

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."

RAMBLING REMINISCENCES—No. 2.

BY R. T. TRALL, M.D.

A VISIT TO MARIETTA, PA.

On Monday, August 26, we left New York, on the early morning train, for a week's rustication in the quiet village and beautiful suburbs of Marietta, situated eighty-five miles from Philadelphia, on the banks of the Susquehanna. In the evening, and on Tuesday and Wednesday evenings following, we lectured in the Methodist church on the various medical systems of the day—of course contrasting the different drug-systems with the hygienic. Our audiences embraced a large proportion of the most intelligent and wealthy people of the place, including two or three clergymen and one or two allopathic physicians. One of the allopaths, however, we are sorry to say, declined hearing anything more about druggery after the first evening. Perhaps we gave him too large a dose of his own medicine. As an evidence of the

interest which the people took in the subject, it may be mentioned that, on Tuesday, notwithstanding it rained, several ladies came several miles from the country, and with their babies in their arms. We had so many things to say, that we spoke nearly two hours each evening, yet the entire audience remained quietly to the close. On each evening a choir, extemporized for the occasion, sang a beautiful ode, preceding and succeeding each lecture.

Our friends had arranged to have two grove meetings on Thursday; but on account of the rain they were postponed until Monday following. On Friday evening, by particular request, we lectured in the Methodist church, on the subject of the Health and Diseases of Woman. This subject called out the largest audience we had during the course, and was attentively listened to until nearly ten o'clock. On the conclusion of the lectures, we invited any persons present, medical men especially, to ask us any questions they pleased, or to state any objections they could raise to anything we had advanced. Several problems were presented by the gentlemen of the audience, and replied to, but medical men, as usual, were *mum*.

On Saturday we took an excursion, under the lead of Mr. John Messer, among the farmers of the surrounding country. We found many intelligent friends and warm advocates of our system, and called on many families who have made a great approach to the *millennial* system of living, as was exemplified in a vegetarian and frugivorous dinner at Daniel N. Eagles. They are still progressing, and should we have the pleasure of visiting them ten years hence, we predict that we shall find a large proportion of them extensive fruit growers and strict vegetarians. We put this prophecy on record, and intend to ascertain the facts by personal examination ten years hence, and report its verification or otherwise to the readers of the WATER-CURE JOURNAL.

GARDENS, ORCHARDS, AND NURSERIES.

Messrs. H. M. Eagles, Barr Spangler, John Messer, Daniel Eagles, Dr. Cameron, and others, having made arrangements to devote one day to the inspection of the principal fruit and vegetarian sources of Marietta, we very gladly accepted

an invitation to join the party. And such sights Uncountable acres of dwarf pear and peach trees; acres of cantelopes; half acre patches of squashes; ditto pumpkins; likewise cabbages; ten acre lots of water-melons; and lesser fields of grapes, tomatoes, strawberries, raspberries, blackberries, winter cherries, etc. Several of the most wealthy and thrifty farmers of the place have, within a few years, turned their attention specially to fruit-culture, and the results are as gratifying almost as the most ultra and radical frugivora could desire.

Having prepared ourself for testing every variety, and eating any quantity of pomological specimens, by a hearty breakfast at friend Spangler's, consisting of baked potatoes, rich and mealy, tomatoes fully ripe and fresh from the vines, green corn, Bartlett pears, stewed apples, wheat meal bread, and hard crackers, we were soon engaged in a promiscuous onslaught on tomatoes of monstrous dimensions, pears of almost incredible sizes and many varieties of flavor, apricots of delicate savor, winter cherries, raspberries, and strawberries. Yes, *strawberries* the last of August, nearly seven weeks after the disappearance of the last strawberry from the New York market. Mr. Henry M. Eagles raises strawberries until February. He has also raspberries which yield a continuous crop for several months. The winter cherry was a new treat to us. It is very prolific, more easy of culture than the tomato, and will keep in a dry, cool place nearly all winter; it is very nutritious, and an excellent fruit to mix with and flavor fruit pies and sauces. It is well worth the attention of vegetarians. We can recollect the names of but few of the many varieties of pears we saw and tasted. Many of them were of exquisite richness, commingling the flavors of the pineapple and all the varieties of sugar and honey with which we are acquainted. Messrs. Eagles are cultivating, experimentally, all the popular kinds, with the view of determining the most profitable bearers.

The apple crop is very light, and peaches are an entire failure, although the trees look thrifty. A late frost last spring was fatal to the crop. Many of the apple orchards are old and decaying, and the trees should be removed, root and branch, and young ones planted in their places. Some farmers

have undertaken to replenish their apple orchards by removing the most decayed trees, and planting young trees; but this, we were assured, is all wrong. Young trees will never do well, if planted among old and decaying ones.

The graperies are mostly young, and not yet in full bearing; but the prospect is most promising. As with the pears, many of the most approved varieties—Isabella, Catawba, Delaware, and others—are being cultivated experimentally; but the prevailing opinion of the Committee inclines to the Delaware as likely to become the enduring favorite, in which opinion, after devouring a luscious bunch, we were happy to coincide. It is very sweet and nutritious, grows evenly, and ripens uniformly, and is remarkably free from blight and insects.

We saw one strawberry-bed which has yielded, the present season, at the rate of three hundred bushels to the acre.

Our party dined at Mr. John Messer's. And such a dinner! It was in keeping with the general programme. Various kinds of bread, and all well made; assorted tomatoes; pears of prodigious sizes; apricots of tempting flavors; Lawton blackberries; cantelopes, water-melons, stewed pears, stewed plums, apple pie, farina, and cream.

Who could ever think of desecrating such a feast with the presence of fried pork, broiled steak, roast lamb, boiled fish, or fricaseed chicken? Think of a drove-yard, a pig-stye, a fowl-pen, or a butcher's cart in Eden! The person who could not make a satisfactory dinner at such a table has a perfect right to starve. It would be justifiable homicide.

Did we eat any dinner? Well, yes, moderately—that is to say, a piece or two of bread, a heap of tomatoes, a few pears and apricots, a cantelope, a variety of stewed fruits, a piece of pie, an apple, etc. Were we not well prepared? If a huge breakfast prepared us to eat fruit all the forenoon, why should not eating fruit all the forenoon have prepared us for eating a *huger* dinner? Besides, we do not take suppers, and, moreover, we had nearly fasted as good luck had it, from New York to Marietta, two days before, and to crown all, we had, on that very morning, walked to Columbia, four miles distant, and back, before breakfast, to take an airing and get a New York daily paper. But is such eating physiological? That has nothing to do with it. Our theme is pomology, not physiology.

We have long been convinced that Vegetarianism, or dietetic reform, would never succeed well nor become popular until our agriculturists turned their attention away from beef and pork, mutton and poultry, to scientific gardening and fruit culture. Would they but do this generally, or even on a large scale, they would very soon demonstrate the beauty and truth, the economy and comfort, the cleanliness and wholesomeness of the natural and normal method of cultivating the earth; and it would require but a single generation to transform the misused, much-abused, and sadly-wasted surface of the best farming lands of prolific earth to an earthly Paradise, with a corresponding improvement in the physical, intellectual, and moral condition of all classes of the people.

AND STAY N CAME ALSO.

We sadly regretted to see the beautiful scenery and bountiful harvests of Marietta marred and defiled by extensive fields of the nauseous and ruinous tobacco. This narcotic poison grows strong, rank, and Stygian. Indeed, the rich, deep soil of Lancaster County, whose wheat and corn crops are scarcely excelled in the world, will produce abundantly of almost anything that can be grown in this climate. But to raise large crops of the "filthy weed" alongside of extensive nurseries, on the borders of magnificent flower gardens, in the midst of luxuriant orchards, surrounding beautiful vineyards, and in the center of vegetable plats, seems to us very much like a compromise with the Evil One. And we suspect that, in all such compromises, the advantages are all on the wrong side. Those who cultivate the blighting pest, which is ruining the young men and boys of our country faster than any one thing that can be named, are generally wealthy, and can not plead the temptation of want. Many of them, too, are benevolent and philanthropic in many ways, and exemplary reformers in some things; and we are satisfied that they do not have a realizing sense of the awfully deleterious effects of tobacco-using on human society, and of its rapidly degenerating influences on the human race. None of them, so far as we could observe, use the article themselves. Had they studied this subject as we have, and had their opportunities of knowing its terribly devastating consequences been equal to ours, we feel assured that they would not in any manner encourage the employment of, traffic in, or cultivation of the vile atomization. We feel sure that, if they could see, as we see almost every day in the year in our cities and large villages, the horrible ravages which tobacco is making on human constitutions, and the degradation it is insuring to the future generations, they would not, they could not, for the paltry consideration of a better-paying crop, ever again consent to allow the fair face of that munificent portion of the bosom of mother earth over which they have control, to be polluted with the presence of this detestable production.

DR. CAMERON'S WATER-CURE.

We spent part of a day with Dr. Cameron and his patients. Dr. Cameron graduated at the New York Hygeio-Therapeutic College at the close of last winter's term, and has since been settled in Marietta, where he has a very comfortable house for receiving patients. He is meeting with ample encouragement on the part of the citizens, and is having excellent success in practice. He adopts and carries out the strict non-compromising system. All of his patients, whom we examined—about a dozen—were making reasonable progress in the way of recovering lost health. One of his patients was, not long since, *drugged three months for typhus fever!* We assured the gentleman that no typhus or typhoid fever, left to itself, or not maltreated, could ever run half that length of time, and that the malady which had confined him so long and damaged him so badly was a combination of drug-diseases—the result of the medicine given to cure the typhus fever. We have seen too many cases in which a fever, which, if left entirely to nature, would subside in two or

three weeks, has been prolonged two or three months by the drugs administered to cure it, not to understand this matter.

As one among many indications that progressive ideas are working their way in unexpected quarters, we were informed that one of the Marietta drug-doctors, having recently a patient to treat in a family of water-cure proclivities, borrowed of a neighbor the Hydropathic Encyclopedia, and undertook to manage the case accordingly. Indeed, we hear of similar illustrations in nearly every place we visit.

THE GROVE MEETINGS.

Monday was one of the most charming autumnal days we have ever experienced; and the grove, on the grounds of J. W. Clark, Esq., just out of the village, was one of the most beautiful we ever witnessed. At 11 A.M. a large audience, the "fair sex" slightly preponderating in numbers, had assembled, and the meeting formally organized by calling the owner of the grounds—Mr. Clark—to the chair, and appointing S. F. Eagle vice president, and Theo. Huestand secretary. The speaker's stand was erected beside two massive oaks, whose outspreading branches and waving leaves gave ample shade and breeze. On the front of the stand were displayed, in large capitals, the following mottoes:

OUR STANDARD IS NATURE. REFORM. DOWN WITH THE JUGGERNAUT FASHION.

The central motto was encircled with a beautiful wreath of flowers.

The exercises commenced with prayer by the Rev. J. P. Timlow, of the Presbyterian church, followed by an ode from the choir, whose singing was so well appreciated at the church on the evenings of our lectures. Mr. Clark made a brief introductory address on the state of the nation, and his views of the proper disposition of the vexed question of "contraband" slave property. He was followed by Rev. A. B. Grosh, Universalist, who is a candidate for the State Legislature, with an almost certain prospect of election. Mr. Grosh said a few eloquent words for the cause of temperance, and gave a clear and forcible exposition of the theory of republican government, and the duty of the people in the present crisis. After another ode from the choir, we took the stand, and spoke until the dinner hour on the general bearings of the health movement on the reforms of the age, and its intimate relation to individual happiness and national prosperity, besides expatiating a little more fully on several topics we had agitated during the evening lectures. Another ode concluded the first part of the programme, and then dinner was announced.

The farmers from the surrounding country had brought their wives and daughters, and these had provided ample stores of earth's choicest productions. Table-cloths were spread over the benches, and on these were displayed water-melons and cantelopes of extra sizes; pears and apples of greater dimensions than we had before seen, and the usual assortment of tomatoes, apples, plums, various kinds of fruit pies, jellies, stewed fruits, breads, crackers, plain cakes etc., with which this land so abounds. It seemed as though the millennium had really come, so far as feasting was concerned. No beverage except water was seen.

No seasoning except sugar and sweet cream was there. Animal flesh did not desecrate this true, this real

Feast of reason and the flow of soul.

As we partook of the luscious fare, surveyed the happy and sober and benevolent faces around, and remarked the unusual simplicity of dress, and general appearance of health, contentment, and happiness, we could not help reverting from this enchanting scene to the National Medical Convention, which took place at St. Louis, Mo., a few years ago, when the savans of medical science, as it is in allopathy, from all parts of the United States, after a discussion of medical subjects according to their standard of the healing art, sat down to a feast of abominations. The table was loaded with all the foul, gross, indigestible, and unnatural things that fashionable cookery could contrive, and graced with *forty kinds of grog*. Well our respective feasts did not differ more than do our respective theories; and our respective viands were perfect illustrations of our respective practices, and of our respective influences on the habits of the people.

After an hour spent in roaming in the adjacent woods, and in conversational interviews, the meeting was recalled to order. Mr. Wheeler, of the Methodist church, and Mr. Black, of Lancaster were expected to speak in the afternoon, but being absent, the burden of talking devolved on us and Dr. Cameron. After brief addresses from each of us, the meeting resolved itself into what might be termed a conversational debate, in which we responded to whatever questions or subjects any person present felt disposed to submit. This was, perhaps, the most interesting feature of our meeting, as it enabled the people to hear explanations on the precise points in respect to which doubts existed, or which had not been fully explained in the lectures. We noticed one of the allopathic physicians of the village in the audience, and so we stated, with especial emphasis, that the drug-system was *wholly false*, and the hygienic system *wholly true*, and that we held ourselves ready anywhere and at all times to prove these assertions, whenever any medical man would dispute us; and we further offered to answer any questions any medical man would ask respecting our system or his own. But the doctor, as is usual under such circumstances, said nothing. The performances concluded with the "Continental Farewell Glee," admirably sung by the choir.

PROGRESSIVE MEN OF MARIETTA.

It is with pleasure that we are enabled to record the following names of the citizens of Marietta and vicinity, who are liberal, intelligent, truth-seeking, and progressive on the subject of Health Reform. There may be many others, but we only mention those whose personal acquaintance we had the pleasure of making. We suspect there are not many places in the United States of equal population that can present an equal array of names: H. M. Engle, Abraham Messer, Daniel Engle, John B. Bunneman, John Eyer, John Messer, Henry Messer, David M. Eyer, Daniel M. Engle, John M. Engle, Martin Ramsay, Cyrus Lenhart, Jacob M. Engle, Joseph Hisey, Jacob Hutzler, Christian Engle, Thomas Zell, Simon Greybill, Benjamin Garman, John M. Clawges,

Thomas C. Child, Archibald Maroney, Alexander Lyndsay, S. F. Eagle, Henry L. Sultzbach, James Park, F. S. Baker, S. P. Sterrett, H. D. Benjamin, Mrs. A. Stepman, John W. Clark, Calvin A. Schaffner, Theo. Huestand, Henry S. Garber, Jacob N. Greybill, John Friday, John Brennenman, George Bogle, John Eddy, S. W. Millin, Luther Oberlin, Ezra Hershey, Daniel Heisey, Rev. P. J. Timlow, Rev. A. B. Grosh, John Cameron, M.D., and Barr Spangler. We have named Mr. Spangler last, but, so far as we could observe, he seems to be first and foremost in every good word and work. If every village in the United States had one health reformer as active, energetic, and judicious, the whole lump of society would soon be leavened with the spirit of universal improvement.

We can not take leave of the place and people where we spent a week so pleasantly and so profitably, without expressing our grateful appreciation of the generous kindness and unaffected hospitalities of many of the above-named gentlemen and their families, and especially tendering our thanks to Henry M. Engle, John Messer, S. P. Sterrett, and others, who were always ready to provide us with carriages and company to ride about the country or ramble over the hills, and to their good ladies, who provided so beautifully for, and presided so gracefully over the table arrangements; also to Mr. and Mrs. Barr Spangler, whose house was not only our home, but our hotel.

On Tuesday, September 3, we took the early morning train for New York, having been absent a longer time than ever before since we came to the city, twenty years ago, and having added largely to our stock of the "breath of life." But even when leaving the place, our whole-souled friends could not cease their favors. Friend Spangler had provided as large a market-basket as we could take aboard the cars, filled with most delicious pears and plums; and on arriving at the depot, who should be there in waiting but Henry M. Engle, with another basket of enormous big apples, and pears of almost incredible dimensions. We were in a quandary. It was difficult to take them all, yet we could not bear to leave any. Suffice it to say, we did manage to bring them all to New York, except those which we devoured on the way. We reached the New York Hygienic Institute at 7 P.M., in time to join a social party in the Lecture Hall.

At the conclusion of the grove meeting, the following preamble and resolutions were presented, and unanimously adopted:

Whereas, Prof. R. T. Trall has, during the short stay he has made with us, done much by his lectures and conversation to arouse thought, and direct the minds of his hearers to correct conclusions on the subjects of Health and Disease, be it therefore

Resolved, That we, the citizens of Marietta and vicinity, who have had the pleasure of hearing Prof. Trall, are under the deepest obligations to him for his very able, interesting, and important lectures on health and disease, and embrace this opportunity of tendering him our most cordial thanks for the enlightening influences he has spread among us. And be it further

Resolved, That inasmuch as the country and the world would be immeasurably benefited by a knowledge of the great and valuable truths which Prof. Trall has so carefully, laboriously, and philosophically investigated, we therefore hope he may be pleased to publish the lectures at no distant day.

Resolved, That copies of the foregoing resolutions be

sent for publication to the WATER-CURE JOURNAL, the *Daily Evening Express*, and the *Mariettian*. Adopted September 2, 1861.

We extract the following from an editorial notice in the *Mariettian* of September 7:

The lectures delivered by Professor Trall in the Methodist church were certainly very different from anything we ever had in Marietta. The views propounded by Dr. Trall with regard to the nature of disease and the action of medicines were altogether new to us. It is gratifying to be able to say that Dr. Trall's visit to Marietta has aroused a spirit of inquiry on the subject of health and disease which can not be otherwise than beneficial to the community. Our country friends were so deeply interested in the discussion, that some of them came every night six and seven miles to hear the Doctor. The Friday evening's lecture, on "The Health and Diseases of Women," was truly a masterly effort, and such as every man and woman throughout the country ought to hear. The lectures, taken as a whole, were a treat of rare excellence.

TO UNBELIEVERS—No. 1.

BY JAMES C. JACKSON, M.D.

You do not believe in Water-Cure for the treatment of disease, nor do you believe in that more comprehensive system of treating human ailments which is known by the name of Hygieo-Therapeutics, and which embraces within its scope the use of all agents which are in their nature health-producing or health-preserving, but you do believe in the use of medicines which are poisonous, though I very much doubt that you can give a reason therefor, other than that which is based upon your early training and education into a belief in their supposed necessity. Fourteen years ago I was where you are now, or nearly so. I was a believer in medicines, and a disbeliever in Water-Cure; but now my belief is the other way, and I propose, in a familiar manner, to tell you how it came to be changed, hoping that you also may have your opinions changed, and may come, at least, to disbelieve in the availability and sufficiency of poisonous agents for the overcoming of any sickness with which you, or others in whom you may feel interested, may be afflicted.

In the year 1847 I was given up by my physicians and by my family and friends to die. The diseases of twenty years had culminated, my system seemed to be steadily giving way, and under the best medical advice that could be obtained I was pronounced hopelessly incurable. As any other person similarly situated would be, I was unwilling to resign my hold on life without a further struggle, so hearing something of Water-Cure I made some inquiries about it, and by the permission and with the assistance of those who were able and willing to assist me, I finally concluded to try it. In a very feeble condition I sought the aid of a gentleman and his wife who had opened a Hydropathic institution in one of the southwestern counties of this State, and placed myself in their hands. In doing so I had no idea of being led ultimately to abandon my faith in the sanative efficiency of medicines, but because of the uniformity of the opinions of my physicians as to the uselessness of medicines in my case, I felt myself justified in seeking relief in any direction

where there seemed to be even a possibility of my obtaining it.

I had not been long under water-treatment before my attention was directed to the changes that were going on in the conditions of others who were patients with me. My own case did not, from any immediate changes which it underwent, attract my attention or particularly interest me; but there were others there who had come after I had, and whose conditions on their arrival and subsequent to it I had come to know, and the difference visibly worked in them was such as to set me, feeble as I was, into a profound speculation as to the causes of the change. As for instance: I saw a woman brought on a bed. She had been sick for years, and, like myself, had exhausted the skill of her medical advisers. On account of her helpless condition of both body and mind she was indeed a pitiable object, yet in a little while changes for the better were quite evident in her, and in a few months she was walking about quite vigorously, and ultimately went home in apparent good health. I said to myself, What power is it that has done this work? and as one naturally would, under such a glimmer of the light as I had, be disposed ascribe the result to some specific agent, I jumped, as many people have since done when thinking this subject over, to the conclusion that water was entitled to the credit of it. In other words, I reasoned about it just as persons generally do, and as you do about the efficacy of medicinal agents.

