

WATER-CURE JOURNAL

A GUIDE TO HEALTH, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

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CALENDAR FOR MAY, 1862.

Moon's Phases.	BOSTON.			NEW YORK.			WASH'TON.		
	Lat. 42° 21' N			Lat. 40° 42' N			Lat. 38° 53' N		
First Quarter.	6	10 40 ev.		6	10 28 ev.		10	16 ev.	
Full Moon.	13	6 16 ev.		6	4 ev.		5	25 ev.	
Third Quarter.	20	10 54 mo.		10	42 mo.		10	31 mo.	
New Moon.	28	10 42 mo.		10	30 mo.		10	18 mo.	

Day of M.	Day of W.	BOSTON.				NEW YORK.				WASHINGTON.			
		Sun rises.	Sun sets.	Moon sets.		Sun rises.	Sun sets.	Moon sets.		Sun rises.	Sun sets.	Moon sets.	
1	Th	4 54	6 59	9 49		4 59	6 55	9 44		5 26	52	9 38	
2	Fr	4 53	7 0	10 37		4 58	6 56	10 31		5 16	53	10 26	
3	Sa	4 51	7 1	11 19		4 57	6 57	11 14		5 06	54	11 9	
4	Su	4 50	7 2	11 58		4 56	6 58	11 53		4 59	55	11 49	
5	M	4 49	7 3	morn.		4 55	6 59	morn.		4 58	56	morn.	
6	Tu	4 48	7 4	0 31		4 54	7 0	0 27		4 57	56	0 24	
7	W	4 47	7 5	1 0		4 53	7 1	0 57		4 56	57	0 55	
8	Th	4 46	7 6	1 27		4 52	7 2	1 26		4 55	58	1 25	
9	Fr	4 45	7 7	1 54		4 51	7 3	1 53		4 54	59	1 53	
10	Sa	4 44	7 8	2 21		4 50	7 4	2 22		4 53	7 0	2 22	
11	Su	4 43	7 9	2 50		4 49	7 5	2 53		4 52	7 1	2 55	
12	M	4 42	7 10	3 24		4 48	7 6	3 23		4 51	7 2	3 31	
13	Tu	4 41	7 11	rises.		4 47	7 7	rises.		4 50	7 3	rises.	
14	W	4 40	7 12	8 33		4 45	7 8	8 27		4 49	7 4	8 22	
15	Th	4 39	7 13	9 37		4 44	7 9	9 32		4 48	7 5	9 26	
16	Fr	4 38	7 14	10 33		4 43	7 10	10 28		4 47	7 6	10 23	
17	Sa	4 37	7 15	11 15		4 42	7 11	11 11		4 46	7 7	11 6	
18	Su	4 36	7 16	11 51		4 41	7 12	11 48		4 45	7 7	11 45	
19	M	4 35	7 17	morn.		4 40	7 13	morn.		4 44	7 8	morn.	
20	Tu	4 35	7 18	0 20		4 39	7 14	0 19		4 44	7 9	0 17	
21	W	4 34	7 19	0 46		4 38	7 15	0 45		4 43	7 10	0 44	
22	Th	4 33	7 20	1 12		4 37	7 16	1 12		4 42	7 10	1 12	
23	Fr	4 32	7 21	1 35		4 36	7 17	1 36		4 42	7 11	1 33	
24	Sa	4 31	7 22	2 0		4 35	7 18	2 2		4 41	7 12	2 5	
25	Su	4 30	7 23	2 29		4 35	7 19	2 32		4 40	7 13	2 36	
26	M	4 29	7 24	2 59		4 34	7 20	3 3		4 40	7 14	3 7	
27	Tu	4 28	7 25	3 35		4 33	7 21	3 40		4 39	7 14	3 45	
28	W	4 28	7 26	sets.		4 33	7 22	sets.		4 38	7 15	sets.	
29	Th	4 27	7 27	8 15		4 32	7 23	8 30		4 38	7 16	8 24	
30	Fr	4 26	7 28	9 18		4 31	7 24	9 13		4 37	7 16	9 7	
31	Sa	4 26	7 28	9 57		4 31	7 25	9 52		4 37	7 17	9 45	

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. 9.

BY R. T. TRALL, M.D.

ROCK ISLAND, ILLINOIS.

HERE, for the first time, we saw the "Father of Waters." Davenport, the most populous city in Iowa, is beautifully situated on the eastern bank of the Mississippi, and is one of the most enterprising and progressive towns in the West. Rock Island, on the opposite shore, is a pleasant place of some five or six thousand inhabitants, and, for a Western town, rather conservative, not to say obstinately old-foggyish. It is one of those places in which a few individuals of wealth and fashion give a controlling influence to the opinions and habits of the majority of the people.

We gave four lectures in the Second Presbyterian church to fair audiences. Two physicians—one a homeopath and the other eclectic—made some objections to some of the positions we advanced, and asked a number of questions, which we answered, apparently to the satisfaction of the audience; but, somehow or other, the doctors could not or would not understand our propositions. However, as we replied to all of their questions, and had the last word, we may claim to have silenced if not subdued our adversaries. We saw and prescribed for quite a number of patients, some of whose cases will be interesting and instructive when we have time and space to relate them. We will give one of them at this time as a sample:

SANS TEETH, SANS JAW.

Mrs. Kenner, aged fifty-eight. Fourteen years ago she took a slight cold. It was three months before her period of confinement. The family physician was called. He gave her calomel, and she became badly salivated. Her teeth all came out, and with them a large portion of the jaw-bone. The reader need not be informed that she has been a miserable sufferer ever since. In her own expressive language, she has "never had any

comfort in eating." But she is not merely a sufferer in the negative sense; she is tormented every day of her life, and almost every hour when awake, with multitudinous and indescribable aches and pains of a dyspeptic, nervous, and neuralgic character.

A DRUGGIST'S EXPERIENCE.

A druggist of Rock Island told his story as follows: At eighteen years of age he had the ague and fever, for which he was drugged until his constitution was completely broken down, and a permanent "ague cake" of the spleen had been induced. Eventually he "swore off" from doctors, and then began to improve in health. Twenty years after he became sick again, "relapsed" into druggery, and was doctored for years, and until bleeding at the lungs, with piles of an aggravated character, became the complications of his malady. At length he quit the doctors again, went traveling, and got better. He has done an extensive business in selling drug medicines. Long ago, by watching the effects of the prescriptions which he put up for his neighbors, under the advice of their physicians, he came to the conclusion that those who took the least medicine were the best off. He had for years been in the habit of telling some of the first physicians of the place that they were ruining the constitutions of the people; but he could not make them acknowledge it. The physician, however, who has the reputation of being the "best read" M.D. in the place, confessed that doctors generally gave a great deal too much medicine. And the sincerity of his opinion is attested by the fact that, when sick himself, he takes no medicine at all.

MR. AND MRS. W. T. RIGGS.

In every place which we have visited we have made the acquaintance of some person or family who has been the pioneer in the cause of health-reform. The people of Rock Island are chiefly indebted to Mr. and Mrs. Riggs for introducing this subject among them. They are thorough advocates of our system, and live its doctrines consistently. Almost all persons who become thoroughly indoctrinated with the principles of Hygieno-Therapy, and also clearly appreciate its bearings on the health and happiness of the human family, especially if they are possessed of a good

degree of the "milk of human kindness," become, in some way, missionaries in our cause. Mr. Riggs, at an expense of seventy-five dollars, which he cheerfully paid out of his own pocket, provided for the course of lectures which we delivered in the place. He had no personal or selfish motive, as his family was entirely healthy, and he had no need of our professional services. We were made not only comfortable and at home at his house, but "fared sumptuously every day" on as good bread, as delicious apples, as rich and mealy potatoes, with abundance of preserved strawberries, etc., as were ever seen on a table where people profess to "eat to live."

THE TWO PICTURES.

After we had been domiciled in the family of Mr. and Mrs. Riggs a couple of days, Mrs. Riggs showed us a couple of ambrotypes, one representing a child about two years of age, and the other a little boy of about five years, and asked if we could see any resemblance between the children. We could not. We should never have suspected they were intended for the same person. Nevertheless such was the fact. Mrs. Riggs then explained: The little boy—which was at that moment running about the room—was born frail and scrofulous. From one to two years of age it was covered over with an erysipelatous humor; its muscles were soft and flabby: its limbs weak and tremulous, and its spine crooked and distorted. The parents then procured the Hydropathic Encyclopedia, and commenced treating the child according to its teachings. Its health soon began to improve, and soon it was active, playful, and robust, its muscles firm, and body erect, and to all appearance as healthy a child as one could desire to look upon.

ROCK ISLAND TO IOWA CITY.

At Rock Island we received so urgent a command from Dr. Kimball, of Iowa City, to visit that place, accompanied with such frightful intimations of possible consequences if we did not, that we dared not disobey. And this necessity of the case must be our apology for postponing our appointments in other places one week, and for being thrown into a channel which drifted us finally on to Washington City.

GOING HOME TO DIE.

On the cars between Rock Island and Iowa City, our attention was called to an invalid soldier, whose pale, thin face, short, husky cough, and unsteady walk told too plainly that consumption was far advanced. We had seen and heard so much of the "typhoid" in the camps and hospitals of our armies, and of the drug treatment which cured the fever by killing the patient, that we seemed to understand his case at a glance, and we remarked to our traveling companions: "That poor soldier is going home to die. He has probably had the typhoid fever, and been drugged into a fatal consumption." Soon we approached the sufferer, and inquired:

"How long since you had the typhoid fever?"

"It was not the typhoid fever at first, but the measles."

"How long were you sick of the measles?"

"About ten days."

"Did you take medicine for the measles?"

"Yes, lots of it."

"What happened after you recovered of the measles?"

"I had bleeding at the lungs—hemoptysis."

"Did you take drugs for the hemoptysis?"

"Yes, any quantity."

"How long were you doctored for this?"

"About one week."

"What happened next?"

"Then the typhoid set in."

"You took medicines for the typhoid?"

"Ever so much for nearly two weeks."

"Well, what next?"

"I got about, but have had a bad cough since."

