for instance, part of the cartridges—so as to relieve and balance the weight behind.

Never let a weak comrade get behind the company—assist him in his carrying his load. When once left behind, he is at the questionable mercies of the rear guard, and may perish before the ambulance comes up, or fall into the hands of the enemy.

On march, as you value your life, never be tempted to eat of the unripe fruits by the wayside.

POISON vs. FOOD.

The following communication from a graduate of our school, though not intended for publication, is so instructive that we take the liberty to give it to the reader.

"DR. TRALL—Do you want a detail of one of my recent experiences? Mr. D. asked me to go and examine his daughter; last night he had heard of me, and the homeopathic physician attending her had consented for him to come for me. Another daughter of Mr. D. lay sick of typhus fever. It was the first sickness, to make the parents anxious, which had occurred in their family of eight children—youngest six years old—the oldest, the beautiful girl, twenty years, whose case I was to examine. I learned her history; and that she had been for the last *ten weeks* under the treatment of the physician; his medicine at first seemed to help her; lately she had been failing rapidly.

"The parents being utterly ignorant of our philosophy of cure, I told them that *we* believed the

power of cure was in the body; that the physician could only aid or direct this power, which aid could not be given by medicine; that medicines held to the body the relation of poisons only, and that the difficulty of curing was greater according as more medicine was given. These ideas, so strange, set the mother laughing. An aunt present made a jocular remark; but the father, a man of fine moral and intellectual development, sat, with intense interest, weighing what I said. As I proceeded, his gravity deepened, till, at last, his face said, We have made the fatal mistake. Supper was announced; I declined eating, as I never eat suppers; but to silence the expressions of surprise, and to use the occasion for imparting a few ideas in reference to Hygiene, I sat at table with the family. While they ate the fine warm biscuit and butter, cake, warm gingerbread, and drank their tea, I gave them such talk as I felt warranted in doing, by the transient relation to themselves in which they had placed me.

"The girl's case is a severe one, though not hopeless. Under the circumstances I declined taking it. This was terrible hard to me, doctor, knowing, as I do, how much suffering our treatment saves the consumptive, even when the case is not curable. Yet I considered it due to our cause, and announced my decision. If I had done violence to my feelings in making the decision, what did I suffer when the mother and aunt implored me in tears to do all I could for the dear girl's relief. They said they did not expect she could, now, be cured, but they wished me to make her as comfortable as possible while she did live. I had not supposed they would urge me to assume the responsibility of the case, but the more I declined, the more importunate they were—they thought me cruel not to do it. They would throw away medicine and follow my directions. They had tried that treatment long enough—she was failing under it; now they wanted to try my system, and the patient wanted to try it. Ah, doctor! wanted to try it! It struck my ear as a knell. The father appreciated my reasons, and gently expostulated with his wife and sister, else God only knows how I could have come away. They urged me to stay till morning and tell the doctor what I had told them, as they wanted all done for their child which could benefit her. They said the doctor was liberal-minded, ready to receive light from any source, and that he would be glad for me to suggest to him the patient's need.

"I should be pleased to see the doctor, yes, I would give them what service I reasonably could I said.

"But didn't I know how willing doctors are to be taught by hygienic physicians? And I had assigned me the duty of enlightening one—I, a 'female physician,' or 'woman'-doctor!

"Oh, dear! doctor (the *dear* is an interjection), I wish you could next day have seen the disciple of Hahnemann listen!

"In the morning, knowing how embarrassing it must be to the doctor to receive, at the request of the patient's friends, suggestions from another physician, I wished that he might not come till after I had gone (I had promised to wait till eleven o'clock for him). But he came. I asked how he found his patients. He had not seen the young

lady; I had examined her case—what was my opinion? I gave him the result of it in these words: 'I do not wish to take the case off your hands, though I do not regard it as hopeless; the fact of its having been medicated for the last ten weeks increased the difficulty of cure. We did not believe medicines were curative. We gave no poisons to our patients.' He said he did. He believed that in sickness the body needed poisons, as much as in health it needs food. I replied, 'Perhaps we should not agree as to what were poisons;' and defined poisons to be all things which the body can not use, and to which it offers vital resistance. He rejoined, 'We give as medicines the most virulent poisons.' 'I was aware of it; but we think such treatment aggravates the trouble, and often kills the patient.'

"We must go back to first principles," he said; 'there is poison in everything. All our food contains it.'

"Perhaps what you call food I should not. Do you mean that in well-ripened wheat and apples poison exists?"

"Yes. The chemist, by inducing changes in them, takes from them a poison. If the poison was not in them, how could the chemist extract it?"

"But, my dear sir! when such chemical changes occur in the grain, it is no longer wheat. The proximate elements, the union of which made the substance wheat, are decomposed—the wheat is destroyed—the ultimate elements which had constituted it are then differently combined, forming another substance—a poison. While those elements held the relation to one another, which they bore in the grain, they were not poison. Well-grown, well-ripened wheat contains no poison—it is food adapted to man's use."

"He insisted that wheat, as wheat, contained poison; but he could not stay to prolong the talk (looking at his watch), though he liked to discuss such questions. He could talk all day, on medical subjects, with a sensible man; but he did despise a fool! The warmth of this expression made us all laugh heartily. He rose to leave, but I begged to know if I had been fully understood by the non-professional part of our audience. The father of the sick children said the difference in our opinions was plain—he saw how and where we differed; he thought he fully understood me. 'What!' exclaimed the doctor, 'is there no poison in a potato?'

"Not a particle while it is a perfect potato. Change the relations which its elements hold to one another as they are united to make the potato, and you may generate a poison."

"Why," he rejoined, 'here is air; the body must have it to support life, but take away one of its principal elements and it is poisonous!'

"When you take from the air either its oxygen or its nitrogen, it certainly is unfit to sustain life, but then, this element being removed, neither it nor what remains is air."

"He really must go. He wished he had leisure to continue the talk; and he went into the room where the consumptive girl lay."

"As I left he met me at the door, was glad to have met me, and hoped to meet me again. I gave him my hand and said 'good-bye.' Dr. Trall, were my positions correct? I think so. I enjoyed the talk; and I do not know whether the man meant me as a fool. I think he did not. But are they apt to say that the body needs poison in sickness? I asked him, particularly, if I rightly understood him. He said I did."

"Yours,

P. H."

THE TEETH, AND THEIR TREATMENT—No. 2.

BY A DENTIST.

THE teeth are those bone-like projections from the arches of the jaws, whose principal use is that of dividing and comminuting the food, and preparing it, with a coincident admixture of saliva, for introduction into the stomach. Nature, from her resources of growth, supplies the human subject, in common with other mammals, with two sets of teeth during life, and instances have been known, though they are extremely rare, in which a third set, partial or entire, has appeared in old age. The first, or temporary teeth, sometimes called the "milk teeth," twenty in number, begin to appear between the fifth and eighth month of life, and the eruption of the last of them through the gums takes place between the age of two and three years. In the sixth or seventh year these begin to be replaced, one after another, by the permanent teeth, and about the twelfth or thirteenth year the last of them disappears and gives place to their successors. The last, or permanent set, when completed by the eruption of the "wisdom teeth" (which sometimes does not occur before the age of thirty, or even a later period), consists of thirty-two in all, sixteen in each jaw.

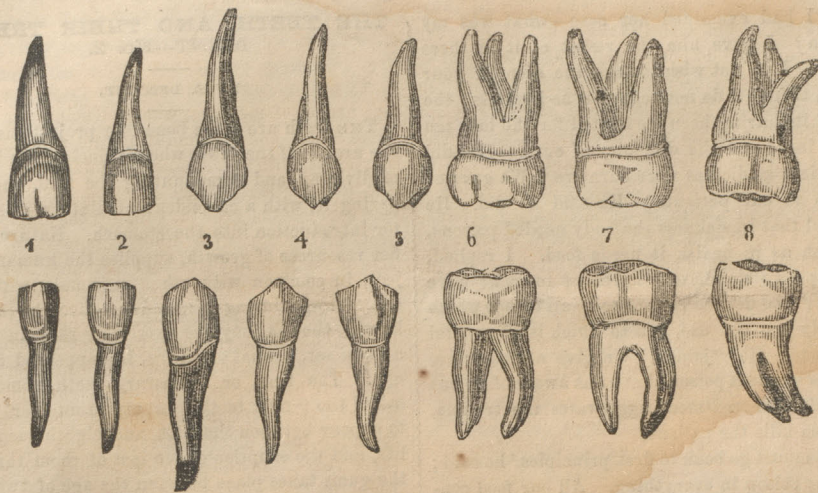
The teeth of the first, or temporary set, are designated, in respect to their uses and superficial aspects, as incisors, cuspidati, and molars. The incisors (which word means cutters) are the four teeth in each jaw immediately in front—eight in all. In shape they somewhat resemble a chisel, and their use is to cut off from its cohering mass a piece of food that is to be received into the mouth, and subjected to the comminuting action of the teeth farther back.

The *cuspidati*, so called from their terminating in a point resembling a *cuspid* or spear, are the four teeth—two in each jaw—which stand immediately behind the incisors, or next to them in the series. They are sometimes called canine teeth, from their resemblance to dog's teeth. Those of the upper pair are also frequently called "eye teeth," and those of the lower pair "stomach teeth."

Their distinctive use, like that of the corresponding teeth (called "tusks") in lower animals, appears to be that of tearing such articles of food as are too tough to yield to the action of the incisors. Hence they are more firmly inserted in the jaw, by a large single root, than the incisors.

Next in the order, in the temporary set, are two molars or grinders situated immediately behind the cuspidati or canine teeth, on either side of each jaw—eight in all. In the child, nature places these teeth here as a complement to the full temporary set, because the smaller teeth, which occupy this place in the permanent and numerically more complete set, can be more easily dispensed with.

In the second and permanent set, the incisors and cuspidati occur in the same positions and in the same number as in the temporary set, the only difference being that they are larger, stronger, more compact in their texture, and more firmly rooted in the jaw. But the difference between the structure of the temporary and permanent set



commences immediately back of the cuspidati or canine teeth, as the space here, in the permanent set, is occupied by the bicuspidati instead of the molars, which are now farther along. They are called bicuspidati (from *bis*, twice, and *cuspidatus*, spear-pointed) because they have two spear-like points on the summit of the crown. There are two of these teeth on either side in each jaw, making eight in all. They almost exactly resemble each other in shape, being much smaller than the teeth farther back in the mouth, and having each a single conical root. Their natural use seems to be that of cutting the food into small pieces, similar to the use of the *canine* teeth in the mouth of a dog.

It was through the nostrils that the Creator "blew the breath of life" into the first man.

The principle seers (the first air to grind) two on each side of each jaw—eight in all; or when the set is complete by the appearance of the wisdom teeth, three on each side of each jaw, or twelve in all. These are the largest of the teeth, having crowns nearly quadrangular in shape, whose summit or grinding surface is flat, with the exception of four blunt points with fissures or grooves between them. The molars of the under jaw have each two roots, and those of the upper jaw, three. Their office, as their name imports, is to thoroughly grind the food, as the last mechanical process in its preparation for the stomach.

There is little difference in structure between the molars of the temporary and permanent set, except that which consists in the greater size and more perfect organization of the latter.

The wisdom teeth (*dentes sapientie*), so called from the fact that they appear late in life, when the mental faculties are supposed to have arrived at the wisdom-stage of their development, belong to the class of molars, though the forms, both of their crowns and roots, are more variable than those of the molars proper. As they are the latest to appear, they are generally the first to disappear by the process of decay; and their loss occasions less inconvenience than that of any others.

The full set of permanent teeth, therefore, consists of thirty-two, which, when well formed, are so arranged that the corresponding ones in the upper and under jaw antagonize with each other, the upper arch being slightly larger than the under. They are so diversely constituted, and so disposed in their specific and required positions,

as to perform every possible use in the prehension, division, and comminution of the food, and in preparing it for the process of digestion, while incidentally contributing greatly to the beauty of the countenance, and to the proper articulation of vocal sounds. In more respects than one, therefore, the loss of the teeth is a great calamity, and hence their nature, constitution, and their proper treatment as aiding a symmetrical development and guarding them against the diseases to which they are liable, should be in some measure understood in every family, and by every individual; and for the same reason, no one who has not already lost these important organs, should ever pass a year without subjecting his mouth to inspection swallow necessary treatment by an experienced dentist.

There are few persons, however, in whom these organs occur without more or less malformation. This consists most frequently of an irregular arrangement in the jaw occasioned by a lack of room for their perfect development, in consequence of which they are crowded out of their natural places, pushed inward or outward, and made to overlap each other. This displacement occurs, for the most part, at the time of the eruption of the second set through the gums, either in consequence of being crowded to one side by their temporary predecessors that have not been removed, or because the arch of the jaw is not large enough to receive them. In consequence of these irregularities a hideous appearance is sometimes given to the mouth, and the countenance that would otherwise be beautiful, is rendered repulsive. It should be known that such irregularities, if taken in time, can always be corrected. When they are occasioned by a lack of room for the full development of the teeth, the remedy consists in the extraction of one of the bicuspidates on each side of the jaw, for the purpose of giving more room, and then the application of a constant and gentle pressure to the displaced teeth to bring them into their proper positions. This is done by means of a mechanical contrivance worn in the mouth, which every skillful dentist knows how to arrange. Such an application, properly managed, with the direction of the pressure changed from time to time as the nature of the case may require, will be successful in correcting almost the worst forms of irregularity within a period of from three to

six months; and that, too, with no pain and little inconvenience to the patient. This operation, however, should be performed before the patient is fifteen years old, and if it is delayed till the age of eighteen or twenty, success can not be promised.

In our next we shall speak of the chemical composition and internal structure of the teeth, and their vital connection with contiguous parts.

The accompanying cut, representing one side of a perfect set of teeth, upper and under, in the order in which they occur in the jaws, will aid the reader to a clearer understanding of their shapes and appearances after being extracted. The teeth represented belong to the left side of the mouth; of course each has its counterpart on the right side.

- | | |
|----------------------|----------------------|
| No. 1..... | Left Front Incisors. |
| No. 2..... | " Lateral Incisors. |
| No. 3..... | " Cuspides. |
| No. 4 and 5..... | " Bicuspidates. |
| No. 6, 7, and 8..... | " Molars. |

A DIALOGUE.

BY HARRIET N. AUSTIN, M.D.

Mrs. Ferne. My dear Mrs. Spencer, I come to you so often for favors, that I am almost ashamed to ask you for what I came; but this time my necessities are real, and I am sure you will help me.

Mrs. Spencer. Certainly. I am always glad to assist you in any way in my power.

Mrs. F. I am very anxious and troubled about my children. They have been exposed to the measles, and I can not but feel alarmed about them, they are so delicate and tender. I sent immediately for Dr. Bliss to come and see them, thinking he would give them something which would make it go easier with them. But he said he thought he had not better give them any medicine, at least before they should be taken sick; and that the very best thing I could do would be to go and get some of Mrs. Spencer's brown bread, and confine them entirely to it, with baked apples and water, until I could have an opportunity to see if they had taken the measles. He says that when children are expected to have this disease, there is nothing in the world so good for them as to keep them on brown bread and water, and be sure they do not take cold.

Mrs. S. I am very glad indeed that he has given you this advice, for I am certain that it is wise; and I shall take pleasure in sending you every morning as much of my nice, new, freshly-baked, unleavened bread as will serve the children till the next morning.

Mrs. F. Thank you. You are very kind, as you always are. I fear I shall never repay you for half your favors. But, you know, this necessity will not be very long continued. I think, in a fortnight, outside, they will be able to eat a different food.

Mrs. S. Perhaps so. But the best pay you could give me would be to allow me to send bread to them all summer, and to induce them to live on it, with fruit.

Mrs. F. Why, my dear woman, you do not think they could live this way all summer, do you?

Mrs. S. Why not? If this diet will so affect them as that they shall pass through the measles

more safely and easily by living upon it, why might they not be better to live on it all the time?

Mrs. F. Why, I should expect they would starve to death before next January.

Mrs. S. Oh, no, indeed. See my children at play in the yard—they do not look like starving to death. They have never in their lives eaten any other bread but this, and their diet the year round consists of bread and pudding made of the same constituents—wheatmeal and water—and fruit.

Mrs. F. But it seems to me cruel to confine them to such food when they are well. Indeed, I know that my children could not live so, their appetites are so delicate. I have always to fix them up something nice and unusual for breakfast, or they will eat nothing at all. They must have something to make their meals relish.