Nevertheless, a single case such as this did not weaken my confidence in medicines generally nor increase my belief in the general curative effects of water. Here, to be sure, was a *fact*, and quite an interesting and imposing one to me—no less than that a bed-ridden woman, who had failed to get well under the administration of medicines, had succeeded in getting well under water-treatment; but I dare not undertake to generalize and draw conclusions from a single fact, and so I rested upon the matter in this wise, and said to myself: "In this particular case water has proved of essential service, and really, by its use, there has been done what, under the use of medicines, it seemed impossible to do; but it does not follow that, because of its success in this case, water is therefore all-sufficient and available in every known case of disease." I thus retained my faith in medicines, and reserved to myself the right to be faithless in regard to the general fitness of water-treatment in the various diseases to which human beings are subject.

But I was not long permitted to rest in this way. One after another a succession of facts, all of a similar character to this, came within the province of my consciousness, until at length I was *compelled* to go into an examination of the subject, not from practical grounds, but upon a philosophical basis, and to account, if I could, for the results which I saw wrought out.

Meanwhile I was undergoing changes in my own person which, though not very obvious to the superficial observer, were becoming quite interesting to me—I being acquainted with my own organism and knowing full well its morbid conditions. I do not think that any event in my life ever excited me so intensely as one in itself of no

account, but which led me seriously to entertain the inquiry whether, after all, the whole fabric of medical science did not rest upon an unsubstantial foundation, and whether, instead of being worthy of the confidence of those who represent it and of the people at large, it was not, at best a delusion, and, at worst, an imposture. This excitement grew in a considerable degree, I think, out of my having been educated as firmly into a belief of the necessity and sufficiency of medicines for the cure of disease as I had been into the religious faith of those who think and believe that, next to the Bible, the Westminster Catechism is the best and clearest exposition of theological truth that the world has ever seen. I had just as much faith in the dogmas and postulates of the Allopathic school of medicine as I had in the Institutes of Calvin or in the creed of the church of which I was a member; and to be startled in the former created in me a feeling no less deep than would have been called forth by the awakening of a serious doubt as to the substantial correctness of my religious belief. And yet, the question once raised in my own mind, I had no more power to lay it than a frightened girl has to lay a ghost. The doubt would not "down;" it was ever present with me. Strange is it not, how a new idea interpenetrating one's brain and getting within the range of his consciousness quickens his whole spiritual sensibility, and forces his intellect to action in spite of his prejudices and desires to the contrary. I no more wanted to disbelieve my Allopathic education than I did to become an infidel in religion, but here was a group of facts coming to be quite large, varied in their character, presented to my consideration from different angles, exhibited under different forms, and challenging my attention and demanding of me to account for them upon any acknowledged and well-settled philosophy within the sphere of that school whose pupil I was and in whose averments I had always cherished the most implicit reliance and faith. I tried hard enough to set them aside. I am ashamed to say this, for one ought always to be ashamed to be compelled to say that he was ever disposed to set aside his reason and be governed by his prejudices. But I had not, at that time, been born into the new kingdom. I had the old faith, and the old love, and the fervor of affection for old things upon me, and had not yet learned that what truth purifies and God cleanses no man has a right to call common. I struggled to break up the issue, and to force my consciousness to ignore the plenitude and power of these facts, and to permit myself to remain as uninterested and uninquiring in regard to their procuring causes as I had been before they crossed my way. I found it, however, impossible. I was there in the center of a group of sick people, of various ages, both sexes, different temperaments, varied education and culture, and who were evidently suffering in different directions, and, to all appearance, from different causes, and yet a course of treatment was being given them of which the chief agent and the *main* motive power was water, and, what made the affair more wonderful, was the disproportion between the results brought about and the agency used. I could have understood readily how immense machinery, purely mechanical in kind, could be carried on by water;

I had seen factories running hundreds of spindles, and keeping them in motion day and night the year round, by means of water running through a flume and falling on to a big water-wheel; but *how* it happened that sitting down in a tub of water for half an hour, bathing one's feet in water, keeping one's head wet with water, or washing the body all over in it, how these simple processes could produce such results as I witnessed I could no more understand, at that time, than I could comprehend the mysteries of the most celebrated and powerful wizard. At one period I was disposed to doubt the correctness of my impressions, and, I recollect, I came seriously to question whether some other instrumentality or instrumentalities than those that were apparent, were not the working forces by which the results referred to were brought about. In talking over the subject, one day, with one of my fellow-patients, he raised the query whether our physicians were not, in some cunning and hidden way, administering remedies which were entitled to the credit of the cures that were made, while ostensibly they ascribed them to the water which, in its various forms and modifications, was applied by their directions. And so ready was I to be an unbeliever, that the very questioning of this man set me at the most close and thorough investigation in this direction—but I found nothing. I was as unhappy as one can well be, for while I was willing to admit that water might be useful in the treatment of some forms of disease, I was not at that time, either from ingenuousness of spirit or from regard to the truth, ready to give up my belief in the usefulness and efficiency of medicines. And so there, for awhile, I rested.

SCENES IN RAILROAD CARS—No. 1

BY H. H. HOPE.

A MAN who travels nearly all the time, and for the most part of it upon railroads, must necessarily have a varied experience. At any rate, I have had such a one—if more than others, because for the latter years of my life my attention has been particularly directed to the ill-considered physical habits of our people, and from this circumstance alone am I impelled to intercourse with all sorts of persons, and to interchange of thought and sentiment with them in matters pertaining to health. I scarcely ever take a seat in a railroad car without finding on board of it some person who is an invalid; and if propriety will admit, I seek to find out the causes which have brought the person into such a state, and give him or her my sympathies; for I really feel that, next to crime, the greatest evil that can befall a human being is to be sick. Some persons have a great dread of poverty; some are so organized with love of approbation as that they would rather die than be under the ban of their fellows; some are so related to life in their desires for position, and others want fame, and long after it so intensely, that to lack either of these is to make such persons wretched; but to me, much as I am affected by all these considerations, the loss of health is far more to be dreaded, for from the point in which I view it, health is wealth. No man who has a healthy and robust body, and a well-organized

and vigorous brain, is poor. If he is, it is because he is lazy. Money-making is the easiest thing in the world, if one only has the power at command to use for the making of it; and no power is so intrinsically valuable in this direction as a vigorous nervous system, with good stout bones and muscles; for then one can think and work, and with thought and work together, money must come, if these are directed to the making of it. And so of other desirable attainments. With health, one can make his position, can be notorious if he desires it, and can acquire fame, if to possess this be the *ultima thule* of his ambition. So I never sympathize, when in a railroad car, with a man or woman who comes in and takes a seat, wearing the evidences of good health, and at the same time the insignia of low poverty, as I do with one who, bedecked and bedizened in silks, or satins, or broadcloth, or the glitter of gold and jewels, carries right behind the shadow of death. I tell you, reader, that I would rather see, standing on any man's door-sill, gaunt-lipped poverty than pale, death-like sickness; but I suppose that you, and most of the world besides, will think that in this respect I am fanatical. If you do, the difference between us is, that while you *think* I am fanatical, I *know* you to be so; for when you come to scan it down, there is nothing that can so pervert, derange, and destroy human happiness as can sickness. And sickness is so prevalent among our people as really to make one well nigh despair in regard to their future. Yet there is no necessity for it. People could be healthy just as well as not, if they only knew how, and would try to be so; and the means of being so are at every man's command. In order to preserve health, or to recover it when sick, it is not necessary to be rich, nor to have many friends, nor to be surrounded with luxuries. True, comforts are always desirable; but these are relative in their character, and one can get along with much less even of them than is generally known or supposed.

I was riding, not many weeks since, in a railroad car, when the train stopped at a station, and a lady and gentleman came in and took the seat opposite me. I say opposite me, because I always ride backward in railroad cars; and if you wish to know the reason, I will tell you. I like to ride with the window up, and I do not like to have the coal-dust and the cinders blown into my eyes; so by turning my seat so as to have my back in the direction in which we are going, I avoid these things and enjoy the scenery, without having the spicula of coal-dust, ashes, and everything in the shape of road-dust filling up my eyes, and nostrils, and mouth. For years, therefore, I have used myself to ride backward. The lady and gentleman of whom I have spoken took the seat next me, and as they rode with their faces in the direction in which we were going, we were, of course, *vis-à-vis*, and so, in order to be polite, we had to pass the usual compliments. This broke the reserve which might otherwise have existed uninter- ruptedly, and conversation ensued. As I saw that the lady was an invalid, I was led to make inquiries, in the most general manner, to be sure, as to her conditions, and found both herself and the gentleman quite ready to converse on the subject. They were on their way to New York, to a cele-

brated physician, whom they wished to consult with reference to her case, she having been long sick, and having tried many physicians, like her prototype in the Bible, yet having grown worse rather than better. I found, upon inquiry, that she was of a vigorous and healthy family, possessed of a constitution originally good, and had retained her health quite firmly up to the time of her marriage. And at what age, reader, do you suppose she entered upon this very important relation? A little inside of fifteen years; and before she was sixteen she was a mother. She was, at the time I met her, twenty-seven years old, and had had seven children; had not seen a day in which she could call herself well since the birth of her first child, and had been since that time almost uninterruptedly in the hands of the physicians, who had as uninterruptedly administered medicines to her; yet notwithstanding these two *outrageous* processes to which she had been subjected, of bearing children as fast as she could do so, and of taking into her system almost constantly poisonous medicines at the hands of her physicians, she still carried with her, in my judgment, evidences of large constitutional vigor, and showed manifestly that, under anything like proper conditions, she might recover health. True, at twenty-seven she looked as old as, with her constitution, she ought to have looked at fifty-seven, but this look of decay was clearly the result of her false habits, and the false methods of treatment to which she had been subjected; and I felt sure that in different circumstances, and with different surroundings, very much of it might be overcome, and she be made to show a freshness and matronly beauty somewhat approximate to the years of her life. I found her husband a man of large mind and of very large general knowledge; but no Hottentot in Africa could be more ignorant of the highest attainments in science than he was in regard to the laws of life and health. On this subject he knew nothing. He had been trained from boyhood into the belief that health had no certainty; that all persons were liable to be sick at any time, and that when sick, there was no other way in which to get well but to be visited by the doctors, and to be doctored by them in their visits; that poisonous medicines were the only remedies for anything like severe illness, and that it belonged to a special and educated class of men to decide in what direction and to what extent these remedies should be administered. He had never, therefore, given himself any thought upon the subject, and during his wife's sickness had tried one physician first, and then another, and these had tried first one thing, and then another, until, the professional skill of his neighborhood and the region round about being exhausted, he had determined to take her to the metropolis, and there, if possible, secure larger experience and more profound skill. It is always a hard task to reason with ignorance—I do not know but it is quite as hard as it is to reason with prejudice; and this gentleman was, upon the subject in question, both ignorant and prejudiced. Still, he evidently loved his wife, and she was evidently worthy of his love; and so I decided to make an effort, saying to myself, "I will see what I can do." I opened a conversation, therefore, with the view of enlightening their minds, if pos-

sible, in respect to a better way than that which they had followed, and were still disposed to follow, for the recovery of the lady from her sickness, and I said:

"May I make so bold as to inquire if the constant illness of your wife for years, in spite of the continuous drug-medication to which she has been subjected, has not led you to doubt the efficiency of the means used, and to raise the question whether there may not be a better and more efficient course?"

"What do you mean, sir?" said he, in reply. "All I know about the matter is that my wife has been sick for a long time, and is seriously sick at present, and that I am desirous of securing for her the best medical advice and skill."

"Of course," I said, "I do not doubt that; but the point to which, with your permission, I wish to direct your attention is, have you ever thought that, possibly, the reason why your wife does not get well is that she is so thoroughly medicated as to have her system decidedly poisoned, and that, in reality, setting aside some derangements which may grow out of ill-considered and unhealthy habits of living to which she may be addicted, her illness is the result of drug-medication?"

If I had told the man that I was a murderer, and had just escaped from the sheriff, he could not have looked more amazed than he seemed at the close of this question. For a minute both himself and his wife sat staringly silent, and then he spoke:

"Why, my dear sir, you do not suppose that one so sorely afflicted as my wife is can ever recover without medicines?"

"Most certainly, sir," I said, "I do believe so; and it is my impression not only that your wife can be cured and made to enjoy good, substantial, firm health, without ever taking another particle of medicine, but that this is a safer and surer way in which to treat her than any other; and if I may be pardoned in a further statement of my opinion, I believe that this is the *only* way left open for her in which to get well."

"Are you a physician, sir?" he asked.

"No, sir, I am not, but I have given a good deal of attention to the matter of health and sickness; and I have seen so many persons who, after failing to get well by drug-medication, have been cured by a plan which abjured the use of poisons, that I feel perfectly confident that both in acute and chronic diseases the Hygienic method of treatment is altogether the more preferable and the more successful."

"The Hygienic treatment of disease," said he, soliloquizing—"what is meant by that, if I may ask?"

"Well, sir," said I, "this is meant by it: That, as its advocates believe, the order of the Creator is that health is intended to be, and therefore should be, the ruling condition of human life; that physical laws are designed to operate as certainly within their sphere as moral laws, and that therefore, abstractly considered, sickness is no more *necessary* than sin; that whenever and wherever sickness does exist, it is in consequence of a violation of these laws, and that to cease to violate them, and, in addition, earnestly to obey them, is to *begin* to cease to be sick and to *begin* to get

well. That, therefore, all that is needed in order to get well, when one is sick, is to find out just in what direction the laws of life and health have been violated, and in that direction to cease their violation, and give to them their due efficiency and control in the management of the physical organism, and the person who is sick, if curable at all, can be restored to health. That, therefore, all agencies, instrumentalities, or things that are in their nature calculated to disturb and derange a living organism are unfriendly to its health, and can by no means whatever be made subservient to health-preserving or health-restoring purposes; but that, on the other hand, their direct and legitimate effect, whenever they are used, is either to kill or to tend to kill such organism. That, on the other hand, all agencies, instrumentalities, or things which, in their nature and in their ordinary or extraordinary application, tend to preserve the health of a living organism, are the means and remedies, and the only ones, which may be safely relied upon to overcome its morbid conditions and restore it to health.

"You see," said I, "that this view is exactly the opposite of the common one, and that were your wife to be placed in the hands of a Hygienic physician, he would proceed to use, for her recovery, only health-producing agents, avoiding the use of all substances whose legitimate effect is and must be to derange the human organism, and thus produce or add to ill health."

Said he, "Will you give me your card, sir?"

I handed it to him.

"I am going to New York, and must communicate with you. This is a very new and strange theory of yours. Then you do really think that people need not be sick?"

"As an abstract proposition," I replied, "that is true. Of course, no change from the bad to the good can be immediately made, and therefore, while the rule can not be applied the result can not be had; but take time to make the change, and you must have corresponding results."

I had reached the terminus of my travel for that day, so I bade the man good-bye.

I have since received a letter from him, which I will submit to the readers of the WATER-CURE JOURNAL in the next number.

THE PATERNAL HEADSHIP.

BY LOUISA BELL.

If a man desires to be respected by the world, he must begin by making himself regarded with respect by his own family; not, however, through the slavish dominion of fear, but by the higher considerations of love and esteem.

Fear perhaps is, in some shape, inseparable from love, inasmuch as we dread above all things offending the being we love, or receiving reproof from his hands. Among the people, the paternal character may occasionally be found highly developed—one around whom the love and respect of his children are concentrated; but, as a rule, reverence is not a tribute which the working-man usually gathers from his family, or the generation growing up around him. Everywhere government is essential. The inferiors of any society must have a directing head—a power to which they can look up as superior to themselves, on whose wisdom they can rely—whose goodness and benevolence they can trust. It is almost needless to say, that paternal perfection is only to be found in the government of the Great Being who created us, and who, we are taught, regards us even as a father regards his own children. The inference we may draw from Divine goodness, as we contemplate His wisdom, justice, mercy, and love,

is, that every head of a human family should, as far as in him lies, imitate this sublime model, and try, in his domestic relations, to display those qualities which inspire him toward his Creator with faith, love, and trust.

FILIAL AFFECTION.

It is not to be denied that such a rule—liable as we are to be marred by imperfection of temper, lack of self-control, and, above all, from the absence of affection, or its tendency to weakness—is unlikely to be carried out faultlessly; but we should aim high, even though we miss the mark. The head of a family has serious responsibilities. He has to provide, perhaps, for the entire needs of his family. He ought to see, as the members of it grow up, that they are rendered capable of being self-supporting, and of owning the necessity and natural duty of aiding those relatives who, through sickness or misfortune, are rendered unable to help themselves. How many grown-up sons of working-men there are who refuse to maintain parents in infirmity or old age, and who throw them on the last resource which the honest laborer has, and to which he has ever the strongest reluctance to resort—the work-house! Filial duty among the working classes is, indeed, a virtue rarer than the philanthropist would willingly acknowledge; for when the obvious duty of self-support is taught, and roughly taught by working parents, natural love of kindred becomes overlooked, and the child retorts the lesson which the father indirectly has taught, "every one for himself, and God for us all."

But dereliction of duty toward a parent, one would think, is enough to bring on us God's anger. We may be "all for ourselves." The question remains, in such cases, is God for us when we neglect our duties and our natural affections? The young workman urges: "I have a wife, and children fast increasing. I have but a certain amount of wages to maintain my family. How, then, can I be expected to maintain my aged father, or my sick and infirm mother?" The wages of the man who argues thus, average, perhaps, ten dollars per week. How many women in the middle classes—women who work at ill-paid professions, which demand appearances with which the mechanic can dispense—maintain their parents—slave for them—sacrifice all for the imperative filial duty, which says, "honor thy father and mother?" Not always are the days of those who fulfill this commandment "long in the land;" but, at any rate, they die with the hallowed and happy thought that, at least, they have "done what they could"—a rule which, if it were an abiding one, might make this world a little more akin to heaven than it is at present. If the father of a family, by his own example and by precept, does not inculcate filial virtue, he will not have so much claim to complain of neglect as those who have, by love, by self-sacrifice, and by strictly performing parental duty, the strongest claim to the devotion and love of a child, as well as to mere cold duty.

Even the animal creation affords the sight of filial affection. Who has not heard that story of a ship infested by rats being cleared by fumigation, and, as the vermin escaped, they were destroyed? A group was observed; one rat, holding a piece of stick in his mouth, was led by the

others, who each held an end of the stick. The parent rat was blind. His children, repudiating even the common animal instinct of self-preservation, waited to convey the parent out of danger. The destroyers—succumbing to the spectacle of filial duty, love, and respect—suffered the creatures to escape. Perhaps, among those rough men who were clearing the ship, the lesson went straight to the hearts of some—some who had deserted parents, instead of succoring them—who had returned love and care with neglect and hardness—who had left a doting mother to tears, or a gray-haired father to the cold shelter of a work-house!

EXERCISE OF AUTHORITY.

In all cases where a husband and parent exerts no due authority, the household becomes wreck and confusion. The boys have no example at home, they are in no awe of rebuke; the girls despise their father's authority, and take their own way in life—often, alas! a bad one. Authority and affection are difficult to blend; but the latter seldom exists where there is no trace of the former. Undue harshness, however, invariably hardens. In some extreme cases, to spare the rod may be to spoil the child; but beating—that common resort of ignorance against vice—simply teaches the offender the extremest penalty he has to pay for indulging in his favorite faults; and self-indulgence will frequently gain the mastery even over physical pain, for boys are seldom cowards. A harsh parent will actually beat in the very fault he chastises.

PARTICIPATION IN AMUSEMENTS.

Not only should the father of a family overlook conduct and behavior, but he should also join himself in the recreations of his children, promoting them, and striving with a skillful hand to convert even their amusements into instruction. Thus he should strive to keep them from that great pernicious school, the streets, where so many of the youth of both sexes receive that early training in hardness and vice, which is never eradicated, and which early leads to the jail and the convict settlement. If parents would remember how greatly they are responsible for the future lives of the beings they bring into existence, surely they would be more alive to the importance of the trust. Good parents, it is true, have often bad children—children whom it would seem no amount of affection or good counsel can save from the contamination of their own hearts and the world; but human nature, in the aggregate, is disposed to good rather than evil; only young plants incline as they are bent; and harshness one day and carelessness the next, severity and alternate over-indulgence, is just the kind of training an evil spirit would resort to, if such a being had a human soul delivered into his hands to ruin.

EXAMPLE.

When a father hears his own sons swear, he should be able, solemnly, to ask them the question, "When, boys, in all your lives, have you ever heard me do the like?" and the culprits would stand abashed. How often they can adduce a father's daily practice for their own vindication! How often, too, for the habit of drinking they contract, saying, "You taught us to do this!"

CLEMENCY.

Sometimes, too, daughters commit faults. Now, when this is the case, the natural indignation of the father leads him to close his door ever after against the offender; to forgive, he argues, would be to encourage vice, and to give a bad example to the rest of his girls. But he should remember who tempers justice with that merciful love, without which what would become of the best of us? When the parent shuts his door and his heart against the poor sinner, he at the same time shuts out repentance, and implants despair. So, many a poor, erring girl has been driven into the streets, and from thence, unable to bear their dreadful life any longer, to the oblivion found in leaping from that Bridge of Sighs which Thomas Hood so beautifully, so painfully immortalized. After her seducer—who first betrayed—who is answerable for this poor creature's erring life and reckless death but her own father?—harsh, unforgiving, and inexorable, unmindful of the example of One who, while he preached of repentance to outcasts, gave them the assurance of mercy and forgiveness!

FIRMNESS.