"You are now consumptive, probably?"

"Oh, no, I hope not; but I guess I am pretty well on the road toward it."

"Was your constitution originally good?"

"Excellent. I was never sick before in my life."

Our suspicions were confirmed. The bleeding at the lungs, the typhoid, and the consumption were, most clearly to our mind, the effects of the remedies which were administered for the measles. We related this story in our address at the Smithsonian Institute, as an illustration of our statement, that more of our soldiers die of drug medication, than are killed by diseases and rebels combined.

IOWA CITY.

We have seen no more beautiful place in the great West than Iowa City, with the single exception of Madison, Wis. Nor can we imagine a much more salubrious location. This section of country seems to be peculiarly favorable to fruit culture, and a number of persons are giving this subject much attention. Foremost among these is Dr. Geo. E. Kimball. He has gone into the business of *hygienic agriculture* with zeal and ability, and before many years will show the world a *model farm*. His place is two and a half miles from the Clinton Hotel, where we took rooms; and a walk there each morning before breakfast, with the thermometer fourteen degrees below zero, gave us an excellent disposition to test the varieties of fruit we found on his table, and unusual ability to digest the merits of the farinaceous preparations which Mrs. Kimball provides in perfect condition. Never since the days when we roamed the woods all day, and gathered apples from our father's orchard at night, have we enjoyed eating more keenly than we did those breakfasts at Dr. Kimball's.

We gave three lectures in the place, and prescribed to a number of patients. Each of our lectures was attended by several physicians, and with two of them—Drs. Carns and Vogt—we had a little disputation after the lectures. Neither of them joined issue with us in relation to any principle we advanced, but sought rather by objections, cavils, and criticisms to make the audience believe that we had not advanced any ideas with which the profession was not familiar.

HOW A DOCTOR GOT MUDDLED.

Dr. Vogt, who is said to be the most intelligent allopathic physician in the city, and who has a large practice, denied our statement that the doctrine of disease being remedial effort is original

with us, and contrary to the general opinions of medical men; and he undertook to show that the profession entertained the same doctrine which we had explained in our lectures. To put the matter to the proof, we asked him what typhus fever was?

"Oh," said he, "a remedial effort; an effort of the *vis medicatrix nature* to cure the disease."

"To cure the typhus fever, do you mean?"

"Yes."

"How can typhus fever be an effort to cure typhus fever?"

This question he refused to answer, because we were "trying to get something out of him to print in the WATER-CURE JOURNAL."

We assured the doctor that he had not yet learned the relations between disease and the *vis medicatrix nature*, and recommended him to give the subject further attention, which we hope he has done.

A NEW THEORY OF DISEASE.

Dr. Carns introduced himself to us in the hall just before the commencement of our first lecture, and informed us that he practiced on Rademacker's theory of disease, which was both new and original. Always anxious and willing to learn, we solicited him to inform us what the theory was; but he declined doing it then, as it would require at least half an hour's time. We offered to give him the platform for half an hour or an hour, if he would enlighten us; but this offer, well meant on our part, only irritated and offended. Finally he offered to "enlighten" us if we would call at his office the next day at 12 M., which we agreed to do, and did do. But the light we received was only "darkness visible." His practice was a modified Homeopathy, amounting in many cases to mere placebos, and his theory was, to our understanding, or want of understanding, as the case may be—mere technical gibberish.

DIPHTHERIA AND PLEURO-PNEUMONIA.

Diphtheria has prevailed extensively among the children of Iowa City and vicinity during the last year. In the city seventy deaths occurred. Dr. Kimball has treated several cases hydropathically, and lost none. And one of the most eminent physicians of the place employed Mrs. Kimball to treat his own child hydropathically, while he was treating his neighbors' children drugopathically. Of course his own was saved, and, of course, some of his neighbors' children died.

For some weeks prior to our visit to Iowa City, a pestilence had been prevailing among the swine. By some the disease was denominated "hog-cholera," and by others termed "pleuro-pneumonia." The carcasses of the dead animals were being boiled up by the hundred for the sake of the grease. We saw at one place, by the roadside, an immense pile of dead carcasses, whose horrid stench was enough to create a score of cases of diphtheria.

The disease was unquestionably *typhoid pneumonia*. Dr. Kimball informed us that he had made several post-mortem examinations, and invariably found conclusive evidences of ordinary pneumonia. We have often had occasion to allude to the hog-raising and swine-eating as among the common causes of diphtheria, and the relation between this scavenger animal and the loathsome disease seems to have been illustrated by a num-

ber of incidents which were related to us. For example, one farmer, who keeps a large drove of hogs, had six cases of diphtheria in his family, no other cases occurring in his immediate vicinity.

OUR HOST OF THE CLINTON.

Mr. George Andrews, who keeps the Clinton Hotel, was the pioneer to introduce our system into Iowa City and the country round about. Becoming convinced of its truthfulness and of the utter absurdity of poisoning people because they are sick, he volunteered to treat many of his neighbors hydropathically, and made many remarkable cures. He informed us that one of the graduates of our school, Dr. Cameron, of Marietta, Pa., owed his conversion to him. Mr. Andrews, however, soon learned—what all must sooner or later understand who practice the healing art from motives of conscientious benevolence—that those who bestow their services gratuitously are apt to be cheaply valued, even by those whose lives they save.

ITEMS FROM ILLINOIS.

READER, do you know the luxury of systematic walking? If not I advise you to try it, especially if you do not enjoy sound health. There is nothing like it for exercise, and what, pray, can be so cheap?

But to reap the full benefit of it you must have an object in view. Have some business—something necessary for you to do that is helping you to obtain "bread and butter." This has been my condition for some months during the past year, and with the most favorable results.

Everything essential to our highest or most perfect health and development is easily obtainable—abundant and cheap! But very few of us seem to realize it, and really few and far between are those who possess, in sufficient quantity, those simple things.

It is really shocking to hear the grumblings of our fellow-mortals while the whole West is literally overflowing with food. True, we have war, but thus far none are compelled to have a hand in it but those who choose to.

Dry goods and fancy articles are "getting up," and so is tea, coffee, and sugar; but all these things are evils to a greater or less extent. We are compelled to wear out our old clothes, but clothes, you know, don't make the man, and if our women could only be persuaded to curtail their skirts to the most beautiful and convenient dimensions, millions might be saved to the nation, and man regain a partner in all the pleasures and avocations of life.

O, woman! did you ever reflect that in your drapery and superfluities there is a significant correspondence to your social, and mental, and physical condition?

You never can be man's partner and helpmate until you free yourselves from these stupid, hideous, and pernicious customs and fashions that fetter and enslave you. This law of correspondences is strikingly exhibited too in the social and domestic relations of man to his mental and moral condition.

For instance, as I approach a farm-house, and

see the condition of yards, barns, fences, etc., I immediately form an opinion of the master-mind who controls these, and even the disposition of the dog I study with care, so as to be prepared for an interview with his master.

But in all my wanderings, thus far, through life, I have seen no human habitation that indicated perfect mental and moral harmony of its owner or owners—there is something in excess, or something wanting. If a tolerable degree of neatness and order prevails in front, the back yard reveals heaps of filth and rubbish perhaps—this shows a deceptive or hypocritical state of mind; and so, too, it does in a lady or gentleman whose outer garments and decorations are fine and showy, and inner ones coarse, dilapidated, and filthy. All this is the reverse of healthy and harmonious nature. There, the external is rough, coarse, and not unfrequently unattractive, but strip off the rough covering, and beauty and fragrance will greet you.

In a world like ours, where so much spontaneous beauty and harmony are struggling for birth, is there no paradise where the children of nature may find a home where their highest conceptions of truth, purity, justice, and beauty are not to be crucified?

"The morning light is breaking,
Dark clouds of error fly,
And man is fast awaking,
Hope beaming from his eye."

Not a "health teacher" or journal have I seen in my perambulations through townships and counties in this State. The people do not seem to think of such things. They eat and drink whatever comes along or is common, and when they get sick, ninety-nine in every hundred run for the doctor or pill-peddler.

Fried pork and hot bread constitutes the principal food—though vegetables of all kinds are easily produced, and fruits (apples) are abundant and cheap, which are almost universally eaten uncooked, and between meals. Yes, there is sickness, and no small amount of it either, and catarrh seems to be the almost universal complaint, especially among the children; and it is by no means unfrequent to see whole families covered over with the itch, or, as we call it here, the "*Illinois mange*"—but itch, mange, or what not, it is a most unpleasant complaint, and said to be a right hard thing to "get shet of." "Wash all over," "bathe," not one in fifty ever thinks of such a thing. We wash our hands and face in the morning, generally, and our feet when they get right dirty.

And yet there are some old people here, and so far as climate is concerned, I see no reason why human life should not be as long here as most other parts of our country. I stopped with an old gentleman one night, who said he was 91 years old, still hale and hearty, worked every day, could still go to the woods with his rifle, and bring down a squirrel (though, perhaps, by the aid of glasses). At the age of sixty "could crack hickory nuts with his teeth," but being delirious from a sudden attack of sickness, his friends called in a doctor, who salivated him to such an extent that his teeth soon came out. "Never took any medicine before or since," "and never expect to again." "Lived as people generally do." "A great hunter and

trapper." "Came to Ohio before it was a State." "Temperate in all things." "Had used tobacco and liquor, but did not now." "Never was enslaved by either." "Always was a free man—intended to remain so."

ACCIDENTS FROM THE USE OF HORSES.

I not unfrequently hear of persons being killed, or see them maimed by horses, and I have about come to the conclusion that there are more serious accidents from the use of these animals than from all other causes combined, and I am also pretty well convinced, too, that there is no economy in the use of brute power for any purpose.

I wish some statistician would sit down and make a few calculations in regard to the cost and profit of animals. A horse does nothing for his support till three years old, upon an average. After that his keeping costs as much as it needs to for a man, and then he never works without a man's help too. Again, his harness, saddle, wagons, stable, etc., have all to be supplied by man. Fences, road, room, etc., are no small item of labor and expense also.

Filth, dilapidation, disorder, and general in-harmony are always more or less necessary in domesticating all animals, especially the larger kinds.