Mrs. S. Oh, you can't imagine how much better relish they would have if they were kept upon a very simple diet. The appetite can be educated as well as anything else, and any child can have it spoiled in a few days. Let it understand that it is to have something "fixed up" nicely to give it a relish, and it can not get along without it. But I have learned to my satisfaction that children can eat every meal that is given them, with good appetites and a keen relish, if there is simplicity and uniformity observed in the preparation of their food, and they are not allowed to spoil their appetites by taking "bits" between meals. It seems cruel to you for me to confine my children to so plain a diet; but it is you who are cruel, for you destroy in your children the capability of enjoying to the greatest degree any food. I do not believe that the finest dishes you ever get up are so relished by your children as are the plain breakfasts of pudding and berries which my little Benny and Bettie take every morning in the week.

Mrs. F. But I am sure my children could not live as yours do. They are a great deal more frail and slender.

Mrs. S. And this difference is attributable wholly to the different treatment which they receive. Your children, surely, possess as robust constitutions, and were even more strong and hardy the first year of their lives, than mine. But you have so nursed them that, from year to year, they grow more frail and less enduring. Mine, under their training, grow from year to year more enduring and hardy. And then, think how much more frequently your children are sick than mine are. Why, I have not been under the necessity of keeping either of mine in the house a whole day since they were a year old. They seem to have power to resist all tendencies to sickness. They have been repeatedly exposed to the measles, but neither of them have shown any symptoms of that disease till last fall. Bettie, at the usual number of days after being exposed, showed a slight, measly-looking irruption on her face and arms for a day or two, but she felt as well the whole time as ever. And they never have colds or difficulties of any sort which children usually have. This immunity from sickness I attribute in a very large degree to their simple diet. For I argue that a diet which is a preservative against the measles is a security against any other disease. To speak plainly and truthfully, Mrs. Ferne, you make your

children sick by the manner in which you pamper their appetites; and your excuse for this is your love and devotion to them. I prefer to manifest my love by fortifying my children against indulgences, and so keeping them from being sick, rather than by indulging their appetites and making them sick, and then watching over them with the greatest care, if by any means I may alleviate their sufferings.

Mrs. F. Well, you send me over the bread, and I will, at all events, try to carry my children through the measles as well as I can.



OLD PARR.

THOMAS PARR, generally known by the name of "Old Parr," was born in 1483, in the reign of Edward IV., and was the son of a poor peasant of Winnington, a village in Shropshire. He lived during the reigns of Edward IV., Edward V., Richard III., Henry VII., Henry VIII., Edward VI., Mary, Elizabeth, James I., Charles I.; and thus became the witness of some of the most important changes in English history. He saw three religious revolutions; lived through the days of fierce and bitter persecution; he saw the crown for which the rival houses of York and Lancaster had so long contended placed on the head of Henry VII.; he saw the kingdom of Scotland, against which so much hostility had been excited, peacefully united to England, King James VI. of Scotland and I. of England reigning over both, and he was personally presented to Charles I. about the year 1635. He was a hardworking man, and engaged in agricultural pursuits at 130 years of age; he was a frugal liver—his food through life consisted of milk, cheese, bread, etc.; he was never, however, what might be called a strong man, though perhaps not so bad as a recent writer makes him describe himself: "I've lost my teeth; my head be bald; my back be bent; I have no taste in my mouth; I have singing in my ears; I've congestion of the spleen; I've softening of the brain; I'm afflicted with dropsy; I've erysipelas in the face; I've got lumbar abscesses and intermittent fever; I must get me to bed and die in a day at farthest."

Notwithstanding all his ills, Thomas Parr lived to the age of 152 and some months: he married a widow when he was 120, and died at last from a surfeit. When brought up to London about two months before his death, he slept away most of his time, and is thus described by an eye-witness:

"From head to heel, his body had all over
A quick-set, thick-set, nat'ral hairy cover."

SHAM AND EARNEST.

BY JAMES C. JACKSON, M.D.

WHEN a boy, and old enough to feel the force of a reason rendered, my father took pains to enjoin on me the consideration that, when a thing is to be done, it should always be done *well*; he saying that whatever was worth doing was worth well-doing.

Thus instructed in early life, I have grown up to dislike shams and to like earnest things. Just at this point lies the difference between realities and shams—between things that have in them substance and intrinsic value, and other things that are fictitious, and have at best only a supposititious value. And in the direction of the objects to the support of which this JOURNAL is pledged, I wish to say a few words from this point of view.

Water-Cure has really in the public mind no definite position; nor does the term convey, to the majority of our people, any precise meaning. Under its use, almost everybody has the impression that it describes methods and plans for the treatment of the sick, which involve, in a greater or lesser degree, the application of water; and this is as far as they know anything about it. What kinds of water should or should not be used, they know not. At what temperatures water should be used, they are ignorant. At what times of day or night, and under what conditions of body it should be applied, they are also uninformed. They have no idea that "Water-Cure treatment" implies the use of other agents than water, and that without the use of these in combination with it, Hydropathic treatment is of little or no value, and, perhaps, even of decided injury. From want of proper instruction, or, under such instruction, from want of a true comprehension of what constitutes Water-Cure or Hygienic treatment, those who, being sick, have tried every other method of medical treatment and failed, and from this, if from no other cause, are favorably disposed toward Water-Cure treatment, make such egregious mistakes in their endeavors or efforts to apply it, whether these be confined to treatment at home or at some so-called Water-Cure, as to make an honest man's heart ache. I get letters every day from persons who have been running for years to institutions which they call Water Cures, where they have been spending their money lavishly, and all to no purpose, simply because they know nothing of the real merits, and of course know nothing of the demerits, of the modes or methods of treatment to which they have been subjected.

Now, in a fast age like this, no good thing can long exist without being counterfeited; and no grand system of means for the good of mankind can be for any great length of time operative, without having spring up around it numerous false systems, superficial, untrustworthy, and essentially shams. And as falsehood never had, and never can have, any intrinsic power, and as shams, therefore, give no foundation upon which one can rest with safety, it stands every earnest man in hand to make particular and well defined the distinction that exists between shams and realities, and to place himself on the side of truth and be faithful in her advocacy and defense.

Connected as I am with a public institution, I

would much rather be subjected to the suspicion of being incinsere than to have any person so relate himself to the great cause of Health Reform as to accept, without investigation on his part, any statements which I or any other person might make, in regard to the true methods of promoting such reform. It is the penalty which honesty and philanthropy, integrity and manliness, have always to pay for being associated, if by no closer ties, by those which are purely conventional, with whatever is untruthful, mean, and unholy.

Now it pains me to say it, and yet it seems as if I or some other one must say it, that Water-Cure in this country has degenerated so far from what it once was, as essentially, in the main, to have become a sham, a humbug, unworthy of popular confidence, and ultimately to have that confidence withdrawn, unless those who are earnest in its advocacy draw much closer and better defined lines of separation between what is *true* and what is false in regard to it, than has hitherto been done. I claim the privilege of stating the difference between the Water-Cure philosophy and method of treatment, which is fictitious and unreliable, and that which is truthful and to be depended upon. I will do it in a few words, and in short specifications.

First, sham Water-Cure makes no distinction in the *quality* of the water to be used. Real Water-Cure makes a great distinction. With the sham, hard water is just as good as soft water. With the real, soft water is a great deal better than hard. With the sham, mineral water is considered superior even to pure water. With the real, pure water is considered greatly superior to mineral water.

Second, the sham, mineral water, either in the form of pills, are regarded as a very excellent adjunct to Water-Cure treatment. With the real, drug-poisons are regarded with disfavor, and are never used.

With the sham, stimulating diet is regarded as a *sine qua non* to successful Water-Cure treatment. With the real, such diet is regarded as injurious to health, tending directly to the promotion of sickness, and of course to failure of the restoration to health of any invalid who habitually partakes of it.

With the sham, unhealthy styles of dress are looked upon as of no account. With the real, dress has a very important part to play in the restoration of the sick.

With the sham, false habits of living—habits which are extremely conventional, artificial, greatly productive of disease, and which, therefore, tend directly to weaken the moral sensibility—are looked upon with indifference, and no efforts put forth to correct them and institute better ones in their place. With the real, all habits of body which are not natural, and all mental habits, whether of thought or imagination, and all social relations that are constrained and forced, have very much to do in the production of ill health, and therefore very much to do when it is taken into consideration how such ill health is to be overcome.

And so, throughout the whole range of human activities whereby sentiment and passion are expressed, the sham either clings to or allows the false to exist, and makes no opposition to its exist-

ence; while the real abjures whatever is false, and turns toward Nature, who is true, because she is from God.

Now, can there be any greater difference anywhere than is seen to exist between these two representations of Water-Cure? The one relies upon the *ignorance* of the public whereby to secure its own success; and though heralded and covered by a title which is significant of truth and purity, is, notwithstanding, essentially an imposture. The other, bearing the same title, being a representation of a philosophy which is in itself sound and natural, and therefore true, depends for its success upon the *enlightenment* of the public.

Why, then, will not the people learn to make a distinction; and if they love that which has in it intrinsic force and real life, place their disapprobation upon all attempts, no matter by whom made, to palm off upon them shams so thin and unsubstantial as only to need to be looked at closely to be discovered?

This Health Reform movement is magnificent in conception, and is worthy of the highest trust of the people at large; and nothing further is needed to secure for it a grand destiny than to have honest advocates of it—men and women who will not only undertake to represent it, but will actually and practically, in their daily life and conversation, show to the people what great benefits would result to them by accepting and following its teachings.

OUR HOME, DANVILLE, LIVINGSTON CO., N. Y.

THINGS WHICH I HAVE SEEN IN A WATER-CURE—No. 8.

BY H. H. HOPE.

TIMOTHY RIVET'S HISTORY OF HIS TREATMENT.

"DURING the period of my boyhood, and up to the time of my entering college, I know of no lad more healthy than I was.

"Upon my going North and commencing study, I found myself compelled to very close application in order to keep up with some three or four members of my class, who, in some respects, were better educated than I had been, and who had been disciplined to very close and continuous application. Ambitious and determined to excel, I spared no effort to make myself a very creditable scholar, and I succeeded. But before I graduated, as I now see, from too sedentary a life, and too careless habits of eating, I began to show dyspepsia, and along with it began to appear a train of symptoms that startled me in good measure from my indifference, and brought me at once to the conclusion that I ought to consult some medical man, and see what benefit might arise from his advice and administration. Accordingly I took counsel of one of the professors as to whom I should call, and a celebrated physician of New Haven came to me. He said nothing of the causes that had produced my ill health, but told me what he thought was the matter with me, and, proceeding to exhibit his remedies, said that *they* would set me all right, and that in a little while I should be relieved from my difficulties and would feel as well as ever.

"Under the circumstances in which I was placed, and from his saying nothing to me about the necessity of abandoning my studies for the time, I inferred that his remedies were of such a nature as that I should be cured even though I kept up my accustomed course of application; and as he had said nothing to me about any change in my dietetic habits, I ate and drank as I had previously done. For a little while after I began to use his medicines I thought I felt better; but it was not long before I became thoroughly convinced that I was making no progress; and he was called in again to see me. He still said he was sure my case was not a bad one—that he could give me something to overcome my difficulties, and he proceeded to prescribe tonics for me, the chief of which was old port wine. So I used that for a while, and it seemed to do me good; but after a while its effects passed away and I was no better—perhaps I was worse.

"Again I called him, and this time he looked grave, talked somewhat seriously about me, and proceeded to lay out a plan of medication quite extensive and intricate in its combinations, speaking with confidence as to the probable effects from its use. I followed his prescriptions and continued to fail.

"At this time a friend suggested to me to try Homeopathy. I knew but little about it, and had been accustomed to regard it as quackery; but inasmuch as I was getting no better, but rather worse, under the administrations of one of the best Allopathic physicians in the city, I consented to have a Homeopathic physician called in; and one of the first gentlemen in town came to see me. I made a plain statement of my case. He talked quite encouragingly, I might say almost dogmatically, of the *certain* effects of his remedies, and dilated somewhat upon the philosophy of Homeopathy, speaking of its superiority over the regular system of practice because of the specific nature of its remedies; and so, encouraged somewhat by his self-confidence, I commenced taking his prescriptions, and faithfully and zealously followed them up for ninety days, during which time I sensibly failed.

"At this point I saw that I could no longer keep up with my class and win distinction—that the occasion had slipped away from me, and that only in the future could I have reliance; and so, by and with the consent of the faculty, and the advice of my parents, I left college and returned home. My father, who, as you already know, has his heart bound up in my life, and can not contemplate my death with the least degree of resignation, and who, like most others, has no resource in such circumstances as those in which I was found other than that which may be said to belong to the medical profession, brought to my aid the best medical skill anywhere in this region of country, and these noble men—for I have had half a dozen of them—have exhausted all their available capital in the endeavor to overcome my morbid conditions and give me back health. They have bled me, and blistered me, and cauterized me, and scarified me, and physiced me; they have done all that they know how to do; and at last have had the manliness to confess that while it is obvious to them that I am dying, they are in doubt

as to what ails me. It is now about a month since they ceased to visit me, and in that time I have taken no medicine; they declaring that it was no use, and I readily consenting to forego taking that which could do me no good. So here I am, a young man in years, of good family, so far as health is concerned, for my father and mother were never sick, and their fathers and mothers lived to old age; while still further back there are evidences that on both sides my ancestors were long-lived; nevertheless it seems that I am to die before I have fairly begun to grow.

"I assure you, Mr. Hope, that I have not been without my reflections since I have been confined here as an invalid, as to the necessity of sickness and premature death; and while I have no expectation in my own case of being better, I have come to the conclusion that, abstractly considered, there is no reason in the nature of things why so many human beings should die far inside of mature or ripened life. I know that we are told that such events result from God's interference, that they come as providences, and occur only as parts of a great plan which we know nothing about, and which we could not understand at any rate; and that all there is left for us to do is to be submissive and piously resigned. But I find it very hard indeed to feel resigned in view of my approaching dissolution. I have been earnest from a boy, and have had hopes upon which I rested as upon a sure foundation, that I should make my mark among my fellows, and that any reputation which I might win should always be based upon uprightness of character and honest and truthful endeavor. But so it seems it is not to be; and though I do not feel reconciled to the event, I know I must submit.

"Now I can not refuse my father the privilege of having done for me what his own love for me may prompt, though I see no possibility of benefit accruing from it; and as he has kindly invited you to visit me, and will feel dissatisfied if I refuse to accept any aid that you or he may think you can render, I say to you, whatever you think you can do, I am willing that you should try to do. I will be obedient and earnest as far as I can co-operate with you; though I must say that I have no hope, and therefore can not assist you with any degree of enthusiasm. Take me, then, and do with me as you please."

For some little time after Mr. Rivet had closed his account of his case, I sat still and thought, and for the first time in my whole life did a regret arise that I was not a physician; but I had seen enough of my friend's treatment first and last to know what *not* to do; and perhaps I was not entirely devoid of an instructive appreciation of what was proper to be done. So I determined that I would write to Dr. Blank without delay, and get the best advice he could offer, meanwhile doing the best I could. The arrangement was made, and that same evening, assisted by two servants, I gave the young man a towel-washing in water at a temperature of 85°, preceding it and following it with a dry-hand rubbing of five minutes, and then placed him in bed and left him for the night.

The next morning he reported himself to have slept at least two hours more than usual. So slight an announcement of a favorable result as

this cheered up the heart of his father to a degree that it seemed as if the old man would lose his balance. He laughed and cried by turns, called his boy by every name that endearment could suggest, and declared himself to be more convinced than ever that "Tim," as he called him, would get well. His inspiration was infectious, and communicated itself to the girls and other members of the family. Even I felt cheered up by it; and the invalid, when I visited him after breakfast, actually looked better.

That day I gave him a sitz-bath at 90° for fifteen minutes, accompanying it by a warm foot-bath, cold cloths laid upon his head, and followed it by abundant hand rubbing of the parts that had been immersed. I kept the cool cloths on his head all the while, and in the evening I fomented his stomach and bowels for half an hour, by laying upon them cloths wrung out of warm water, and changing them as the heat decreased. Then, wiping the abdomen dry, I subjected it to a gentle kneading and working for ten minutes; then laying on a wet compress upon the stomach and bowels, and covering it with a dry one, I left him for his night's experience. This, he told us next morning, had been a very comfortable one, he having slept as much as the first night—perhaps a little more.

That day I commenced a dietetic regimen for him, and began to change his food, with the intent of ultimately taking away all substances, whether of food or drink, which could in any way inflame the mucous surfaces of his stomach or deprave his blood; and by the time that I received a letter from my physician and friend, telling me what he would do if he were in my circumstances, I had broken up Mr. Rivet's dependence upon his stimulating food and drinks, and had introduced in their stead nutrients in the way of food, and for a beverage nothing else than pure soft water, which, by the way, I procured by means of a home-made filter that I had the ingenuity to construct, placed in the cellar, and which filtered rain water sufficient for all the purposes of cooking, drinking, and bathing in his case.