Decision is one quality which should be inseparable from family government, of which, indeed, it is the very soul and essence. Children are the keenest observers in the world, and if they detect indecision of character in a parent's judgment, all influence over their minds is lost. They have often no faith in the sentences pronounced, and become equally indifferent to punishment or kindness. Firmness, then, is essential. If an infant understands that you will, at all risks, keep your word with it, a respect is implanted in the child's mind not to be eradicated, unless by your own deterioration.

CONSISTENCY.

A father never gains the affection of his children by refusing to decide their disputes, or settle them—but he loses a vast deal of their respect if he evades or shuns the subject. And those opinions expressed before the younger members of the family, should be held consistently. It will not do to state one thing in theory, and allow your children to see you reverse it in practice daily and hourly; by such a method one thing is insured—contempt, and contempt is alike fatal to love, respect, or imitation.

SYSTEM.

Order, too, must be inexorably maintained in all families. One member must not be allowed, by untimely hours, want of punctuality, uncleanness, or uncouth manners, to interfere with the comforts of the rest. Late hours should be always strictly forbidden—a rule quite necessary where there is a family growing up. On the respect of children for the head of their family, on the knowledge they have obtained in childhood that he will be obeyed, and will be the master of his own dwelling, rests their obedience in later life. Meals delayed, open house at all hours of the night, are customs not conducive to order, decency, or comfort. It should be peculiarly the care of parents to supervise all the habits of young people.

CHASTITY.

In domestic life, many occurrences, slight enough in themselves, require the penetrating eyes of pa-

rents to enable them to control and regulate morals. Brothers and sisters should early have separate sleeping-rooms allotted them; and delicacy, above all, must be strongly inculcated and scrupulously observed. It is for want of such precautions that we are so often startled by some of those police revelations which shock and astonish the public who read them, and who marvel that such things can be. It is needless to do more than merely to touch on this last subject, which, to dwell on, would involve details far from desirable or edifying; but all these things lie within the province of a parent to prevent—duties not to be ignored by the headship of a family.

COURTESY.

Much of the rude manners observable in our working-men and women may be traced to the roughness of speech customary in the domestic lives of the people. Mother and father speak rudely to each other—they mean no harm, no unkindness even; it is just their way, they would tell you, if expostulated with; but it is a way the children catch up as surely as a clever parrot imitates all it hears around. Listen to children at play, you will hear all that “father and mother” are in the habit of saying—repeated, too, with the very mannerism of the speaker.

FAMILY CONCORD.

It is often the case that the mother has the greatest influence over the hearts and affections of the children of a family. And why is this? Because the father can not combine the control of his household with the tenderness taught by feminine instincts; hence the one-sided affection testified so often to the mother, because she hides faults or bears the blame of them, excusing them when found out. Yet sometimes this very excess of maternal affection causes deceit to exist in the household. Its members are afraid, not so much of doing wrong as of being found out. A father's wrath is terrible, because he is unforgiving. The mother should scrupulously maintain the pre-eminence and authority of her husband to his children. She should allow of no concealments; the very fact of hiding the truth proves wrong to exist. “Well, you may have it, but be sure not let your father know;” or, “You may go to such a place, if you don't tell your father.” How often these things are said to children, inculcating in two minutes lessons of falsehood and of deceit not unlearned in the course of long years. The father, again, on his part, must secure respect to the mother of his children, by showing the latter that he is always the first to consult her, and adopt her advice. “We will ask your mother, boy, or girl—if she thinks it right, you may have it.” And the child regards this combination of parental authority as something infallible—a tribunal of right or wrong, from which there is, or should be, no appeal. The reverse of this rule, alas! is often the case. “Your mother's a fool, child; what does she know about it?” And the child henceforth holds in his mind that his mother is a fool—his father has said so, and he is not, therefore, bound to consult her opinion or believe in her counsel, even when it tends to good. No family can be happy if it be not a united one; united not only in affection but in mutual esteem—husband and wife with respect and confidence grafted on the youthful love which first united them. Brothers and sisters love each other better for mutual esteem being added to merely fraternal feeling. There is seldom much love, filial or fraternal, where there is a consciousness of social

wrong or social vice; but where all is open, honest, and cordial, what palace could confer the happiness to be partaken of round a working-man's hearth?

Let us take a mental view of such a family circle. It is six o'clock. The head of the family has just returned home from his daily toil. He is the first who has arrived. But there is a stated hour for the evening meal, and loiterers are sure to be in time—for home is more attractive to them than any other place. The father goes to his own chamber to wash and change his working-dress—that is one of his rules; one which he imposes on all members of his household—slatternly appearance, or dirt, being an offense against his family laws. By half-past six all are assembled by the cheerful fire, partaking of the refreshing meal, and chatting gayly over the occurrences of the day—the children paying those little attentions to “father” and “mother” which speak so strongly of love and respect. The supper over, the things are cleared and washed, the hearth brushed by the girls, who bring their work, and the circle is formed. It is one of the family rules that each member of this domestic community shall do something to amuse the rest. One or two abstract themselves in chess or study; the girls work; the father or one of the brothers read; and the evening passes in cheerful remark on what they hear. An humble, light supper and early rest make light hearts wake to renewed toil.

What a contrast to the loud brawling, the sullen sottishness, the slatternly, dirty household which many a working-man's dwelling gives us the spectacle of! The father quarreling with his sons, drinking and smoking with them; the daughters gadding about to dances and cheap immoral amusements—coming home at late hours, and having a slender share of feverish sleep—waking again to toil, loathed, but still imperative—seeking ever and again recreation in sensual and low enjoyments—knowing nothing of peace, order, or sobriety. Which picture is the best?—which calculated best to raise the working-man on that step of the social ladder he so much desires to gain, and toward which achievement he does so little by self-effort.

In a little while the last-mentioned family have dispersed—the sons outlawed from their country, perhaps; the daughters among the unhappy creatures who live only at night, and who hide their heads in shame at daylight; the father dead, or disgraced by his children's misdeeds; the mother, who has been through life ill-treated by her husband, and despised by her own children, has sunk into one of those foul and miserable hags one sees so often wandering about the streets of our metropolis—bone-picking, rag-hunting for a livelihood—drinking all the alcohol she can procure, to endure her wretched life, made thus even more wretched.

For the first picture—that household, firm and united, work and progress; the parents, loved and honored, reap the harvest of the good seed they have sown. They are not rich in worldly wealth, perhaps, neither are they poor. When they can no longer work, they have an honest pride in the small savings they have through life accumulated; and their offspring vie in providing them with the comforts necessary to their declining years. The father and mother have grown old together; they are peacefully traveling to the goal destined alike for “scepter and crown” as for “the poor crooked scythe and spade.” Though sons and daughters are well in middle life ere death arrives for the parents, the former retain still the veneration and affection which were implanted in infancy. Children's children renew for the elders the memories of their own prime; and when at last they lie down and sleep in God, although no tombstone, perhaps, points out their humble grave, a marble monument could not bear a higher tribute than that yielded by the loving memories of their descendants, although these lines of antiquity might justly form their epitaph:

“Only the actions of the just
Smell sweet, and blossom in the dust.”

Publishers' Column.

A VALUABLE CATECHISM.—The following catechism appeared in the *St. Louis Advertiser*:

Question 1. What is the first thing to be done when you write to an editor on business?

Answer. Give the name of your post-office and State.

Q. 2. What rule is to be observed in sending the names of new subscribers?

A. Give the post-office of each one, with the county in which it is situated, and State.

Q. 3. What else should be observed?

A. Give the name of each subscriber in full.

Q. 4. Is the rule to be observed in sending money for old subscribers?

A. Yes. The post-office, State, and name in full of each one should be given.

Q. 5. How do agents sometimes cause trouble and confusion in keeping accounts?

A. They receive money from some member of a family other than the one in whose name the paper is sent, ordering it to be credited to the person from whom they receive it.

Q. 6. What should you do when you wish a paper changed?

A. Give the post-office and State to which it now goes, and then the post-office and State to which you wish it sent.

Q. 7. What should subscribers do when the agent, from any cause, fails to call upon them for the amount of their subscription?

A. Send it themselves, requesting a receipt from the office.

THE POPULAR LOAN.—We will cheerfully receive remittances from those of our country friends who desire to contribute to the popular loan, and obtain for them the government certificates, *free of charge*. The certificates are for \$50, and multiples of that sum, as \$100, \$150, and so on. They will be dated August 29, at which time interest commences. Subscribers will therefore remember to add to the amount subscribed one cent for each day since that date for every fifty dollars. Thus, if their money is sent in time to reach here by October 15th, being forty-seven days from August 29th, they must send forty-seven cents for every fifty dollars. The money is to be paid in gold, but drafts on New York may be sent to us, and we will furnish the gold in their place. Drafts can be safely sent by mail, and thus save the expense of freight on the specie. There are many old stockings and pocket-books throughout the country containing money that is now lying idle, which may now be made to serve both the country and the owner, and better security than the promise to pay of the United States Government never existed. So send on your remittances, and certificates therefor will be returned the day after their receipt.

TO WHOM IT MAY CONCERN.—Notwithstanding the fact that we have often given notice in our columns that letters from parties on their own business should be accompanied with stamps to prepay reply, we are constantly in receipt of epistles asking us to give our time and trouble, gratis, and pay postage besides. Within a short time we have received letters, without stamps, from

Ottawa, Ill.	Kenosha, Wis.
Quaker Hill, N. Y.	Dixon, Ill.
Sharon Centre, N. Y.	Three Rivers, Mich.
Grand Rapids, Mich.	Omro, Wis.

Feeling particularly good-natured on the receipt of some of these, we replied and paid postage; other letters we destroyed without further attention. We think in future that when inclined to reply to a letter of this kind, we will drop our letter in the post-office without payment, in which case it will cost the person addressed *six cents*, instead of three, to get it.

"OUR BOYS."—Since the breaking out of the rebellion, no less than seven of the young men who have been employed in our establishment have volunteered in the service of the country, viz:

MARTIN LANDY, Lieut. President's Life Guard.
H. JAMES WESTON, 1st Regt. Fire Zouaves.
GEORGE RYERSON, 79th N. Y. State Militia.
CHARLES E. REEFER, 1st N. Y. Volunteers.
WILLIAM KARR, 2d Scott Life Guard.
ARCHIBALD M'ARTHUR, 1st Regt. Iowa Cavalry.
J. RILEY (15 years old), drummer boy in reg. army.

WINTER, FIRE, AND HEAT.—In our climate the last two articles are indispensable when the first makes its appearance; and where fuel is dear, the question how to get, or save, the most heat from the least fuel becomes the question. The practice has become quite common to heat upper rooms by means of furnaces or stoves placed in rooms below; and doubtless this is much more economical than to have a fire in every room, and the temperature throughout the house can be more readily equalized. Portable furnaces, so called, which are, in fact, as nearly as may be, large cylinder stoves, with an outside jacket, have been extensively used; but while they possess many advantages, they are open to at least three objections—1st. They occupy much space in the room where they stand; 2d. They are usually, if not always, so constructed that sufficient fire to warm the rooms above makes it so hot in the room where the furnace stands as to render it uncomfortable; 3d. The necessity of cutting a hole through the floor, thus marring it, and rendering conversation nearly as audible in one room as the other. These three objections are remedied by the use of a heater similar to the one described in our advertising columns, which is designed to be set in the fire-place of a lower room, communicating with the rooms one or two stories above by means of pipes placed in the chimney flue, having openings into the rooms it is desired to warm. This style of heaters are now coming into very general use, and, so far as we can learn from those who have used them, are very much approved.

WANTED.—A portable stove, boiler, heater, or furnace, that will quickly and with little fuel generate steam enough to raise the thermometer in a vapor bath to 180 degrees. Whoever will invent the best and cheapest apparatus for this purpose will confer a favor on the public, and be able to add considerably to his worldly gains.

A FIRST-CLASS SCHOOL.—It gives us pleasure to call attention to the fact that Mr. M. N. Wisewell, for many years the successful and popular Principal of the Yonkers (N. Y.) Collegiate and Military School, has removed to Eaglewood, near Perth Amboy, N. J., and the first of the present month (October) becomes Principal of the school so long and so favorably known under the charge of Theodore D. Weld. Mr. Wisewell will retain in the school all that was most valuable under Mr. Weld, and combine all the distinguishing features of the Yonkers school, so that the "Eaglewood Collegiate and Military School" may be counted among the very best institutions in the country for producing soundness of body as well as a thoroughly educated mind.

Literary Notices.

COLTON'S NEW MAP OF THE UNITED STATES, on a new plan; size, 44 by 51 inches—handsomely mounted. In addition to the general map, it has a map of that part of the country north of North Carolina and east of the western part of Kansas, on a large scale, in counties. Published and for sale by Horace Thayer, New York, or it may be ordered from this office—price \$3.

THE PHRENOLOGICAL JOURNAL FOR OCTOBER contains: Major-Gen. Nathaniel P. Banks, Phrenological Character and Biography; Education and Training Phrenologically considered—No. 4; The Tyrol and Andrew Hofer—Part 2; Artillery; Moral Philosophy, or the Duties of Man considered in his Individual, Social, and Domestic Capacities; Horatio Greenough, Phrenological Character and Biography; Catherine Hayes Bushnell; Self-Reliance and Self-Distrust; Assignments and Licenses of French Patents; Danger of Eating Fruit: A Curious Case; Love of Home; Startling Prevision; True Poetry; "Bite Bigger, Billy;" How the World is Governed; Principles of Phrenology; The Hippopotamus; Fulton's First Pay; Ventilation of Rooms. Published by Fowler and Wells, 208 Broadway, New York. Price \$1 year.

THE ATLANTIC MONTHLY presented in its September number its usually fascinating table of contents. The publishers promise well for the future. They say: "No words of theirs are needed respecting the literary character of their magazine, already so well understood and appreciated by American readers. While they will

spare no exertions to maintain the high literary position it has gained, they are sensible that, in the presence of the great events now agitating the country and world, something more than a literary character is demanded of a journal like *The Atlantic*. They will aim therefore to give its future issues a political tone, in keeping with its literary standing, devoting much of its space to the discussion of important aspects of the great questions of the day, and giving to its pages additional freshness, variety, and importance, by the presentation of the best thought in prose and poetry, upon different phases of the nation's great struggle." *The Atlantic* is worthy the first place in American periodical literature, and compares well with the best in the world. Terms, \$3 a year.

THE HORTICULTURIST for September has a frontispiece giving likenesses, full size, of ten new strawberries, with articles on Grape Culture; Landscape Adornment; Roads; Growing Melons in Pots; Cactea; Culture of Carnations; No Evil without Compensating Advantage; Royal Horticultural Society, London; Moss Baskets; A Day's Ride; Rural Comforts; Piermont, and the Editor's Table, which, as usual, contains many good things. *The Horticulturist* is a good magazine, and worth its price, \$2 a year; but, friend Mead, we still adhere to our prophecy, that it will never get the circulation you desire until you make it more practically useful for us poor fellows who haven't got hot-houses and conservatories.

REBELLION RECORD.—The first monthly number of the second volume of this valuable publication is ready, and called, very appropriately, "Bull Run Part," as it contains all the official reports of the national officers, and what few have been made by the rebels—Russell's letters, with notes—picturesque narratives from eye-witnesses—the Union, Secession, and British presses on the battle, with incidents, anecdotes, and Münchhauseniana, rebel and otherwise, and a map with positions, etc. We are surprised to find no scale of distance accompanying the map. Price of the number, 50 cents.

The first volume, bound, is announced as ready, price from \$3 75 to \$5, depending on style of binding. G. P. Putnam, 532 Broadway, New York, publisher.

Notes and Queries.

A. W.—Tiber, of the ancients, now known as Tivoli, is about eighteen miles from Rome.

C. H. MORRISON will please write again, as he gave us neither post-office, county, nor State.

A. H.—A *rector* in the Church of England is a clergyman who has the charge and cure of a parish, and has the parsonage and tithes, or of a parish where the tithes are not impropriate. A *vicar* is the priest of a parish, the predial tithes of which are impropriated or appropriated; that is, belong to a chapter or religious house, or to a layman, who receives them, and only allows a vicar the smaller tithes, or a salary.

JAS. W.—The width of Broadway, New York, at various points, is as follows: At Wall Street, 85 feet; Fulton, 42 feet 1 inch; Chambers, 43 feet 8 inches; White, 41 feet 6 inches; Broome, 44 feet 8 inches; Seventeenth, 36 feet 5 inches; Twenty-first, 41 feet 5 inches; Twenty-fifth, 38 feet 2 inches; Thirty-second, 38 feet 9 inches—an average of between 40 and 41 feet.

MERCANTILE.—To calculate how much any sum would amount to at compound interest for any number of years, the interest for one year must be added to the principal, then the interest on this increased amount must be added to the second year, and so on. For long periods the following rule will serve to abridge the process when an approximate result only is required: Divide 70 by the rate per cent.; the quotient will be the number of years required to double the principal at compound interest. For example, suppose it is required to ascertain how much \$100 would amount to, at compound interest of 5 per cent. per annum, for 42 years. Dividing 70 by 5, we have 14, the number of years required to double the principal; then, as the 42 years may be divided into three periods of 14 years each, it follows that the \$100 would be doubled three times; therefore, \$100 $\times 2 \times 2 \times 2 = \800 will be the amount approximately, not exactly.



NEW YORK, OCTOBER, 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.

PROFESSORS OF HYGIENE.—The world moves. Since the establishment of the New York Hygeio-Therapeutic School in 1853, whose professors are Hygienic physicians, Hygienic or Health Education seems to have become a prominent topic with many teachers and patrons of literary institutions. Amherst College, Mass., has led the way in establishing a chair for special instruction in gymnastics, and Harvard is urging the appointment of a Professor of Hygiene. But we fear the functions of the professorship are destined to be altogether too limited. The idea of Hygienic education or training, with nearly all teachers and institutions who have dignified it with the position of a chair or department of the general educational course, embraces little more than gymnastic and calisthenic exercises. These are useful and important, so far as they go; but they constitute only a fractional part of Hygiene. A professor of Hygiene should be nothing more nor less than a practical physiologist. Physiology is the doctrine of *functions*, as anatomy is the doctrine of *structures*. It is for the anatomist to reveal the order and arrangement of the living machinery, so fearfully and wonderfully made; and for the physiologist to explain its actions and uses. It is the business of the hygeist so to exercise each of the vital tissues and organs as to secure the equal and harmonious development of all. This theme, therefore, comprehends something more than mere muscular exercises.

The material of which the structures are formed is quite as important as are the amount and kind of exercise; hence diet is one of the subject-matters of the Professor of Hygiene. And on this subject we are quite sure that a majority of the Hygeian professors teach altogether the wrong sen-

timents. Because pugilists can train muscles so as to manifest enormous power in striking another man in the face, and in enduring another man's blows, and use a moderate quantity of plain fresh meat, it is assumed that no person can have equal strength and vigor without adopting the flesh-food part of the dietary of the pugilist. This is a grave mistake. If the vegetarian would throw all of his energies into his fists, he might perform as redoubtable feats in the elegant accomplishment of fisticuffing a fellow-creature as his more omnivorous brother. But it would probably be difficult to convince a vegetarian that such was the best use that could be made of the human hand. It requires the grossness of animal food, and the stimulus of its blood admixtures, and its effete and putrescent elements, to make a rational being satisfied with this brutal and degrading exhibition of his muscular ability, and to regard the plaudits of a liquor-drinking and tobacco-smoking rabble as the proper homage to his prowess.

The Hygienic professor's vocation not only embraces exercise and diet, but it comprehends also air, respiration, ventilation, clothing, temperature, rest, sleep, passion influences, etc. All of these subjects are comprehended in the course of the Professor of Physiology and Hygiene in the Hygeio-Therapeutic College, and should be taught by every Professor of Hygiene.

We believe that one of the drug-medical schools of this city introduced a chair of Hygiene last year; or at least the subject of Hygiene as a branch of education to be properly taught in a medical college. But we suspect it did not amount to much. Hygienic and drug-medical education can never flourish in the same school. They can never long co-exist. The druggery must soon poison out the Hygiene, or the Hygiene will inevitably exterminate the drugs. It must result very much as the experiment in the Eclectic medical schools did, a few years since. In order to enlarge the area of their subjects, and catch a larger class of customers, they introduced a chair of Hydropathy, and filled it with a Hydropathic practitioner. And although the professed Hydropath was in every case a Hydrodrugopath, yet even such an alliance was an element of inharmony and disorganization that proved utterly unendurable. Every school that adopted Hydropathy, even as an auxiliary, soon perished. All

f them are now among the things that were. We warn our medical brethren of the drug schools not to meddle with this dangerous fluid, this dissolver of their elements, this disorganizer of their pellets and powders, this washer-away of their iniquities, this *aqua pure* of the nineteenth century. We advise our cotemporaries of the drug faith, in the chairs of Pathology and Materia Medica, that it is hazardous for them to adopt a *single drop* of our system, unless they can medicate it in some way with salt, soap, ashes, vinegar, liquor, or some other impurity. Then the damage would all be to their patients, and their system would be safe.