Readers, do any of you know of a community, or even a few families, who have no connection with brute animals, who cultivate the earth, and procure all necessary subsistence independent of them? If so, do tell us who and where they are.

H. B. HAMILTON.

"WRONG IMPRESSIONS OF WATER-CURE."

UNDER the above heading, in the January number, Dr. Miles very properly notices the wrong impression prevalent among the uninstructed, that cold water is principally used in water-treatment. Also the impression which the proprietors of certain cures make by proclaiming that theirs is the only cure in the world where patients are treated rationally. These are both seriously false impressions, but while combating these the Doctor has left another, which, if received, will prove more fatal to the advancement of Hydropathy among the common people than either.

He says: "The cry should be to all invalids: Go to a water-cure, no matter where, but go, all who can, and learn how to get well; then teach your poor neighbor the beauties of Hygiene, so that he can have cause to bless God for improved health."

The above language leaves the impression that all who would "learn how to get well," or understand the "beauties of Hygiene," must "go to a water-cure!" I would be glad if there were ten cures where there is now but one, and if in each cure there were ten patients where there is now but one; for I know that thousands are suffering for the relief which a good Hygienic institution could afford. Yet there are millions who will never go—who can not go, either to get well or to learn how to get well; and their neighbors will not go and bring instruction to them.

Now, this large majority of our population

must be consigned to hopeless ignorance and unrelievable suffering, if only those who can go to a water-cure, or be personally instructed by one who has been, can "learn how to get well," or understand "the beauties of Hygiene, or so obey Hygeia's holy laws," that he can "have cause to bless God for improved health." Had we not better send out the journals, the books, and the lectures, to teach the people the principles of Hydropathy, that they may learn how to apply them at home, if they can not go to a cure?

Dr. Trall says (I quote from memory): "If the people can be thoroughly indoctrinated in the principles of Hydropathy, they can not err much, certainly not fatally, in the home application of the Water-Cure."

Corroborative of this: during the last ten years we have successfully treated in our own family, and among our friends, severe cases of fever, liver complaint, ophthalmia, whooping cough, colds, erysipelas, and dysentery, to say nothing of the numberless threatened ailments which have been checked by timely care and attention.

I am acquainted with many other families to whom a knowledge of physiological principles and hydropathic processes has proven an incalculable blessing. Certainly, then, we should avoid making the impression that we must of necessity make a pilgrimage to Mecca, if we would be cleansed from the impurities of the flesh!

Is it not the duty of the disciples of Hygeia to preach the Gospel of Health to every creature, that every one may learn to obey and live?

OBERLIN, OHIO.

THOMAS F. HICKS.

WRONG IMPRESSIONS OF WATER-CURE.

BY SOLOMON FREASE, M.D.

THERE is an erroneous impression on the minds of many people not well acquainted with the Water-Cure system, that nothing but cold water is used by its practitioners in the treatment of the sick. This error has often been noticed, and sometimes corrected with apparent petulance by some of the writers for the Journal. Wrong impressions once fixed upon the public, as upon individual minds, require a strong array of facts and arguments often repeated to overcome them. We must, therefore, be patient. Time will bring about a correction in this as well as other things. But we should be the more patient with this error, as the public came honestly by it. During the time of the founder of the system, *Cold Water-Cure* was hardly a misnomer. A German physician (Weiss) published a book on the "Diseases Curable by Cold Water," and though it has been some years since I read the work, I have no recollection of there being anything but cold water in it. It was cold water externally, and cold water in marvelous quantities internally, by this heroic school of practitioners. Now, I have nothing to say against the use of cold water when used with due regard to the powers of the system, having too often witnessed and experienced its renovating and health-giving influence. But there can be no doubt that many of the earlier practitioners of the Water-Cure used more cold water than was necessary, and less warm water

than could have been done advantageously. Experience has taught physicians of the present day that tepid and warm baths can be advantageously employed in many cases where cold baths are inadmissible; and that even where cold bathing is not contra-indicated, the baths of middle temperature will often produce the desired results quite as well. The enemies of our system, and sometimes its pretended friends, who are much inclined to giving drugs, get up frightful pictures of the cold and repulsive treatment administered to delicate invalids at Water-Cure establishments. I have no doubt that some of these pictures may have had a foundation in truth at one time, but they are mere fancy sketches of the mode of treatment now in all well-regulated Hydropathic establishments. The most of the errors that are now practiced in this way are by the drug-physicians themselves. They have heard of the Water-Cure, and by virtue of their title as physicians, suppose they understand all about the healing art, Water-Cure included. I do not doubt that every old-school physician, who may never have used water in the treatment of the sick a dozen times in his life, would regard as an insult the supposition that he did not know more about its proper use than Water-Cure physicians themselves. But they do sometimes use it to satisfy the wishes of their patients, and usually make a very blundering business of it. They verify their own opinions, that water-treatment is very bad treatment.

It was not to be expected that our system would be perfect at its commencement, and that there is yet much to learn by those of us who have practiced it the longest, all will be ready to admit; but we have made progress. We have corrected many of the errors of its early advocates, and some of our own as well. Experience is the test that in the end tries all things; and this experience, while it has fully confirmed the general truth of the Water-Cure system, and the wisdom of its founders, has, nevertheless, modified their practice, and placed the system on a more scientific basis.

Let us then be patient with the public for still continuing to call our system the Cold Water-Cure. The fault is at the present time as much or more that of those who know better as of those who do not; for how often do we hear this class, from habit or inattention, call it the same as others do! It is of considerable importance that the error should be corrected, as many are deterred from availing themselves of the benefit of our treatment from their dread of cold water, and the fear that it would be injurious to them. Many of those who so much dread the treatment might take a long course of treatment at a Water-Cure establishment without having a single really cold bath prescribed for them.

There are wrong impressions entertained by some upon other points, one of which is, that the only agent we use to control disease is water. To remedy this, some of our friends would change the name by which our system has always been known, for one entirely different. This I think would be a great mistake, and be detrimental to our cause. Let us hold to our present name, and correct the misapprehensions concerning our system of practice. This will be found to be much

easier than to correct the misapprehensions that would result from a change of name. Having expressed my views on this subject more fully in another article, I need say no more about it here.

Another wrong impression concerning the Water-Cure, as practiced in establishments, that needs correction, is of the diet. Many suppose that, as a general rule, diet is restricted to the point of starvation, and believe that if starvation is escaped at one of these institutions, that they will be fortunate. Patients on coming to our table have frequently said, "Why, doctor, I thought we should get about nothing to eat when we got here! but I see plenty on your table." It should be understood that at Water-Cures, patients get not only plenty to eat, but plenty of such food as is good for them to eat. They may not find the mince-pies, short-pie-crust, and the condiments to which they have been accustomed; but they will find some dishes they are not accustomed to, that they will like, and for which they will gladly exchange those to which they have been accustomed. Of course we exercise the privilege of restricting the diet in certain cases. The quality and quantity of the food taken into the invalid or healthy stomach should be adapted to the capacity of the digestive and assimilative powers of the organism. Upon the subject of diet, I know there is some diversity of opinion among Hydropathic as well as other physicians. The general features of the tables of Water-Cure establishments are, however, not very dissimilar. One physician may restrict his patients more in quantity, and another more in quality, when restriction may be necessary, while the same general plan may be carried out, and the same purpose accomplished. It was the habit of some of the earlier American Water-Cure physicians not only to diet their patients very abstemiously, but to fast them at times, for many days. One physician I know, advocated long fasts, and kept some of his patients from food for twenty days at a time. This practice, I think, has not met with much favor, and is not now, to my knowledge, resorted to. I do not deny that long fasting may sometimes be beneficial, and be the means of restoring to health invalids not otherwise curable; but I have seldom seen so good results follow it as others claim to have seen. One inveterate dyspeptic lady came to me for advice after fasting for twenty-six days—so she told me, and I was satisfied of the truth of her statement. She had somewhere read that to fast till there was a good appetite, and till the tongue was clean, was the way to cure dyspepsia. She, having faith in it, tried it, eating not a particle till the eleventh day; and although she still had no appetite, and her tongue was not clean, was not satisfied that it was prudent to fast any longer, and ate about four ounces of bread. But as it hurt her stomach very much, she concluded to continue the fast, and did so until the twenty sixth day. Her appetite still not returning, and her tongue still being coated, both herself and her husband came to the conclusion to seek medical advice. They came to me. The woman was still able to walk. Her tongue was very red and smooth at the edges, and coated in the middle. As it seemed to me she had fasted long enough, I prescribed some food for her, but the stomach would not retain it.

This was in the evening. In the morning she again took some food, which her stomach retained. My advice to her, which was to eat very sparingly for a few days and then gradually increase the quantity, was followed. She returned home in a few days, and in about two months wrote me that she was well. The fasting worked well in this case, but I should not wish to take the responsibility of advising others to follow her example. I believe the same results could have been obtained by less fasting and more judicious water-treatment. A few days' fasting is often advantageous; but the changes produced in the system by a fast of ten or twenty days may not always be beneficial. Moderation in diet seems to me to be what is needed in most cases. When this is observed, absolute fasting is seldom necessary; where this is not observed, a fast of a day or two will be productive of the best results, and will often save a doctor's bill.

What has here been said on the subject of diet, has reference to chronic diseases only. In many forms of acute disease, the good effects of fasting for several days at a time can not be overrated; nor the injurious effects of the opposite course, so often pursued, of urging food when the stomach is in no condition to receive it, too much condemned.

GRANVILLE WATER-CURE, GRANVILLE, O.

THE MOVEMENT-CURE—ITS OBJECT.

BY D. D. MILES.