I found my friend's advice as to what should be done to be so near that which I was pursuing, that I was relieved from the necessity of making any alteration in my plan; and now having accustomed him somewhat to take baths of a gentle temperature, and to eat food simple in its constituents as well as in the manner of its preparation, I commenced to change his relation to air and light. So I took him every day out into the open fields, and gradually accustomed him to the sunlight. At first we carried him in a palanquin which I had made, and which was borne by two or three servants. This had a top to it and legs under it, so that he could be carried from place to place and be set down to rest, view the scenery, and enjoy the conversation of the hour; but after a while I insisted upon his having the top let down and letting the sun strike his face, thus giving himself the benefits of full light.

Well, by these simple processes, in the course of three or four months he had so far gained strength as to be able to come North and place himself in the hands of my friend, who kept him nearly or quite a full year; and then Mr. Timothy Rivets went back, a healthy man, to cheer his old

father's heart, to make glad the hearts of his mother and his sisters, and to set himself to work in directions beneficial to his fellow-men and gratifying to himself; and there he is at this day, healthy and redeemed.

So much, reader, for the superiority of the Hygienic system of treatment, in a case of desperate disease, over drug-medication.

I can not close this little history without offering to the consideration of the public the reflection, that in all probability the severe illness under which I found this young man laboring when first introduced to him, was largely to be attributed to the bad medical treatment to which he had been subjected. Had the first physician he consulted known enough, and been honest enough, to have said to him—"Mr. Rivets, you don't want any medicine; all you want is to stop studying, go out into the open air, take plenty of exercise, wash your body all over every day so as to keep your skin clean, eat simple and unstimulating food, and in a month or two you will be well," all the suffering and loss of time which the poor fellow endured might have been saved him. But, instead, his physician, who is a very *learned* man, proceeded to the management of his case from the point of art simply, and thus entirely forgot, or forbore, to consider or consult nature, and as a consequence failed, as thousands of other physicians fail, who think that because they have been to college, and have hanging up in their offices Latin diplomas, are therefore qualified to treat diseases of the human body without reference to the laws of life and health; and when they fail, justify themselves in their failure by ascribing it to providential intervention.

Thank God! a better day has dawned for mankind in this matter of the maintenance of health and of treating the diseases with which the race is so terribly afflicted. When that day shall have reached its meridian, we all shall see—what we *shall* see; and the sight will gladden our hearts.

FORMATION OF CHARACTER.—Every great thought, every good resolve and feeling of kindness, leaveth its track in the soul. They can never go away unrepresented, although they come silently in darkness and solitude. Character and confidence in principle are established by secret resistance to temptation, self-sacrifice, and honorable resolve. Greatness and goodness grow outward, and evil likewise; though we may hope to conceal the private spirit-life, it will defy our efforts, and settle in indelible impression on the countenance, in every expression and action.

Self-respect is one of the most glorious attributes of human nature; it spurns to do a dishonorable act in secret, out of reverence for its own royalty, and thereby grows beautiful in the character to the view. He who will not abash his own self-esteem in secret, is trustworthy; his benignity shines forth whether he will or not; while he who fears not his own condemnation, and harbors sinful and malignant thoughts, in the concealment and privacy of his breast, may be assured they will leave ink spots behind whose shadow will loom outward and mark the man. In the privacy of the heart is the visible character molded; we can not appear to the world what we would be, but what we are.—A. B. Lockhead.

Publishers' Column.

POST-OFFICE, COUNTY, AND STATE.—It seems as if all who are capable of writing letters would see the necessity of giving their addresses in full, particularly when writing to strangers. But we are in receipt of letters almost every day, dated Washington, or Jackson, or Plughtown, or some other place, without appending the county or State. When we find one of this kind, we first look at the envelope, and to the credit of the postmasters be it said, we are sometimes able to decipher, from the ink spread thereon, the letters standing for the State in which it is mailed. But quite as often we find them totally omitted, or so blotted as to be illegible. We next refer to the published list of post-offices, when, if it is some outlandish name, like Ouauqua, or Burnt Corn, or Okohoji, we are pretty sure to accomplish our design, for no two persons would ever think of giving such names to post-offices; but in most cases we find from two to twenty of the same name. When but two, we can sometimes tell from what State by looking at the date of the letter, and considering if it has had time to come from the farther State; but when there are twenty, we throw down the letter in disgust, and if the writer is obliged to write again before he receives a Journal or a reply, are we to blame for it? Always give your post-office, county, and State.

ELEVEN COPIES FOR FIVE DOLLARS.—Our friends will please understand that to obtain Eleven Copies of our Journals for Five Dollars, the names and money must all be sent in at one time. Some seem to understand that they can send a single subscription at a time, and when they have sent four, and four dollars, by sending another dollar they are entitled to seven copies. Not so. Our terms are, one dollar for a single copy, one year; five copies for three dollars sent at one time; and for five dollars at one time, eleven copies.

CLUBS are considered as broken up when the time for which the members thereof have paid their subscriptions has expired. Having been a member of a club one year does not entitle a subscriber to receive his Journal for less than one dollar a year thereafter. A new club must be made up to secure it for fifty cents a year. When a club is formed, additions to it can be sent in at the same rates; that is, if it is a club of five, additional members must send sixty cents each. Additional members to a club of ten will send fifty cents each.

NEW STEAMBOAT.—The Norwich and Worcester Transportation Company have recently placed on their line a new and in every respect first-class boat, named the City of New York. A party of invited guests accompanied her on her first trip, which was on the 22d ult. Many who availed themselves of the kind invitation of the agent, Mr. Martin, went on to Boston, and had the opportunity of observing the advantages of this route over that of others between New York and Boston. The sail up the Sound in the City of New York, or her companion, the City of Boston, is one which, for pleasure, can not be excelled. The time occupied is not so long as to become tedious, and in rough weather these boats do not go sufficiently far East or seaward to subject passengers to many of those discomforts all but true sons of Neptune feel "when the stormy winds do blow." The road over which the cars pass which run in connection with the boats is one of the smoothest and easiest it has ever been our lot to meet. Passengers for the White Mountains, or any portion of Northern New England or the Canadas, can change cars at Worcester, instead of going on to Boston. We commend with pleasure the Norwich and Worcester line, with its splendid boats and gentlemanly officers and its well-appointed and conducted railroad, to the attention of all travelers, whether for business or pleasure.

JACOBS' PATENT PORTFOLIO PAPER FILE.—Of proper size for the PARENTOLOGICAL and WATER-CURE JOURNALS—for sale at this office. These Files will preserve the Journals as nicely as if they were bound, and will last for years. Price 50 cents. They will be sent by mail, post paid, when desired.

FOWLER AND WELLS, 303 Broadway, New York.

PRESENT SUBSCRIBERS are our main reliance. Those who know the utility of the JOURNAL will work for it, and recommend it to their friends and neighbors, that they too may participate in the benefits of its teachings.

Literary Notices.

THE ATLANTIC MONTHLY FOR JULY was made of more than usual interest by the article entitled "Washington as a Camp," from the pen of the lamented Major Winthrop, who was also the author of the "March of the Seventh," in the June number. His closing paragraph, penned but a short time before his untimely death, seems almost prophetic:

"Good-bye to Company I. and all the fine fellows, rough and smooth, cool old hands and recruits, verdant but ardent. Good-bye to our Lieutenant, to whom I owe much kindness. Good-bye to the Orderly, so peremptory on parade, so indulgent off. Good-bye, everybody."

But the first article that will be read by thousands is a biographical memoir of Colonel Ellsworth. This article will form a portion of history, and on that account we regret the more that the author, in a note, conveys the idea that the good old frigate Constitution was taken, held, or possessed by the rebels, and wonder that such a statement should not have been corrected by those having the supervision of the pages.

The other articles of the number are Our Orders, Agnes of Sorrento, Sun-Painting and Sun-Sculpture, The London Workingmen's College, Emancipation in Russia, The Haunted Shanty, Rhotruda, Greek Lines, The Ordeal by Battle, The United States and Europe, Between Spring and Summer, Reviews, and Literary Notices. This number commences Vol. Eight.

HINTS ON THE PRESERVATION OF HEALTH IN ARMIES. For the Use of Volunteer Officers and Soldiers. By John Ordronaux, M.D. New York: D. Appleton & Company.

We have examined this work with much pleasure. It contains more sound common-sense advice than is found in all the other works of the kind we have seen. We should differ with the author on some minor points, but as a whole, we heartily approve it. It can be read with profit by those who stay at home, as well as those who go to the war.

UNITED STATES INFANTRY TACTICS. For the Instruction, Exercise, and Maneuvers of the United States Infantry, including Infantry of the Line, Light Infantry, and Riflemen. Prepared under the direction of the War Department, and authorized and adopted by the Secretary of War, May 1, 1861. Philadelphia: J. E. Lippincott & Co. \$1.25.

This is undoubtedly the best instruction-book in military tactics published. It comprises the school of the soldier, the school of the company, instructions for skirmishers, the school of the battalion, the general calls, and calls for skirmishers, the articles of war, and a dictionary of military terms.

The system known as Scott's Tactics was for many years in use in our army, but the European nations having recently introduced some changes in the manual of arms, as well as in other respects, a commission was appointed to compile a new system. Of this commission the traitor Hardee was chief, and although it is said he did not do an hour's work thereon, the system, when approved by the Government, was allowed to be issued as Hardee's Tactics. The new edition, while it comprises all that was essential in the old one, has some valuable additions. It will doubtless be adopted by the militia of the different States, that the drill may be uniform throughout the country—a necessity plainly shown by the present war.

MAPS OF THE SEAT OF WAR. D. Appleton & Co., 443 and 445 Broadway, publishers. No. 1 comprises the States of Delaware, Pennsylvania, Maryland, and Virginia, with Diagrams of Washington City, Charleston, Baltimore, and St. Louis. No. 2 is a map of the Southern States, with Diagrams of Mobile, New Orleans, and St. Louis. No. 3 contains the whole United States, forts, and means of communication from point to point. Price 25 cents each.

PHELPS & WATSON publish the NATIONAL WAR MAP, embracing the United States as far west as Western Missouri, and contains tables showing square miles and population of the United States; the comparative population of the Slave States in 1850 and 1860; the principal forts and fortifications in the United States, with their post-office address; and the pay of officers and soldiers of the United States Army, and of the New York Militia,

when in service, the whole surmounted by a fine likeness of General Scott. All for 25 cents, post-paid by mail.

H. H. LLOYD, 25 Howard Street, has issued three maps, well executed and colored. No. 1, compiled by E. L. Viele and C. Haskins, military and civil engineers, and published under the auspices of the American Geographical and Statistical Society, gives the whole United States on a small scale, and the States of Delaware, Maryland, and Virginia on a scale of about 15 miles to an inch. Also, on a large scale, plans of Pensacola Bay and surroundings, Cairo, Norfolk Harbor, Hampton Roads, District of Columbia, the Mississippi River, showing the country for several miles on each side, Galveston Bay, Mobile Bay, Savannah, and New Orleans.

No. 2 contains Delaware, Maryland, and Virginia, same as No. 1, but instead of the other maps and plans, has portraits of eight of the principal officers of the war, and pictures representing the style of uniform of most of the volunteer regiments, together with a glossary of war terms.

No. 3 of the Political Chart contains colored portraits of Washington, Lincoln, Scott, Butler, Ellsworth, and Anderson, and the entire cabinet, with biographical sketches, besides many statistical tables of interest. 25 cents each.

Notes and Queries.

H. L.—The word *suite*, meaning "a succession," is pronounced as if written "sweet." You must not confound it with the word *suit*, which is sounded as if written "sute."

H. GROSE.—Your receipt for the insurance on your life for the present year is legal proof that the previous year's premium has been paid.

ELIZABETH.—You are perfectly right. "He does not" is grammatical, and "he don't," which is a contraction for "he do not," is quite the contrary; yet, by a strange caprice, the expression "he don't" has become fashionable. Probably, like other absurdities, this will soon go out of favor.

ZOUAVE.—The common time march is three miles an hour. From twelve to fifteen miles a day is as much as can well be performed by an army on long marches. The same distance is performed easier in a rolling or hilly country than in one flat and sandy.

C. W.—Horse-flesh, as an article of diet, is in quite common use in some of the countries of Europe. From many experiments made with it, it is said to be but little inferior to beef by those who are supposed to be good judges.

FARMER.—There is no law in the State of New York that will oblige you to maintain a fence about your land. If your neighbor chooses to keep horses, cows, and oxen at pasture, he must fence them in securely, or become responsible to you for all damage done to your crops by their trespassing.

HOUSEKEEPER.—The Metropolitan Washing Machine Company make three sizes of clothes-wringers, which sell for \$5, \$7, and \$10 respectively. The \$7 size is mostly used in families. We can furnish them.

J. A.—To make red sealing-wax, take of well-powdered shellac two parts, and of resin and vermilion, powdered, each one part. Mix them well together, and melt them in a gentle fire. When the ingredients seem thoroughly incorporated, work the wax into sticks. Seed-lac may be substituted for shellac, if the latter can not be obtained. A small quantity of the coloring matter (vermilion) may be used without impairing the quality of the wax, where it is not required to be of the highest and brightest red color, and the resin should be of the whitest kind. To make black sealing-wax, substitute the best lamp-black for vermilion, and proceed as above.

JULIE.—Corals are shells, produced by an insect within them, and they grow in such quantities, and to such heights, in some seas, as to create islands inhabited by men. Ships have often been lost on coral rocks. Coral, as we have before observed, is found in Corsica, in the Mediterranean. In the Pacific, islands are formed by it.



NEW YORK, AUGUST, 1861.

WATER.

"To the days of the aged it addeth length,
To the might of the strong it addeth strength.
It freshens the heart, it brightens the sight,
'Tis like quaffing a goblet of morning light."

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

SUMMER DISEASES.—Bowel complaints, which are commonly understood to comprehend cholera infantum, diarrhea, and dysentery, are the pestilences that walk in darkness and at noonday during the "heated term." In our large cities, children are swept to their graves in droves, while in the most salubrious rural districts of our country the mortality is often very great. But why should children die so fast because the weather is warm, or even hot? Winter, too, has its prevalent diseases, and so has Spring and Autumn. All seasons are sickly—indeed, there is no healthy time—if we draw our conclusions from the published records of mortality. Nature seems to have arranged everything wrong, so far as health is concerned, or else human beings have done sad violence to her arrangements. Which is it?

We are of the opinion that nature is not the erring party. Where nature's laws and human institutions come in conflict, we are always suspicious of the latter. We can see no good reason—for nature teaches none—why little children, or even adults, should have so many bowel diseases in the Summer, so many inflammations in the Winter, so much biliousness in the Spring, and so many fevers in the Fall. There is certainly no "natural necessity" why there should be any of these sickly seasons at all, except in a few exceedingly malarious localities. We come, therefore, necessarily, to the conclusion that they are artificially induced. And there is no possible way in which this can happen, except through the influences of unphysiological habits. Here, then, is a field in which we could expatiate for any length of time without exhausting our subject. Yet a few words must suffice for each recurring anniversary of death among the children.

It is true that impure air is one of the causes of bowel complaints; but they prevail also in the country places, where the air is as pure as was ever breathed, and in quantity enough and to spare. There must, then, be other causes powerfully co-operating; and the chief one we take to be improper food. In no country, probably, are summer diseases of children so prevalent and so fatal as in the United States; and in no country on earth, so far as we can get information, are the infants and children so abominably fed, and so unphysiologically mismanaged generally, as in this. Even the savage tribes of America, with all their superstitious notions, cruel devices, and injurious customs, rear their children far more nearly in accordance with the standards of physiological truth.

Constipated bowels and inflamed mucous surfaces are the antecedent conditions of all the Summer diseases we have named, and even of the cholera itself. And these conditions imply the employment of impure or constipating food, and the use of irritating condiments or drugs. The great masses of the children of this country, with the exception of a little fruit now and then, seldom swallow an article of food, after the period of weaning, which is not rendered constipating by improper manipulations or admixtures, or poisoned with adulterations and seasonings. Nearly all of the bread-food is made only of the finer portions of the grain which renders it not only constipating, but deprives it of certain elements essential to perfect nutrition. It is then further vitiated by fermentation, and perhaps also with the additions of salt and butter; and thus that which should be the staff of life becomes an element of disease and death. Vegetables are almost always seasoned with butter, lard, pork gravy, and highly salted; and sweet cakes are made, of which butter or lard, sugar, eggs, and spices, with just enough of flour to stick them together, are the principal ingredients. Add to all this the extensive use of saleratus or "cooking soda" in bread, biscuit, cakes, pastry, etc., and the intelligent physiologist will not wonder why so many children die. He will only wonder that so many of them live.