GROG IN A NEW DISGUISE.—The way the emissaries of the rum fiend bribe or humbug the editors—even those editors who are continually writing and lecturing in favor of "*total abstinence from all intoxicating beverages*"—is well illustrated in the following paragraph, which we find in the editorial columns of the *Tribune* of a late date:

VINUM SAMBUCCI.—We have been shown specimens of the "sacramental" or pure-juice wine, manufactured by Mr. Alfred Speer, of Passaic, New Jersey, out of the Portuguese-berry, *Sambucus*, the elder-berry of that country. In taste it assimilates to port-wine without its heating qualities, being absolutely free from spirits, further than the fermentation affords. Preference is given to it over all other wines in the New York Hospital, and others, as a tonic, gentle stimulant, diuretic and sudorific. Mr. Speer has been nine years in the production of this wine, and the newest wine he sells is four years old. Dr. Chilton, chemist, certifies to its purity and medicinal properties, and other eminent physicians attest its value as a tonic. It is difficult or impossible to get a glass of pure port-wine for invalids, and this is a palatable substitute for the pure article, possessing many of the qualities of old port.

We are assured in the *Tribune* editorial, that this most precious and sacramental wine is "absolutely free from spirits, *further than the fermentation affords.*" And the same may be said of all alcoholic beverages, from rum, brandy, gin, whisky, wine, cider, down to ale, porter, and lager-bier. Can it be possible that there is an editor of any leading newspaper in the United States, or even any respectable sub-editor, reporter, itemizer, or regular scribbler for the same, who is ignorant of the fact that alcohol is produced in the process of fermentation, and in no other way? And the fact that it is preferred by the physicians of the New York Hospital because of its *stimulant* properties, proves that its alcoholic "virtue," or *vice*, is fully appreciated; for medical men, the world over, recognize alcoholic beverages as stimulant or tonic medicines.

because they contain the alcoholic poison. And then we have the testimony of a *chemist*, that the article is "medicinal." Is it an alcoholic *medicine* that Christians, assembled around the sacred altar of their church, to commemorate the dying love of a bleeding Saviour, are after? And can this "pure-juice wine" be found only in the elder-berry article, manufactured by a Mr. Speer, of Passaic, N. J.? [Query, What did Mr. Speer pay or do for this puff editorial of his *vinum sambuci*?] And then the Latin of it! How easy this must make the grog-beverage, and the "tonic and stimulant," yea, the "diuretic and sudorific" medicine sit on the stomachs and repose in the consciences of good Christians at the "communion of our Lord!" and how surely this little professional technicality will prevent the "spirits which the fermentation affords," from flying into the heads and obfuscating the brains of those who celebrate the agony of Calvary by partaking of it! It is a great thing that Christians, in these days of temperance-reform, can have respectable physicians to attest the medicinal virtues of the "pure-juice wine" of a reckless and enterprising speculator in the blood of souls; and a greater thing to have an eminent chemist to certify the doctors; and the greatest thing of all to have an influential editor to indorse the whole—speculator, doctors, and chemist! Verily, the world is a great goose, and he is said to be the wisest man who plucks the most of its feathers.

ADULTERATED DRUGS.—Among the transactions of the New York State Medical Society, for the year 1861, an abstract of which is being published in the New York *Medical Times*, is a Report of Dr. E. R. Squibb, of Brooklyn, on Controlling the Use of Adulterated and Inefficient Medicines. The remedy proposed is, that every practitioner devote sufficient attention to the tests of drugs, to make himself an inspector, and then patronize only those druggists who deal in the pure article. The prescription is, practically, a nullity, and like most other "transactions" of medical societies, never amounts to anything except on paper. No physician who has business enough to earn his coffee, steak, and muffins can find the time necessary to follow this advice; and those who have less business, can not afford the time and trouble necessary. Professor Carr, of the New York University Medical School, says: "All drugs are more or less

adulterated, and as not one physician in a hundred has sufficient knowledge of chemistry to detect their impurities, the physician seldom knows just how much of a remedy he is prescribing." Long before physicians generally attain to this knowledge, drug-medication will be among the relics of a barbarous age.

DR. CHANNING ON SALT.—There is published in Boston, Mass., a "Monthly Journal of Physical Culture," edited by Dr. Dio Lewis, who has an admirably arranged gymnasium in that city, and who is the inventor of several exceedingly ingenious and very useful instruments for physical, or rather physiological culture. The journal aforesaid is entitled "*Lewis' New Gymnastics*," and each number contains many valuable and instructive articles on health topics. But, occasionally, we notice some very gross errors put forward as indisputable truths; and as health-reform is our chosen field of labor, and as the exact truth on all subjects is what we seek, and endeavor to teach, we must note our exceptions.

The September number of the *Gymnastics* publishes a lecture delivered before "Lewis' Normal Institute," in which occurs the following paragraph:

"Almost all animals are fond of salt. Some tribes of the human family prize it above gold, or any other metal, and will exchange their children even for salt. Salt is very important as an article of food."

Such reasoning, or rather such assertion, is very common with medical men. They repeat, reiterate, echo, and re-echo, as a well-trained yet most unthinking and unphilosophical parrot utters "pretty Polly," on every occasion, what they have heard others say, or what they have read in some medical book.

But, like the gibbering bird, they never think it necessary to assign any reason for their speech. Let us give Professor Channing a specimen of his own method of teaching.

Some animals have been trained to become fond of beefsteak and coffee. Many tribes of the human family prize liquor and tobacco above gold, health, character, and will destroy their wives, and sacrifice their children, and exchange their souls for them. Ergo: Beef and coffee are very necessary for animals, and liquor and tobacco are important articles of drink and food for human beings.

When a professionally educated man comes before the public as a teacher, his

saying and doings are the legitimate subjects for comment and criticism. Dr. Channing asserts unqualifiedly that salt is food. Now, we have just this question to submit to the Doctor, and hope to see an answer in the next issue of the *Gymnastics*: How can salt be food when it passes through the system *unchanged*, being ejected from all of the excretory organs in the same state in which it is taken into the stomach? If it is taken into the stomach as salt, circulated through the system as salt, and cast out again as salt, how in the name of bread-and-butter can it nourish the tissues? We have long thought that food—all food—was changed, transformed into the very elements of blood, muscle, bone, brain, nerve, sinew, etc. Will Dr. Channing enlighten us?

In the same number of the *Gymnastics* is a report of the "first Lecture of Dr. Hoskin on Physiology. In treating of food Dr. Hoskin lugs in the inevitable salt in the following words: "Common salt is almost the only mineral solid which we habitually *consume*." We are curious to know what idea the Doctor attaches to the word *consume*, in this connection. He certainly can not mean that salt is consumed in the sense that bread and beef are; and if not, how is it food? Will Dr. Hoskin enlighten us?

LIQUOR IN THE ARMY.—As we predicted, the alcoholic rebel has already proved a more destructive enemy to the Federal army than have the Confederate rebels. A correspondent of the *Tribune* informs us that the forces under Beauregard and Johnston, at Manassas, were not allowed to touch intoxicating liquors, and that their officers set the example of strict temperance by abstaining wholly from the use of it themselves. How discreditably for us this contrasts with the fact of free liquor-drinking in the armies of the Union! Who knows, who will ever know, to what extent the disaster and rout of the Federal army at Bull Run was attributable to the "enemy that steals away the brains," confuses the eyes, distorts the mental perceptions, and overthrows the reasoning power? Officers have been accused of being grossly intoxicated, and unable, in consequence, to attend to their regiments and duties. The newspapers have teemed with complaints of the drinking habits of the soldiers, and the rowdiness, insubordination, and casualties consequent thereon. Commanders

have been obliged to resort to extreme measures to prevent the utter demoralization of the men under their control; and it has been a common topic of remark, by the reporters in and around Washington, that the rum-sellers were driving a brisk trade with the soldiers. When the Seventy-Ninth Regiment rebelled, liquor, if not the cause, was the chief difficulty and curse attending the revolt. Many of those who mutinied were in a state of partial or complete intoxication. We can not understand why government does not at once and forever put a stop to this infernal traffic with the soldiers. It is the business of the constituted authorities to protect the lives of the defenders of the government from all causes of disease and death. And if government has no power to protect its soldiers from the liquor traffic, it is a sham; and if it has power, and does not exercise it, it is a cheat. We have no patience with that conservatism, old fogysm, stupidity, inhumanity, or insanity which places this traffic or the rights of property above the rights of humanity, and which exalts usages and customs above principle and righteousness.

VEGETARIANISM AND THE BIBLE.—We have several communications on hand asking us to reconcile certain passages of Scripture which seem to commend the use of animal food with the theory of vegetarianism. We have not time to attend to these matters; nor do we deem it of the least practical consequence. Vegetarianism is purely a scientific question. It must stand or fall on such data as nature and science afford. If nature declares it to be true, nothing in the Bible, rightly interpreted, can contradict it. If nature declares it to be false, nothing in the Bible, rightly understood, can approve it. Whenever science and the Bible seem to be at variance, we should not condemn either, but suspect our understanding of science, or our interpretation of Scripture. If theologians array the Bible against what we know, and can prove to be true, in nature, they do not disprove nature, but discredit the book, and thus favor infidelity. As we understand nature and the Bible, both teach the doctrine of vegetarianism. But, as already remarked, scientific questions should be settled by scientific data alone. We might write a large book on the Bible argument, yet not succeed in convincing any one who had a different standard of interpretation from our own, but if persons will give their

whole attention to what nature and science teach, they will very soon come to the right conclusion.

HEALTH MAXIMS.—We seldom read an article in a newspaper or magazine, on any subject pertaining to health, that does not contain an admixture of truth and error. The following paragraph from the *American Agriculturist* is in point:

A common mistake is, that those laboring outdoors, in dust and sweat, most need to bathe. Such persons sweat off the accumulations upon the skin, and though frequent bathing will conduce to their "good looks," to their comfort, and to lessening the labor of washing their garments, yet they need this operation much less, so far as health is concerned, than your caged gentlemen and ladies who seldom put forth effort enough to get up a free perspiration. The filthiest, most unhealthy skin belongs to the neat body who dwells on Brussels carpet, where not a particle of dust is permitted to rise, but who never exerts herself enough to "raise a dust."

Our lives are artificial, in part, and we can not in all respects follow the inclinations of nature; yet if constant bathing is *essential* to health, it must have been an oversight in the order of nature that we were not born with gills and fins.

The most unhealthy skin would seem to be one from which the delicate oily secretions, naturally provided to lubricate the seven million tubes of the skin, is kept constantly removed by ablutions of soaps, alkalies, and water.—ED.

There is a very important truth expressed in the statement, that those who lead a sedentary life, and live mostly within doors, require bathing much more than do active out-door laborers. Free exercise in the open air will do more to keep the circulation vigorously determined to the surface, than will all the bathing it is possible to practice, while sitting or lounging all the day in the house.

And it is true, also, that frequent ablutions with soaps, alkalies, and water tend to produce unhealthy skins. But the error is not in the frequent ablutions, but in the use of irritating soaps and alkalies. These should be employed but rarely; and when frequent bathing is the habit, they should be dispensed with altogether, except to the hands and feet occasionally. Their injurious effects, however, do not result from removing the oily secretion provided to lubricate the pores, but from irritating, and to some extent inflaming, the capillary vessels of the skin, just as they affect the stomach when swallowed. Many of our agricultural journalists, who are so fearful of injuring the skin by the contact of alkalies, are continually publishing recipes for wholesome cooking, in which saleratus is freely used. The alkali has precisely the same effect on the coats of the stomach that it has on the vessels of the skin. Ulcerations of the

mucous membrane of the stomach and bowels, and obstinate cankers of the mouth are common ailments with those who employ alkalies freely in culinary processes.

THE WINTER SCHOOL TERM.—Our prospects are now highly encouraging for a large class of students for the ensuing Winter Term of the New York Hygeio-Therapeutic College, to commence on the second Monday of November. Since our last issue we have booked nearly twenty new names, one half of whom are females, who apprise us that they are making arrangements to be with us. We should be glad to receive the names of all who contemplate attending, at the earliest practicable moment.

To Correspondents.

Answers in this department are given by Dr. TRALL.

UNANSWERED QUESTIONS.—We frequently do not answer questions, for the simple reason that those who ask them do not give us the data on which an answer, if made at all, should be predicated; and we frequently receive letters asking us to inform the writers by letter why we do not answer their communications. Now, as this service is entirely gratuitous on our part, we do not hold ourselves under obligation either to answer communications in which we have no personal interest, nor to explain why we do not. If we should consent to explain by letter everything we see fit to do, or to decline doing, we should have little time for anything else. Suffice it, therefore, to say, once for all, that we are glad to reply to any questions when presented with such data as to enable us to do so properly; but when questions are not answered, our friends will oblige us by presuming that we have some good and sufficient reason for our conduct, without troubling themselves or us about the matter further, unless they can put their questions in a different shape, or give us all the facts and circumstances, so that we can give an opinion intelligently. A late correspondent, in describing his case, says, "I had no doctor in my late sickness but Dr. Trall's Hydropathic Encyclopedia, and took little or no medicine." Little or none, is it? Well, we should like to know which; and if a little was taken, we should like to know what. Such is a specimen of statements we receive every day, and are expected to reply to. Such indefiniteness does not admit of any answer.

"SEXUAL PHYSIOLOGY."—J. T. G. We can not say when this work will be ready, nor any other work which we have in progress; but when ready for sale the fact will be advertised. Our large work, "Principles of Hygienic Medication" will probably be completed during the years 1861 and 1862—perhaps within one year from this date.

SURGICAL CASES.—S. M., Hudson, N. Y. We do not in any case send prescriptions for the home-treatment of cancers, polypous tumors, fistulae, nor any other surgical malady. All such patients must be with us.

HYPPOCHONDRIAISM.—W. W. The case you describe could undoubtedly be cured at a good establishment, but home-treatment would be useless. The patient must be put under the strictest professional surveillance, or he would never comply with the necessary conditions of cure.

BUTTERMILK—ROASTED CORN.—J. L. S., New York. 1. Do you not consider buttermilk, boiled, slightly sweetened, and buttered, less conspicious to weak digestive organs than sweet milk? (I mean for adults.) 2. Do you think roasted corn ground without boiling and eaten with sweet milk in cold weather, worthy of consideration other than for its cheapness?

1. No. 2. No.

DYSPEPSIA AND MATRIMONY.—R. P. Onondaga. Would you object to a young man getting married who is dyspeptic, and somewhat afflicted with the liver complaint—symptoms, pains in the right side, and flatulence? The object of marriage would be to enable him to enforce your rules of Hydropathy regarding diet, which you know can not be done in hotels or boarding-houses. The young man is not able to attend a water-cure establishment.

Many circumstances which the writer does not allude to should be taken into account, in determining a question of this kind. There might be a state of facts which would justify it. But, as a general rule, we should enter our decided protest against it. If the man has *gumption* enough to be a suitable husband to any woman who is fit to be a wife he can either board himself physiologically, as thousands of others have done, until he gets well, or work and earn money enough to go to a water-cure.

HYDROPHOBIA.—C. S. 1. The drug doctors maintain that the Water-Cure system of curing hydrophobia has invariably failed in France, whereas calomel and some other drugs have occasionally cured it. Is this, correct? 2. Are oleaginous substances, such as sweet-oil, cream, etc., beneficial in the eruption caused by contact with poisonous vegetables, and why?

1. There is no truth in what the drug doctors assert on this subject. 2. No.

LONGEVITY AND VITALITY.—J. P. S. Will Dr. Trull oblige a subscriber by answering the following:

1. How old was Sylvester Graham, and by what means did he die? I suppose he did not live to be very old, notwithstanding his dietetic system was better adapted for health and longevity. 2. Do you consider the nervous power which contracts the muscles a kind of electricity or galvanism, or what? 3. Do you consider that longevity is owing more to constitutional vigor, or to strictness in the observance of hygienic rules? 4. What estimate do you place on the utility of electro-chemical baths? 5. Can you give any philosophical reason why living beings or things attain a state of maturity only to decline and perish? 6. Is death owing to the natural increase of vital power, or to some change in its character, so as to lose its youthful affinity to matter?

1. Graham died at 57. He inherited a frail constitution, but his life, though greatly prolonged by his dietetic habits, was shortened by his excessive mental labors. You will do well to procure of FOWLER AND WELLS his "Science of Human Life," price \$2 50

2. No; vitality is very different from electricity or galvanism, yet vital properties may be affected—excited or suspended—by the electrical influence.

3. It is owing equally to each.

4. The same as we do in any other *one form* of bathing.

5. We can only state the law. We can give no reason why the law exists; nor can we explain *why* anything exists. All organized matter commences in the fluid form, and tends to consolidation; and when a certain degree of solidity is reached, circulation ceases, and death results. But we do not hold that living beings attain maturity only to perish. Death, in the philosophical sense, is not annihilation, but change. It is the beginning of a new and different life.

6. Answered above.

BATTLES OF THE REVOLUTION.—The following is a table of the comparative losses of life sustained in the battles of the Revolution:

	Brit. Loss.	Am. Loss.
Lexington, April 19, 1775.....	273	84
Bunker Hill, June 17, 1775.....	1,054	426
Ft. Mifflin, Sept. 26, 1776.....	400	200
White Plains, Aug. 26, 1776.....	400	400
Trenton, Dec. 26, 1776.....	1,000	9
Princeton, Jan. 3, 1777.....	400	100
Hubbardston, Aug. 17, 1777.....	800	800
Bennington, Aug. 16, 1777.....	800	800
Brandywine, Sept. 26, 1777.....	500	1,100
Red Bank, Sept. 26, 1777.....	600	350
Germantown, Oct. 4, 1777.....	640	1,250
Saratoga, Oct. 17, 1777 (surrendered).....	5,752	5,752
Red Bank, Oct. 22, 1777.....	500	32
Monmouth, June 28, 1778.....	400	130
Rhode Island, Aug. 27, 1778.....	260	214
Briar Creek, March 30, 1779.....	13	400
Stony Point, July 15, 1779.....	600	100
Camden, Aug. 16, 1779.....	375	610
King's Mountain, Oct. 1, 1780.....	950	96
Cowpens, Jan. 17, 1781.....	800	72
Guilford C. H., March 16, 1781.....	532	400
Hobkirk Hills, April 26, 1781.....	40	460
Eutaw Springs, Sept. 8, 1781.....	1,000	550
Yorktown, Oct. 19, 1781 (surrendered).....	7,072	7,072
Total.....	25,481	7,933

THE BRAVE AT HOME.

BY T. BUCHANAN READ.

The maid who binds her warrior's sash,
With smile that well her pain dissembles,
The while, beneath her drooping lash,
One starry tear-drop hangs and trembles,
Though Heaven alone records the tear,
And Fame shall never know her story,
Her heart has shed a drop as dear
As ever dewed the field of glory.

The wife who girds her husband's sword,
Mid little ones who weep or wonder,
And bravely speaks the cheering word—
What though her heart be rent asunder?
Doomed, nightly, in her dreams, to hear
The bolts of war around him rattle,
Hath shed as sacred blood as e'er
Was poured upon the plain of battle.

The mother who conceals her grief,
While to her breast her son she presses,
Then breathes a few brave words and brief,
Kissing the patriot brow she blesses;
With no one but her secret God
To know the pain that weighs upon her,
Sheds holy blood as e'er the sod
Received on Freedom's field of honor.

ROME, July, 1861.

FEMALE PHYSICIANS.

BY M. AUGUSTE FAIRCHILD, M.D.

WHETHER females should enter the medical profession or not, is yet, in the minds of many, an unsettled question. Good, pious, well-meaning persons, of both sexes, are found, who seem to look upon a female doctor as we are accustomed to look at a comet—as a strange appearance, and we hardly know what to make of it; perhaps it means no good. Comets were once looked upon as omens of war. Female doctors may be viewed in very much the same light; for wherever they have made their appearance, a general uprising of the people to welcome them, and a most vigorous attempt of the *regular masculine* dignitaries of the "profession" to "quell the insurrection," have been the result.

"The people" are non-professional, therefore they *will* sometimes be quieted by the dictates of common sense, and thus they are led to appreciate the offices of woman as physician. Their professional pride, their dignity, their *pocket-book* is not at stake, so they can well afford to open their eyes and "see the light."

It is shining, this great light of *truth*, and those who *will* see it, may do so, and enjoy the advantages which light gives over darkness. Nowhere does the strong light of truth shine more brightly than in the science of medicine. At last it is a science. And nowhere do men more perversely shut their eyes against the light than do they of the medical profession. But they *can* not shut out the light entirely, even from their own eyes. When a strong ray falls upon the closed eyelid, it is a very difficult matter to shut out *all* its effects—a little light *will* enter. While the learned doctors are stalking about blindfolded, how "the people" are looking out, clearly and rejoicingly, over the beautiful landscape, where, 'mid the pleasant fields of life and hope, flows the bright crystal stream of health, and from along its banks the fragrant blossoms of love and char-

ity send forth their sweet perfume, while the firm, the unmistakable tones of faith are heard calling all to "come," to *live* and *not* die, to realize that God is a "God of love"—*not* one who delights in death.

Yes. The people are ready, and can not be quieted with the most *powerful opiate*. They are asking, "What of the morning?" and "the profession" must answer or—*die*, as a "profession." If they answer *truly*, it must be in condemnation of themselves. Falsely, "the people" will surely know it, for they have been fed on falsehoods till they are "sick at the stomach," and ready to "spue them all out." Nothing but the plain, wholesome truth will be accepted when once the great engine of thought is awakened, when the fires of reason propel the machinery.