THE result of motion is development and increased strength of the organs so subjected. The object of the Movement-Cure is to develop weak muscles, change pathological determinations, and harmonize all muscular developments. The cause of muscular weakness or deformity is innutrition from the want of proper exercise, for it is a physiological law, that "nutrition, or muscular development, of any portion of the body occurs in direct relation with the active movements to which the part has been subjected," and the Movement-Cure relates to pathological conditions only; exercise, to normal conditions; hence, the name, "Movement-Cure," is applicable to motion given for the nutrition and development of relaxed and wasted muscular fibers; and exercise, when motion is given to retain healthy conditions. For the ancient Greeks and Romans, exercise in gymnasiums, or out of doors, was just what their symmetrically developed bodies required; but for puny Americans, as a general rule, the heterogeneous exercise of the gymnasiums is not applicable, and would increase rather than remedy our deformity, for in all our voluntary motions we favor weak muscles, or "limp on the lame leg," and thereby concentrate all the nutrient material to the already over-developed organs, while the Movement-Cure would have for its object the concentration of all the vital forces to weak organs only, till restored to a normal condition. Thus we illustrate the distinction between the Movement-Cure and exercise, as usually understood, and hope in a future article to be enabled to show, by practical illustrations, conditions requiring hydropathic applications, also those requiring the Movement-Cure alone, or both in combination, and prove that neither is a system of itself, but together they form a perfect whole, and that at those institutions where they are systematically combined, patients will recover in nearly one half the time that they would when either is practiced alone.

RURAL HOME WATER-CURE, WABASH, IND.

HOG'S LARD.

BY JAMES C. JACKSON, M.D.

In this country the people eat no grosser article of food than the fat of swine. This they use in large quantities, and its effects sometimes are very deplorable. Some six months ago I received a letter from a gentleman, who stated to me that his only son, a bright lad about ten years old, had, while attending school, in the winter season, broken out with a number of small sores on the back of his head, and which, after their first appearance, had steadily increased, until they ran together, making a running ulcer of two or two and a half inches in diameter. Under medical advice, and through various applications, he had tried to heal it, but had failed, the boy's general health having rather improved since the appearance of the sore. As the gentleman was a man of wealth, and the lad his only child, he urgently requested me to come and see him, with a view to have me prescribe a course of treatment for him at home, saying that but for his mother's unwillingness to have the child separated from her, he should send him to my cure. I accordingly attended the summons, and, after a day and night's ride, found myself in the presence of my patient. A single glance at the child satisfied me as to the cause of the difficulty, and the first thing I said was: "Your child is scrofulous, and you are feeding him on grease." His mother confessed that he had a very great liking for pastry, and articles of food in which lard was a constituent. I said to her that the difficulty in the way of the child's restoration to health lay in their supplying him, through his food, with a material which so depraved his blood as to render such vital action as was seen in the running sores actually necessary for the preservation of his life. I made a prescription for him, involving the use of a daily bath, life in the open air, and an entire absence of all oleaginous foods and flesh meats, and *my mission was at an end*. I had told the parents all I knew about the case, within five minutes after I had reached their dwelling. I stayed over night, and the next morning started for home, saying, as I parted from the parents, that the advice I had given them, in regard to their child, would certainly prove effectual, if they followed it faithfully. As I resumed my seat in the cars, my mind was led into a train of reflections in regard to the deleterious uses of *fat* as an article of food for our people. The more I thought about it, the more certain was I, that, to its free use in families, is a large part of the sickness owing that shows itself in the form of inflammatory diseases. Of the various oily substances used as food, there is no other so decidedly open to condemnation as hog's lard. It contains little or no nutriment, and only serves at best to load the tissues so as to interfere with the integrity and efficiency of the muscular structure. No man is, or can be, as strong, who uses pork as a staple article of food, as he would be were he to substitute grains therefor. Wheat meal will give to a man all the fatness he needs, while at the same time it also builds up his muscular frame, adds to the fineness and coherent power of his bones, and makes his whole system supple and elastic.

The notion that prevails, that in a climate like ours, fat meats and oils are needful for the furnishing of animal heat, so as to protect the living organism against atmospheric influences, is particularly absurd. No man thinks of feeding his horse with expressed oils in order that the horse may not freeze to death in the winter in the stable. It is enough for the animal that he gets hay and oats, while his owner is eating large quantities of fat daily, lest, in the absence of it, he should suffer from the common exposures. When the Health-Reform-Movement shall have reached a point where popular attention is given to it, its advocates will be able, I think, to cause a great diminution in the use of hog's flesh, and, I trust, in the use of flesh of other animals also.

The parents of this boy were particularly intelligent on all subjects but that of health, and having tried medicines, both internally and externally administered, till they were satisfied that the child had not received, and would not receive, any benefit from their use, they followed my advice implicitly, and in ninety days from the time I left home, they wrote me that their child's head was entirely cured, and his health much better than at any time for years previous. So much for the reduction of common sense to science.

RAILROAD MUSINGS—No. 9.

HISTORY OF MELCHIZEDEC WILLIAMS.

BY H. H. HOPE.

"I was born of Christian parents; both belonged to the Presbyterian Church, and in my infancy was baptized under the name of Melchizedec Williams. Why my parents came to christen me as they did I never knew, except as I gathered it from casual expressions which I heard them and other persons of the same denomination make in regard to the duty of selecting Bible names for children. Every one of my brothers and sisters had a Bible name, and it was, doubtless, a devout feeling that prompted them to the selection of such names. The practice of baptizing infants, and bringing them into church covenant, as it is called, naturally awakens in the minds of those who accept this rite a feeling of great respect for the Bible and its usages; and as the Jewish custom was that of naming children so as that their names should bear some particular signification, my parents acted upon the suggestion, and named me Melchizedec, and all their other children, as I have said, by Scripture names.

"Early in my life my parents moved to Indiana. They were among the pioneers of this State; and here—for we are still in the State of Indiana—I was reared. The eldest child of eight children, I grew up under all the privations which attend the settlement of a new country; and these, even in a prairie land, are great. Those who come in at the second or third settlement know nothing about the excessive troubles and trials through which the earliest settlers had to go. In my own case, the culture I received was necessarily that which came of itself, rather than that which is imposed. Of an inquiring and rather precocious mind, I showed early great appreciation of facts, and as soon as I could, of principle; and my attention

became interested in all matters that came within my view, but of which I had at the time no knowledge. Schools, in the region where my parents lived, there were none. My mother had received, in New England, more than a common school education. My father was an ignorant man, so far as respects learning, but more than an ordinary man as regards natural ability. Such knowledge as I obtained during the earlier years of my childhood I obtained from my mother. Our habits of living were of the grosser kind. We lived almost entirely upon foods that were readily available, and of these pork and corn were the main or staple articles. I can not tell how much pork I have eaten in my day, but a great many hundred times my own weight, doubtless. When I was twelve years old, or thereabouts, I showed great sensitiveness to lung complaints; I frequently had severe attacks of acute congestion of the lungs; I had, for successive winters, inflammation of the lungs, and it was supposed that I must go into a decline. However, the strength of my constitution prevailed, and I worried along till I got to be eighteen or nineteen years old, when I insisted on my parents permitting me to take advantage of some scholastic opportunities, and increase my stock of special knowledge. I did so, and came East to the New England States, and there spent two years, wherein I laid the foundation of pretty broad acquisition, which has been of great service to me. Returning to the West I married. My wife was a feeble woman, of beautiful face, but of scrofulous diathesis, and bore children rapidly, so that in the course of a few years groups of children could be seen on our hearth-stone. They are all now lying in their graves, every one having died of scrofulous consumption, and I, a heart-stricken father, never dreamed till this very day that it was possible that they might have lived. I can now see how infinitely wise and good the Creator is in *establishing laws* for the regulation of man's earthly existence. I can not express to you the surprise, and even wonder, that has been awakened in me in consequence of the remarks you made this morning in our hearing. How remarkable it is that truths on a given subject should remain undiscovered by ingenious minds for years, and yet be so close to discovery as to render it almost impossible for them to remain concealed! Why could I not, by my own reflections, long ago have seen the baleful influence of feeding young, nervously organized children upon so gross food as swine's flesh? And yet, until you began to talk in the car this morning, I never thought of the subject; but as you proceeded, it flashed upon me like lightning, that to my own gross habits, and to those of my wife and children, are the deaths of my children to be attributed. I can see it now, because every one of them repeatedly had, previous to the exhibition of tubercular consumption, inflammatory diseases of some sort or kind. Measles, scarlet fever, bilious fever, inflammation of the throat or lungs, sore eyes, and skin diseases of various forms were more or less present with them. In truth, I believe they died of constitutional exhaustion, the vital force having been used up in efforts to overcome morbid conditions into which they were thrown by their habits of living. Now here I am alive, and childless. But I can not live long in the condition in which I am.

Do you think there is any help for me? I am fifty years old, and, as you see, very greatly burdened with flesh; and I suspect after hearing you, that much of it is but an accumulation of morbid matters which should have been carried off in the ordinary operations of the eliminating organs. Can you give me any hope?"

Here was an opportunity to preach righteousness to this man afresh. I did not wish to draw around me a crowd, because the matter was one which involved considerations of importance, and yet personal to himself; so I inquired of him where he was going. He said he was making his way to Indianapolis. I asked him if he put up at a public hotel, and he said he did. I then said to him if he had no objection, I would see him there and converse with him, as I had to stay in the city a part of the afternoon and over night, and I should be very glad to give him some suggestions in regard to his case. So we arrived at Indianapolis in due time, and there I told him what I thought he ought to do, and gave him my advice in regard to it, which was to go to the water-cure which I recommended to him, and see if he could not be helped; to make all his arrangements to stay there as long as his physicians should deem it worth his while; not to be in a hurry, but to give himself a chance for recovery; and I thought that he might be reduced, in the course of a year or a year and a half, to at least one half of his present weight. He told me that he had prospered in business, was a man of wealth, could go if he thought it would do him good, stay two years even, and if necessary take his wife with him. I advised him to do the latter thing; because if he recovered his health, and returned home to be under the influence of habits and methods of living such as he had all the while been accustomed to, he would *begin* to run down again; and one of his best securities against such a relapse would be the having educated his wife, as well as himself, in the knowledge how to live. So that they should act unitedly in this respect, I added that I thought a great many persons made mistakes in going to water-cures for the purpose of recovering their health, not making meanwhile any efforts to prepare for themselves fitting reception at home; their families living as before, and they returning after a time under the influence of the old régime, which steadily sets back its influence to their injury, if not to their ultimate degeneracy, and I should advise him to take his wife with him. He replied that this would be necessary, as his wife was as bad a liver as himself, and her difficulties (and she had plenty of them) ran in an opposite direction to those which he had to carry, she being very spare and of an exceedingly nervous temperament, and complaining more or less all the time of aches and pains and unhappiness. Doubtless the loss of their children had worn upon her, until under her more nervous temperament, or at least under her less vigorous vital temperament, she had suffered in mind more than himself.