If one half the money now paid to apothecaries and doctors, on account of weakly and sickly children, were expended in supplying them with abundance of good fruit weakly, sickly, and dying children would be much less numerous.

Because looseness of the bowels, in choleras, diarrheas, and dysenteries, is the most prominent symptom of a disordered condition of the organism, it is the custom of doctors and people to avoid everything in the dietary which tends to promote free action of the bowels; and thus they induce a state of constipation which is the essential cause of the malady. The disease itself is an effort of nature to overcome morbid conditions and remove obstructions. It is remedial. It should be allowed to accomplish its work. To suppress it with drugs is simply to war upon the human constitution. This remedial struggle should be managed, regulated, directed, not subdued. It is a process of purification which should be guided, not suppressed. The system should be supplied with favorable conditions for the successful exercise of the inherent remedial powers, not burdened, embarrassed, thwarted, and destroyed with poisons and destructives. And here is the radical distinction between Hygieio-Therapy and Drug-Medication. One aims to aid and assist the vital organism in its effort to rid itself of morbid causes; the other only directs its energies to a new foe and creates new diseases.

The Hygienic treatment of bowel complaints, as we have occasion to explain annually, is exceedingly simple. When there is pain and heat in the abdomen, cold wet cloths should be applied constantly; when there is pain and griping without heat, warm fomentations are preferable. The bowels, if in the early stage, should be freed by means of enemata of tepid water; the patient should keep quiet in the horizontal posture, and the whole surface should be frequently bathed in some form, with tepid or cool water, according to the degree of heat and feverishness. Hip baths of a temperature proportioned to the morbid heat are often of great service, though perhaps not indispensable in any case. In all cases, one of the important curative agencies is abundance of fresh air. An active exercise of the respiratory muscles will often check diarrhea almost instantly, by transferring the direction of the remedial effort from the bowels to the lungs and skin.

RANTING HUMBUGS.—Among all of those who have felt themselves called upon to rant and rave, and fume and fret, and lie and falsify against Hydropathy, none are so unscrupulous and malignant as those disappointed geniuses who, having "pitched

into" the business without honesty or intelligence, could not make it successful, either financially or therapeutically, and so have pitched out again. A good (or bad) illustration of our principle is seen in a late number of the *Glen Forest Journal*, a small, coarse, smutty-looking weekly paper, published at Yellow Springs, Ohio, as an advertising sheet of a medical institution there, known by the all-catching title of "Invalids' Retreat." The *animus* of the paper, in relation to pure water, or Water-Cure proper, may be inferred from the following brief extract which we take from its very long display of the wonderful curative resources of its establishment:

THE MINERAL WATERS.—Besides the use of our pure sparkling waters, the Mineral Springs have, in our hands, proven of great benefit in dyspepsia, and diseases of the digestive organs, dropsy, general debility, and wasting of the body, the diseases of the nervous system, and especially, diseases of females, such as Chlorosis, or Green Sickness, and Uterine Debility. Thus in the possession of our Chalybeate and Sulphur Springs we feel that we possess all the natural advantages for the treatment of disease; and these advantages need only to be known to be appreciated.

Yellow Springs has long been famous for the mutations of an institution formerly denominated a water-cure. But some how or other, "the right man in the right place" has never seemed to be among its fortunes. Its proprietors have changed phases very much like the moon; but for reasons obvious to those who understand them, nobody could ever get a permanent foothold in the Water-Cure line. The presiding geniuses of the present era seem to think the fault was in the system rather than in the person or in the public taste, and so they have resolved to build their fortune on the safe financial basis of a compromise, and to give the invalid public whatever will cause it the most readily to unloosen its purse-strings. We never knew a doctor, whether he was a professed mongrel Hydropath, or a confessed Allopath, to mingle "mineral springs" with his "pure sparkling waters," in the treatment of disease, who did not have a perfect hydrophobic aversion to pure water, and a method of expressing that aversion almost as ferociously furious as a rabid animal. The physicians of the "Invalids' Retreat" are no exceptions to this rule. Indeed, they are the most striking examples of the rule we have yet seen. We clip the following paragraphs from the *Glen Forest Journal* as illustrations:

The true Water-Cure diet consists wholly of a vegetable course for dinner, and brown bread, mush, and gruel for breakfast and tea.

An important article in the Water-Cure creed is, a total abnegation of all medicine, and a professed belief in the power of water, as applied to the relief of all diseases, and to the entire cure of most ills which "flesh is heir to."

The usual bathing course consists in perpetual sweatings, douchings, and plungings.

We have ourselves felt our blood chill at the recital of instances where delicate females have been dragged from their beds at three o'clock in the morning, subjected to a douche, and then consigned to the wet-sheet pack for two hours, followed by an emersion of the entire body in water at 55° and a walk of an hour's length in the interval between the bath and breakfast! With such a beginning of the daily duties, and the subsequent addition of six or eight baths during the day, and miles of pedestrian achievement, we can not wonder that the frail patient sinks beneath the infliction; or, if she lives to tell the tale, both she and her friends should curse forever the "fanaticism" of a system so adverse to reason.

If these statements truthfully represent Water-Cure, as formerly practiced at Yellow Springs, we do not wonder at its bad success and ignoble reputation. But that such is the "true" Water-Cure system, no one but an incorrigible booby would assert, unless arrant humbuggery was his writing's end and aim. Drs. Gross and Seelye falsify utterly in relation to what "the true Water-Cure diet consists of." We do not charge them with willful misrepresentation. They may not know any better. They may have derived their information on this point from some of the blundering ignoramuses who have done so much to disgrace the Hygienic system in that place and the region roundabout.

The assertion in the second paragraph, that "a belief in the power of water to cure disease is an important article in the Water-Cure creed," evinces a strange ignorance of the first principle of the system. The truth is exactly the contrary. The very first premise of the Water-Cure creed is, that water possesses *no power whatever to cure any disease*. Nature is the remedial principle. Water supplies *one* (not all) of the materials and conditions which nature requires in order to cure the "ills which flesh is heir to."

As to the third and last paragraph, we can not conceive it possible that any human being, with brains above the *Semie* tribes, could be so credulous a ninny as to believe such stuff. We admit the possibility that some person, somewhere on earth, at some time, mistaking himself for a doctor, and cold water as the vital principle of the universe, might have put some unfortunate fellow-mortal through, and given him a swift passport to immortality on the plan indicated. But we have never known nor heard of such a case. Nor can we for a

moment entertain so low an estimation of intellectual caliber of Messrs. Gross and Seelye, M.D.'s, as to think they believe it. Our opinion is, therefore, that the whole story is a fiction, fabricated for business purposes. Whether such ways of doing business are justifiable may be a question of conscience, and consciences differ.

FERTILIZED BREAD.—A late number of the *Boston Courier* contains an editorial commendation of a plan for making "healthy bread for the soldiers." This consists in employing Professor Horsford's fertilizing preparation, instead of yeast, to raise the bread. The Professor is interested in the manufacture and sale of a mixture of burnt and ground bones and crude phosphoric acid, with bi-carbonate of soda, cemented by a starch-like body. Mixed with flour and water, this preparation disengages carbonic acid gas, making the bread light and porous, as it is when the same gas is obtained from yeast, or from the use of the ordinary acids and alkalies. But why such bread can be called wholesome for soldiers, or for anybody else, is more than we can understand.

The object which Professor Horsford professes to have in view is, "restoring to so important and universal an article of food as bread, the phosphates which have been of necessity removed." Were not the Professor a man of reputable scientific attainments, we might suppose him to be innocent of any intention to mislead the public, especially our hard-faring soldiers in the field of actual service. But, certainly, in offering this vile compound as a health-conferring element, he ought to know that the phosphates exist in both the flour and bran of grain, and are not, therefore, removed by the miller; and that if any phosphates exist in the bran which are desirable parts of the food, the proper way to save them was to retain the bran; and not mix up an unnatural compound of injurious ingredients, which may be an excellent fertilizer for the vegetable kingdom, but which is an absolute poison to every animal organism in existence. On this subject a cotemporary pertinently remarks:

Touching this important proposition, let us consult the chemist in relation to the addition of phosphate of soda and boneash as equivalent to the natural compounds of phosphoric acid found in every kind of grain, and the truthful reply will be that neither of the compounds (phosphate of soda and boneash) exists in grain or flour. Acid phosphates are found in grain and flour, but they

are always so combined with organic matters that they can in part be assimilated and in part rejected by the system. The whole of Prof. Horsford's hypothesis in relation to the phosphates being removed by the miller, is pure fable, and derive no support from the experiments of Mayer. All the phosphates in or near the husk of the grain are insoluble in the system and pass out undigested, a fact which Prof. Horsford should have learned before he attempted their restoration.

Bread made with many of the substitutes for yeast is not sophisticated by injurious salts left in it, and a mixture of dried alum with bicarbonate of soda, added to flour in a less proportion than two teaspoonfuls, will form a more beautiful sponge than the *burnt bone mixture* of Prof. Horsford, but in either case the bread is unfit for use.

The baker who substitutes for his yeast the mixture used by Prof. Horsford should be visited by the severest penalties of the law, and the soldier who serves his country at this important juncture through the impulse of patriotism, should have thrown around him every guard which science and skill can suggest in relation to his food.

The French armies in the field and on the march are supplied with fermented bread, which experience has shown to be highly nutritious; it is also as readily and economically made, and the yeast, prepared in the solid form, can be more easily transported than the "phosphates" of Prof. Horsford.

Fluid yeast may be converted into a solid form by mixing with it finely ground corn meal; the cakes thus prepared can be made into fluid yeast with water when required for use. Less than two teaspoonfuls of this is sufficient for a quart of flour.

We stated that Horsford's phosphates would derange the stomach and produce disease. Let it be remembered that the soldiers are going into a section of country where the lime salts abound in the water, as in the Ohio and Mississippi rivers, causing derangement, as everybody is aware, of the stomach and bowels, and this morbid tendency will be greatly increased in every soldier who is unfortunate enough to be supplied with rations of the Horsford bread.

What would a good housewife say if we were to advise her to mix two teaspoonfuls of plaster of Paris in a quart of flour, as a means of improving its quality; and yet this would be quite as rational as to add two teaspoonfuls of Prof. Horsford's bone preparation. Let me conclude by quoting a few lines from the "Proceedings of the American Pharmaceutical Association" for 1860. An able and distinguished committee on adulterations (the highest authority in the country) examined the preparation of Prof. Horsford now under consideration, and used the following language in their report:

"If this wholly unnatural mineral mixture can be used with impunity, alum and gypsum may be substituted for it, as being more cleanly, equally nutritious, and dispelling the thought that we are consuming a vegetable fertilizer as an addition to our food."

THE REAL DANGER.—The Green Bay (Wis.) *Advocate*, under the above caption, expresses its opinion that the Northern troops now in service on Southern soil, will find their most deadly enemies in the heat and malaria they will be obliged to encounter. It says:

The worst military point, in this respect, now occupied by us, is Cairo, located as it is in a low, flat, marshy country. When the hot days come on, the exhalations which will arise from the swamps, stagnant streams, and decaying vegetable matter, will be anything but conducive to health. Sickness, to a considerable extent, is already reported among the soldiers at that place.

With these facts in view, no pains should be spared to provide every possible remedy, and to secure every proper hospital accommodation. The Western troops will be called upon to do duty in the West, and upon them will be likely to fall the heaviest of the scourge. We would suggest that every Wisconsin soldier, and particularly those from the far and healthy North, be provided with packages of medicines, preventive and remedial, as a protection against the fevers incident to the South, and the complaints to which they will be rendered liable by a change of climate and diet.

We are of opinion that preventive drugs of any kind are a sad blunder. All medical men acknowledge that all drug-medicines are poisons. And how it is that poisoning the system in any way can enable it better to resist disease and overcome the heat of the sun and the miasms of the swamps, has never yet been explained, and, we are persuaded, never will be. A fever, permit us to say, is the consequence of accumulated impurities in the system, the disease consisting essentially in the effort to cast them out. How can the introduction of a poison, or of any number of poisons, either prevent them from accumulating, or assist the organism to expel them? When will editors learn to *think* as well as write on medical subjects?

THE BLOCKADE vs. DRUGS AND TOBACCO.—The Secretary of the Treasury refuses to allow the shipment of drugs, medicines, cigars, etc., to the seceded States, on the ground that they are "contraband of war." We think that for once the Secretary has made a mistake. If we wished to damage "the enemy" in all possible ways, we would send them all the drugs, tobacco, and liquor in the country. We should, to be sure, pity the non-combatants—the women and children; but as a source of mortality among their fighting men, we believe these missiles would be more effectual than Minie rifles or rifled cannon. In relation to the effects of the blockade on the tobacco traffic the *Dispatch* says:

If the blockade of the Virginia ports continues for any length of time as rigid as at present, what will mankind do for tobacco? This is really an alarming question. Tobacco contributes an enormous proportion of the revenues of most European governments, and is the favorite solace of their people. It is probably not too much to say that three fourths of the adult males of the present generation would rather forego any other luxury—and even restrict themselves in the necessities of life—than be deprived of their tobacco, to snuff, to chew, or to smoke. Let no hope that no such harsh deprivation awaits them, but that on the approaching occupation of Richmond by a Federal army, treason will wither and die; the embargo will be removed, and Secession end in a general revival of smoke.

If we could be assured that the infernal tobacco culture could be extinguished by a thirty years' war, we should most devoutly

pray that the god of Mars would inspire the hearts of the people to fight on.

HYDROPHOBIA.—As the Dog-star begins to rage, inquiries begin to come in upon us, what shall be done if we are bitten by a mad dog or rattlesnake? The world is full of specifics, both preventive and curative; and with each recurring hot season some new infallible nostrum is paraded in the newspapers; nevertheless, the profession continues to regard hydrophobia as necessarily fatal, while there is confessedly no specific to neutralize the poison of any venomous reptile. All that can be done is to prevent the absorption of the poison, and aid and assist nature to expel it. It is a wide-spread delusion that certain drug-medicines are adapted specially to counteract or neutralize the poison, a proposition no more absurd than is the prevalent opinion of the medical profession, that particular drugs can counteract or neutralize particular diseases or their causes, as, for example, quinine and intermittent fever. Until physicians and people get these fallacies out of their heads, they will never comprehend the true doctrine. N. F. writes us from Canada West:

I am frequently called to the bed-side of the sick, where I always administer the water-treatment, being the only system I have faith in. I am not learned, neither do I know much about medical subjects, but I generally succeed in relieving the sick much sooner than the M.D.'s do with their medicine. Last year there were a great many mad dogs in various parts of this section of the country; several persons were bitten, and I am sorry to say that all who were attacked with hydrophobia, died. Therefore I wish you to inform us what kind of bathing is most suitable for the treatment of this disease; and also for the bite of a rattlesnake. The doctors here say that the human system can not rid itself of the poison until the poison is neutralized by some antidote; but I believe that the human constitution can be assisted with water, so as to enable it to throw out the poison altogether, or else neutralize it, without resorting to mineral medicines. But I do not understand how to manage it, and hope that for humanity's sake you will be so kind as to enlighten us.

There is no truth in this notion that mineral drugs, or any other drugs, can "antidote" viruses of any kind. Nor will water do it. The preventive remedial plan consists in preventing the absorption of the poison. This can be done by cauterizing the bitten part, or cutting it out, very soon after the injury is received. It matters little what the caustic is, so that it be powerful enough to disorganize every portion of the living substance with which the poison has come in contact. If this is not done promptly, the curative plan must be resorted to, and this consists in keeping all the outlets of the system—the skin, lungs, liver, bowels, and kidneys—so free and vigorous that

"nature" can expel it through her ordinary channels of purification.

When the disease called hydrophobia is actually developed, the treatment must, as in all other diseases, be regulated by the circumstances of each individual case. The kinds of baths to be employed, and the temperature of the water, must be governed by the intensity of the spasms and the degree of feverishness. The tepid rubbing-sheet, the prolonged tepid half-bath, or the alternate warm and cold bath may be best, as the leading measure in a given case.

We should keep in mind that the disease we have to deal with is essentially a putrid fever complicated with a spasmodic affection. The spasms can be mitigated in various ways. Bits of ice, swallowed frequently or held in the mouth, are very useful. Fomentations to the abdomen, and the pouring of warm and cool water alternately on the back part of the head and down the spine, are among the measures which should not be neglected.