What then? Doctors, you may as well "back out." People do not believe what you say, though they pretend to you that they do. And you don't believe it yourself. You *know* that your boasted knowledge of the "science of medicine" is all equal to a cipher. You have no science. You can not tell me of the "modus operandi" of a single drug. You have no correct definition of disease. Yet you cry after the manner of a certain biped that paddles in our pools, whenever you find that some one knows you, and can fathom your shallow "depth of wisdom." You have cried "quack" so long and so loudly, that it is now accepted as a term belonging exclusively to yourselves. We congratulate you upon your happy choice of a title.

But are female physicians acceptable? Do "the people" receive them? Yes, and there is a great demand for more. "Sick sisters" are everywhere. Young girls are sick; they apply to a male physician; he gives drugs, which fasten her name on his books as a life-patient. From year to year she drags through girlhood, and if she is strong enough to live in spite of her "remedies," she enters with a broken-down constitution upon womanhood, becomes the mother of weakly offspring, *endures* life—does not *enjoy* it—dies young, and leaves her sickly children to do as she did, only that they suffer more from an inherited weakly constitution, and die sooner. Now, suppose we have intelligent, well-educated female practitioners. Those young girls will go to them, and, as to a mother or sister, will tell them of their complaints in such a way as they *never can* when talking to a male doctor; they receive such advice and treatment as is indicated, and are taught how to *keep* well; are told familiarly and pleasantly of the *causes* of much of their diseases, how to avoid those diseases—in a word, *how to live* healthfully, truly.

I believe that many a young girl has gone down to the grave just for want of such advice as a male physician, be he ever so skillful, could not give her. An old experienced physician once told me that it was impossible for him to treat females as skillfully as he could those of his own sex; "for," said he, "the natural modesty of a young girl—yes, and of many an elderly female—forbids her disclosing to me her symptoms in such a way as I can properly understand her case and prescribe such remedies as she needs. In most of those cases I prescribe blindly, not knowing what

disease I am treating." What is to be done? Must our sex lay aside the "native modesty" which constitutes much of the charm of womanhood, or must the male practitioner treat our diseases "blindly," thus condemning us to a lifetime of misery or to an early death?

Neither alternative is called for. We will have physicians who *can* understand what they do—those to whom we may speak freely and without that dread which often compels us to suffer, rather than unvail our symptoms to one of the opposite sex. We will have *woman* for our physician. Thoroughly qualified for her noble work, she will go forth as a bright messenger, giving "good tidings"—for wherever woman enters upon the field of medical practice, she rests not in merely "healing the people," but she does *more*, infinitely more—she *teaches* them. Nature has qualified her for this high office. At home, woman is the teacher. And place her where you may, she *will* teach. Then, if she rightly understand the laws which govern our physical being, will she not impart that knowledge to others? If she know how disease may be avoided, how health may become the rule, not the exception, will she selfishly fold her hands and say, "It's no use—I am a doctor; people *pay* me for services when they are sick—they will not *thank* me if I do tell them how to keep well?" Will she do thus? No. She believes it *is* of use to try to enlighten people upon health-subjects. If she *is* a doctor, that is the very reason why she ought to labor for the best good of her patients, to teach them the laws of life and health, to set them to thinking for themselves, that they may act wisely, preserve health, and enjoy life.

She is not discouraged if people do not "even thank" her for her instructions. Her conscience approves, her God approves her course; for in doing this, is she not following the example of the great Physician, who both "taught the people, and healed their diseases?"

But it is not true that on the part of "the people" there prevails such an utter dislike for physiological knowledge. They want it, they know they need it, and they will have it, for there is a "little army" of women at work throughout the country, and they mean to take "every field," just as the army-worms did the grain-fields a few weeks ago—make a "clean sweep." The "male regulars" need not take the trouble to "dig ditches"—we'll leap them. They need not try to scare us to death, for we are not easily frightened. They had better sit down, and take it easy, for it will be easy times for them before a great while.

We are determined to work, in spite of your "conventions" and learned essays upon "the wonderful unsuitability of woman as a physician." And we will "spoil your practice" most surely, for a woman-doctor is naturally a hygienist. Some are educated at drug-schools, but they do not imbibe the poison—they don't believe in the drug-practice, for they don't follow it in their treatment. They know and see that the hygienic treatment is most successful, is most in accordance with nature, is *true*. So they practice it—they teach it—and wherever hygiene is taught, there druggery receives a death-blow.

I hear some one say, "You talk as though *only*

female physicians were of the hygienic practice." No. But among female physicians the *very* few are drugopathists, while of male physicians the *few* are hygienists. And that is one reason why females will do so much good as physicians—why they may and ought to practice medicine.

But we must have male doctors too. And among them we find those who for years have advocated and practiced the true system of medication. Noble men, of the brightest talent, naturally gifted and thoroughly educated, they make terrible destruction of the tumble-down theories and ruinous practice of the drug-schools. They are "the light" of the medical profession, and both "the people" and the profession begin to receive that light with gladness; though as a "prophet is not without honor, save in his own country," so those who throw most light upon medical subjects are the latest received by their medical brethren. We are glad it will not long be said that the majority of male physicians are on the side of error. Accessions to the cause of hygienic medication are being made constantly, and we may expect more, for in these days people think, and thinking will come to the truth.

And for woman there is a "bright star in the east." She need no longer beg admission into medical colleges, and as many times receive a refusal, merely because she "is a woman."

There is one medical college, "chartered by Legislature," where, side by side with her brother, woman may drink deeply of that "enriching lore," may scale with him the "dizzy heights," the "shining steps" of knowledge, and, with the inspiration of that confidence which deep culture gives, she may go forth into the world a messenger of light and love.

Woman educated thus, and there, will soon solve, to the undecided, the problem of her fitness to enter the medical profession. Her suffering sisters welcome her with delight, and "will not let her go" till she has repeated to them the story of how the precious boon of health may be restored to them.

Then, as "honor is to whom honor is due," will not the good, the noble, the lover of humanity, honor, and labor for the best interests of that institution which has proved, is proving, and will continue to prove such a blessing to our land—to our race? For if we would bless humanity, bless our race, we must bless woman. How can we better do this than by educating her.

"The woman's cause is man's—they rise or sink Together, dwarfed or Godlike, bond or free."

If it be noble in man to devote his life to the practice of the "healing art," why should it *not* be so for woman to do the same? Then, in the name of woman, I would say, "Bless the college which educates her for this great work of health-reform."

PEACE.—Peace is better than joy. Joy is an uneasy guest, and always on tip-toe to depart. It tires and wears us out, and yet keeps us ever fearing that the next moment it will be gone. Peace is not so—it comes more quietly, it stays more contentedly, and it never exhausts our strength, nor gives us one anxious forecasting thought. Therefore, let us pray for peace.

THE TEETH, AND THEIR TREATMENT—No. 4.

BY A DENTIST.

CARIES, OR DECAY, AND ITS TREATMENT.

THE most frequent and fatal disease that attacks the teeth is *caries*, or *decay*. The causes of decay in the teeth are various, as, consisting in a soft, friable, and otherwise imperfect formation of the enamel and bone, a vitiated state of the fluids of the system on which these organs depend for nourishment, hereditary predisposition, injury to the enamel by mechanical violence, etc.; but as we are not now writing for the profession, but for the people, the only cause of dental disease upon which it is specially useful to dwell is that most frequent and fatal one, *chemical agency*, attacking the organs on their external surface. The chief earthly ingredient in the composition of the teeth, as we have shown, is *lime*, in the form of phosphate and carbonate. This substance is subject to the action of various acids that enter the mouth with our food and drink, or are generated by fermented and decaying food lodged between the teeth, or in depressions upon their surfaces. Acid deposits upon the surfaces of the teeth, from the saliva, while the latter is in a vitiated state, may also act upon the lime of which these organs are composed.

Among the acids that are frequently taken into the mouth in food and drink, citric acid, or the acid of lemons, acts most powerfully upon the lime of the teeth; and next to it in power is tartaric acid; but the teeth are seldom much injured by these agents, from the fact that they are but seldom brought in contact with them. Acetic acid, or common vinegar, acts less potently on these organs; but from the fact that this acid is constantly being generated by fermenting particles of food which, without the frequent use of the brush, become deposited between the teeth and in the depressions upon their surfaces, it is the most frequent cause of the decay of those organs. A slight knowledge of chemistry, therefore, would enable a patient to appreciate the oft-repeated advice of the dentist, "Keep your teeth clean," for with this knowledge, the destructive tendency of an acidifying deposit upon any portion of these organs would no longer be a matter of doubt. If kept perfectly free from all such deposits, while the contiguous parts are in an ordinary degree of health, it may be safely affirmed that the teeth will never decay.

It is not always easy, however, to prevent these deposits, even with the greatest efforts at cleanliness, for in conformations of the teeth, which often occur, there are lodgments for them which can not be easily reached by the brush or even the tooth-pick. These lurking-places for acidifying deposits occur most frequently on the approximal sides of the teeth, or the side at which they approach or touch each other. These putrid and sour accretions not only foul the breath, but, acting for months and perhaps years together, without interruption, they slowly eat away the enamel and spread decay into the crown of the tooth, until the pulp is laid bare, and the organ, reduced to a shell, crumbles away—the process sometimes being so insidious, that nothing is known of it until its fatal work is nearly finished.

When there are lodgments for food between the teeth that can not be reached and removed by a brush, a free passage should be made between them by a thin, flat file. The edges cut by the file must be made smooth, and the sharp corners must be rounded off. If decay has commenced on the surface of the tooth, and has as yet attained but little depth, it may be removed by the file, and its farther progress effectually arrested. If the approximal edges of both of the contiguous teeth show symptoms of decay, or if both have depressions or irregularities that afford lodgments for particles of food, the file to be inserted between them should be cut on both sides. If but one of them needs the application of the file, a "safe-sided" file should be used, or one cut only on one side, and that side should be presented to the tooth whose imperfections are to be corrected, while the smooth side is presented to the adjoining tooth, so as not to injure the enamel.

After this opening is made between the teeth, it is necessary that the edges, thus rendered accessible, should be kept clean by passing a toothpick made of soft wood between them several times a day, and always after eating, or by moving a thread, or, better still, a piece of waxed floss silk, up and down between them, so as not only to dislodge all fermenting particles of food, but to keep them free from all mucous and acrid deposits from the saliva.

Many persons object to having their teeth filed, under the impression that the removal of the enamel incident to the process is a predisposing cause of decay. It is, in fact, a predisposing cause of decay, provided the parts subjected to the operation are kept no more clean than they were before; but it is to make it possible to keep them perfectly clean that the filing is for the most part performed; and with proper care in fulfilling this condition, there need be no fear that the filed edges will ever decay, provided the filing has been properly performed.

The file may often be advantageously used at other portions of the teeth, in smoothing down asperities where corroding matter tends to accumulate, and especially where pieces of the enamel have been broken off by violence. In all such cases, where the depressions are not too deep, let the part be made perfectly smooth by the file and a light use of the burnisher, and then kept clean, and decay need not be feared.

No parts of the dental organs are more liable to the attacks of decay than the fissures in the grinding surfaces of the molars; and that, too, because it is so difficult to keep them free from corroding deposits. The sovereign and only remedy for this, as for all other cases of caries that penetrates much beneath the surface, is *plugging*; and this, if skillfully done, will effectually arrest the progress of the disease, provided, however, it is done before the nerve is exposed and has become inflamed.

TOOTHACHE (ODONTALGIA) AND ITS TREATMENT.

If the nerve (or pulp) of the tooth becomes exposed by decay of the surrounding enamel and bone, it is constantly liable to inflammation, in which case that most distressing sensation ensues known as the "toothache." This affection is too well known to need description. When it occurs

from exposure and inflammation of the nerve, the pain may sometimes be relieved by first removing from the cavity of the tooth any particles of food or other matter which may cover the nerve, and then filling the cavity with a wad of cotton moistened with creosote, or oil of cloves, or even a solution of camphor. If the fluid comes fairly in contact with the nerve (an essential requisite), the relief will generally be instantaneous, but the application will have to be frequently renewed, or the pain will be likely to return. There are but two modes of treatment, however, that promise a cure with any degree of certainty. The most promptly effectual of these is the extraction of the tooth. But when the patient refuses to submit to this operation, from a dread of the pain it will cause, or when for any reason it is specially desirable to preserve the tooth, the nerve may be destroyed and the pain removed by first gently wiping out the cavity, so as to lay the nerve bare, and then place in contact with it, in the bottom of the cavity, a very small quantity of arsenic, cover it over with a small wad of cotton moistened in creosote, and seal the whole up with wax or plaster of Paris, and let it remain so for twenty-four hours. In the course of a few hours the pain will cease, and when the cavity is opened, it will be found that the nerve is dead and may be removed; and then, if there is no inflammation or irritation in the membrane that invests the fang of the tooth, or in the gum, the pulp cavity may be cleansed with cotton moistened with creosote, and filled to the bottom, and may possibly be worn with little or no discomfort for many years. It will, however, be a dead tooth, and as such, a comparatively foreign body, which nature, by a gradual effort, will finally succeed in expelling from its socket. A tooth with the nerve destroyed is apt to speedily assume a darker color than that which is natural to the living organ.

INFLAMMATION OF THE ALVEOLAR MEMBRANE.

There is another disease commonly known as "toothache," which is quite different from that above spoken of. It consists of an inflammation of the membrane, or periosteum, that invests the fang of the tooth, and that joins it to the alveolus, or socket. This membrane sometimes becomes inflamed by an extension of the inflammation of the exposed pulp of the tooth, which, proceeding through the minute foramen (opening) at the apex of the fang, spreads itself over the surrounding tissues. At other times, the inflammation is the result of a cold; at still other times, it is caused by an accumulation of pus in the bottom of the alveolus, proceeding from the pulp of the tooth in a state of suppuration, and when there is no vent by which the pus can discharge itself at the crown of the tooth. It is attended by a duller but more constant pain than that of the toothache proper, and owing to the increased thickness of the membranous tissues between the fang of the tooth and its socket, the tooth is slightly lifted from its socket, so as to appear to be a little too long, and to receive an uncomfortable pressure from its antagonist when the mouth is closed. When struck with a key or other light instrument, the tooth will also feel sore, which it will not do if the aching proceeds only from the inflammation of the pulp; and by this means the kind of toothache

that one is suffering may be definitely ascertained, and consequently the kind of treatment that is demanded.

When the difficulty is caused by a discharge of pus from a suppurating pulp into the bottom of the alveolus (the form of the disease which is most painful), the acrid matter, making its way through the thin wall of the alveolus, will form an abscess commonly known as a "gum-boil," and will generally discharge itself on the outside of the gum, or, more rarely, even on the outside of the cheek. The moment this discharge takes place (generally about the third day after the soreness commenced), the pain will be relieved. Not unfrequently the passage which the pus formed for itself will continue open, and will keep up a slow discharge of pus so long as the tooth remains in the jaw; and if the passage for this discharge has been made through the cheek, instead of merely through the gum inside, the result to the patient will be exceedingly unpleasant; and even when the tooth is extracted and the sinus is healed up, it will leave an ugly scar. The danger of producing such an external discharge should caution persons laboring under this malady never to seek relief by poulticing the outside of the cheek, though they may sometimes find it advantageous to hold a roasted fig, or a cud of chewed slippery elm, upon the surface of the inflamed gum. It is better, however, before an abscess has had time to form, to thrust a narrow lancet down between the gum and the tooth to the root of the latter, and thus afford an artificial passage for the escape of the pus, which will give speedy relief.

If a tooth that has been thus affected continues to form purulent matter at its root, it is advisable that it should be extracted, unless the trouble is of a mild character, and there are some strong and overbearing reasons for its retention in the mouth. When such a tooth is extracted, it will present at its root the appearance of a little cabbage-like fungus.

But when there has been no exposure and inflammation of the nerve (pulp) of the tooth, any inflammation that occurs in the membrane investing its root may be considered as proceeding from some other cause than the deposition of pus in its socket; and in that case relief may safely be sought, and often obtained, by applying leeches to the gums, fomentations to the face, or a mustard-plaster to the cheek. Hot salt, moistened with vinegar and laudanum, placed between two cloths, and laid upon the cheek over the affected part, will perhaps give as much relief as anything else.

[TO BE CONTINUED.]

DETECTIVE PILLS.—An idle fellow, hearing that a quack had gained great credit and wealth by the sale of pills, undertook to make pills himself and to sell them. He gave the same pills to all patients whatever; and by chance they sometimes succeeded, and his name became famous. A country fellow called on him, and desired to know if his pills would enable him to find his cow he had lately lost. The quack bid him swallow six pills. On his way home, the operation of the pills obliged him to retire into a wood, where, sure enough, he found his cow. The fellow spread a report that he knew a doctor who sold pills which would recover strayed cattle!

Agricultural.

THE BROOKLYN HORTICULTURAL SOCIETY.

THIS Society, which is the most energetic and flourishing of any in this vicinity, held its annual exhibition of choice plants, fruits, and flowers, at the Brooklyn Academy of Music, on the 18th, 19th, and 20th of September. The contributions of plants, flowers, and fruits were so much more extensive than the committee had expected, that they do not appear to so good advantage as they would if they were less crowded. Among the principal exhibitors may be named Louis Menand, Andrew Bridgeman, Parsons & Co., John Humphries, James Wier, Elwanger & Barry, B. H. Mace, A. G. Burgess, O. Eberhardt, Dailedouze & Zeller, George Hamlyn, P. T. Quinn, G. Marc, J. A. Perry, I. Buchanan & Son, David Clark, C. S. Pell, Peter Henderson, and many others whose names we do not remember.

The season is yet too early for fruit to be in perfection, consequently the appearance of the large collection of Elwanger & Barry, of Rochester, consisting of 135 varieties of pears, and 67 of apples, was not so fine as it would have been if delayed a few weeks, when each variety would have had a finer color and more aroma. The same may be said of most of the fruit exhibited. Begonias, calladiams, and other variegated leaf plants are in fashion now, and a large number of most beautiful specimens were on exhibition. Among the curiosities we may name two banana-trees, one in full bearing, from Menand, of Albany; an India rubber-tree and screw plant from James Humphries; a variegated-leaved Scotch thistle, raised from seed brought from the grave of Robert Burns, exhibited by C. B. Miller; a butterfly orchid, in blossom, from James Buchanan & Son. An ornamental basket of fruit from W. J. Reddy, gardener to Mrs. Packer, Brooklyn, surpassed in quality and variety of fruit and beauty of arrangement anything we have ever before seen.

As a whole, we are confident the exhibition far surpassed anything of the kind ever before made in this vicinity. Brooklyn has long been noted for its flowers, and when aided, as in the present instance, by allies from abroad, the Brooklyn gardeners are able to make a show more than creditable. We can not forbear, in connection with this notice, to pay a merited compliment to Mr. De Graw, the zealous and energetic President of the Society, who has been its sustainer through times of pecuniary peril, and to whose exertions it chiefly owes its present position and prosperity. The secretary of the Society, Mr. C. B. Miller, has also rendered valuable service.

The Society is now holding semi-monthly meetings, at which exhibitions of plants, fruits, and flowers are made, and discussions on the best modes of cultivation are held, to which the public are invited.

Among changes recommended is a perpetual exhibition of choice plants, in some suitable place, with the name and place of the exhibitor, and price, if for sale. Instead of giving premiums in money or medals, to have drawings and photographs taken and colored, or, if fruits, have copies

or casts taken in wax or plaster, give the exhibitor one, the Society keep one on exhibition, with the name and time it was given; extra copies to sell to the members and others, and also exchange copies with other societies; having designs, drawings, models, herbariums, birds, insects, cabinets of wood, barks, etc.; weekly meetings for discussion, lectures on the best kinds of plants, and the best modes of culture, etc.; also a standing advertisement of the aims, objects, and advantages of belonging to the Society, the location, officers, exhibitions, meetings, etc., so that the public will know where to find it and what it is. Let the hands of the Society be strengthened, and its officers will be only too willing to embrace every available and practicable suggestion of its supporters.

A GOOD FARMER.

AN English farmer recently remarked that "he fed his land before it was hungry, rested it before it was weary, and weeded it before it was foul." We have seldom, if ever, seen so much agricultural wisdom condensed into a single sentence. Reader, have you not some land which, at this time, will pant and blow and struggle under the burden of a starveling and sickly stalk of corn. "Weeded before it was foul." Why, some of our farmers raise weeds for manure. Vile pests, of no use to man or beast, are suffered to grow up and encumber the ground, merely for the sake of the privilege of burying their bodies to supply vegetable matter to the soil. On a perfectly conducted farm no plant would be suffered to mature its seed which was not of some known and positive utility. Peas or clover are better than weeds; they feed both the soil and domestic animals, and give no trouble to succeeding crops. Remember the practice of the English farmer. Do not wait until your land begins to get poor before you manure it. If it is rich, make it a little richer. Do not wait until your land begins to fail before you rest it; give it rest in time to prevent its being tired. Do not wait until your farm is stocked with weeds before you begin to destroy them. One weed destroyed this year will save much hoeing next year. Manure soon, and well, give abundant rest, and cultivate clear. He is a good farmer who observes these rules.

BUSH TOMATO.—The new Bush Tomato has proved to be quite a pretty variety, aside from its good qualities, such as good size, firm flesh, good flavor, and nearly smooth surface; color deep red.

The plant grows about eighteen inches high, and about a foot across; stout stalk, holding itself up erect until the fruit is full grown; when the great weight there, of generally about a dozen tomatoes a plant, causes it to fall over unless prevented by a stake.