So, after spending a very pleasant evening with him, I bade him good-bye, and in the course of a year from that time I received a letter from him, which I give below. Before giving it, however, I wish the readers of the JOURNAL to understand distinctly, that I have never yet written a story purporting to be the history of an individual or of

individuals, which, in all its essential relations, is not true. It is my habit to keep a memorandum-book, and wherever occasions arise to bring me into contact with sick persons, I keep notes of who they are, where they live, what their conditions are, and what are the statements they make, and as my correspondence is very extensive, and my travels are not narrow, I have a large field from which to draw my materials, and the readers of the JOURNAL are welcome to it. I see no particular use, however, in writing these histories, unless I incorporate into them so much of the Hygienic philosophy as to make them of service to those who are interested in knowing the various abnormal conditions into which human beings so easily and readily pass, and their recovery from disease, to the cure of which drug medication has a thousand times over proved itself entirely incompetent. But to the letter:

HANSOME GROVE, INDIANA.

MY DEAR SIR—I am under so many obligations to you for your kindness to me, that I can not forbear writing to you. In doing so, it gives me great pleasure to state that I have returned home from my visit to the water-cure, to which you recommended me, a new man. I weigh one hundred and forty pounds less than I did. My wife, who accompanied me, has gained twenty-five pounds in flesh, and our health is good. We feel that we are in more senses than one new creatures. We are related to life from new points of contact with it, cherishing not only new and high truths, but much more enlarged views of the duties which they enjoin, and are no longer, in any sense of the word, merely animals. Perhaps no man ever lived who ever occupied a more extreme differential point from that of any previous period of his life than I now occupy, from that which I held when you had your first interview with me. I am sure that what you said in the car, when the inmates of it gathered round you on that memorable day, first set me at thought in respect to the improprieties, as well as moral perversity of my habits of living, and has in my case proved itself to be eminently true, that you are a preacher of righteousness. To me, what you said that day was like the Divine wisdom. It quickened all my inner nature, and wakened up in me, for the first time in my life, a glimmering consciousness of the truth that human beings are bound to glorify God in their bodies, as well as in their spirits, which are his. Words can not express to you the satisfaction I feel every day under my present conditions. So thanking you kindly for all your faithfulness to me, I beg you on my own behalf, as well as on that of my wife, to rest assured that you will, by both of us, ever be held in grateful remembrance.

MELCHIZEDEC WILLIAMS.

SINGULAR FACTS IN HUMAN LIFE.—The average length of human life is about 28 years. One quarter die previous to the age of 7; one half before reaching 17. Only one of every 1,000 persons reaches 100 years. Only six of every 100 reaches the age of 65, and not more than one in 500 lives to 80 years of age. Of the whole population on the globe, it is estimated that 90,000 die every day; about 3,700 every hour, and 60 every minute, or 1 every second. These losses are more than counterbalanced by the number of births. The married are longer lived than the single. The average duration of life in all civilized countries is greater now than in any anterior period. Macaulay, the distinguished historian, states that in the year 1685—not an unhealthy year—the deaths in England were as 1 to 20, but in 1850, 1 to 40. Dupin, a well-known French writer, states that the average duration of life in France from 1776 to 1843 increased 52 days annually. The rate of mortality in 1781 was 1 in 29, but in 1850, 1 in 40. The rich men live on an average 42 years; but the poor only 30 years.—*Free Nation*.

HINTS TOWARD PHYSICAL PERFECTION.*

BY D. H. JACQUES.

THERE will be, unquestionably, published during the year works which will have a greater sale than the one before us, but we doubt if any of them will have a tenth of its merits, or so well deserve to be read through by every man and woman in the country. This is high praise; but how can one praise too highly a book of remarkable ability on a subject which is, of all others, the most important to mankind, and the one which provides most practically for the improvement and progress of humanity? In these hints we have "the philosophy of human beauty, showing how to acquire and retain bodily symmetry, health, and vigor, and how to secure long life and avoid the infirmities and deformities of age." In other words, Mr. Jacques has, in a clear and common sensible manner, shown the fearful neglect of physical education or training in this country, the impossibility of there being any sound physical beauty without it, and of the incredible advance there would be in mental and bodily improvement, and in happiness, could the body receive some little rational care.

If almost any boy or girl be educated with a view to health and strength, the effort will be successful. If children get plenty of fresh air, washing, and exercise, with simple food, and if their minds are not overtaxed by premature reading, or five or six hours schooling at a sitting—in short, if they exercise body quite as much as mind, they will grow up more intelligent and happy than under the present system.

"Avoid, as you value your child's physical well-being, the precocious intellectual development now so common in this country. We have well-nigh abolished the institution of infancy altogether, and filled the world with miniature men and women. Let us, before it is too late, make an effort to bring back to the earth the reign of childhood."

In no country in the world is there so much dyspepsia, liver complaint, consumption, neuralgia, or debility as in ours. In no country in Europe are there so few perfectly healthy women. Luxury, and laziness, and sedentary occupations, and confinement to rooms heated by death-giving furnaces have resulted in an anxious, melancholy, nervous race in our Atlantic cities; in wailing, morbid literature, mostly sickly sentimental or spasmodically "sensational." All of this would disappear if young men and women would go to a gymnasium, and there be regularly trained three hours in the week under an experienced teacher, and occasionally ride, swim, or share any vigorous and cheering amusements. No persons who are so educated grow up weak or sickly.

Next to this, Mr. Jacques shows us that the young should be educated in a knowledge of the laws of health, or in physiology; and be taught from infancy the immense, the stupendous importance of rationally cultivating them in their own persons. How ridiculously, how detestably absurd does it seem, that girls should, as in some fashionable schools, actually devote *nine hours* a

day to study, and only one to exercise! And what is learned during those nine hours? Accomplishments—for all studies are taught on the accomplishment system in such schools. How much better would it be if that *health*, which can not be secured without work, and that cheerfulness, which is the result of health, were made as important a branch of study as a *superficial* knowledge of piano-forte playing!

Mr. Jacques is properly impressed with the vast importance of physical beauty, and the certainty with which it may be obtained under a judicious system of physical and intellectual culture. We regret that he, of all men, should adopt that weak dilletanti-idol—that product of the decline of Greek art, the Venus di Medicis, for an ideal of female beauty, instead of the gloriously healthy, and far more superbly beautiful Venus of Milos. Every paragraph in his book, and all of his teachings point, in fact, to the latter instead of the former, who is rapidly losing, with all eminent continental critics, the high position she held with Byron, Rogers, and others who were better poets than artists. However, this does not prevent our author from being an enthusiastic admirer of the beautiful. He sees in it what it really is, an outward and visible sign of natural and inward perfection; the *consummation est* with which nature stamps her every work when she sees that it is good. All of this, as well as all the details of diet, gymnastics, mental and physical culture, moral and emotional influences, social conditions and occupations, effects of climate and locality, practical hygiene, womanhood, longevity, the arts of beauty and secrets of the toilette are treated by him with great judgment, and in a most interesting manner.

The typographical execution of the work, and its illustrations, merit especial praise. Such a volume required many and greatly varied illustrations, and we are happy to see them here, executed with due elegance. The book may be ordered by mail for one dollar.—*Phila. Evening Bulletin*.

REPORT OF CASES.

BY MRS. O. F. M'CUNE, M.D.

CASE No. 1.—Mrs. Cyrus B. Fuller, Stratton's Falls, N. Y., came to us June, 1859; age fifty-two years. She had suffered from a pain in her right side and shoulder for nineteen years. At one time her right arm was helpless. During the two years previous to her coming to us she had attacks of very severe cramps of the stomach, followed by vomiting, which lasted several times, until life was despaired of. Her physician said she could not live through another of those cramps, and they must be kept off with laudanum, morphine, etc. When she came to us she was in a very feeble condition; skin very much wrinkled, muscles small and flabby, circulation feeble, no appetite. She could not keep warm in the warmest days in June unless near a good fire, and had not walked a quarter of a mile in a number of years.

Treatment was half-bath in the forenoon at 90°, followed by considerable hand-rubbing; sitz-bath in the afternoon at the same temperature, twenty-five minutes. The electrical baths were given as often as every other day, for the first two weeks; after that, every day—they

worked like a charm in her case. Her diet was very sparing at first, but she soon had an appetite that needed controlling. In six weeks she went home much improved; continued treatment at home and continued to improve. We saw her the next summer, and she said she had not enjoyed better health in twenty-seven years. She is now in good health, and able to do as much work as ever she could in her life.

I give her name in full by her request.

CASE No. 2.—Miss ——— came to us August, 1859; age thirty-five years. Her diseases were nervous dyspepsia, liver complaint, spinal irritation, and a complication of female difficulties. She had suffered from constipation for years. Since June, 1858, had been confined to her bed more than half her time. When she came to us, it was with difficulty she could walk from room to room, was exceedingly nervous and sleepless—could not bear the least excitement. Her whole muscular system was very much relaxed.

Her treatment consisted, at first, in tepid sponging, and a daily half-bath at 90°; the wet girdle worn during the night. After the first two or three weeks she had improved enough to take packs twice a week, of forty minutes' duration. The electrical baths were given two or three times a week during her stay with us. After she got able to exercise she was kept at it all her strength would allow. She was under treatment fifteen weeks. When she left she could walk a mile and back twice a day, and go through the calisthenic exercises with all the elasticity and spirit of a person in good health.

I saw her not long since—she is in good health.