MEDICAL SECESSION.—We had hoped that the "secession movement" would be limited to the politicians of our country or countries, and in nowise compromise or dissever the bonds of scientific and benevolent associations. But our hopes seem doomed to disappointment. Already the secession fever has broken out in the medical profession. The Georgia Society has rebelled against the National Society. We hope this will not lead to a war in which pills, and powders, and boluses will be its weapons of death. If "coercion" is resorted to, the carnage must be dreadful. Bullets and bayonets are harsher missiles, but not half so effective in silencing an enemy as strychnine and antimony. When Pellissier found himself unable to dislodge the Russians from their trenches at Sevastopol, in the late Crimean campaign, he resorted to drug-medication. He smoked them with assæfetida, and they retreated. The profession has resources for killing compared with which gunpowder is not to be mentioned the same day.

DEATH OF DR. REESE.—Some of our readers will recollect that, about a year ago, we challenged Dr. D. M. Reese, of this city, Professor in the New York Medical College, to a written discussion on the merits of our respective systems. We selected him because of his high position and eminent standing in the profession, and as being better qualified than any other medical man we could name, to do justice to the Allopathic

system. Dr. Reese has recently died; and the following extract from the *Boston Medical and Surgical Journal* will show that we did not choose a weak opponent:

We learn from the one obituary notice in the *American Medical Times*, that Dr. D. Meredith Reese, a name familiar to the profession throughout the country, died on the 13th of the present month. Dr. Reese was born in Maryland about the year 1800. He graduated in the University of Maryland, March 26, 1819, and settled in practice in Baltimore. He was afterward appointed Professor of the Institutes of Medicine and Surgery and Medical Jurisprudence in the Washington University of Baltimore, and subsequently held professorships in the Albany Medical College, Castleton (Vermont) Medical College, and New York Medical College. In New York city he acquired so much professional and political influence as to be appointed Resident Physician at Bellevue Hospital, a position which he retained for several years, and until the office was abolished in 1849. Dr. Reese was one of the original members of the Academy of Medicine, and drafted its first constitution. He always took a deep interest in its affairs, was seldom absent from its meetings, and entered heartily into its discussions. He was a ready and fluent speaker, a good debater, familiar with parliamentary rules, and often succeeded in carrying his point by the skillful use of this knowledge. As a writer he was widely known, not only in medicine, but in religion, politics, etc. He wielded a rapid and vigorous pen.

ECCLECTICISM RAMPANT.—A Dr. J. P. Cowles, in a communication to the *Philadelphia Eclectic Medical Journal*, unbudgets his pericranium in the "highfalutin" style thus:

I believe the greatest success that has yet been claimed by other systems, is by the Hydropathists, and the highest point that they have arrived at yet, so far as I have been able to learn from their reports, is the cure of ninety-five in a hundred, while your reports show the cure of over ninety-nine in every one hundred. Such success as this in medical practice has never before been known; and while other systems boast of superiority, let their reports bear testimony to their claims.

It would seem to the casual observer that the Hydropathic system came but very little short of ours in success; but when we consider the circumstances surrounding each system, we shall discover quite a contrast.

The Hydropathic system is very largely confined to home-treatment, in which that class of patients are treated who are able to ride from one to one thousand miles, in cars, stages, and private conveyances; while the Eclectic system finds their patients at their own homes, a large class of whom are, when treatment is commenced, unable to leave their beds, and many of them as it were with one foot in the grave.

To Correspondents.

A COMPLICATION OF DISEASES.—MRS. E. I., Ulysses, Pa. If you desire a prescription by letter, for self-treatment, as your communication seems to imply, you must send the usual fee, which is \$5. If you wish any information that we can give through the *WATER-CURE JOURNAL*, state your points, and we will reply gratuitously and with pleasure. We are asked every day to write long letters of advice for the benefit of individuals, because we have offered to answer questions publicly for the benefit of all our readers. If our subscribers will take half as much pains to understand us as we do to tell precisely what we mean, they will save themselves and us a good deal of trouble.

EMPLOYMENT.—C. S. R. We do not have employment suitable for invalids or students. It is usually quite as much as they can well do to attend to their prescriptions and lessons.

CAMP FARE.—W. H. B., Camp Wood, Ill. I am here in the army, and have not much of a variety in the eating line. It is impossible to do without eating meat here, and everything is more or less greased. We have potatoes and beans in abundance, but they are old and greasy. What is a fellow to do? There is no fruit, nor anything fresh, except onions and radishes. We have rice a part of the time, and coffee that will bear up an egg, stale butter, and bad molasses. I have some of your publications to read. "Physiology, Animal and Mental," is my favorite. I would like to live according to its teachings, but can not do it here. Please advise me if I should eat much, and what kinds of fruits, should I be able to procure them. Are tomatoes good in their season, and if so, how best, raw or cooked. I never use ardent spirits in any form, and never will, so help me God. I use tobacco. Do you think seriously that I ought to quit it?

We think, very seriously, that you ought to quit the use of tobacco. We regard it as more damaging to the vitality than ardent spirits. Tomatoes are good, and when entirely ripe, are best raw. If not quite ripe, they should be stewed. Eat any good fruit that you get plentifully, but only at meals. Coffee, butter, and molasses had better be dispensed with. The nutrition you get from them does not compensate for the wear and tear their stimulus and grossness occasion. You would do much better to get in the habit of drinking nothing, not even water, at meals; and between meals, drink only what actual thirst demands.

BARE FEET—FLANNEL—THE COLLEGE—DIPHTHERIA.—T. M. P., Lovellton, Pa.

1. Do you think it advisable for young persons or others, in the country, or any other place, to "go bare-footed" in the warm season?
2. Do you think it a good plan to wear woolen stockings next the skin at any time of the year?
3. Is cotton or linen stockings better, and will they keep the feet sufficiently warm in cold weather?
4. Do you think the political troubles in which our country is involved will (in any way) interfere with the progress or continuance of our Medical College next winter?
5. What do you think of the treatment of diphtheria by means of hot applications to the throat, and sweating the patient, at the outset?

1. Yes. 2. No, except on emergencies—not as a habit.
3. Yes. 4. The political troubles of our country may prevent some students from attending who otherwise might do so, but the school is bound to go ahead, "peaceably if it can, forcibly if it must." We have good encouragement for a large class next winter, and are making extra exertions to insure that result. 5. This depends entirely on the kind and degree of inflammation and attending fever. In some cases it might be the best practice, while in others cold local applications are greatly preferable. Our work on Diphtheria will soon be ready.

UNANSWERED QUESTIONS.—F. B., Saomi, Ill.

Your order for the *WATER-CURE JOURNAL* and books was handed to FOWLER AND WELLS, whom please address on all matters relating to their publications. "Sexual Physiology Complete" is not yet published. When ready, the fact will be advertised. Many questions which we receive do not admit of a direct answer at all, and some require so lengthy an explanation that we have no room for them, and others still are not proper for publicity. We can not write letters to explain why we do not answer questions.

HYGEO-THERAPEUTIC COLLEGE.—N. M., Keene, N. H. It is certain that, if next winter comes, we shall have a winter school term. We expect a larger class than we had last winter, war or no war. We expect to go to Europe immediately after the term closes. Our Catalogue for 1860-61 will give you the desired information; it also contains an exposition of the fundamental principles of the Hygeo-Therapeutic system.

SURGICAL FEES.—A. S. M., Jefferson City, Mo. Our special fee for extracting polypus tumors is \$25 each; for the cure of fistulas, \$25 to \$100; cancers, \$50 to \$200; for dissecting out ordinary tumors, excising the tonsils, palate, etc., \$5 to \$10.

SUN STROKE.—A. G. Apply cold water to the head; supply plenty of fresh air; rub the surface with tepid or cool water, followed by gentle but active friction. Warm applications to the feet and fomentations to the abdomen are also useful. The immediate difficulty is congestion of the brain, as in apoplexy; and the object is to divert circulation from the brain, and promote respiration.

CHRONIC LARYNGITIS.—H. G., Iowa. Apply a wet towel, covered with a dry one, to the throat during the night; wear the wet girdle during the day; take a towel wash in the morning on rising, a hip-bath toward noon, and a foot-bath at bedtime.

Miscellany.

LABOR AND REST.

MAN goes forth cheerily—

With rapid footsteps from his dwelling hies,
Soon as the daybeams tint the eastern skies,
And from repose the soaring larks arise
To herald morn.

He comes home wearily—

Smiles away care in sight of childish fun,
Or, watching thoughtfully the setting sun,
Muses how much or little he has done,
Till night steals on.

Youth hastes forth eagerly—

With visioned glory blazing in its sight,
Loving to think the world is ever bright,
And pressing onward in the thickest fight
Of earnest life.

Age creeps home wearily—

The nerveless arm hangs feebly by the side,
Fancy has all her fairest dreams denied,
And o'er the ceasing flow of Pleasure's tide
Death's shadow broods.

Man dies not drearily—

Faith gilds his long night with the streaks of dawn,
Prospective gleamings of unfading morn,
When Love and Joy shall spring forth newly born
In bliss of heaven.

THE BREATH OF LIFE.*

THIS work is by an earnest writer, and though we may not agree with all his conclusions, nor fancy the antique style of the letter-press in which it is presented, still, it is eminently worthy an attentive perusal. The author has devoted the greater part of his life in visiting, and recording the physiognomies of the various native races of North and South America; and during those visits, observing the healthy condition and physical perfection of those people, in their primitive state, as contrasted with the deplorable mortality, the numerous diseases and deformities, in civilized communities, and was led to search for, and able, as he believes, to discover the main causes leading to such different results.

During his ethnographic labors among those wild people he visited 150 tribes, containing more than two millions of souls, and therefore had, in all probability, more extensive opportunities than any other man living of examining their sanitary system, and from those examinations has arrived at results of importance to the health and existence of mankind.

In civilized communities, with all the advantages of scientific knowledge, there is a fearful catalogue of diseases, aches, and pains which among the native races are mostly unheard of, and the almost unexceptional regularity, beauty, and soundness of their teeth last them to advanced life and old age.

Again, in many places within the pale of civilization infant mortality is on an average such as to carry off one half the human race before they reach the age of five years, and one half the remainder die before they reach the age of twenty—

* THE BREATH OF LIFE; OR, Mal-Respiration, and its Effects upon the Enjoyments and Life of Man. By George Catlin. New York: John Wiley, Publisher. Pp. 76. Price 50.

five—of which there is no parallel to be found in the savage races while living according to their primitive modes. Indeed, the chief of one tribe was asked how many children had died during the past ten years under ten years of age. Upon consultation with his wife they could only recollect three, and those were accidental. Nor are children among them ever known to die from the pains of teething, though they sometimes suffer slightly at that period.

Truly, "there is some extraordinary latent



FIG. 1.

cause, not as yet sufficiently appreciated, and which it is the sole cause of this little work to expose."

"This cause I believe to be the simple neglect to secure the vital and intended advantages to be derived from quiet and natural sleep, the great physician and restorer of mankind, both savage and civil, as well as of the brute creations.

"Man's cares and fatigues of the day become a daily disease, for which quiet sleep is the cure; and the All-wise Creator has so constructed him that his breathing lungs support him through that sleep, like a perfect machine, regulating the digestion of the stomach and the circulation of the blood, and carrying repose and rest to the utmost extremity of every limb; and for the protection and healthy working of this machine through the hours of repose, He has formed him with nostrils intended for measuring and tempering the air that feeds this moving principle and fountain of life; and in proportion as the quieting and restoring influence of the lungs in natural repose is carried to every limb and every organ, so in *unnatural and abused* repose do they send their complaints to the extremities of the system, in various diseases; and under a continued abuse, fall to pieces themselves, carrying inevitable destruction of the fabric with them in their decay.

"The two great and primary phases in life and mutually dependent on each other are *waking and sleeping*; and the abuse

of either is sure to interfere with the other. For the first of these there needs a lifetime of teaching and practice; but for the enjoyment of the latter, man needs no teaching, provided the regulations of the Allwise Maker and Teacher can have their way, and are not contravened by pernicious habits or erroneous teaching.

"If man's unconscious existence for nearly one third of the hours of his breathing life depends, from one moment to another, upon the air that passes through his nostrils; and his repose during those hours, and his bodily health and enjoyment

between them, depend upon the soothed and tempered character of the currents that are passed through his nose to his lungs, how mysteriously intricate in its construction and important in its functions is that feature, and how disastrous may be the omission in education which sanctions a departure from the full and natural use of this wise arrangement?

"When I have seen a poor Indian woman in the wilderness lowering her infant from the breast, and pressing its lips together as it falls asleep in its cradle in the open air, and afterward looked into the Indian multitude for the results of such a practice, I have said to myself, 'Glori-

ous education! such a mother deserves to be the nurse of emperors.' And when I have seen the *careful, tender mothers* in civilized life covering the faces of their infants sleeping in overheated rooms, with their little mouths open and gasping for breath; and afterward looked into the multitude, I have been struck with the evident evil and lasting results of this incipient stage of education; and have been

more forcibly struck, and shocked, when I have looked into the bills of mortality, which I believe to be so frightfully swelled by the results of this habit thus contracted and practiced in contravention to nature's design.

"There is no animal in nature excepting man that sleeps with the mouth open; and with mankind, I believe the habit, which is not natural, is generally confined to civilized communities, where he is nurtured and raised amid enervating luxuries and unnatural warmth, where the habit is easily contracted, but carried and practiced with great danger to life in different latitudes and different climates; and, in sudden changes of temperature, even in his own house.

"The physical conformation of man alone affords sufficient proof that this is a habit against instinct, and that he was made, like the other animals, to sleep with his mouth shut—supplying the lungs with vital air through the nostrils, the natural channels; and a strong corroboration of this fact is to be met with among the North American Indians, who strictly adhere to nature's law in this respect, and show the beneficial results in their fine and manly forms, and exemption from



FIG. 2.

mental and physical diseases, as has been stated. The savage infant, like the offspring of the brute, breathing the natural and wholesome air generally from instinct, closes its mouth during its sleep; and in all cases of exception the mother rigidly (and *cruelly*, if necessary) enforces nature's law in the manner explained, until the habit is fixed for life, of the importance of which she seems to be perfectly well aware. But when we turn to civilized life, with all its comforts, its luxuries, its science, and its medical skill, our pity is enlisted for the tender germs of humanity,

brought forth and caressed in smothered atmospheres which they can only breathe with their mouths wide open, and nurtured with too much thoughtlessness to prevent their contracting a habit which is to shorten their days with the croup in infancy, or to turn their brains to idiocy or lunacy, and their spines to curvatures—or in manhood, their sleep to fatigue and the nightmare, and their lungs and their lives to premature decay.

"If the habit of sleeping with the mouth open is so destructive to the human constitution, and is caused by sleeping in confined and overheated air, and this under the imprudent sanction of mothers, they become the primary causes of the misery of their own offspring; and to them, chiefly, the world must look for the correction of the error, and, consequently, the benefaction of mankind. They should first be made acquainted with the fact that their infants don't require heated air, and that they had better sleep with their heads out of the window than under their mother's arms—that middle-aged and old people require more warmth than children, and that to embrace their infants in their arms in their sleep during the night, is to subject them to the heat of their own bodies; added to that of feather beds and overheated rooms, the relaxing effects of which have been mentioned, with their pitiable and fatal consequences.

"Though the majority of civilized people are more or less addicted to the habit I am speaking of, comparatively few will admit that they are subject to it. They go to sleep and awake, with their mouths shut, not knowing that the insidious enemy, like the deadly vampire that imperceptibly sucks the blood, gently steals upon them in their sleep and does its work of death while they are unconscious of the evil.

"Few people can be convinced that they snore in their sleep, for the snoring is stopped when they awake; and so with breathing through the mouth, which is generally the cause of snoring—the moment that consciousness arrives, the mouth is closed, and nature resumes her usual course.

"In natural and refreshing sleep, man breathes but little air; his pulse is low, and in the most perfect state of repose he almost ceases to exist. This is necessary, and most wisely ordered, that his lungs, as well as his limbs, may rest from the labor and excitements of the day.

"Too much sleep is often said to be destructive to health; but very few persons will sleep too much for their health, provided they sleep in the right way. Unnatural sleep, which is irritating to the lungs and the nervous system, fails to afford that rest which sleep was intended to give, and the longer one lies in it the less will be the enjoyment and length of his life. Any one waking in the morning at his usual hour of rising, and finding by the dryness of his mouth that he has been sleeping with the mouth open, feels fatigued, and a wish to go to sleep again; and, convinced that his rest has not been good, he is ready to admit the truth of the statement above made.