We hardly think this variety will supersede the old varieties, yet it is a novelty that is well worth a place in every garden.

THE WINTER CHERRY, spoken of in our first article, is also known as the Cape gooseberry, the cherry tomato, and we presume by half a dozen other different names, in different localities. The botanical name is *Physalis Edulis*, and by this name, and no other, should seeds be ordered. It is eaten raw or cooked, made into pies, sauce, or sweetmeats. It is an abundant bearer, and remarkably easy of cultivation. Seeds may be sown in fall or spring.

INCREASING THE SIZE OF FRUITS.

AMONG nurserymen and others a great mania has existed for a few years past, for multiplying almost indefinitely the varieties of their fruits, without sufficiently bearing in mind the importance of improving the varieties which they already possess. Prof. Dubreuil calls attention to this subject in a French horticultural journal. We condense some of the operations which he suggests, whereby the size of fruits may be increased:

1. Grafting the trees on a weak species of stock; for instance, the pear or the quince.

2. Pruning so as to deprive the tree of a certain portion of its shoots. By this means the sap which would have been absorbed by the parts cut off, goes to increase the size of fruit. Summer pruning, which has for its object the removal of a large number of shoots by disbudding and pinching, has the same effect.

3. Let the bearing shoots be as short as possible, and in immediate connection with the main branches. Fruit growing on the stem is always larger than that situated at the extremities of long slender branches.

4. Thinning out the fruit when too numerous.

5. Shortening the principal branches at the winter pruning, and checking in the summer the vigorous shoots.

6. Supporting the fruit so that their weight may not become a strain upon the foot-stalk.

7. Moderating the amount of evaporation from the fruit. Fruits covered by leaves are larger than those on the same tree not shaded. It is necessary, however, in order that shading may not affect the quality of the fruit, to expose it when full grown to the direct action of the sun. (To diminished evaporation must be attributed the considerable increase of size which always takes place in fruit introduced into bottles soon after it is set—the mouth of the bottle being closed over the portion of the branch from the dry action of the air, and constantly surrounded with a moist, warm atmosphere, which keeps the epidermis pliable, and stimulates the growth of the tissues.)

GRAPES CONDUCE TO HEALTH.—Man requires warmth, cheer, glow, animation, ecstasy, rapture, and exhilaration, especially mental—that which is to the mind what some stimulants or tonics are to the body—something to animate, inspirit, and promote gayety and hilarity. Steady, monotonous work creates dullness. Mirth and hope constitute two primitive mental faculties, the exercise of which is an imperious necessity. And the craving for alcoholic exhilarations is mainly due to the suppression of mental exhilarations which human nature demands and must have from some source. Hence, denied it, in this its natural form, it chooses the gross form of intoxication as preferable to a dead monotony. Now grapes furnish just this very cheer. It delights, enriches, and warms the blood, sends it to the surface, and thereby relieves congestion. Vivacity is its legitimate product; no panacea equals it as a remedial agent. Nor is any form of mental discipline equally promotive of cerebral action, for after relieving the brain of surplus blood, it reinforces its efficacy. Words can but poorly express the beneficial effects of the grape on human life, physically, intellectually, and morally.

Miscellany.

TWILIGHT.

'Tis the pensive hour of twilight,
And the noisy day is past,
While the oriental shadows
Now are falling, falling fast.

Slowly down the distant heavens
Sank the broadening sun of day,
Melting in a ring of crimson,
When it kissed the mountain gray.

Ocean's waves are bright and glassy,
Rosy as the skies above,
While upon its brow is mirrored
Vesper's little star of love.

Down the distant shady valley,
Listen to the fairy song,
Gushing from the silver streamlet,
As it curls the mead along.

Darker shades are in the forest,
Darker birds are on the wing,
While the dying sunlight mellow
On each grove and mountain spring.

Sorrow, like the summer twilight,
Casts a shadow o'er the soul,
Tinging with its pensive sunbeams
Pleasure's wavelets as they roll.

Soothing down the heart in slumber,
Drowning grief in Lethe's stream,
Comes the starry light of heaven
O'er each fairy evening dream.

TEMPERATURE.—In man the temperature of the blood is 98° ; in sheep, 102° ; in ducks, 107° . During the chills of ague, the heat of man's blood falls to 96° and 94° , while at the height of fever it rises to 102° , and even to 105° .

Two things are necessary to make traveling with children a pleasure rather than a trouble—first, that they have faith in you; second, that they implicitly obey you. Having the first, they are without fear; and where they have learned the second well, a word controls them. In fact, this is everywhere the secret of a happy life with children. In going round among the people one finds many a house where the children rule, or where their obedience is a matter of bargain and sale. Life in such a house is a wretched experience, and the end bitter.

LIGHT NECESSARY TO HEALTH.—As an instance of the value of sunlight, Dupuytren, the celebrated physician, mentions the case of a French lady, whose disease baffled the skill of the most eminent men. This lady resided in a dark room, in which the sun never shone, in one of the narrow streets of Paris. After a careful examination, she was led to refer her complaint to the absence of light, and caused her to be removed to a more cheerful situation. The change was attended with the most beneficial results; all her complaints vanished. It is remarkable that Lavoisier, writing in the last century, should have placed light, as an agent of health, even before pure air. In fact, where you can obtain abundance of light, it is also generally possible to obtain a similar change of fresh air. In England a similar thing occurs; invalids are almost always shut up in close rooms, curtains drawn, and light excluded, to their serious disadvantage. Sunlight is more vivifying than any physic.

THE TURKISH BATH.

WHEN my maiden aunt, the other morning, insisted upon my wrapping my neck in a comforter, and putting on double coats, fleecy hosiery, thick woolen gloves and mits, and, moreover, warned me in the most solemn manner not to expose myself to sudden cold, I believed as firmly in her injunctions as I used to believe in the sacred sentences used as copy slips. Scuffling down toward my club, too stiffly wrapped to turn my body with ease, an animated mound of woolen, I happened to meet Tom Glasters, Merry Tom, they call him. "Why, old fellow," he said, giving me a dull pound through my woolen armor, "is that the way you try to keep out the cold? Come with me and have a Turkish bath at W—'s, and then sit in a draught for half an hour with only a thin sheet on—that's the way to harden you to cold, my boy."

"Stand in a sheet this weather!" I stuttered with, chattering teeth, and goose-skin running down the center of my back. "No, I thank you."

"Oh, but you must," he replied, in his quiet, determined way, coupling my arm in his, and marching me off in triumph. I knew I was about to deliberately commit an outrage on aunt's feelings, and fly in the teeth of her fleecy hosiery and comforters; but, somehow, I was under a fascination, and go with Tom I must.

"Stand in a sheet this weather!" I once more imploringly exclaimed.

"Stand in a sheet! Yes, and very jolly too."

In another minute we had reached W—'s mansion, and having dropped my mound of wrappers, Tom introduced me to five or six gentlemen about to undergo the penitential sheet in our company. I was somewhat consoled by the cheerful manner in which they seemed to contemplate the coming trial, and moved on with the company into a back apartment, the footman informing us, at the same time, that his master was already awaiting us in the Frigidarium. The sound certainly was not pleasant, with the thermometer below freezing-point. But I had little time for reflection, as we were all ushered into an apartment which looked out upon the back leads, one of those third back rooms on the ground floor which seem an institution in London. The locality was too familiar for any horrid torture, and following the example of the company, I speedily found myself habited in a light terpsychorean costume (cummerbund, is, I believe, the correct designation). Thus habited, we followed our leader through a double door, and found ourselves in the Calidarium, or sweating chamber. Imagine a small pot-house surrounded with hot-air flues, and in place of exotics, placed above them on the wooden stages, see the company seated. The thermometer marked 136° , yet I did not feel particularly warm; strange to say, my face, which is always exposed, felt the heat most. My companions, who were habitués of more or less standing, watched me apparently with some interest, and on my remarking that my face felt hot, one of them pressed his hand down my arm.

"Do you call that skin?" he exclaimed, in a tone so deprecating that I mentally felt the deepest shame at its possession.

"No!" I said. "What is it?"

"It's horn, sir, it's horn. You are only a shade less horny-bided than an armadillo." This was a rather startling proposition. Had my careful aunt only trained me, with all her care, to arrive at this condition? "We must have this off, sir," he went on, in a tone as indifferent as though he were some wretched old woman about to skin a live cat.

"Have it off, sir!" I said, getting half angry. "I should like to see the man that will lay a hand upon my skin."

"We will see about that," he replied, in a most provokingly cool manner.

"Goodness gracious!" I inwardly exclaimed, "to be frozen, dried up to a mummy, and then skinned—and for Tom to call it so very jolly!"

I must own, however, that after all I began to feel particularly light and happy. Had I a hundred-pound acceptance coming due that very day, and had nothing to meet it at the bankers, I should not have cared a snap of the fingers. "Is it only necessary to get hot to get happy?" I inwardly inquired.

Happening to rise for a moment, however, from the bench, and to take a fresh seat, I gave a sudden jump up again, as though I had been shot. "Had I inadvertently seated myself on the bars of the furnace?"

"The seat is hotter than you calculated," remarked one of the habitués; "you must keep your seat."

Some one has quaintly said that if an ordinary sized man were placed in a press, between a sufficient number of sheets of blotting-paper, before the screw had reduced his anatomy to the flattened condition of a dried botanical specimen, that blotting paper would have absorbed from him no less than eight gallons of water.

I never could credit this mendacious assertion, as I believed, until I had been in the Calidarium about half an hour; then it became clearly apparent that there may be some truth in the statement. The skin did not perspire so much as it streamed with water.

"Before you have done," said my tormentors, "you will have lost three pounds."

A remarkably fine man, seated aloft in a still hotter atmosphere, every now and then took a copious draught of water, as a kind of compensatory process, and the effect was indeed remarkable—it was like pouring a bucket of water into a watering-pot, and then witnessing it stream out of the nose. His whole body became in a few minutes one nose, from which the water previously imbibed transuded. The animated watering-pot, while in full activity, stepped down from his reclining couch and went out into the Frigidarium. (Oh! shade of my aunt!) I followed; the windows were open, and there we stood in a thorough draught, two columns of steam rising straight up to the ceiling, testifying to the activity with which the cooling process was going on. This alternation of temperature, I was informed, was only another method of accelerating the perspiratory process, for on returning into the Calidarium we were river gods once more, every pore an urn to supply a rivulet.

"Now, sir," said my friend in the bath, "your skin is nearly ready to come off," and with one

sweep of the palm of his hand he denuded me of a long pipe of macaroni.

I shall not inflict a long description upon the reader of the art of shampooing, but I own I was astonished to see the amount of debris among which I stood after the completion of the process.

"There goes your armadillo hide," remarked one of my companions. "Now your skin is a living structure, instead of a half-paralyzed surface, with little more life in it than your nail."

The measure of the frequency with which the different bathers present had taken the bath was at once evident to the observer by the condition of his skin; my own on first entering was rough and scallow, while the systematic bathers' epidermis was as soft and glossy as satin. I carried with me the accumulated coats of a year's epidermis, which no mere washing could ever get off. The process of shampooing was somewhat like the cleaning of an old master. The flesh tints came out bright and lustrous where all before was brown and lead colored. And this refuse, it must be remembered, was not upon the surface. No ordinary washing would have removed that; it represented the accumulated refuse of the body. The hot-air bath, it must be explained, acts in the very opposite direction of the vapor or warm-water bath, which checks, instead of aids, the unloading of the different ducts which have their outlets through the skin. The hot-air bath flushes the external sewers of the body, and the waters of exudation carry with them all particles lodged within them. We never seem to remember that we can no more exclude the skin from the action of the light and air than we can exclude a living vegetable, or allow its pores to be blocked up. The very neglect of our attention to the skin is the cause of more than half the ailments to which humanity is subjected. When we remember that the skin is one of the great scavengers of the body, and that it is also one vast external lung, we see the necessity of keeping it in active condition. We may liken the epidermis to a double night-cap thrust in upon itself; the skin, from the lips inward and downward, is a mucous surface, lining the lungs and the alimentary canal, and the functions of both of these internal organs are more or less supplemented by the outward skin or external fold of the night-cap. As long as the epidermis of the body is in lively action, there can be no action of the internal eliminative organs, such as the liver, intestines, and kidneys. We therefore see of what immense importance it is in a medical regimen.

A clergyman, who was present with us in the bath, stated that, since he had habitually taken the Turkish bath, he had entirely got rid of the professional sore-throat with which he had before been afflicted. The number of diseases for which the Turkish bath is recommended, even by medical men, is so large that it would seem to be a general specific. There can be no doubt that its virtues are very great in all cases where there is a vitiated condition of the blood arising from a languid condition of the skin and circulation, or any specific poison lurking within it. We have heard such miraculous tales told respecting its powers in curing the rheumatism, that we can not doubt its value. Those who have not accustomed

themselves to the use of the bath, sometimes complain of feeling a fullness in the head, but this objection can be met by simply wrapping a towel round the head. That the Turkish bath will before long be considered a necessary part of every gentleman's house, is exceedingly probable. Indeed, its curative effects can scarcely be realized without it. When we are overcome with influenza, sore-throat, or rheumatism, we are generally too ill to visit a public bath; in these cases the Calidarium will prove the true medical chest.

Our sporting friends also are beginning to perceive the value of the bath for training purposes. At present, a fighting man or running man is obliged to conform to weight. He must reduce himself to a certain point before he can even enter the lists, to say nothing of the disqualification of superfluous flesh and fat entail upon him. Of old, the sweating process was brought about by encasing the pet of the fancy in half a dozen coats, and, thus clothed, placing him under violent exercise, with peculiar diet and a very moderate amount of drink. This barbarous method of getting a man into condition will, if our sporting cotemporary, *The Field*, speaks truly, be superseded, and we may expect to meet our athletes and public gladiators in the public sweating-baths, as they did in the antique times. Even our race-horses are now given a hot-air bath in place of a gallop-sweating in the training ground, and cattle suffering under pleuro-pneumonia are said to feel great benefit from its medicinal virtues.

But while I have thus been descanting upon the physiological action of the hot-air bath, I have forgotten that the final process of cooling is not yet completed. Leaving the Calidarium for good, we now return to the Frigidarium. Here, clothed in long sheets, like a party of ghosts, we gradually cooled before the open window, with the biting air marking below freezing-point. How was it that I, who shivered beneath my mound of wrappers, felt the frozen air quite exhilarating, and the draught quite delicious? It always used to be a puzzle to me how the stoker of the penny steamer could one moment stand before his furnace door, exposed to a temperature of 200°, while the next moment he would be seen airing himself at the top of his stoke-hole ladder, apparently in comfort. Again, how could it be consistent with my respected aunt's theory of the necessity of avoiding sudden changes of temperature, to see the glass-blowers and iron-puddlers one moment roasting before the white heat of a furnace, and the next cooling their reeking bodies in the open air? Here was the true secret—the body once exalted into energetic action, by the combined effect of a high temperature and a thorough action of its pores, is able to withstand, with impunity, any change of temperature, however sudden. It is a matter of common observation that a thorough warm at the fire is the best preparation for a long walk in the cold. Nevertheless there are some persons who condemn this proceeding as a pampering of the body; people who will resolutely sit at the other end of the room lest they should get any adventitious heat from the fire. Do not believe, good reader, in such ascetic nonsense any longer—in this instance, the pleasant is the true thing to do.

Thus moralizing, I reached home. My first impulse was to pitch my comforter to the end of the room; my next to astonish my respected aunt.

"Well, my dear boy, what have you been about to-day?"

"Standing before the open window with only a sheet on me."

"Now, James, don't make fun of an old woman."

"True, upon my honor; and intend to do so twice a week, and to leave off all this toggery," kicking my wrappers.

"Why, what's come to the poor boy?" (I am fifty five next month.)

"First, I was baked for an hour in an oven, and when at the hottest, I cooled myself in a thorough draught," I malignantly answered.

"You've been drinking, James," was the only response I could get to this monstrous statement. That I was either drunk or mad my venerable relative did not doubt. Indeed, how often do we find that the madness of to-day is the prime wisdom of to-morrow, and that our presumed afflictions are our most serviceable friends!

BE GENTLE WITH THY WIFE.

Be gentle! for you little know
How many trials rise;
Although to thee they may be small,
To her of giant size.

Be gentle! though perchance that lip
May speak a murmuring tone,
The heart may beat with kindness yet,
And joy to be thine own.

Be gentle! weary hours of pain
'Tis woman's lot to bear;
Then yield her what support thou canst,
And all her sorrows share.

Be gentle! for the noblest hearts
At times may have some grief,
And even in a pettish word
May seek to find relief.

Be gentle! for unkindness now
May rouse an angry storm,
That all the after years of life
In vain may strive to calm.

Be gentle! none are perfect—
Thou'rt dearer far than life;
Then, husband, bear and still forbear—
Be gentle to thy wife.

SUNDAY DRINKING.—There exists in some parts of Germany a law to prevent drinking during divine service. It runs thus: "Any person drinking in an alehouse during divine service on Sunday or other holiday, may legally depart without paying."

SUICIDE.—"What is the penalty if a person commits suicide?" asked an inquirer after knowledge, of a country justice. "Imprisonment for life," was the reply of Dogberry.

The *Water-Cure World*, for July, gives "eleven modes of committing suicide," one of which is the following:

Keeping children quiet by giving paregoric and cordials, by teaching them to suck candy, and by supplying them raisins, nuts, and rich cake. When they are sick, by giving mercury, tartar-emetic, and arsenic, under the mistaken notion that they are medicines and not irritant poisons.

TACT AND TALENT.

TALENT is something, but tact is everything. Talent is serious, sober, grave, and respectable; tact is all that and more too. It is not a seventh sense, but the life of all the five. It is the open eye, the quick ear, the judging sense, the keen smell, and the lively touch. It is the interpreter of all riddles—the surmounter of all difficulties—the remover of all obstacles. It is useful in all places and at all times; it is useful in solitude—for it shows a man his way into the world; it is useful in society, for it shows him his way through the world. Talent is power, tact is skill; talent is weight, tact is momentum; talent knows what to do, tact knows how to do it; talent makes a man respectable, tact will make him respected; talent is wealth, tact is ready money. For all the practical purposes of life, tact carries it against talent ten to one. Take them to the theater and pit them against each other on the stage, and talent shall produce you a tragedy that will scarcely live long enough to be damned, while tact keeps the house in a roar night after night with its successful farces. There is no want of dramatic talent, no want of dramatic tact, but they are seldom together; so we have successful pieces which are not respectable, and respectable pieces which are not successful. Take them to the bar, and let them shake their learned curls at each other in legal rivalry; talent sees its way clearly, but tact is first at its journey's end. Talent has many a compliment from bench, but tact touches fees from attorneys and clients. Talent speaks learnedly and logically, tact speaks triumphantly. Talent makes the world wonder why it gets on so faster, tact excites astonishment that it gets on so fast; and the secret is that it has no weight to carry; it makes no false steps, it hits the right nail on the head, it loses no time, it takes all hints, and by keeping its eye on the weathercock, is ready to take advantage of every wind that blows. Bring them into the church. Talent has always something worth hearing, tact is sure of abundance of hearers; talent may obtain a living, tact will make one. Talent gets a good name, tact a great one. Talent convinces, tact converts. Talent is an honor to the profession, tact gains honor from the profession. Bring them to court. Talent feels its way, tact finds its way. Talent commands, tact is obeyed. Talent is honored with approbation, and tact is blessed by preferment. Place them in the senate. Talent has the ear of the house, but tact wins its heart and has its votes. Talent is fit for employment, but tact is fitted for it. It has a way of slipping into place with a sweet silence and a glibness of movement, as a billiard ball slips itself into the pocket. It seems to know everything without learning anything. It has served an invisible apprenticeship. It wants no drilling. Never ranks in the awkward squad. It has no left hand, no deaf ear, no blind side. It puts on no looks of wondrous wisdom, it has no air of profundity; but plays with the details of places as dexterously as a well-taught hand flourishes over a piano. It has all the air of commonplace, and all the force and power of genius. It can change sides with a hey-presto movement, and be at all points of the compass, while talent is ponderously and learnedly shifting a single point. Talent calculates clearly,

reasons logically, makes out a case as clear as daylight, and utters its oracles with all the weight of justice and reason. Tact refutes without contradicting, puzzles the profound with profundity, and without wit outwits the wise. Set them together on a race for popularity, pen in hand, and tact will distance talent by half the course. Talent brings to market that which is wanted, tact produces that which is wished for. Talent instructs, tact enlightens. Talent leads where no one follows, tact follows where the humor leads. Talent is pleased that it ought to have succeeded, tact is delighted that it has succeeded. Talent toils for a posterity that will never repay it, tact throws away no pains, but catches the passion of the passing hour. Tact is portable, applicable, always alive, always alert, always marketable. It is the talent of talents, the availability of resources, the applicability of power, the eye of discrimination, the right hand of intellect.—*William Pitt Scargill.*

A QUESTION.—At best, life is not very long. A few more smiles, a few more tears, some pleasure, much pain, sunshine and songs, clouds and darkness, hasty greetings, abrupt farewells—then our little play will close, and injurer and injured will pass away. Is it worth while to hate each other?

A "BUMPTIOUS" traveler overtaking an old Presbyterian minister, whose nag was much fatigued, quizzed the old gentleman upon his "turn out." "A nice horse yours, doctor! very—valuable beast that—but what makes him wag his tail so, doctor?" "Why, as you have asked me I will tell you. It is for the same reason that your tongue wags so—a sort of natural weakness."