CASE No. 3.—Mrs. ——— came to us May, 1861; age twenty-seven years. She had been confined to her bed five years; during this time she had not lain on her back. She had been treated by physicians regular, irregular, and defective for spinal complaint; had been bled, leeches, blistered, and cauterized until it was a great wonder that she had vitality enough left to get well. She was brought to us on a bed; her friends said it was of no use, it was impossible for her to get well. The muscles of her limbs were less than half their natural size. Her main disease was prolapsus uteri; the whole muscular system, particularly of the abdomen and lower limbs, was very much relaxed and soft. She had worn abdominal supporters day and night for three years; had worn stays two years, and laced very tight with a view to support the spine.

The treatment in her case at first consisted in tepid sponging three times a day, with a great deal of hand rubbing over the abdomen and lower limbs to induce circulation; the abdominal bandage was worn constantly. As soon as she could be moved without too much pain she was carried to the bath-house, and took a tepid half-bath every other day, and the sponging was omitted. In a few weeks she could sit in a bath-tub fifteen or twenty minutes; from this time she improved rapidly, and could take packs, sprays, and other baths with benefit. As soon as she was able she was taken out riding and sailing, and kept out a great part of her time. She was with us fourteen weeks, and rode home thirty miles in a carriage with very little fatigue. Her neighbors wanted to know what kind of medicine we gave to cure her so soon. We saw her in March, 1862; she was well and strong, able to do the work of her family. Less than one year has produced a great change in her; ten months ago she was a hopeless invalid, now she is a hopeful, healthy woman.

FISH LAKE WATER-CURE, BOVINA VALLEY, N. Y.

* Fowler and Wells, Publishers, New York. Price \$1.

Publishers' Column.

EXTRA PREMIUMS.

We have sometimes, as an inducement for persons to send in their subscriptions at or before some fixed time mentioned, offered extra premiums. These are occasionally seen by persons long after the term named had expired, but who, nevertheless, send on their names and money in accordance with the offer formerly made. Our friends may not understand why it is more advantageous for publishers to receive their subscriptions at one time than another; but, although just now we have not time to explain the why, it is so. We desire, therefore, that it be understood by our readers, and the rest of mankind, that former contracts, premiums, inducements, offers, or bargains inconsistent with the regular rates are hereby repealed, and become null and void, and hereafter the following will be the only

TERMS FOR THE JOURNALS.

Single copies, one year.....	\$1 00
Four copies, one year.....	3 00
Eight copies, one year.....	4 00
Ten copies (and an extra for the voluntary agent).....	5 00

Agents, holding certificates, clergymen, postmasters, and physicians are authorized to send any number of names, at any time, at fifty cents a year each; but they are not entitled to the extra copy when they have sent ten. They will also be required to affix their title to their signatures, that we may avoid imposition. *These terms will strictly adhered to.*

We can not afford to publish the Journals at 50 cents a year, and be to all the trouble and expense of soliciting subscribers. Those who desire to have them for less than a dollar must render service by inducing their neighbor to subscribe. A moment's reflection will convince any reasonable person of the justice of our demands.

DEAD LETTERS.—By a new law of the Post-office Department, all letters not delivered to the persons to whom they are addressed, are to be returned to the writers, subject to six cents postage, provided, always, the letter contains their address.

The advantage of this will be evident to all. Many and serious misunderstandings and difficulties have occurred between parties in consequence of the non-receipt of letters, which non-receipt is often the fault of the writer, who fails to address them properly, or drops them in the post-office without any address whatever.

After proper time all these letters are opened and read, and, if possible, returned to the writers. In strictly business letters the address of the writer usually appears, but in letters of friendship the subscription is as often found to be Uncle John, Brother Joe, or Sister Susan, as the writer's full name. It may seem stiff and formal to write it as it should be, but the right way is the best after all.

GLEN HAVEN WATER-CURE.—By a notice in our advertising columns it will be seen that this once justly celebrated health establishment has

been reopened under the proprietorship of Mr. King, who informs us that no expense or pains will be spared to make it worthy of public attention.

The beauty of location and superior advantages of Glen Haven for a water-cure have been so well set forth through the columns of the Journal, in former times, by Dr. Jackson, physician in-chief to the establishment for several years, that its celebrity is world-wide.

We wish the new proprietor much success in his undertaking, as, indeed, we do all who endeavor, by their labors and influence, their practice and teachings, to spread the Health Reform, and show the people how to live.

LIVING HOME.—See Dr. Brown's advertisement. This institution is conducted on the you pay-your-money-and-take-your-choice principle. That is, you go to Dr. Brown's establishment to be taken care of, and employ just what physician you please. He furnishes nurses who will give pills, powders or potions, baths or packs, just as the elected physicians direct.

We don't wish to be understood as disapproving the Living Home in the least. We approve it. If people will take drugs, they ought to have a good place to do it in, and the aid of efficient and careful nurses does much to counteract the injurious effect of medication.

VOLUNTARY AGENTS.—Any and every subscriber or reader is requested to act in behalf of the JOURNAL, by forming clubs or otherwise. Now is the time for its friends to manifest their interest in the JOURNAL and the cause it advocates, either by obtaining new subscribers, or inducing others to act in its behalf. If any lose or wear out numbers in showing the JOURNAL—that's the best way to get subscribers—we will duplicate them in order to make their files complete for binding.

Literary Notices.

THE AMERICAN PHRENOLOGICAL JOURNAL AND LIFE ILLUSTRATED for May (now ready) contains: Benjamin Sherwood Hedrick—Phrenological Character and Biography; Education and Training Phrenologically Considered—No. 10; A Shelf in our Cabinet—No. 4; People of whom more might have been Made; Problem: to Analyze the Intellect and Knowledge—No. 6; Amount of Tobacco on the Globe; T. Hulbert Underwood; Hazel Valley: a Pastoral Poem in Three Cantos; Personal Influence; The Money Value of an Inventor; Wasn't Used to it; Thoughts for Schoolmasters; Stupid Smartness; The Law of Kindness.

OBJECT LESSONS. Prepared for Teachers of Primary Schools and Primary Classes. By A. S. Welch, Principal of Michigan State Normal School. New York: A. S. Barnes & Burr. 173 pp. 12mo, cloth. Price 50c.

This is useful more for the purpose of teaching teachers how to teach than for anything else. Children should be taught to think before they are taught to read and spell. Parents will find it valuable for containing many hints, by improving which they will be able to amuse and instruct their little ones, who will as play store up an immense amount of useful information.

LIFE AND WRITINGS OF JOSHUA REYNOLDS. By Allen Cunningham, with portrait. New York: A. S. Barnes & Burr. Cloth, 12mo, 369 pages. Price \$1 00. Sir Joshua Reynolds was one who had the honesty to take a position differing with the majority of artists of his time, and the talent to maintain it. He will always be remembered as one of the most truthful portrait painters. This volume contains fifteen discourses from him before the Royal Academy, of which he was president, which are replete with good sense, and practical instructions which are as valuable now as when they were delivered.

AIDS TO FAITH: a Series of Theological Essays by several Writers, being a Reply to Essays and Reviews. Edited by William Thompson, D.D., Lord Bishop of Gloucester and Bristol. New York: D. Appleton & Co. 12mo, cloth, 538 pages. \$1 75.

The preface of this work says: "The Essays in this volume are intended to offer aid to those whose faith may have been shaken by recent assaults."

The subjects of the Essays are—On Miracles as Evidences of Christianity, by H. L. MANSEL, B.D.; On the Study of the Evidences of Christianity, by WM. FITZGERALD, D.D.; Prophecy, by A. McCaul, D.D.; Ideology and Subscription, by F. C. COOK, M.A.; The Mosaic Record of Creation, by A. McCaul, M.D.; On the Genuineness and Authenticity of the Pentateuch, by GEORGE RAWLINSON, M.A.; Inspiration, by Dr. E. H. BROWN; The Death of Christ, by Dr. WILLIAM THOMPSON; Scripture and its Interpretation, by C. J. ELLICOTT, B.D.

Notes and Queries.

A. S. K.—Argyle is pronounced with the g hard. Longley's vocabulary of names, price \$1, answers all such questions. New Providence is a small island of Bahama group, twenty-one miles long, and breadth varying to seven miles. In its interior is Nassau (usually written "Nassau, N. P."), the seat of the Colonial Government.

E. C., Iowa.—There were no free States at the time of the Declaration of Independence. Vermont, in 1777, passed an emancipation act; and in 1790, when the first census was taken, there were but seventeen slaves within her borders. Massachusetts abolished slavery by the act of adopting her State Constitution in 1780, and in 1790 was the only State without a slave: Maine was then included in Massachusetts. Pennsylvania passed a gradual emancipation act in 1780, but so late as 1823 a slave was sold in Fayette County, to satisfy a claim against her owner. Slavery was finally abolished in New York July 4, 1827.

W. S. B.—There is no such rank as commodore in the United States navy. Previous to the act of Congress, in 1857, commanders of squadrons were by courtesy designated as commodores. That act denominates such commanders as flag officers. Captain is the highest rank in our navy.

B. E. N.—If you would describe more particularly the kind of pump you wish to repair, we would endeavor to get the bulb. There are many varieties.

W. J. B.—Unless there is a stipulation to the contrary in your lease, you are liable to pay rent for the whole time you have contracted, even though the building should be burned.

J. G.—Provincial postage stamps do not pass current at their full value in the States, but we never decline receiving them at par in payment for books or Journals.

W. A. C.—A Morganatic marriage is, according to the practice of the German princes, one with a woman of inferior rank. In the contract it is stipulated that the children of the wife by such marriage inherit neither the rank nor property of their father. Such wives are, however, sometimes raised to nobility by special act, in which case the children inherit her rank and fortune.

W. C. B.—A telegram is a message; a telegraph is an instrument by which telegrams are sent. They are from the words *gramma*, a letter, and *graphein*, to write.

FARMER.—Our term *acre* is the same as the Latin *ager* and Greek *agros*, which mean field. The German *acker* means both "a field" and "a measure of land." Most nations have some measure, being, perhaps, originally what could be plowed with one plow in a day. The English and American acre consists of 4,840 square yards. Taking this as the unit, the acres of some other countries compare as follows:

English.....	1.00	Holland.....	2.10
Scotch.....	1.27	Switzerland.....	1.62
Irish.....	1.62	Greek (ancient).....	.23
Spain.....	1.06	Baden.....	.89
Russian.....	2.70	Denmark.....	5.50



NEW YORK, MAY, 1862.