"The mouth of man, as well as that of the brutes, was made for the reception and mastication of food for the stomach, and other purposes; but the nostrils, with their delicate and fibrous linings for purifying and warming the air in its passage, have been mysteriously constructed and designed to stand guard over the lungs—to measure the air and equalize its draughts during the hours of repose. The atmosphere is nowhere pure enough for man's breathing until it has passed this mysterious refining process; and therefore the imprudence and danger of admitting it in an unnatural way, in double quantities, upon the lungs, and charged with the surrounding epidemic or contagious infections of the moment.

"It is a known fact that man can inhale through his nose, for a certain time, mephitic air, in the bottom of a well, without harm; but if he opens his mouth to answer a question, or calls for help, in that position, his lungs are closed and he expires. Most animals are able to inhale the same for a considerable time without destruction

of life, and, no doubt, solely from the fact that their respiration is through the nostrils, in which the poisonous effluvia are arrested.

"There are many mineral and vegetable poisons also, which can be inhaled by the nose without harm, but if taken through the mouth destroy life. And so with poisonous reptiles, and poisonous animals. The man who kills the rattlesnake or the copperhead, and stands alone over it, keeps his mouth shut and receives no harm; but if he has companions with him, with whom he is conversing over the carcasses of these reptiles, he inhales the poisonous effluvia through the



FIG. 3.

mouth and becomes deadly sick, and in some instances death ensues.

"The lungs and the stomach are too near neighbors not to be mutually affected by abuses offered to the one or the other; they both have their natural food, and the natural and appropriate means prepared by which it is to be received. Air is the special food of the lungs, and not of the stomach. He who sleeps with his mouth open draws cold air and its impurities into the stomach as well as into the lungs, and various diseases of the stomach, with indigestion and dyspepsia, are the consequences. Bread may almost as well be taken into the lungs as cold air and wind into the stomach.

"Nature produces no diseases nor deformities; but the offspring of men and women whose systems are impaired by injurious habits, are no doubt oftentimes ushered into the world with constitutional weaknesses and predilections for contracting the same habits, with their results, and it is safe to say, that three fourths of the generating portions of every civilized community existing, are more or less under these disqualifications, which, together with want of proper care of their offspring, in infancy and childhood, I believe to be the cause of four fifths of the mental and physical deformities, loss of teeth, and premature deaths, between conception and infancy, childhood, manhood, and old age.

"By nature, the teeth and the eyes are strictly amphibious; both immersed in liquids which are prepared for their nourishment and protection, and with powers of existing in the open air long enough for the various purposes for which they were designed; but beyond that, abuse begins, and they soon turn to decay. It is the suppression of saliva, with dryness of the mouth, and an unnatural current of cold air across the

teeth and gums during the hours of sleep, that produces malformation of the teeth, toothache, and tiedouloureux, with premature decay, and loss of teeth so lamentably prevalent in the civilized world.

"Civilized man may properly be said to be an open-mouthed animal, a wild man is not. An Indian warrior sleeps, and hunts, and smiles with his mouth shut; and with seeming reluctance, opens it even to eat or to speak. An Indian child is not allowed to sleep with its mouth open, from the very first sleep of its existence; the consequence of which is, that while the teeth are

forming and making their first appearance, they meet (and constantly feel) each other; and taking their relative, natural positions, form that healthful and pleasing regularity which has secured to the American Indians, as a race, perhaps the most manly and beautiful mouths in the world.

"The American Indians call the civilized races 'pale faces' and 'black mouths,' and to understand the full force of these expressions, it is necessary to live awhile among the savage races, and then to return to civilized life. The author has had ample opportunities of testing the justness of these expressions, and has been forcibly

struck with the correctness of their application, on returning from savage to civilized society. A long familiarity with red faces and closed mouths affords a new view of our friends when we get back, and fully explains to us the horror which a savage has of a 'pale face,' and his disgust with the expression of open and black mouths.

"No man or woman with a handsome set of teeth keeps the mouth habitually open; and every person with an unnatural derangement of the teeth is as sure seldom to have it shut. This is not because the derangement of the teeth has made the habit, but because the habit has caused the derangement of the teeth.

"If it were for the sake of the teeth alone, and man's personal appearance, the habit I am condemning would be one well worth struggling against; but when we can so easily, and with so much certainty, discover its destructive effects upon the constitution and life of man, it becomes a subject of a different importance, and well worthy of being understood by every member of society, who themselves, and not physicians, are to arrest its deadly effects.



FIG. 4.

"The savage tribes of America allow no obstacles to the progress of nature in the development of their teeth and their lungs for the purposes of life, and consequently securing their exemption from many of the pangs and pains which the civilized races seem to be heirs to; who undoubtedly too often over-educate the intellect, while they under-educate the man.

"The human infant, like the infant brute, is able to breathe the natural air at its birth, both asleep and awake; but that breathing should be done as Nature designed it, through the nostrils, instead of through the mouth.

"The savage mother, instead of embracing her infant in her sleeping hours, in the heated exhalation of her body, places it at her arm's length from her, and compels it to breathe the fresh air, the coldness of which generally prompts it to shut the mouth, in default of which she presses its lips together in the manner that has been stated, until she fixes the habit which is to last it through life; and the contrast to this, which is too often practiced by mothers in the civilized world, in the mistaken belief that *warmth* is the essential thing for their darling babes, I believe to be the



FIG. 5.

innocent foundation of the principal, and as yet unexplained cause of the deadly diseases so frightfully swelling the bills of mortality in civilized communities.

"All savage infants among the various native tribes of America, are reared in cribs (or cradles) with the back lashed to a straight board (fig. 1); and by the aid of a circular, concave cushion placed under the head, the head is bowed a little forward when they sleep, which prevents the mouth from falling open; thus establishing the early habit of breathing through the nostrils. The results of this habit are, that Indian adults invariably walk erect and straight, have healthy spines, and sleep upon their backs, with their robes wrapped around them (fig. 2); with the head supported by some rest which inclines it a little forward, or upon their faces with the fore-

"It is very evident that the back of the head should never be allowed, in sleep, to fall to a level with the spine; but should be supported by a small pillow, to elevate it a little, without raising the shoulders or bending the back, which should always be kept straight.

"The savages with their pillows, like the birds in the building of their nests, make no improvements during the lapse of ages, and seem to care little if they are blocks of wood or of stone, provided they elevate the head to the required position.

"This elderly gentleman (fig. 4), from a long (and therefore necessary) habit, takes his nap after dinner, in the attitude which he is contented to believe is the most luxurious that can be devised; while any one can discover that he is very far from the actual enjoyment which he might feel, and the more agreeableness of aspect which he might present to his surrounding friends, if his invention had carried him a little farther, and suggested the introduction of a small cushion behind his head, advancing it a little forward, above the level of his spine. The gastric juices commence their work upon the fresh contents of a stomach, on the arrival of a good dinner, with a much slighter jar upon the digestive and nervous systems, when the soothing and delectable compound is not shocked by the unwelcome inhalations of chilling atmosphere.



FIG. 6.

head resting on the arms which are folded underneath it (fig. 3), in both of which cases there is a tendency to the closing of the mouth; and their sleep is therefore always unattended with the nightmare or snoring.

"Lying on the back is thought by many to be an unhealthy practice; and a long habit of sleeping in a different position may even make it so; but the general custom of the savage races, of sleeping in this position from infancy to old age, affords very conclusive proof, that if commenced in early life, it is the healthiest for a general posture that can be adopted.

"And this tender and affectionate mother, blessing herself and her flock of little ones with the pleasures of sleep! how much might she increase her own enjoyment with her pillow under her head, instead of having it under her shoulders (fig. 5); and that of her little gasping innocents, if she had placed them in cribs, and with pillows under their heads, from which they could not escape.

"The contrast between the expressions of these two groups (figs. 5 and 6) will be striking to all; and every mother may find a lesson in them worth her studying; either for improvements in her own

nursery, or for teaching those who may stand more in need of nursery reform than herself.

"So far back as the starting-point in life, I believe man seldom looks for the causes of the pangs and pains which beset and torture him in advanced life; but in which far back as it may be, they may have had their origin.

"The foregoing are general remarks which I have been enabled to make, from long and careful observation; and there are others perhaps equally or more demonstrative of the danger of the habit alluded to, as well as of the power we have of averting it, and of arresting its baneful effects, even in middle age, or the latter part of man's life, which will be found in the relation of my own experience.

"At the age of thirty-four years (after devoting myself to the dry and tedious study of the law for three years, and to the practice of it for three years more, and after that to the still more fatiguing and confining practice of miniature and portrait painting, for eight years), I penetrated the vast wilderness with my canvas and brushes for the purpose which has already been explained, and in the prosecution of which design, I have devoted most of the subsequent part of my life.

"At that period I was exceedingly feeble, which I attributed to the sedentary habits of my occupation, but which many of my friends and my physician believed to be the result of disease of the lungs. I had, however, no apprehensions that dampened in the least the ardor and confidence with which I entered upon my new ambition, which I pursued with enthusiasm and unalloyed satisfaction until my researches brought me into solitudes so remote that beds, and bed chambers with fixed air, became matters of impossibility, and I was brought to the absolute necessity of sleeping in canoes or hammocks, or upon the banks of the rivers, between a couple of buffalo skins spread upon the grass, and breathing the chilly air of dewy and foggy nights, that was circulating around me.

"Then commenced a struggle of no ordinary kind, between the fixed determination I had made, to accomplish my new ambition, and the daily and hourly pains I was suffering, and the discouraging weakness daily increasing on me, and threatening my ultimate defeat.

"I had been, like too many of the world, too tenderly caressed in my infancy and childhood, by the over-kindness of an affectionate mother, without cruelty or thoughtfulness enough to compel me to close my mouth in my sleeping hours; and who, through my boyhood, thinking that while I was asleep I was doing well enough, allowed me to grow up under that abominable custom of sleeping, much of the time, with the mouth wide open; and which practice I thoughtlessly carried into manhood, with nightmare and snoring, and its other results; and at last (as I discovered just in time to save my life), to the banks of the Missouri, where I was nightly drawing the deadly draughts of cold air, with all its poisonous malaria, through my mouth into my lungs.

"Waking many times during the night, and finding myself in this painful condition, and suffering during the succeeding day with pain and inflammation (and sometimes bleeding) of the lungs, I became fully convinced of the danger of the habit, and resolved to overcome it, which I eventually did, only by sternness of resolution and perseverance, determining through the day, to keep my teeth and my lips firmly closed, except when it was necessary to open them; and strengthening this determination, as a matter of life or death, at the last moment of consciousness, while entering into sleep.

"Under this unyielding determination, and the evident relief I began to feel from a partial correction of the habit, I was encouraged to continue in the unrelaxed application of my remedy, until I at length completely conquered an insidious enemy that was nightly attacking me in my helpless position, and evidently fast hurrying me to the grave.

"Convinced of the danger I had averted by my

own perseverance, and gaining strength for the continuance of my daily fatigues, I renewed my determinations to enjoy my natural respiration during my hours of sleep, which I afterward did, without difficulty, in all latitudes, in the open air, during my subsequent years of exposure in the wilderness; and have since done so to the present time of my life; when I find myself stronger, and freer from aches and pains than I was from my boyhood to middle age, and in all respects enjoying better health than I did during that period.

"Finding myself so evidently relieved from the painful and alarming results of a habit which I recollected to have been brought from my boyhood, I became forcibly struck with the custom I had often observed (and to which I have before alluded), of the Indian women pressing together the lips of their sleeping infants, from which I could not, at first, imagine the motive, but which was now suggested to me in a manner which I could not misunderstand; and appealing to them for the object of so, apparently, cruel a mode, I was soon made to understand, both by their women and their medicine men, that it was done to 'insure their good looks, and prolong their lives,' and by looking into their communities, and contrasting their sanitary condition with the bills of mortality among the civilized races, I am ready to admit the justness of their reply; and am fully convinced of the advantages those ignorant races have over us in this respect, not from being *ahead* of us, but from being *behind* us, and consequently not so far departed from nature's wise and provident regulations as to lose the benefit of them.

"It is one of the misfortunes of civilization, that it has too many amusing and exciting things for the mouth to say, and too many delicious things for it to taste, to allow of its being closed during the day; the mouth, therefore, has too little reserve for the protection of its natural purity of expression; and too much exposure for the protection of its garniture; and ('good advice is never too late') keep your mouth shut when you *read*, when you *write*, when you *listen*, when you are in pain, when you are *walking*, when you are *running*, when you are *riding*, and, *by all means*, when you are *angry*. There is no person in society but who will find, and acknowledge, improvement in health and enjoyment, from even a *temporary* attention to this advice.

"The proverb, as old and unchangeable as their hills, among the North American Indians: 'My son, if you would be wise, open first your eyes, your ears next, and last of all, your mouth, that your words may be words of wisdom, and give no advantage to thine adversary,' might be adopted with good effect in civilized life; and he who would strictly adhere to it, would be sure to reap its benefits in his waking hours; and would soon find the habit running into his hours of rest into which he would calmly enter; dismissing the nervous anxieties of the day, as he firmly closed his teeth and his lips, only to be opened after his eyes and his ears, in the morning; and the rest of such sleep would bear him *daily* and *hourly* proof of its value.

"And if I were to endeavor to bequeath to posterity the most important motto which human language can convey, it should be in *three words*:

SHUT—YOUR—MOUTH.

"In the social transactions of life, this might have its beneficial results, as the most friendly, cautionary advice, or be received as the grossest of insults; but where I would point and engrave it, in every *nursery*, and on every *bedpost* in the universe, its meaning could not be mistaken; and if obeyed, its importance would soon be realized."

HOW TO RISE EARLY IN THE MORNING.—"I do wish I could be cured of lying in bed so late in the morning," said a lazy husband, lounging upon his pillow. "Well, I will try the water-cure," said his wife, pouring a pitcherful on him.

UP, UP, AND BE STIRRING!

Up, up, and be stirring! there's much to be done:
There's a fight to be fought—there's a field to be won.
'Tis a field that is guiltless of tears or of blood,
That is fruitful of blessings and potent for good.

So up, and be stirring!
Up, up, and be stirring!

That field, it lies fallow—come, put in the seeds,
And watch them, and tend them, and pluck up the weeds.
Then, trusting to Heaven for the sunshine and rain,
Your love and your labor shall *not* be in vain.

So up, and be stirring!
Up, up, and be stirring!

The mind is a fallow, for good or for ill,
And may turn to a desert or garden at will;
It is choked with the tares and the weeds that it grows,
Or it brightens with verdure, and blooms like the rose.

So up, and be stirring!
Up, up, and be stirring!

Then educate! educate! *now* is the hour;
Just *now* is the seed-time of glory and power.
Oh, stay not—delay not; spread knowledge and light,
And with these teach the wisdom to use them aright.

Yes, up, and be stirring!
Up, up, and be stirring!

Away with divisions! like brothers combine
In a labor so noble—a work so divine.
Give new life to the heart, with new light to the mind,
Of the morally dead and the mentally blind.

Yes, up, and be stirring!
Up, up, and be stirring!

Reclaiming, reforming, are all very well;
But the less they are needed, the better 'twill tell.
'Tis right we should medicine the ills we endure—
But prevention, prevention, is better than cure.

So up, and be stirring!
Up, up, and be stirring!

BOY LOST.

He had black eyes, with long lashes, red cheeks, and hair almost black and almost curly. He wore a crimson plaid jacket, with full trousers buttoned on. He had a habit of whistling, and liked to ask questions. Was accompanied by a small black dog. It is now a long while since he disappeared. I have a very pleasant house and much company. My guests say: "Ah! it is pleasant here! Everything has such an orderly, put away look; nothing about under foot, no dirt!"

But my eyes are aching for the sight of whitelings and cut paper on the floor; of tumble-down card-houses; of wooden sheep and cattle; of pop-guns, bows and arrows, whips, tops, go-carts, blocks and trumpery. I want to see boats a-rigging, and kites a-making. I want to see crumbs on the carpet, and paste spilt on the kitchen table. I want to see the chairs and tables turned the wrong way about; I want to see candy-making and corn popping; and to find jack-knives and fish-hooks among my muslins; yet these things used to fret me once.

They say: "How quiet you are here; ah! here one may settle his brains and be at peace." But my ears are aching for the pattering of little feet; for a hearty shout, a shrill whistle, a gay tra la la, for the crack of little whips, for the noise of drums, fifes, and tin trumpets; yet these things made me nervous once.