VALUE OF MEDITATION.—It is said that the famous "Code Napoleon" is due to its author's imprisonment. While a subaltern, he was once under military arrest for four days. Upon a shelf in the guard-room lay a huge copy of "Justinian's Pandects," which, in the brief term of detention, were thoroughly read by the only mind which, for eleven centuries, could approach their author. This four days' reading was digested in that code which afterward became the law of France, and which astonished the world by showing that its first soldier was also its first jurist.

THE YOUNG WIFE.—It takes a heroine to be economical, says Miss Muloch. "For will she not rather run in debt for a bonnet than wear her old one a year behind the mode? give a ball, and stint the family dinner for a month after? take a large house, and furnish handsome reception-rooms, while her household huddle together anyhow in untidy attic bedchambers, and her servants swelter on shake-downs beside the kitchen fire? She prefers this a hundred times to stating plainly, by word or manner: 'My income is so much a year—I don't care who knows it—it will not allow me to live beyond a certain rate, it will not keep comfortably both my family and acquaintance; therefore excuse my preferring the comfort of my family to the entertainment of my acquaintance. And, society, if you choose to look in upon us, you must just take us as we are, without any pretenses of any kind; or you may shut the door, and—goodbye!'"

CHILDREN.—Hard be his fate who makes no childhood happy; it is so easy. It does not require wealth, or position, or fame; only a little kindness and the tact which it inspires. Give a child a chance to love, to play, to exercise his imagination and affections, and he will be happy. Give him the conditions of health—simple food, air, exercise, and a little variety in his occupations, and he will be happy, and expand in happiness.

SWALLOWING A YARD OF LAND!—"Dick, let's have a pint of beer," said a railroad "navie" to his mate. "Nay, Jack, I can't afford to drink a square yard of good land, worth \$145 an acre." "What's that you're saying, Dick?" "Why, every time you spend three cents in beer, you spend what would buy a square yard of land. Look here! [Dick takes a piece of chalk out of his pocket, and begins to make figures on his spade.] There are 4,840 square yards in an acre. This, at three cents a square yard, is \$145 20." Jack scratched his head a little, and concluded he didn't want any beer.

MATRIMONY AND HAPPINESS.—Sam Slick, in his "Wise Saws," says that the nature of matrimony is one thing, and the nature of friendship is another. A tall man likes a short wife; a great talker a silent woman, for both can't talk at once. A gay man likes a domestic woman, for he can leave her at once to nurse children and get dinner, while he is enjoying himself at parties. A man that hasn't any music in him likes it in his spouse, and so on. It chimes beautifully, for they ain't in each other's way. Now, friendship is the other way; you must like the same in each other and be good friends. A similarity of tastes, studies, pursuit, and recreations (what they call congenial souls); a toper for a toper, a smoker for a smoker, a horse-racer for a horse-racer, a prize-fighter for a prize fighter, and so on. Matrimony likes contrasts; friendship seeks its own counterparts.

VALUE OF AN EXPLANATION.—A certain king, it is said, sent to another king, saying:

"Send me a blue pig with a black tail, or else—"

The other, in high dudgeon at the presumed insult, replied:

"I have not got one, and if I had—"

On which weighty cause they went to war for many years. After a satiety of glories and miseries, they finally bethought them that, as their armies and resources were exhausted, and their kingdoms mutually laid waste, it might be well enough to consult about the preliminaries of peace; but before this could be concluded, a diplomatic explanation was first needed of the insulting language which had formed the ground of the quarrel.

"What could you mean," asked the second king of the first, "by saying, 'Send me a blue pig with a black tail, or else—?'"

"Why," said the other, "I meant a blue pig with a black tail, or else some other color. But," retorted he, "what could you mean by saying, 'I have not got one, and if I had—?'"

"Why, of course, if I had, I should have sent it," an explanation which was entirely satisfactory, and peace was concluded accordingly.

BABY'S COMPLAINT OF HER NURSE.

Oh, mother, dear mother, no wonder I cry,
More wonder by far that your baby don't die;
No matter what ails me—no matter who's here—
No matter how hungry the poor little dear;
No matter if full or all out of breath,
She trots me, and trots me, and trots me to death.

I love my dear nurse, but I dread that great knee;
I like all her talk; but wo unto me,
She can't be contented with talking so pretty,
And washing, and dressing, and doing her duty;
And that's very well—I can bear soap and water,
But, mother, she is an unmerciful trotter.

Oh, dear, is that she? Is she coming so soon?
She's bringing my dinner with teacup and spoon;
She'll hold with one hand, in 't'other the cup,
And so fast as it's down, she'll just shake it up;
And thumpity-thump, with the greatest delight,
Her heel is going from morning till night;
All over the house you may hear it, I'm sure,
Trot, trotting! Just think what I'm doomed to endure.

THE very circumstance that men are taught by words makes a mixture of error necessary; for different ideas are more or less associated with words by different minds.

COARSENESS of mind disregards, or rather is incapable of seeing aptitudes; and often, measuring everything by wealth, makes the great mistake of fancying nothing too good for it which it can pay for.

WORTH KNOWING.—It is said that if three or four onions are boiled in a pint of water, and the liquid is brushed over glasses or frames, the flies will not alight on the articles washed. This may be used without apprehension, as it will not do the least injury to the frames.

A MERITED PENALTY.—A Dr. Patterson, of Montreal, procured an abortion on the person of Olive Savariat, from the effects of which she died. The Doctor has been arrested, tried, convicted, and sentenced to death. We hope this may prove a warning to the hundreds, we might say thousands, throughout the country who are engaged in this nefarious business. Being in direct violation of the laws of nature, abortions can not be procured without material injury at the very least, and although the patient may be willing to take the risk, physicians or others who will lend themselves to aid in the work, should receive the most severe punishment the law allows.

COULDN'T, DEAD-HEAD.—The principal avenue leading to Detroit has a toll-gate near the Elmwood Cemetery road. As the cemetery was laid out some time previous to the construction of the plank road, it was made one of the conditions of the company's charter that all funeral processions should go back and forth free. One day, as Doctor Price, a celebrated physician, stopped to pay his toll, he remarked to the gate-keeper:

"Considering the benevolent character of our profession, I think you ought to let us pass free of charge."

"No, no, doctor," the keeper readily replied, "we couldn't afford that. You send too many dead heads through here as it is."

The doctor paid his toll, and never asked any favor after that.

Scissoring.

CHARITY would lose its name were it influenced by so mean a motive as human praise.

TO-MORROW is the day on which lazy people work and fools reform.

CULTIVATE true sentiments, and good manners will suggest themselves.

WHEN modesty is once extinguished, it never returns.

WHAT most resembles half a cheese? The other half.

WHY is an Englishman like nineteen shillings? Because he is under a sovereign.

THE philosopher Frazer says that, "though a man without money is poor, a man with nothing but money is still poorer."

SCANDAL is fed by as many streams as the Nile, and there is often as much difficulty in tracing it to its source.

GENEROSITY consists not in the sum given, but in the manner and the occasion of its being bestowed.

THEY are best situated for happiness who are neither too high nor too low—high enough to cultivate good manners, and obscure enough to be left in the sweetest of solitudes.

AN old author remarks: "In borrowing money be precious of your word; for he that hath care of keeping days of payment is lord of another man's purse."

To live with a true economy is to live wisely. The man who lives otherwise has no prudent regard for his own happiness. But there is no worse folly than false economy.

You may outlaw the friend of truth, but truth remains; you may humble the poet, the artist, and the Christian, but you can not debase poetry, or art, or Christianity.

Good service is prompt service. It ceases to be a favor when he upon whom the service is conferred has lost in patience and hope deferred what he might have bestowed in love and gratitude.

It is worthy of notice that, while second thoughts are best in matters of judgment, first thoughts are always to be preferred in matters that relate to morality.

THE triumph of woman lies not in the admiration of her lover, but in the respect of her husband; and that can only be gained by a constant cultivation of those qualities which she knows he most values.

THE muscles of the human jaw produce a power equal to four hundred and thirty-four pounds. This is only what science tells us; but we know the jaw of some of our lawyers is equal to a good many thousand dollars a year to them.

"FATHER, I think you told a lie in the pulpit this morning," said the little son of a clergyman. "Why, what do you mean?" "Sir, you said, 'one more word and I have done.' Then you went on, and said a great many more words. The people expected you'd leave off, 'cause you promised them. But you didn't, and kept on preaching a long while after the time was up."

It is conferring a kindness to deny at once a favor which you intend to refuse at last.

A MAN that hath no virtue in himself ever envied virtue in others; for men's minds will either feed upon their own good or upon others' evil; and who wanteth the one will prey upon the other.

A MEDICAL gentleman wrote a letter in 1832 to Sir Henry Hallford, on cholera, in which he took upon himself the credit of being "the first to discover the disease, and communicate it to the public."

Special Notices.

IMPROVEMENTS made in the machinery for manufacturing Gold Pens, and secured to the subscriber by Letters Patent, have enabled him to overcome the many imperfections hitherto unavoidable in their production, and also to bring the cost within the reach of all. The writing public should know the following facts:

Constant writing for six months is done cheaper with Gold Pens than with Steel; therefore, it is economy to use Gold Pens.

The Gold Pen remains unchanged by years of continued use, while the Steel Pen is ever changing by corrosion and wear; therefore, perfect uniformity of writing is obtained only by the use of the Gold Pen.

The Gold Pen is always ready and reliable, while the Steel Pen must be often condemned and a new one selected; therefore, in the use of the Gold Pen there is great saving of time.

Gold is capable of receiving any degree of elasticity, so that the Gold Pen is exactly adapted to the hand of the writer; therefore, the nerves of the hand and arm are not injured, as is known to be the case by the use of Steel Pens.

He is now selling Gold Pens at prices varying from 25 cents to \$1, according to size, the average wear of every one of which will far outlast a gross of the best Steel Pens.

Sold by all dealers in the line throughout the country. Wholesale and retail at the store, No. 25 Maiden Lane, where all orders, inclosing cash or post-stamps, will receive prompt attention, and a pen or pens corresponding in value, and selected according to description, will immediately be sent by mail or otherwise, as directed.

Address, A. MORTON, 25 Maiden Lane, New York. "We happen to know Mr. A. Morton to be not only one of the best and most extensive manufacturers of Gold Pens not only in America, but in the world. We use his pens, and can assure our readers of their excellence."—N. Y. Tribune.

"We have been in the habit of using these Gold Pens for a long time, and have always found them the best instruments of the kind that have fallen in our way."—N. Y. Evening Post.

TEETH, upon Allen's system, can be obtained at 22 Bond Street. By this method the teeth, gums, roof, and rugæ of the mouth are so accurately formed as to display a perfect prototype of the natural organs, restoring the TRUE EXPRESSION of the mouth and original contour of the face.

It is the height of art to conceal art. This we do most positively, as our numerous patrons can attest.

A descriptive pamphlet may be obtained by addressing Dr. J. ALLEN & SON, 23 Bond Street, New York.

J. PARRISH, 323 Canal Street, New York, manufacturer of Shirts, Bosoms, Wristbands, and Collars, is now selling at prices to suit the times:

Men's and Boys' White Shirts, 50 cents; Linen Bosom do., 75 cents, \$1, \$1 25; and superior made, to measure, cut by a practical shirt-cutter, and fit guaranteed, six for \$9, \$10 50, and \$12.

Ladies will find at this Establishment a large stock of Bosoms, Collars, and Wristbands, for shirt-making, at very low prices.

SCHOOL OF ART FOR LADIES, 863 Broadway, New York.—Miss S. E. FULLER respectfully announces that the School of Art for Ladies reopened on Monday, September 16, 1861. Thorough instruction given in Drawing and Painting from the human figure, natural objects, models, etc., by competent artists. Drawing and engraving upon wood thoroughly taught. Arrangements are being made to enable pupils, as soon as qualified, to receive a fair remuneration for their labors. Saturday classes, for Teachers and pupils attending other schools during the week.

Pupils received at any time during the Term. Orders received for drawing and engraving upon wood. Portraits, Machinery, Architectural Designs, Landscapes, Fruits, Flowers, etc., executed in the best manner, upon reasonable terms.

EMPLOYMENT.—Active, intelligent young men, who have been thrown out of situations by the war, can hear of employment which, by proper efforts, can be made profitable, by addressing FOWLER AND WELLS, 308 Broadway, New York.

Advertisements.

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

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

SPECIFIC FOR SPERMATORRHEA.

—To the old and young, to the married and single, and to all who are afflicted with this life-and-health-destroying disease, we would say, if you are desirous of being thoroughly and entirely cured in the shortest time and at the least expense, go where you can get correct *Water-Treatment* combined with *Movement-Cure*.

These two powerful agents used conjointly, with a careful regulation of diet, afford the only true specific for bad cases of this disease.

Mild cases of one or two years' standing may be successfully treated with water and a proper regulation of the diet alone, but those long standing and obstinate cases, which have been the bane of life for years, require the additional controlling and directing power of movements to effect a permanent cure.

We have cured in our Institution, within the last two years, several bad cases that had previously spent from five to fifteen months in other Water-Cures without benefit.

Movements exert a powerful effect in controlling, balancing, diverting, and directing the blood and nervous forces, causing them to be used in the system for its growth and development, thus preventing their waste and expenditure in unnatural directions.

Movements, also, have a very marked beneficial effect upon the digestive organ, causing the stomach and bowels to perform their functions more vigorously and regularly, and it materially assists the assimilative and nutritive of the various organs and tissues of the body.

Nervous Dyspepsia, Congestion of the Brain and Liver, Consumption, Constipation, and all those diseases of both body and mind which are either caused or greatly aggravated by Spermatorrhoea, are readily controlled by the combined action of Water and Movement-Cure.

Let no one despair however bad their case may be, or however long and faithfully they have tried other kinds of treatment; if there is no organic disease, they may yet be cured.

Terms from \$7 to \$14 per week, according to rooms. Bathing cloths, extra.

Board, without treatment, from \$4 to \$10 per week.

R. T. TRALL, M.D.,
E. P. MILLER, M.D.,
MRS. R. FANCHER,
DR. WM. W. WIER,

Physicians.

FANCHER & MILLER, Proprietors.

DR. GEO. H. TAYLOR'S INSTITUTION.

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

Invalids desiring information in regard to the *Movement-Cure*, are requested to send a stamp.

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

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

CHAS. H. SHEPARD, M.D.

PEEKSKILL WATER-CURE,

Conducted by D. A. GORTON, M.D., at Peekskill, N.Y.
Address for Circulars, etc.

DR. BEDORTHA'S WATER-CURE

Establishment is at Saratoga Springs.

Dr. BEDORTHA is happy to say to his friends, who have often requested prescriptions for home-treatment, that he has now completed his work on "Practical Medication; or, The Invalid's Guide," in which he has given explicit directions for the treatment of Typhus and Scarlet Fevers, and other diseases in which he has been so successful. In this book, parents, nurses, and invalids will find a friend in the hour of need. Price \$1.

Also, "The Practical Cook Book," which gives plain and simple directions for preparing food of all kinds, for persons in health or sickness. Price, 50 cents.

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Open Summer and Winter.

DR. HALSTED'S success in the cure of woman's diseases and spinal difficulties is well known. Those brought on beds, even, are soon enabled to walk. For the successful treatment of other complaints, and the great favor given the Turkish, Chemical, and other Baths, see Circular, sent gratis.

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ORIENTAL BATHS.—No. 8

FOURTH AVE., New York, near the Cooper Institute.

As a luxury, the true *Oriental* or *graduated Vampir-Bath* has no equal. As a remedial agent for very many conditions of the human organism, they can not be too highly appreciated. Separate suits of rooms for ladies. Skillful attendants in both the ladies' and gentlemen's departments. Also Electro-Magnetic and Medicated Baths. Open daily from 7 A.M. to 10 P.M. Sundays, from 7 A.M. to 12 M. *Portable Oriental Baths* furnished to order. Also Electro-Magnetic machines.

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INSTITUTE, for the cure of LUNG, FEMALE, and CHRONIC DISEASES. For a Circular of full particulars address
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BINGHAMTON WATER-CURE,

BINGHAMTON, BROOME COUNTY, N. Y.

This is the place for invalids during the cold season. Here, "HOME COMFORTS" can be enjoyed. The physicians have had a large experience, and enjoy an extensive practice, both in and out of the Institution. They treat all curable diseases, both surgical and medical. Terms, from \$6 to \$10 per week. Address (and send for Circular) if
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THE PHILADELPHIA HEALTH

JOURNAL and WATER-CURE are conducted on advanced principles at 218 North Ninth Street. The Journal is the best and cheapest, served quarterly, for only 25 cents a year in advance. Sample copies, 6 cents. Agents wanted everywhere. Address S. M. LANDIS, M.D.

WORCESTER WATER-CURE.

For Circulars, address

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LIVING SPRINGS WATER-CURE IS

a good place to take fall and winter treatment at.

Post-office, Wernersville, Berks Co., Pa.

A. SMITH, M.D.,
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PITTSBURG WATER-CURE.—No

Cure possesses greater advantages for the sick. Invalids can obtain a Circular and a very fine lithographic view of it by sending to
DR. FREASE, Pittsburg, Pa.

GRANVILLE WATER-CURE.

For particulars of this old and popular institution, address
SOLOMON FREASE, M.D.,
Granville, Licking Co., Ohio.

CLEVELAND WATER-CURE.

This Institution has commenced its Fourteenth Season. With steadily increasing prosperity, it has now treated more than Six Thousand Patients, who have flocked hither from nearly every State in the Union, and the Canadas.

It is now the oldest establishment of the kind in America, and the proprietor intends that its superiority shall be commensurate with its age.

We do not claim that we have already attained perfection, but our motto is "Excelsior," and every year we see that we can give the sufferer increased facilities for the recovery of health.

Our position is high, commanding a pure and bracing atmosphere with an extensive and charming landscape, and such a profusion of real natural beauty in glen, woodland, and water, that it is apparent art has only fallen in with nature in the choice and preparation of this spot for a great *Health Institution*.

ELLEN HIGGINS, M.D., still retains her connection with the Female Department. To a rare discrimination she joins remarkable tact in the treatment of disease, and a large experience in public and private practice.

Our great experience and success in the treatment of *Female Diseases* justifies our confidence that they can be treated here with unsurpassed efficiency and rapidity of cure.

Our new Bath Rooms contain the finest bathing conveniences in America.

Our enlarged and perfected Gymnasium is still under the care and supervision of F. R. DEMING, *Master in Gymnastics*, who will make his department most agreeable and profitable to the patients.

During the past year, we have made several additions and new improvements in our Electrical and Galvanic department, which we find invaluable in the treatment of many forms of chronic disease and removal of tumors which have been considered incurable by the profession.

Patients can reach us from either of the railroad depots by carriage direct. T. T. SEELYE, M.D., Proprietor.

THE HYDROPATHIC ENCYCLOPE-

DIA contains nearly a THOUSAND pages, illustrated with more than Three Hundred Engravings, with complete Index. Published by FOWLER & WELLS, No. 803 Broadway, New York. Sent by first Mail on receipt of \$3.

GRANITE STATE WATER-CURE,

HILL, N. H.

WM. T. VAIL, M.D.,
ELLEN H. GOODELL, } Physicians.

The physicians of the "Granite State," to all the invalids of the United States and elsewhere, to whom these presents may come, greeting:

We offer you a home with us, for the restoration of your bodily and mental soundness, on the following conditions, and no others:

1. That in our view your case is curable—not otherwise.
2. That we are satisfied beforehand, or after a short trial, that you are in earnest, and are willing to discipline yourselves according to our directions and the necessities of your case; that you prefer life and health, with the advantages and joys which they inevitably bring to you, to disease, infirmity, and suffering, with the horrid and disgraceful sequences they entail—even though the former cost you the sacrifice of all the most cherished errors and falsities of your former lives.

We greet you as physicians who are jealous of the honor of the great and glorious vocation whereunto we have been called, and who despise all sorts of meanness and falsehood and quackery and deceit, whether in professional life or out of it, but above all, and especially, when these things are practiced by those who profess to stand high, even head and shoulders above all their fellows, in the most glorious reform known to this present age.

Believing supremely in the divinity of Hygienic-Therapeutics as a system established in the very nature of things by the hand of God Himself, we have a word to exchange with any man who attempts to prostitute this sacred cause to his own selfish ends and unworthy purposes, especially if in so doing he basely utters and reiterates falsehoods and sweeping statements concerning the great body of his brethren in the Hygienic calling.

We proclaim, therefore, that we have taken it into our hands, having waited long in vain for some one to step in before us, and having borne with insult and falsehood, until forbearance is no longer a virtue, to vindicate the honor and the good name of that particular branch of the medical profession to which we would hope we might never be ashamed to belong.

We wish it distinctly understood that the Hygienic profession shall not be prostituted, with our consent, to that species of quackery wherein pretenders seek success by unscrupulously praising themselves and theirs, and by falsely and wickedly disparaging both, directly and indirectly, the talents, the skill, the honesty, and the success of all their fellows. We ask you, as patients, to mark all such persons. They are arrant quacks. True merit is always modest, and if there is in the Hygienic profession a man learned and skillful above his fellows (and we are inclined to believe there is), that man is the most modest among us all, has never been guilty of weaving self-laudation into articles professing scientific, for gratuitous publication, nor of endangering the honor of his calling nor the success of our glorious cause, by any species of falsehood or quackery whatever.