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.

HEALTH ASSOCIATIONS.—Health-Reform progresses everywhere among the people precisely in the ratio that the subject is discussed and agitated. In all places where our physicians have practiced, our lectures have explained, and our books and journals have circulated, the people are, of course, more intelligent respecting the principles and the merits of our system, and, as a necessary consequence, more inclined to adopt, and advocate, and practice it. And it generally happens, too, that the more the people know of our system the more they are willing to do for it, and the better they understand it the more desirous are they for more information concerning it.

The time has arrived when, in almost every town and village in the United States, there are a few persons who are believers in the system of Hygienic vs. Drug Medication. If those few persons will each make a little effort, the whole country can, in a few years at most, be thoroughly enlightened on this subject, and the triumph of our cause be achieved.

There are places in the world where our system is the popular medical system, and where the physicians of our school are employed by a majority of the people, and the same means that have produced these results in some places may produce them in all places.

We can think of no plan of operations which promises so much as the organization of Health Associations in all parts of the country. During the present year we shall visit various sections of the country in response to calls to lecture, and probably meet some of our co-laborers in Health Conventions. Some of our associate teachers in the Hygeio-Therapeutic College will do the same, and some of the graduates of

our school will travel among the people, or lecture in the vicinity of their respective neighborhoods as opportunity presents.

But there is nothing like organization and system to insure necessary work and permanent results. We suggest, therefore, that our friends, wherever two or three can meet together, organize Health Associations, on the plan of Debating or other Lyceums, adopt a constitution and by-laws, elect officers—a President, Secretary, Treasurer, etc., and hold weekly, semi-monthly, or monthly meetings. The business of the meetings would be, of course, the enrollment of members, the circulation of books, tracts, and periodicals, the discussion of all questions directly or remotely bearing on medical systems, the treatment of disease, and the cause of Health-Reform. Essays could be read, lectures delivered, and controverted points debated; and we doubt not every place could furnish sufficient intellectual material from its own unaided resources, to render its meetings interesting and profitable. Subscriptions could also be raised—and there are many persons who are able and willing to contribute money who can not so well give time and personal attention—to establish a circulating library, and to defray the expenses of an occasional Health Convention, or to employ speakers and lecturers from a distance when desirable. In this way—for what is everybody's business is nobody's—it would be *somebody's business* to see to it that the machinery on which the progress and success of our cause depends is kept in motion. And—for nothing is so inspiring to the friends of any cause as the success of their labors—so the good results of these Associations will encourage its members to greater and still greater efforts, until the whole land is redeemed from diseases, doctors, and drugs. We have reason to believe that the friends of our system are now sufficient in numbers and talent to annihilate the drug system from one half of these United States in five years, if they will work for so glorious a consummation as we have worked, and as we are willing to work.

MUDOPATHY.—The Philadelphia *Medical and Surgical Reporter*, whose three editors are, or ought to be, gentlemen as well as scholars, and whose position in life implies truthfulness of speech, and decency in the matter of morals and manner, essay to administer to us a dose according to the following pharmacological formulary:

WHAT NEXT?—Apropos to the visit of Hydropathy to Washington, to induce the Government to allow that phase of humbuggery to be tested in the treatment of the sick and wounded in the hospitals of that city, we observe that recently a spiritualist appeared before the Military Committee to urge the organization of a corps of clairvoyants to be consulted in the treatment of disease, and suggested that they might also be employed to remove wagons out of the mud.

No doubt such pleasant little fictions are very entertaining to the learned Esculapians who read the *Reporter*. And if we believed in the principle of "*similia similibus curantur*"—that "like cures similar"—we might invent a few infinitesimal falsehoods to cure the said journal of its lying propensity.

But our issue with the *Reporter* and with the medical profession is a matter of science. We declare their system to be false as a science. We do not call them humbugs as men. We say that their system is untrue in philosophy, in opposition to nature, and contrary to common sense, and we offer to prove this if they will give us the opportunity. We do not apply disgraceful epithets to them, nor seek to attach odium to their system by linking it with unpopular subjects and ridiculous fanaticisms. We declare, further, that our system is true, and that we can prove it, and that we will prove this also if they will give us the opportunity. All we ask of our opponents is the opportunity to make our allegations good. And is this so very unreasonable that medical journals can never tell the truth concerning us and our system? We offer to go to any place on the broad earth, and meet, before the people, all of the physicians, and all of the scientific men of all the world, or so many of them as will come together for the purpose, and have this whole matter at once and forever settled. But how do our opponents reply to our fair and honorable proposal? With facts, arguments, reason, logic, scientific data? No; but with slang, innuendo, misrepresentation, "pragmatical prevarications," and—*mud*. And these missiles belong to the pot-house politician rather than to the members of a learned and liberal profession."

But we will deal with the medical gentlemen of the *Reporter* on their own principle of "*contraria contrariis curantur*," and endeavor to restore them to truth and decency by administering a *clean* offer to their *dirty* story; and it shall be an illustration of the eternal and irreconcilable difference between Water-Cure, which

cleanses one of his existing impurities, and drug-cure, which adds poisons to impurities. We offer to the aforesaid editors—Drs. S. W. Butler, R. J. Levis, and L. C. Butler—that we will go to Philadelphia at our own expense, and discuss with them, and with as many of the Professors of their half-a-dozen medical colleges, and the editors of their half-a-dozen medical journals as they can get together to help them, on scientific grounds, the merits and demerits of our respective systems, at any time when they will provide a hall and give us notice. Or, if they prefer to come to New York, we will engage the largest hall in our city, at our own expense, and pay their traveling and hotel expenses. What says the *Philadelphia Medical and Surgical Reporter*?

CONDIMENTS FOR CATTLE.—Why do human beings require to have their victuals seasoned with pepper, salt, mustard, spice, or greased with butter or lard, or sweetened with sugar, molasses, or honey, or rendered palatable and masticatable by fermentation and saleratus, any more than animals do? Vital life is the same in all. Foods and condiments have precisely the same relation to living structures, whether those structures constitute a human, an animal, or a vegetable organism. And if stimulants, or seasonings of any kind, are useful to man, they are useful to his domestic animals; and if they are injurious to cattle, they are injurious to men. This is nature's teaching, whatever men may say, do, think, or teach. And now, since human beings have rendered themselves frail and sickly, nervous and dyspeptic, constipated and obese, all over the world, by the employment of condiments, it is proposed to degenerate and ruin the health of our horses, oxen, cows, sheep, pigs, and poultry in the same way. The following article, which we clip from the *Tribune*, will point the moral of these remarks:

CONDIMENTS FOR CATTLE.—Mr. Lawes, of Rothampstead, England, has done a good service to farmers, in a thorough test that he has given to the merits of the much lauded condimental food for all sorts of farm stock, which English farmers have been induced to buy largely, and American farmers to a limited extent, by a persistent, systematic course of advertising, and placarding its merits, or rather those it never possessed. Look, for instance, at the following extract, from one of these condimental food advertisements, put forth with an unblushing effrontery and full assurance that the race of fools is still alive and anxious to be gulled, and doubtless many have believed this lie:

"A pig fattened in half the usual time, and the bacon upward of twopence per pound superior in

quality, through the daily use of two pennyworth of Thorley's Food for Cattle."

It was to prove to others that this statement is a most barefaced falsehood, that Mr. Lawes undertook his experiments. Those who know aught of the character of that gentleman, will be assured that the experiments have been conducted honestly, and his report has been published during the past winter in several English papers in detail. The summing up of these experiments, in brief, we give for the benefit of many who have been, or are liable to be, humbugged in this country by the most downright impudence we ever saw used to palm off a worthless article upon the community. Let those who have any doubts contrast the above extract with the following results obtained by Mr. Lawes:

"1. The addition of Thorley's Condimental Food to good fattening food increased the amount of food consumed by a given weight of animal within a given time.

"2. The pigs receiving Thorley's food required rather more barley-meal than those fed on barley-meal alone, and the Condimental Food in addition, to produce the same amount of increase in live-weight.

"3. The pigs receiving Thorley's food gave a less proportion of salable carcass for a given live-weight, and of slightly inferior quality, than those having barley-meal alone.

"4. In fattening for ten weeks, there was a difference of £2 8s. 10d. on the lot of four pigs, in favor of barley-meal alone over barley-meal with Thorley's food in addition."

Now, with your eyes open, go and buy "Thorley's Food for Cattle," which you have seen advertised upon every brick-pile, board-fence, and pig-pen in the city and vicinity.

HYDROPHOBIA.—The season of mad dogs and hydrophobia being near, has suggested, as usual, the idea of being provided with some specific remedy against the contingency of a possible bite from some rabid animal. But people may as well understand first as last that there are no specifics. It is true, the newspapers are full of specifics—infallible nostrums, which have cured ever so many, and have never been known to fail; but there is one unfortunate drawback to all of them; the patients all die. A subscriber has sent us the following communication with a request that we reply to it:

HYDROPHOBIA.—A subscriber to the *Register*, living in Saylorsville, sends us a communication, giving the cause, symptoms, and cure of hydrophobia. The symptoms in the dog, he says, are unusual fondness, at first, for his master—his eyes become inflamed—throat and jaws swelled—gagging, and clawing at the throat—countenance sad—with increasing frothiness at the mouth—disposed to trot and run—snapping at everything in his way. The causes of this fearful disease are abuse, confinement, starvation, extreme heat or cold.

When incipient symptoms of the disease are evinced by the dog, blisters will be found under his tongue close to the string which is in the center. Lance the blisters, and a cure is probably effected.

There is a herb, called chickweed, which is a sure cure, if taken before the person or animal is seized with spasms.

The symptoms in man are, first—the wound becomes inflamed; the glands become painful; gloomy forebodings; unusual fondness for family and friends; blisters will be found under the tongue, a yellow blister being near the string on each side. Lance these blisters, and you are

safe. Administer one tablespoonful of the leaves of chickweed after they are pulverized and steeped in a half pint of water. This is also a sure cure.