They say: "Ah! you have leisure; nothing to disturb you; what heaps of sewing you have time for." But I long to be asked for a piece of string or an old newspaper; for a cent to buy a slate

pencil or peanuts. I want to be coaxed for a piece of new cloth for jibs or mainsails, and then to hem the same; I want to make little flags, and bags to hold marbles. I want to be followed by little feet all over the house; teased for a bit of dough for a cake, or to bake a pie in a saucer. Yet these things used to fidget me once.

They say: "Ah! you are not tied at home. How delightful to be always at liberty to go to concerts, lectures, and parties; no confinement for you."

But I want confinement: I want to listen for school-bell mornings; to give the last hasty wash and brush, and then to watch from the window, nimble feet bounding to school. I want frequent rents to mend, and to replace lost buttons; I want to obliterate mud stains, fruit stains, molasses stains, and paints of all colors. I want to be sitting by a little crib of evenings, when weary little feet are at rest, and prattling voices are hushed, that mothers may sing their lullabies, and tell over their oft-repeated stories. They don't know their happiness then, those mothers. I didn't. All these things I called confinement once.

A manly figure stands before me now. He is taller than I, has thick black whiskers, and wears a frock coat, bosom shirt, and cravat. He has just come from college. He brings Latin and Greek in his countenance, and busts of the old philosophers for the sitting-room. He calls me mother, but I am rather unwilling to own him.

He stoutly declares that he is my boy, and says that he will prove it. He brings me a small pair of trousers, with gay stripes at the sides, and asks me if I didn't make them for him when he joined the boy's militia. He says he is the very boy, too, that made the bonfire near the barn, so that we came very near having a fire in earnest. He brings his little boat to show the red stripe on the sail (it was the end of the piece), and the name on the stern, "Lucy Low," a little girl of our neighborhood, who because of her long curls and pretty round face was the chosen favorite of my little boy. Her curls were long since cut off, and she has grown to be a tall, handsome girl. How the red comes to his face when he shows me the name on the boat! Oh! I see it all as plain as if it were written in a book. My little boy is lost, and my big one will soon be. Oh! I wish he were a little tired boy in a long white night-gown, lying in his crib, with me sitting by, holding his hand in mine, pushing the curls back from his forehead, watching his eyelids droop, and listening to his deep breathing.

If I only had my little boy again, how patient I would be! How much I would bear, and how little I would fret and scold! I can never have him back again; but there are many mothers who have not lost their little boys. I wonder if they know they are living their very best days—that now is the time to really enjoy their children? I think if I had been more to my little boy, I might now be more to my grown-up one.

If men knew how to use water so as to elicit all the remedial results which it is capable of producing, it would be worth all other remedies put together.—Dr. Macartney's Lectures, 1825.

AMERICAN TRAVEL, AND WHAT COMES OF IT.

ALMOST any young American we meet in the hotels, and other places of public rendezvous for men, has seen more of the world, and of the most interesting and remote parts of the world, than nine tenths of the European travelers who write books, and think themselves mighty fine fellows. This is no boast, nor is there a bit of exaggeration in it. It is a simple fact which any foreigner can readily enough put to the test by getting into conversation with the first young man he meets with, who has passed the age of eighteen or twenty years. A regular built Britisher crosses the herring pond lying between his dear little island and this monstrous continent, which stretches its huge longitudes through all the flaming tropics from pole to pole, and having visited New Orleans, New York, Chicago, and the land's end in Maine, and paid a flying "How-d'ye-do" to Niagara and Canada—thinks himself greater than Anarcharis; and, as little Dr. Mackay did, after he left these parts and returned home to make his pap—calls upon all Britishers to walk up and see the lion!

Your regular built American does nothing of the sort; and although he travels everywhere, on this continent especially, but by no means exclusively—for is he not ubiquitous, this wonderful riddle of a Jonathan?—he is very unobtrusive about his peregrinations, and makes no fuss about them. He likes to talk about them, it is true—like a facetious, jocular good boy as he is—when anybody thinks it worth while to question him—and there are plenty of bodies that do that—but otherwise he makes no fuss about them; regarding them rather as natural than extraordinary experiences. He blows a little strong certainly over his discovery of the great Polar Ocean—that vast sea of redundant life, so beautiful, awful, and mysterious in the silence and solemnity of its untraversed and unknown waters—we say he blows a little over this—but then it is a breezy subject, and took some wind to find its whereabouts.

No one would believe it to look at him—that thin, pale faced shrimp of a Yankee, so young and boyish in his appearance and ways—that he had sailed over some hundreds of thousands of miles of salt water, doubled the Cape three or four times, lived in Peru and Mexico a couple of years, in Central America a couple of years, in California a year or more, and that all North America, its barbarism as well as its civilization, is as familiar to him as a turnpike road is to an Englishman. Lived in those terrestrial regions, not as a town loafer but as an explorer, after his own fashion, of the countries themselves, for hundreds, and in some instances for thousands, of miles—meeting with the strangest inhabitants and adventures, alike in the settlements on the frontiers, and in the savage wilderness. No one would believe this, perhaps—no foreigner, that is to say—and if the Yankee were to open yarn and unwind him a straight story he would be apt to think he was spinning it a little too fine and long. But he might be very much deceived in his thought of the other's deception; it might possibly—nay, very probably—be all as true and genuine as the English roast beef, or any other true thing that is

English. We have met with such instances more than once or twice, ourselves; and we know there wasn't a lie in all the unwrapped bundle of yarn.

The truth is, the Yankee can't help spreading himself. It is his mission and education. This continent is so wide and vast that it makes him large and vast—expands him to its own dimensions—and he feels himself nobody till he has seen the best of it. The immense physical portraiture and dimensions of this continent will one day find their counterparts in the national mind and character. They can not fail to do this; and already we see the beginnings of it, although they assume, at present, the form in some instances of caricature and exaggeration. We dare trust America, however, to the end, and the American people. Our excessive love of traveling is not for nothing, that we may be assured of. Already, for one thing, its results are shown in the remote colonies of California and the far West; in the establishment of traffic, and in the little beginnings of that immense, inconceivable civilization which is yet to be. Your mere islander can have no idea of the perpetual inspirations of this continent; and the traveled islander goes home as ignorant as he came. He sees nothing new and grand here; and is all the while impracticable, impenetrable, and an alien. America, however, can speak for herself. God's darling is she, to people her with tribes, and wild waywardness, and her comings; and in the due historic time, she shall be queen, crowned, throned, and adored, of all the world.

SUNSHINE AND SHADE.

THE smiles that light some kindred face,
To cheer us when by sorrow bowed,
Are like the glory beams that chase
The darkness from the summer cloud.
Dear, radiant gleamings of the soul—
The sunshine of affection's sky—
They lift the heart from grief's control,
And wipe the tear from sorrow's eye.

The tear-drops on some kindred cheek,
When joy is mingled with despair,
Our spirit's gloom can lift and break,
And leave joy's light unclouded there;
Can lift and thrill the trembling heart,
And soothe us in life's saddest hours,
And sparkle on the soul as clear
As dews that sleep on fainting flowers.

WONDERS OF THE MIND.

THERE is reason to believe that no idea which ever existed in the mind can be lost. It may seem to ourselves to be gone, since we have no power to recall; as is the case with the vast majority of our thoughts. But numerous facts show that it needs only some change in our physical or intellectual condition to restore the long lost impression. A servant girl, for instance, twenty-four years old, who could neither read nor write, in the paroxysms of a fever commenced repeating fluently and pompously passages of Latin, Greek, and Hebrew; and it afterward appeared that in her early days a learned clergyman with whom she lived, had been in the daily habit of walking through a passage in his house that opened into the kitchen, and repeating aloud the very passages

which she uttered during her fever. How many interesting inferences crowd upon the mind in view of such facts! What an amazing power do they prove to exist in the soul! And what astonishing developments will be made in this world or another, when the vast magazine of thoughts within us shall be unsealed! And who can avoid the inquiry, what kind of thoughts he is daily pouring into this store house?

The capacity of the human mind for knowledge is another of its wonderful powers. By every accession of knowledge is that capacity enlarged; nor have the limits of that expansion ever been reached or imagined. Indeed, the nature of the mind leads to the conclusion that there are no limits. And it has already been shown that whatever knowledge the mind acquires, it can never lose. What a magnificent conception, to attempt to follow the mind along the path of its immortal existence, and to see it forever drinking in the stream of knowledge, whereby it constantly accumulates strength, and has the sphere of its capacity enlarged, yet remaining eternally infinite, as that of the Deity! Yet who can estimate the amount of knowledge it will acquire, or its more than angelic intellect.

WOMAN'S LIFE.

IN domestic happiness the wife's influence is much greater than her husband's; for the one, the first cause of mutual love and confidence—being granted, the whole comfort of the household depends upon trifles more immediately under her jurisdiction. By her management of small sums her husband's respectability and credit are created or destroyed. No income can stand the constant leakages of extravagances and mismanagement; and more is spent in trifles than women would easily believe. The one great expense, whatever it may be, is turned over and carefully reflected on ere incurred—the income is prepared to meet it; but it is pennies imperceptibly sliding away which do the mischief; and this the wife alone can stop, for it does not come within a man's province. There is often an unsuspected trifle to be saved in every household. It is not in economy alone that the wife's attention is so necessary, but in those niceties which make a well-regulated house. An unfinished cruet-stand, a missing key, a buttonless shirt, a soiled table-cloth, a mustard-pot with its old contents sticking hard and brown about it are severally nothings, but each can raise an angry word or discomfort. Depend upon it, there's a great deal of domestic happiness in a tidy breakfast-table. Men grow sated of beauty, tired of music, are often too weary for conversation, however intellectual, but they can always appreciate a well-swept hearth and smiling comfort. A woman may love her husband devotedly, may sacrifice fortune, friends, family, and country for him—she may have the genius of a Sappho, the enchanting beauties of an Armida; but—melancholy fact—if, with these, she fail to make his home comfortable, his heart will inevitably escape her; and women live so entirely in the affections that, without love, their existence is a void. Better submit, then, to household tasks, however repugnant they may be to your tastes, than doom yourself to a loveless home. Women of a higher order of mind will not run the risk; they know that their feminine, their domestic, are their first duties.

LADY PHYSICIANS.

As regards the instruction of young women in physiology, I venture to suggest, for the consideration of those ladies who have gone through a systematic course of medical education, with the view to qualify themselves as medical practitioners, whether devoting their time to the instruction of their own sex in the laws of health would not form an equally useful and a more appropriate profession than that of physician or surgeon.

In adopting as their sphere of action the hygiene of female and infantile life, ladies would be in their right social position; and assuredly they could have no higher vocation than that of teaching their own sex the important duties which devolve on them as mothers—how to manage their own health and that of their offspring. If ladies, properly educated for such duties—they need not be fully educated physicians—would devote their time and energies to this noble work, they would confer an inestimable benefit on the rising generation, and merit the lasting gratitude of posterity.—*Sir James Clark.*

SIR JAMES CLARK has progressed about as far on the right track as could be reasonably expected of him. He sees, evidently, the need of more physiological knowledge among the people, and particularly among females, and we agree with him that there can be no higher vocation for women than "that of teaching their own sex the important duties which devolve on them as mothers—how to manage their own health and that of their offspring." We go a little farther than he does, and not only allow them to *teach* how to preserve health, but to endeavor to restore it when lost. Surely the vocation is as high to assist nature in throwing off disease as in teaching how to avoid it. People will be sick, in this generation surely, and probably for all time to come. None of us live as closely to the laws of health as we know how even, and the penalty must follow. We presume Sir James Clark would advise that, in cases of sickness, mothers should serve as medical practitioners for their own children, and if so, why not for those children who have no mothers, or whose mothers have not had time, inclination, or capacity to become competent to treat them. And if for children, why not for children of a larger growth?

So far as teaching is concerned, we submit whether his argument does not apply with equal force to the male portion of community? Isn't it just as necessary that we of the stronger sex should know how to take care of our precious selves, as that our mothers, wives, and daughters should? Why not, then, advise *all* physicians to establish classes for instruction? We will grant it would have one good effect: it would expose the ignorance of many of the quacks and ignoramuses who deceive the public by their pretensions.

But the whole objection to female physicians is based upon nothing stronger or better than that it is a violation of old customs. This reform is treated as has been all others since the world began. "It is all very well in certain cases, but shouldn't be carried too far," has been said of them all; but how far is *too far* is left for all to judge. In this case we think the fullest extent is just far enough.

A PHYSICIAN in Wisconsin being disturbed one night by a burglar, and having no ball or shot for his pistol, noiselessly loaded the weapon with dry hard pills, and gave the intruder a "prescription" which he thinks will go far toward curing the rascal of a very bad ailment.

FLOUERZ.

¶ Hui wud wig tu liv widout flouers. ¶ Hwer wud ðe pœt flei for hiz imedjez ov biuti if ðe wer tu perig forever. ¶ Ar ðe not ðe emblemz ov lsvlines and inosens—ðe livij teips ov ol ðat iz plizij and gresful. Wij komper ysy lips tu ðe rez, and ðe hweit brou tu ðe rediant lili; ðe winij ei gaderz its glø from ðe veiolet, and a swijt vois iz leik a briz kisijs its we brui flouers. Wij hap deliket blosomz on ðe silken riplez ov ðe ysy breid, and strø her pœt wið fragrant belz hwen gi livz ðe tgsrtg. Wij ples ðem around ðe marbel fes ov ðe ded in ðe narø kofin, and ðe bjksm simbolz ov our afekgonz—plejurz rememberd and høps feded, wigez fløn and sinz tgerigt ðe mœr ðat ðe kan never retsm. ðe ksm spon ss in sprij leik ðe rekolekgon ov a drjm hwitg hoverd absv ss in slip, pipeld wið gadøi biutiz and pœrpel deleits, fansi borderd; swijt flouerz! ðat brij bifer our eiz sinz ov tgeildhud fen rememberd in yub, hwen lsv woz a strødjer tu himself—ðe mœsi bayk bei ðe weseid, hwer wij sœ ofen sat for ourz, dripg in ðe biuti ov ðe primæz wið our eiz—ðe gelterd glen, darkli grjn, fild wið ðe perfum ov veiolets, ðat gon, in ðer intens blu, leik anstøer skei spred spon ðe erb—ðe lafter ov meri voisez, ðe swijt sog ov ðe meden, ðe dounkast ei, ðe spredij blsg, ðe kis, agemd at its øn sound—ar ol brot bak tu memori bei a flouer!

A CHINESE MARRIAGE CUSTOM.—Among the novelties imported from China, we hear of a Chinese gentleman, Souchong, Pekoe, or some such name, who has been enlightening our own mystery-men and savans about Celestial ways and doings, as to what they have hitherto been ignorant. One item may be of interest to our readers, and it is also a fashion which they may be, perhaps, inclined to adopt. It concerns the affair of marriage. On a certain day of the year, the chief officer of the village or town inscribes on a list all the names of the girls and youths who have arrived at a marriageable age. They are then divided into three classes—the youths into the rich, the tolerably well off, and the poor—the girls into the beautiful, the passable, and the ugly. The beautiful girls are given to the rich, who pay a certain sum to the municipality; the passable girls are intended for those youths who are only tolerably well off; and the ugly girls and the poor are united, and blessing in cash is given to them by the rich young men who have got the Chinese beauties.

A DISTINGUISHED physician lately announced that one reason why so many people have the dyspepsia is because they have no sympathy at table. They eat alone at restaurants, and devour their food like wild beasts, instead of sitting at the table with their families, where their sympathies would be called into healthful activity, and where they would eat like civilized beings. There may be something in this idea. At any rate it would do no harm to test it.

Scissorings.

THE man who confines himself to the drink best for him is *well*-supplied.

PUNCH tells us how to make money, thus: Get a situation in the Mint.

WHY are jokes like nuts? Because the dryer they are the better they crack.

A PERSON of uncultivated mind has no resource but in the society of others.

WITH capricious people nothing is certain; their worst humor follows their best.

HEAR how a man speaks to the poor when unobserved, if you would learn his character.

Do good for your own satisfaction, and have no care of what may follow.

WHEN a lover dotes on his darling, a refusal acts as an anti-dote.

IN some cases authorship is but another name for *pen-ury*.

THE truly brave have as calm a judgment in the midst of danger as out of it.

THE best way to humble a proud man is to take no notice of him.

TAKE away my first letter, take away my second letter, take away all my letters, and I am still the same. The postman.

THE transit across the English Channel is supposed to be the *sick transit* alluded to in the well-known Latin quotation.

THE Letters of Junius are an unappropriated cenotaph, which, like the pyramids of Egypt, derives much of its importance from the mystery which involved the hand that reared it.

"FINE complexion Mrs. H. has got," said Brown to his friend Bristles, the artist. "I know it," replied Bristles; "she and I buy our colors at the same shop."