We say to you that, although meanness and falsehood and unscrupulousness have crept into the hygienic branch of the medical profession, in connection, in some cases, with a very considerable degree of a certain kind of talent, yet, as a whole, there has never been seen from the beginning of the world till now, a more noble, self-sacrificing, earnest, nor skillful band of men and women than the Hydropathic physicians of the United States. They are all mortal, and have their shortcomings, but we thank God that there are but few of them so base as to ever have attempted to build up and aggrandize themselves by falsely disparaging and dishonoring their brethren and sisters.

Our Cure is open to you. You will never find more than twenty to thirty guests here. We are earnest workers for God and humanity, hoping ever to make more beautiful for ourselves and others the life that now is, and more glorious that which is to come.

We attend to our patients personally. Our terms are very moderate, and patients who are in straitened circumstances are furnished with employments, if able so to engage, for which compensation is allowed in part payment of expense.

Address either of the physicians, inclosing stamp for circular.

A LIBERAL PROPOSITION.—A

valuable *Health Journal* three months gratis. The publishers of

THE LAWS OF LIFE,

with a view to increase its circulation and consequent usefulness, will send the October, November, and December numbers free, to all who will apply for them. Each number will contain sixteen quarto pages, fourteen to fifteen of which will be filled with original matter by its editors, Miss Harriet N. Austin, M.D. and James C. Jackson, M.D., and other able contributors. A prominent feature of the current volume is a lecture in each number by Dr. Jackson. *DYSPEPSIA: its Causes and Cure*, will be the topic for the lecture in the October number. *BEVERAGES, Stimulating and Unstimulating, and their Effect on the Human System*, will form the topic for November or December. Should orders be received after the above numbers are exhausted, they will be filled by such back numbers as we have on hand.

Please address, without delay,

M. W. SIMMONS & CO.,
Dansville, Livingston Co., N. Y.

11.

WHAT WE HAVE DONE IN THREE YEARS.

On the first day of October, 1858, we arrived at Dansville, Livingston Co., N. Y., and opened a Hygienic Institution, and named it "Our Home on the Hillside." Some of us had been connected with a water-cure for years previous, and had good success in the treatment of diseases by Water-cure methods. But when we made our arrangements for the opening of this Institution, we determined not to call it a water-cure, but to give to it the character of a Hygienic Infirmary or Health Institution. For to treat disease after a philosophical manner, and so to insure the highest success and attract public attention, such establishment should be based upon broader principles, and carried out upon a more comprehensive plan than that which purports to make any single instrumentality the means whereby all diseases are to be overcome. We resolve, therefore, to commence from such a view, and to operate upon such a method as would leave us free to use any and all agencies or instrumentalities, means, or things which, in their nature, are Health-producing. And a though, from want of capital at that time, we could not so arrange our conditions as to have these to just the extent or the degree we would have liked, we determined that, as far as we did have anything, it should be after this particular kind, and that, if possible, we would ultimately grow to such development as would enable us to use in larger measure, in more comprehensive form, and in more skillful combination, hygienic agencies than had ever been arranged in any institution in the world.

At the outset, then, we started with the following principles as the basis of our professional action:

1. That Health is intended by the Creator to be, and therefore ought to be, the ruling condition of human life, and sickness the incidental or exceptional condition.

2. That in the sphere in which they are designed to operate, Physical Laws are as sacred as Moral Laws, and that mankind are as truly bound to obey them.

3. That obedience to these Laws would do away with sickness, and that, instead of dying with an uncountable number of ailments, which smite them all along, from infancy to mature manhood, casualties aside, human beings would die of old age.

4. That, in order to be cured of any disease, no matter what, if curable, the patient needs simply to be brought within the range of the operation of the laws of his organism, and so relate himself to them that they can work unobstructedly, and he can not fail to get well.

5. That the only sound philosophy upon which to proceed to treat the sick, with a view to their restoration to health, is to use such means, and such only, as when properly used would keep them from getting sick.

With these principles as our medical creed, we commenced operations. Our beginnings were small. We had no capital wherewith to surround ourselves with the conveniences and improvements which we so much desired. We only had perfect faith in the truth of our principles, perfect unity of aim and purpose among ourselves, energy to work devotedly for the good of our sick ones, and patience to wait for results to be brought about in a natural and satisfactory way.

The consequence is, that we have succeeded in establishing a

Hygienic Institution,

larger than any other institution of like aim or character. Now, far be it from us to say this in any vain or boastful spirit. On the contrary, we make mention of it as a matter of regret, not to us only, but to all sincere and right-minded men and women; for if there is one thing more than another, standing across the path of the great

WILLIAM L. RAY, M.D., is the want of practical illustration of the superiority of the Hygienic method over the discredited method of treating the sick. For a number of years, able writers have been advocating the Hygienic-Therapeutic treatment for the various illnesses to which mankind are subject, yet the great mass of the people are not reached and in our judgment can not be, until they have a more practical demonstration of the success of our methods of treatment than as yet they have been able to have. We would rather, therefore, have "Our Home on the Hillside" stand as it does, in its prosperity, as a means whereby to convince people of the value of Hygienic-Therapeutic treatment, than the most learned book that could be written on the subject, because it is something appealing directly to the practical observation and judgment of every one who sees it. Far and near is our Institution known to be precisely what it represents itself to be—a successful exponent of the Hygienic Philosophy in treating the sick, and conducted on a plan that combines all the advantages that can accrue in such an establishment, from having the very best surroundings and the most thorough efficiency, so as to make an aggregation of influences of the very highest order and quality.

We are not jealous of anybody, nor do we feel it at all necessary on our part to detract from the worth of other establishments, provided they have any worth, of which we take full liberty to judge for ourselves in view of what they do. We are opposed to hotels for the sick, to watering-places for the sick, to drug-medication for the sick, whether that medication is to be administered in the form of pills and powders, or of medicated waters. But we are not opposed to any hygienic institution. On the other hand, we are greatly rejoiced to see them multiplied, and are as ready to show them kindly regard and sympathy as could be asked of us to do. We never hear of an establishment starting up and honoring the Laws of Life and Health, in its medical and general management, without thanking God that he has put it into the hearts of its conductors to originate such a measure, and seek to

carry it out, and where, from want of proper management, either in general or in detail, any true-hearted man and woman fail to meet with success, we regret their failure as much as though it were our own. Neither in our advertisements nor in our writings, either in the WATER-CURE JOURNAL or the LAWS OF LIFE, can any one find a line which in its word or spirit contravenes the truth of this position. The real fact is, that the number of hygienic establishments indicates with mathematical exactitude the progress of hygienic principles, and therefore the number of such institutions should indicate the ratio of those who will patronize them. There is no need, therefore, for suspicion, jealousy, or envy on the part of anybody toward us, or on our part toward them. We have begun a great work. If our lives are spared, we intend to continue and push it with vigor and untiring energy in every direction. God has blessed us and enabled us to become prosperous, and we are thankful.

In no direction, however, have we been more favored than in the services of Dr. James C. Jackson, our physician-in-chief, who, though not a proprietor, has yet been able by his skill as a physician and his capacity as a business man greatly to aid us; and the benefits that we have derived from his large experience, and the profound ability with which he has investigated the Laws of Life and Health, and the best manner in which to combine hygienic agencies for the treatment of the sick, are most readily and gratefully acknowledged by us, and we are sure, are duly appreciated by the public. Dr. Jackson's reputation has become so extensive as a hygienic physician, and his attainments are so readily admitted by those who have had opportunities to enjoy his personal acquaintance, as to furnish a guaranty to invalids who may visit our Institution, that, whatever may be their ailments, if they are curable, they can most certainly be cured by a proper course of treatment at our establishment. Undoubtedly, his reputation in the treatment of

Sexual Diseases,

especially those which among men are known to arise from debility of the reproductive organs, and are usually termed spermatorrhoeic derangements, and those diseases which among women are known by the popular name of "female diseases," is more extensively and more substantially founded in scientific philosophy than that of any other physician living. For eleven years he has given himself up to the investigation of the causes which, in so large and varied direction, produce this class of diseases, and the opportunities which he has had in a very extended practice to test the correctness of his theory, has justified him in adopting and following a plan of treatment far different from that pursued in any other institution, or in the practice of any other individual physician.

Unlike other practitioners, he treats this class of diseases after methods that naturally grow out of the principles to which, in the earlier part of this statement, we have made allusion, and thus, instead of recognizing local diseases as special in their nature, and therefore demanding "special" or "specific" treatment, he recognizes them as the mere outgrowth of general derangement, and makes all his hygienic applications accordingly. The result has been so largely beneficial as to warrant us in giving it our firmest faith, and adopting it as the principle of action in our Institution, and steadily for years have we witnessed its success until not a shadow of doubt remains in our own minds. What it is by far superior to any other method of which we have ever had knowledge. During the period to which we have alluded, Dr. Jackson's method of treatment by himself, and by ourselves in connection with him, has been applied to over four thousand men, and over three thousand women, and with such success as to warrant us in saying that it has answered at least the expectations of ninety-five persons in every hundred who have tried it. Every year large numbers of young men and women come to "Our Home" to be treated for this class of diseases, usually connected with more or less other morbid complications; and while previous to their coming to us their lives have been but little better than blanks, and in instances not a few have been great burdens, if not actually curses to them, after having lived in "Our Home," and taken a course of treatment with us, they go back into the world strengthened, invigorated, and cured, with higher and better ideas of life, and in better health than they have ever before enjoyed. To the truth of this statement we could give thousands of testimonials of persons living in the different portions of the United States and the Canadas, if such testimonials were at all needful.

If, then, under this statement of our principles and policy, the sick, or their friends who may read it, shall feel that "Our Home" is a place where invalids can be restored to health, they may rest assured that no pains will be wanting on our part to make their expectations good. We feel the responsibilities which our reputation imposes upon us, and we are confident that, with the Divine blessing, we are equal to them. Should any person or persons wish to know more intimately of us or of our plans, methods, purposes, or place than they can get from this advertisement, we invite them either to visit us, and see for themselves, or to send for our Circular, or Dr. Jackson's Lecture entitled

"Our Home on the Hillside; or,

what we are trying to do, and how we are trying to do it," or for copies of our Health Journal, THE LAWS OF LIFE, which has a large circulation, and is edited by Dr.

Harriet N. Austin, assisted by Dr. Jackson. Either or all of these will be sent gratuitously on receipt of stamps to prepay postage. Also, if they like, let them send for our Health Tracts, and thus they will get an insight to the work we are doing.

Winter Treatment.

Our Home will be kept open this winter, and our prospect for a full house was never better. Last winter we averaged over ninety patients. This winter we hope to have over a hundred. At all events, we shall be happy to receive those who may come to us, and send them home in the spring, healthy and fit for life's duties.

Health Tracts.

We have them published and for sale at the following prices:

1. How to rear Beautiful Children. 9 cents.
2. Cook-ry—or how to prepare food. 9 "
3. How to take baths. 8 "
4. Hints on the Reproductive Organs. 15 "
5. Spermatorrhoea—a tract to Young Men. 6 "
6. Female Diseases, and the true way to treat them. 6 "
7. Flesh as food—or how to live without meat. 6 "
8. Student Life—or how to use the Brain. 6 "
9. Dyspepsia—or how to have a Sound Stomach. 6 "
10. The American Costume—or woman's right to Good Health. 6 "

These we will send for their prices post-paid, or we will do them up safely, and pay the postage on them, and send them for 50 cents in postage stamps.

Things needful to bring or to purchase after getting here:

- 6 Towels.
- 2 Linen sheets, or one linen and one cotton.
- 1 Woolen blanket.
- 2 Comfortables, or one comfortable and three woolen blankets.

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

LETTERS.—All correspondence for tracts, circulars, advice, or information should be addressed to James C. Jackson, M.D., or Miss Harriet N. Austin, M.D., and should contain stamps to prepay answers.

Our address: "Our Home, Dansville, Livingston Co., N. Y."

JAMES C. JACKSON, M.D., Physician-in-Chief.
HARRIET N. AUSTIN, M.D., Proprietress.
GEO. E. JACKSON, Proprietor.

SYRINGES.

GREAT REDUCTION IN PRICES!

We would call your particular attention to our improved Syringe, here illustrated, which is highly recommended by Professors in Medical Colleges, and has received encomiums from the Faculty and others who have examined, used it, and pronounced it the most perfect instrument of its kind ever introduced to the public.

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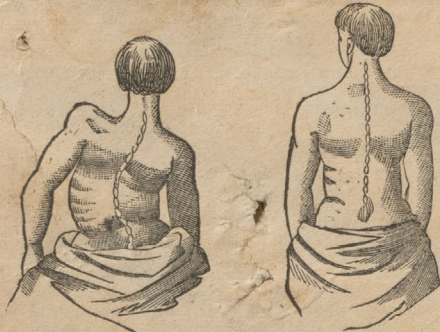
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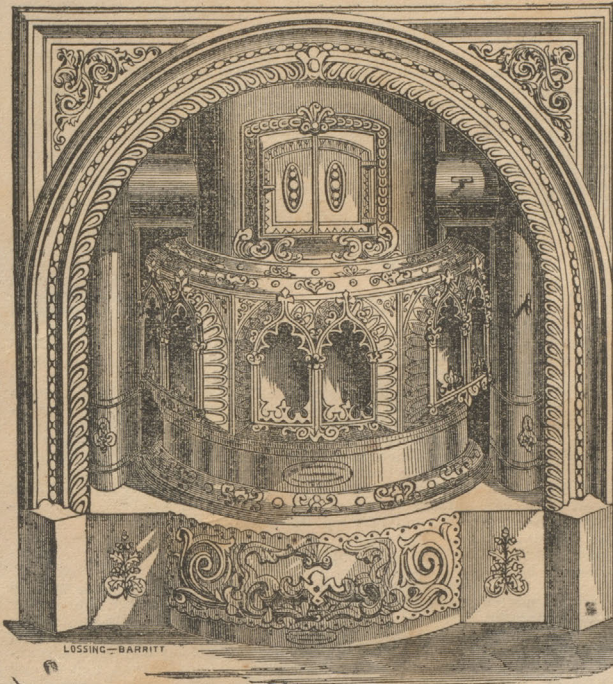
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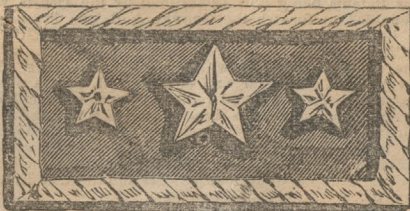
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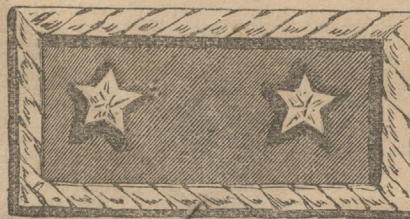
AND DISTINGUISHED MARKS AND BADGES IN THE ARMY OF THE UNITED STATES.

THE highest rank in our army is that of lieutenant-general, and was conferred by Congress for merit on Winfield Scott, General in-chief, who is the only one who has ever held this rank in the United States. The principal distinguishing marks of uniform are three stars on the shoulder-strap or epaulette—a large one in the middle, flanked by



LIEUTENANT-GENERAL.

two smaller ones—a double row of nine buttons on the coat disposed in threes, a buff sash, a straight sword, and a sword knot terminating in acorns. A major-general is the same, but with only two stars on the shoulder. A brigadier-general has one star, and the buttons on his coat number but



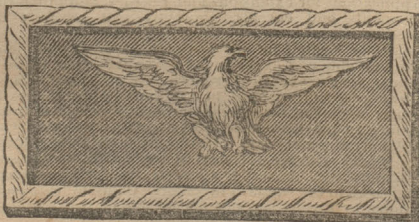
MAJOR-GENERAL.

eight in each row, disposed in twos. The colonel is the highest in rank in a regiment, and wears an eagle on his strap, the buttons on his coat in double lines numbering eight at equal distances. When this officer is placed in charge of a brigade he is called a colonel-commanding.

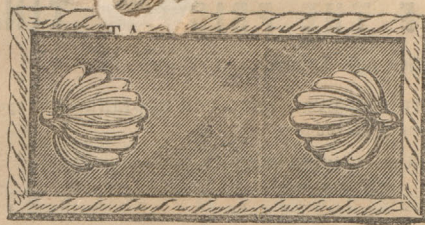


BRIGADIER-GENERAL.

A lieutenant-colonel is second in command of a regiment, and is known by the leaf on his strap, which is of silver, otherwise his uniform is the same as a colonel's. The major's is also the same, the leaf being of gold. His duty is to act as aide-camp of the colonel, and in the event of his two



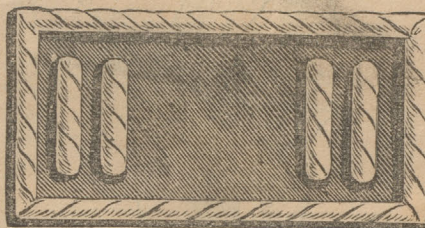
COLONEL.



LIEUT.-COLONEL AND MAJOR.

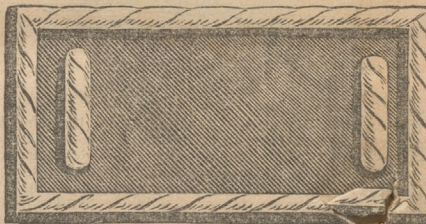
superior officers being disabled or absent, he takes command of the regiment; these three constitute the field officers of a regiment, and are mounted. The adjutant, whose position is the same to the regiment as that of the orderly sergeant to a company, generally ranks as a lieutenant.

Captains are commandants of companies, and are distinguished by two bars of gold on the



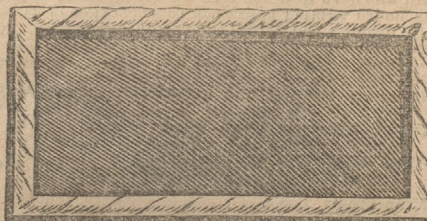
CAPTAIN.

shoulder-strap, and eight buttons at regular distances in a single row on the coat; the first lieutenant the same, but with one bar on the strap, the second lieutenant having a plain strap without marks. These last are called line officers; all regimental officers wear a red sash.



FIRST LIEUTENANT.

The surgeon ranks as first lieutenant in the volunteer service, and as major in the regulars, and has the letters M. S.—medical staff—embroidered on his strap, which otherwise is the same as a first lieutenant; also wears a green sash. The quartermaster also takes a lieutenant's rank, and



SECOND LIEUTENANT.

has the letters Q. D.—quartermaster's department—embroidered on his strap; the paymaster the same, with the letters P. D.—paymaster's department, and the commissary with the letters C. D.—commissary department.

These constitute (with the chaplain, who wears no marks, only plain clothes of uniform cut) the regimental staff, and are all allowed to have

horses. The non-commissioned officers are hospital steward, whose business it is to attend to the hospital stores, and all the detail of the hospital department, under the orders of the surgeon. His insignia is a green band on the upper arm, with a serpent entwined round a winged staff embroidered on it.

The sergeant-major is second sergeant in the regiment, and acts as assistant to the adjutant. He wears a chevron (V) of three stripes, connected at the top by half circular continuations. The quartermaster's business is the management of the details of that department; his chevron is straight across the top. The orderly sergeant is first sergeant in the company, and commands it in the absence of commissioned officers; the chevron is of three stripes, without connection at the top, and a diamond or star above. The second sergeant takes charge of half a company, called a platoon, and has the same chevron as the first, but without a diamond. The corporals are in charge of sections or quarters of a company, and are distinguished by but two bars in the chevron. Of the swords the cavalry saber is longest, and has a steel scabbard. The field officers come next; the scabbard being of chocolate enamel, with gilt trimmings. The line officers, plainer and shorter, with sheath of black leather. A general officer's weapon is straight, with a gilt scabbard of the pattern in the engraving; regimental staff is straight and short. Musicians and non-commissioned officers being shorter still, and more for show than use.

The color of the shoulder straps denotes the arm of the service—infantry being blue; artillery, red; cavalry, orange; and rifles, green.

SEVERED.

WEARY is the life I lead,
Beating air with vain endeavor;
Love is left to weep—to bleed:
Those dear eyes are closed forever!
Closed forever and forever!
Not again shall I behold thee!
Not again these arms enfold thee!
Thou art gone forever!

Nothing now is left for mirth;
All my dreams were false and hollow;
Thou, alas! hast left the earth—
May it soon be mine to follow!
Mine to pass the veil and follow!
Eyes of olden hours shall meet me—
Lips of olden love shall greet me—
In the day I follow.

—Blackwood's Magazine.

A CURIOUS WAY OF GETTING RESTED.—It is a custom in Berwickshire, England, among women workers in the field, when their backs become much tired by bowing low down while singling turnips with short shanked shoes, to lie down upon their faces to the ground, allowing others to step across the lower part of their backs on the lumbar region, with one foot, several times, until the pain of fatigue is removed. Burton, in his "First Footsteps in East Africa," narrates a very similar custom of females who lead the camels, who, on feeling fatigued, "lie at full length, prone, standing upon each other's back, trampling and kneading with their toes, and rise like giants refreshed." This custom is called "fogsi," in Africa; in our country it is straightening the back.—Notes and Queries.