It is a general remark that all classes of persons are ever ready to give their opinions. We think the lawyers must be excepted—they sell theirs.

"JACK is a good fellow, but I will not lie for any man. I love my friend, but I love the truth still more." "My dear," said a bystander, "consider now! Why should you prefer a stranger to an old acquaintance?"

WHEN a generous man is compelled to give a refusal, he generally gives it with a worse grace than the ungenerous—first, because it is against his nature; and secondly, because it is out of his practice.

Vicious habits are so great a stain in human nature, and so odious in themselves, that every person actuated by right reason would avoid them, though he were sure that they would be always concealed both from God and man, and had no future punishment entailed upon them.

HOPE writes the poetry of the boy, but Memory that of the man. Man looks forward with smiles, but backward with sighs. Such is the wise providence of God. The cup of life is sweetest at the brim, the flavor is impaired as we drink deeper, and the dregs are made bitter that we may not struggle when it is taken from our lips.

Agricultural.

STRAWBERRIES.

HOW TO GROW THEM.

AUGUST is the time to make your strawberry bed for next year. There are thousands in the country who would like to raise them, but don't know how; and as they think it a job requires much skill, they don't try. Now we will tell you just how to do it.

Select a piece of mellow ground with a soil just right for corn, but not too rich with manure—a sandy loam is the best. Dig it *deep*, not six inches, but sixteen—and twenty-six would be better than either. Remember, when you go to work at it, that it can't be dug again for three years certain; and if it seems hard work to go so deep, think how good the strawberries will taste. If the land is very poor, we shouldn't object to your raking in a few wood ashes or some super-phosphate; but not a particle of barn-yard manure should be used under any circumstances. When you have got the bed all raked over nicely, lay it off in squares, just a foot on each side, and at every corner of a square scoop out a little hollow place in which to set the plant. Don't make it too deep, or the soil will wash in and cover up the plant; an inch deep is enough. Now you are all ready for the plants, which you should have previously obtained from some reliable source.

There is not often care enough taken in setting plants. Many think it is sufficient to make a hole by sticking the finger in the ground and getting the roots of the plant in it in any way. If they manage to live when set thus carelessly, they will never be very flourishing. Spread out the roots, and if convenient have a basin of water at hand in which to dip them; make a good-sized hole, and set the plant in, covering the roots carefully and well. Wetting the roots makes the dirt adhere to them, and they are ready to grow at once. If the plants have been brought from a distance, it would be well to let them lie in water a little while before planting.

What kind or kinds would you advise me to plant? Ask that question of any horticultural meeting, and you would get so many different answers, you wouldn't be better off than before—Wilson, Hooker, Downer's Prolific, Bartlett, Austin, Triumph de Gand, Hovey, Peabody, Scarlet Mag-nate, and so on. But what should *you* say? Perhaps we should make different replies to different people.

If we thought that after having made your bed you wouldn't take any sort of care of it, and would be satisfied with a sour berry if there was only a good crop, we would say *Wilson's*, for they are the easiest cultivated, and the most sure of a profuse crop; but they are sour, and the footstalks are too short. Downer's Prolific is prolific, that is certain, and that is the only good quality it has. The Austin is a mammoth; but we want to see it tried a little more before we say much about it. If you don't care for a large crop, but are satisfied with a few berries, *Peabody* will serve you; the quality of the fruit is first-rate; but we wouldn't like to guarantee, with ordinary culture, over half a bushel to the acre. The *Hooker* is a very fine-

flavored berry, but not firmly fixed in the ground. The Hovey and Scarlet Mag-nate will give you a good crop of leaves.

We went over to Brooklyn the other day to see the collection of our friend Fuller, when they were in their prime. He has most of the varieties now grown (besides hundreds of seedlings that he doesn't want us to say anything about till they are further tested).

We asked him to tell us *confidentially* what he thought were the best varieties for ordinary culture, and we are going to tell you what he said.

He took us up to his bed of Bartletts, which was in full bearing, and said, "I can raise 500 bushels on an acre of these. If cultivated in separate stools, they will not bear so many as the Wilson, but are quite as prolific as that far-famed variety, if not more so, when allowed to run together for a year or two. Of the quality you can judge for yourself." We did so, and found them an excellent berry of fine flavor, hard flesh, beautiful color, and delicious aroma. Mr. Fuller continued: "The Triumph de Gand is the next in my estimation as a berry for general culture. It repays well all labor expended upon it; is hardy, prolific—berries large and of good color and flavor, but it lacks, except in a moderate degree, the peculiar fragrance possessed by some other varieties. But notwithstanding this, it will," he said, "probably be a very popular variety for some years to come, and until some new and superior one is introduced." We tried to have him say something about his seedlings, and his reply was, "There they are—examine them for yourself; I have nothing to say for them, except I have not yet reached perfection." We did examine them, and with some were much pleased; but as he absolutely declines selling any of them because they are not *perfection*, how good they were does not concern the reader.

We place much confidence in Mr. Fuller's judgment, and if we were to make strawberry beds this year, should not fail to plant some Bartletts and some of the Triumphs de Gand.

NUTRITIVE PROPERTIES OF PEAS AND BEANS.

In our last we made some remarks upon this subject, bringing proofs from "Holy Writ" of the position taken of the value of this kind of food for supporting the animal system.

We propose now to bring forward facts further corroborative of the value of these products for animal food. We shall make an abstract of observations made and published in England, several years ago, by Dr. Buckland.

"The seeds of leguminous plants," says he, "especially peas and beans, are loaded with the constituents of muscle and bone, ready prepared to maintain the muscular fiber of the body of animals. Hence, the rapid restoration of the shrunk muscle of the exhausted post-horse by a good feed of oats and beans (the English horse-bean is here meant). Hence the sturdy growth of the Scottish children on oat-cake and porridge, and of broth made of the meal of parched or kiln dried peas." On this he avers a man can live and do a good day's work on 1½ penny a pay; while the children of the rich on the finest wheat flour,

and on sago and rice, butter and sugar, may appear fat and sleek, but would often die, as they sometimes do, on such non-nutritious food, were it not for the mixture of milk and eggs they eat in their cake and puddings.

He further remarks that an old laborer of Ax-bridge complained to his master, Mr. Symonds, that laborers feeding there on potatoes could not do so good a day's work now as when he was young and fed on peas. "Peas, sir," said he, "stick to the ribs." In this he uttered the very truths of organic chemistry.

In beans we have vegetable "caseine," or the peculiar elements of cheese. What is more grateful to man when fatigued by labor or a long walk? Sepoys, on long voyages, live exclusively on peas. The working and healthful man and beast want muscle and not fat. Fat encumbers and impedes activity, and every excess of it is disease. We seldom see a fat soldier, except among the sergeants, who sometimes eat and drink too much.

We have thus abridged some of Dr. Buckland's remarks for the benefit of our readers, some of whom are beginning to look upon beans and peas, especially bean porridge and pea porridge, as very unfashionable and vulgar food. Flour—flour, superfine flour, must be the bread, morning, noon, and night, and thus foolishly throw away the most nutritious food—food that every muscle and every bone in our bodies is begging for, and supply them with that which satisfieth not at all, for fashion's sake. We will not say that the man who invented the modern "bolt," or sifting apparatus, by which the most nutritive part of wheat is separated and cast one side while the "superfine" part is saved and made the staple food for the people, ought to have been hung; but we do say that he was far from being a benefactor to his race. He pandered to a sickly and suicidal sentiment that *fine* people must eat *fine* flour. He helped to bring about a degeneracy in the physical strength and powers of the people, which is in strange contrast with the enduring and stalwart frames of our fathers, and which can only be reproduced by a return to the more substantial diet upon which they fed.

—Maine Farmer.

OUR CREED.

WE believe in small farms and thorough cultivation.

We believe that soil loves to eat, as well as its owner, and ought, therefore, to be manured.

We believe in large crops which leave the land better than they found it, making both the farmer and the farm rich at once.

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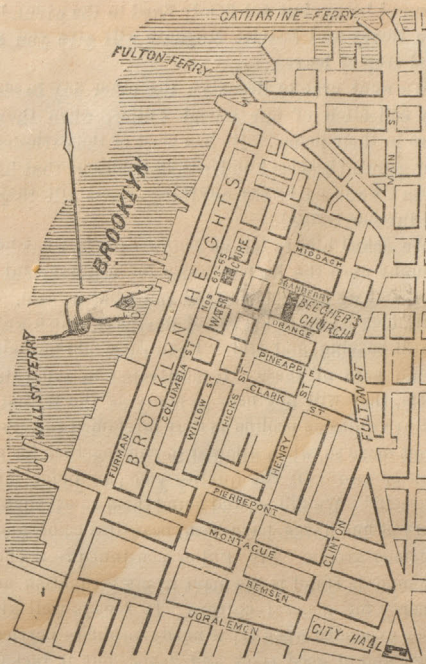
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"NO USE TRYING."

"THERE'S no use trying," said the wife of a couple of years, shaking her head, while tears of sorrow and disappointment gathered into her eyes. "It's evident enough that Robert and I were never intended for each other, and we made a great mistake when we got married. I've tried again and again to make things move smoothly, to see if he couldn't keep his temper and I my tongue; but there's no use; matters grow worse and worse, and if we get on one or two days without jarring or trouble, we're sure to bring up against some beam by the end of that time. So, for my part, I give it up from this hour. All my old dreams of a life made beautiful with love, and sacred by constant care and tenderness, and sweet with words and deeds of affection, a life that should never be jarred by discord and harshness, are faded now, and from this time I shall let things take their own course."

And so, her life was a failure; that married life she had entered on with her young husband, full of sweet and fragrant hopes, as June mornings are with blossoms, and each woke up suddenly to the knowledge of unimagined faults and weaknesses in the other, which an intimate acquaintance with any character must always disclose.

And it was very hard to recover from the surprise and the shock of this new knowledge; and though the young wife resolved and resolved, she lacked purpose and patience, the very foundation of all true life. And so, after a year or two of fitful struggle and failure, she "gave up," and her husband's life and her own—oh! it was the history of ten thousand times ten thousand other lives—became darkened, and mildewed, and rusted by fretful tempers and selfishness, by harsh words and unloving looks, by frequent recriminations, and, at last, by coldness and indifference.

"NO USE IN IT," mutters the drunkard, as he wakes up in the morning to find the tearful face of his wife bending over him, and learns that, for her sake, he was picked up from the gutter again last night, and was brought home more an animal than the dog they kicked from his door.

"Here I am, fallen again, low as ever, just as I began to hope I had triumphed and got the better of this horrid craving; and I haven't touched a drop for three weeks, and now—well, I give up all hope of ever coming off conqueror, or being a decent man again. There's no sort of sense in saying I will when I won't. I can't save myself any more than a stone can help tumbling down hill when it has once begun rolling. Poor Mary! I've broken her heart; but it's my fate, and I can't help it! I shall never be anything but a poor, drunken dog—anyhow."

And he, too, went down, down, down, laying his broken-hearted wife in the grave first, and following her there, simply because he didn't triumph the first time, or the second time, or the third; as if that three weeks of abstinence from sin wasn't enough to encourage and strengthen him to try again! As if one day, one hour, five minutes of triumph over any evil habit, wasn't enough to hold up in the face of any amount of failure, and say, "There! I did that, and, God helping me, I'll do it again!"

"Now, THERE'S NO SORT OF USE IN IT," murmurs the youth, as he pauses for a moment to take

breath—for it is slow, hard work for a half-grown boy to pile up those heavy stones which build the wall around that young orchard. "I shall never be anybody or anything! I've had hopes and dreams all my life that I should make somebody in the world, and get an education, and be a man that folks would look up to and respect."

"But I'm nothin' but a poor wood-sawyer's son, who has to tug at it from sunrise to sunset to keep body and soul together, and I shall have to go grubbing through life just as he's done. Here for two years I have been trying to lay up money to get a winter's schooling at the academy; but it's had to go, and al'ays would have to, I see plain as daylight. I shall jest give up all hope now."

And his life, too, was a failure in its best and noblest part, for want of a little stubborn perseverance and energy. As if there ever was a man that wanted an education that didn't get it, that *wouldn't have it*, despite of pain, or poverty, or opposition, or any obstacle that is in the power of this world, or sin, or Satan, to raise against him!

"No use whatever," sighs the mother over her disobedient, incorrigible son; "never a mother tried harder in this world to make a child what he should be—never tried to set a better example, never tried in turn more of punishment, and praise, and admonition; but it's done no sort of good. He grows worse every day—more peevish, more lawless, more headstrong generally, and now he'll have to take his own course, and I shall let him have his own way in future, and come out as he may; I've done my duty."

Poor, foolish mother! and her boy was not yet fourteen years old when she gave him over to his own devices; as if there was not an almost infinite amount of possibilities for good in any character at that age, and long afterward.

No wonder the boy lived to bring shame and sorrow on her gray hairs.

"NO USE TRYING." Alas! alas! this is the rock on which is wrecked every life that ever yet was a failure—the mournful epitaph which might be written over the grave of every buried resolution for good which was ever born in the soul of man.

"NO USE TRYING!" Did ever a fouler lie enter through the doors of a living heart? Don't believe it, dear reader! don't for an hour—no, not for a moment. No matter how many times you've fallen, get up again; this very fact of your "trying" proves that you have "life" in you. You are only "dead" when you cease trying.

Have you evil tempers or indolence, selfishness or pride, wrong imaginations or foolish thoughts to conquer, and have you been vanquished again and again in the struggle to overcome?—don't give up! You have gained something, whether you know it or not. Get right up and "buckle to" again, for only in despair is defeat.

Look all your losses and failures bravely in the face, and say, "I know that you've gotten the victory over me many and many a time; but I'm undaunted yet, and if I fall a thousand times, I shall get on my feet and go right at the struggle again. I shall keep trying, with God's help, so long as there's a breath of life within me!"

And amid all the blessed eternal records to be unsealed by the hand of God, there shall not be found written the name of one soul who has boldly, earnestly, and reverently said this, and persistently lived it; and every other life has been a *wreck and failure*.

THE SUN AN ENGRAVER.

No science within the last few years has made so rapid a progress as the science of photography; and brilliant as have been its former marvels, they are surpassed by more striking successes achieved almost within the month. Sun pictures on silver and paper have been made as common as newspapers in every household; even the poorest now have portraits, which otherwise would have been beyond their means, and which, a hundred years ago, regal opulence could hardly secure. This was a great addition to the happiness of the world for any art to contribute. But its devotees still asked for more; and more they succeeded in obtaining. Petzval pressed the most subtle mathematical analyses into the service of the art, to make its picture more accurate in drawing and more rapid in execution. M. Niepce then showed how the sun could be made to do the work of the lithographer. He covers a lithographic stone with a solution of bitumen in ether; over this he places any photographic picture on glass or paper, or engraving. This is subjected to the action of the light. The stone is then placed in a bath of ether, the portions on which the light has acted being soluble, and the other portions insoluble. The stone is removed from the bath, and a delicate picture is found sketched on it by the insoluble portions of bitumen, from which lithographs may be directly printed.

These impressions, however, are of little durability and performance, compared with those on copper. From the *London News* we learn that Herr Pretsch has sought to make the sun a copper-plate engraver, and has succeeded. He finds a new property of matter as strange as that possessed by bitumen. He covers a glass case with a solution of gelatine, mixed with a solution of bichromate of potash and other chemicals and leaves it to dry in the dark. On this place he places his glass or paper picture which he wishes to engrave, and exposes it to the light. A faint photographic picture appears on the prepared gelatinous surface. This is dipped in water. The moisture raises the picture in relief. It is dried and found to be strong enough and deep enough to afford an impression by pressure to a warm sheet of gutta-percha. This gutta-percha impression has but to be covered with black-lead or bronze powder, and placed in a voltaic circuit, to be covered with copper by the electrotype process—itself a wonder of wonders. The copper-plate thus produced is in relief, but being placed in the matrix in the galvanic bath, it produces as many engraved copper plates as the engraver may require.

Fox Talbot, the father of English photography, goes a step beyond this: He places Herr Pretsch's solution of gelatine and bichromate of potash directly on a plate of polished steel. The picture is impressed on this film as before. He discovers that there is no necessity to peril its faintest lines by immersion in the water bath. Over the faint photograph on the gelatinous film he sifts a thin layer of powdered gum copal, or even rosin. The plate is then heated over a spirit-lamp, to melt the gum in the common etching process. A solution of the proxide of iron in muriatic acid is poured over the plate, which etches out its surface wherever the light has acted on the gelatine. And thus light leaves its delicate foot prints on imperishable steel.