Mr. Birch, who is responsible for the above, says that he writes understandingly, having once been bitten himself by a mad dog, and was cured. He does not state whether he had any symptoms of hydrophobia before he employed the remedy, or whether he was cured by the lance or by the medicine. If the remedies have virtue in them, and we know nothing to the contrary, Mr. Birch is entitled to thanks for giving no'riety to a cure for hydrophobia.—*Cor. State Register.*

We have only to say that the chickweed and the blisters under the tongue are far from being new discoveries. They are old exploded notions. They have had a run in the papers, and in the brains of doctors, and in the imaginations of the people, and have run out more than once before Anno Domini 1862; and whosoever puts his faith in either or both of them will probably die as others have done, should he be so unlucky as to be poisoned by a dog that is really mad. Many persons are bitten by rabid animals without being poisoned; and many are bitten by animals erroneously supposed to be mad; and, in these cases, the remedy is resorted to—will get the credit of curing or preventing the malady.

We do not believe that hydrophobia is necessarily fatal. But that it always has been fatal under the ordinary drug medication is acknowledged by all standard medical authors. There is not, indeed, a well-authenticated case on record, of a cure by drug medicines. But we have great faith that water-treatment would be effectual in many cases. Prolonged tepid half-baths, or frequent ablutions with abundant friction, and the frequent swallowing of small pieces of ice, would be the remedial plan adapted to the majority of cases. The preventive plan consists in destroying or disorganizing the injured part at once, so as to prevent the absorption of the virus. The part bitten may be cut out, or the injured tissues destroyed by means of any strong caustic, as aquafortis, sulphuric acid, carbonate of potash, quicklime, aqua ammonia, sulphate of zinc, etc.

MRS. YORKE IN THE FIELD.—We learn from a notice in the *Philadelphia Press*, that Mrs. Dr. Geo. W. Yorke (late Miss Homer) has recently been lecturing to the good people of Marietta, Pa. Her audiences were large and appreciative, and her efforts can not fail to advance the cause of health-reform. Two years ago Miss Homer was a member of our medical class, and

took a leading part in the lyceum exercises of the students. She is a fluent speaker, a ready debater, and well informed on all subjects she discusses before the public. We shall be glad to hear of her continued success in this field of labor, where the harvest is so great and the laborers so few.

"CONTRARIA CONTRARIIS CURANTUR."—The *British Medical Journal* relates the following anecdote:

M. Prevaults, of Tours, speaks thus of his personal experience of the antiphlogistic method: When eighteen years old, and a student at Paris, I was seized with an attack of acute rheumatism, and carried to La Charité, to M. Bouillaud's wards. Seven bleedings from the arm in four days, eighteen cuppings at the knees, *diète absolue* for a week, mercurial frictions, blisters, were the treatment. However, the fever did not cease before the eighteenth day. At the end of a month, I left the hospital, and managed to reach my lodgings, which I could not leave again for a month; and I was a year before I was free from pain and stiffness in the joints.

We respectfully remind the *British Medical Journal*, which speaks so disparagingly of the practice of M. Bouillaud, that the "antiphlogistic method" is perfectly orthodox, being recommended by many of the standard authors, and the text-books of medical schools. The fault is not in the antiphlogistic part of the drug system, but in the drug system itself. We have never failed to cure acute rheumatism by Hygienic treatment in two weeks.

"OLD BOURBON."—We wonder what it cost Mr. Suit, the extensive dealer in Bourbon whisky, to get the following puff inserted in the *New York Medical Times*?

One of the most urgent wants of the profession of this city is a *dépôt* where spirituous liquors of a reliable quality can be obtained for medicinal purposes. Heretofore it has been next to impossible to secure on prescription any form of ardent spirits that was not of an inferior quality, if not positively adulterated with the most injurious ingredients. Several of the leading physicians of this city have endeavored to secure an agency here which should supply the profession with at least one article—Bourbon whisky—of a perfectly reliable quality. They will have done the profession a good service if such proves, as we believe it will, both medicinal and palatable.

We are of opinion that all dealers in grog, whether "reliable" or unreliable, are doing the doctors and the undertakers a good service, but the miserable dupes who swallow the "medicinal and palatable" stuff are the ones who suffer.

POSTPONED AGAIN.—We fear we shall never be able to meet our Allopathic brethren in convention face to face, nor be privileged to hold a national convention at the same time and place they do. Last month we felt almost sure that the long-wished-for opportunity was soon to be re-

alized. But the following notice in the *Times* scatters our fond expectations to the breezes of heaven. We marvel whether the announcement of our design to obtrude upon their attention has induced our friends to "go over" again. A National Medical Convention once in three years—provided it does really "come off" next year—is rather slow business.

AMERICAN MEDICAL ASSOCIATION—ANNUAL MEETING.—We, the undersigned, Committee of Arrangements of the American Medical Association, after free consultation with officers and members in each important section of the country accessible to the Committee, feel constrained to give notice to the profession, that the regular *Annual Meeting* of the Association is further postponed until the first Tuesday in June, 1863.

Committee.—N. S. Davis, J. Bloodgood, G. W. Freer, H. W. Jones, E. Andrews, D. Luskie Miller, Thos. Bevan.

CHICAGO, March 29, 1862.

Well, we have concluded to have our performance whether our allopathic brethren bear or forbear. We will have a Health Convention, or a course of lectures, or a Hygeio-Therapeutic demonstration of some sort, in Chicago, commencing on the second Tuesday in June. Further particulars in our next.

THE ELASTIC STEEL PEN.—Eureka! We have found it. We have tried all the pens in market—quill, steel, and gold. For years we had watched each new invention, and tested every achieved "desideratum" in the pen-making business; while the presents of friends and manufacturers had enabled us to accumulate more varieties and styles than we knew what to do with. Still, the one thing needful "came up missing" every time. We wanted a pen made of a cheap material, as smooth-pointed and easily handled as the quill of the goose, without the trouble of mending; as elastic as gold; and which would make a mark as coarse or as fine as captions or text required. In a word, we wanted all the desirable qualities of all the kinds of pens in existence, or to be hereafter produced, combined in one individual article. And here we have it. We never before fully appreciated the luxury of writing. Indeed, we almost imagine that we can think more easily and more clearly, since our pen doesn't scratch the paper, but seems to run along as smoothly as the beautiful swans sail over the placid waters of Croton Lake in the Central Park.

The article we are writing its own eulogy with is manufactured expressly for Fowler and Wells, by Josiah Mason, of Birmingham, England. Reader—writer, we mean, try it; and if you do not write well, the fault will be in your hand or your head—not in the pen.

To Correspondents.

Answers in this department are given by Dr. TRALL.

SHAKING PALSY.—J. D. The patient is about fifty years of age. About three years ago he was taken with numbness in the fingers of the left hand; now it affects the whole left side, of which he has very little use. He is troubled with a spasmodic shaking or trembling of the muscles, but is able to walk about the house. Some of the doctors call it a spinal complaint. Is it curable? Give the best prescription you can.

We are of opinion it is not a spinal disease, but we should regard it as a desperate case requiring all the appliances of a water-cure. A prescription for home-treatment would, in our judgment, be useless.

SPINAL DISEASE.—S. W. P., Belleville. You do not give your State, so that we can not write you. We advise you to come to the institution. The majority of spinal diseases requires surgical or mechanical treatment of some kind. Our "Movement-Cure" exercises would be excellent in your case.

SALT.—J. P., Lancaster, O. We refuted Professor Johnson's theory of the healthfulness of common salt, in a late number of the *WATER-CURE JOURNAL*, to which we refer you.

WILMINGTON, DEL.—M. S. P. We expect to give a course of lectures in this place in the month of May next. We shall remain there one week, and can then attend to the matter you suggest.

SCALDED HEAD.—A. R. P., Knightstown, Ind. Dr. TRALL—Dear Sir: I wish to describe to you as well as I can the case of a babe, four and a half months old, that has baffled the skill of the best physicians in this country. When the child was about a week old the skin on the top of its head became fiery and red, and would burst open and matter would ooze out, then turn to a dry scab, and in a few days the scab would come off and leave the skin smooth for a few days, and after a few days more it would go through the same course as before described. The skin on its forehead is twice as thick as that of the other children. Its ears are always running matter. In every other respect it is as healthy as any child. Please tell the cause and cure (if any) in the *WATER-CURE JOURNAL*.

The child has the "scalded head." It is full of a scrofulous or erysipelatous humor. The cause may be in the mother's condition of habits of living, of which you say nothing. The curative plan is in a thorough purification, in which the dietary of the mother, if the child nurses, must be carefully attended to.

FREEZING CANCERS.—C. B. M., Westboro', Mass. Many cancerous growths can be entirely arrested in their early stage by the refrigerating process, and in some cases the tumor will nearly or altogether disappear. We have cured several in this way. We have a case now under treatment of a large cancer of the right breast, which has been reduced in size nearly one half, and entirely relieved of all pain, by the process of freezing alone. The case you describe would require about three months' treatment.

AMAUROSIS.—S. R., Colebrook, O. The symptoms you mention, "small dark spots before the eyes," etc., indicate incipient amaurosis; and this diagnosis is corroborated by the fact that blindness at sixty to eighty years of age is an hereditary tendency in the family. You should adopt a rigid dietary, and all of the appliances of our system to purify the system as rapidly and thoroughly as possible, or before ten years you may be sightless.

HEALTH CONVENTIONS.—J. N. S., Lawrence, Mass. We will attend health conventions in any place when our business engagements will permit. There need never be any difficulty in procuring good speakers, though it may involve a little expense.

PROLAPSUS UTERI.—M. C. P., Cedar Falls, Io. The case you describe is undoubtedly prolapsus in a severe degree. You will not be able to recover without assistance. Your management is correct, so far as bathing is concerned, but surgical or mechanical treatment is also required.

HYGEO-THERAPEUTIC COLLEGE.—C. R. J., Shiawassee, Mich. We shall not in future have any summer course of lectures.

The regular winter term will commence as usual on the second Monday in November.

AT HOME AND ABROAD.—We shall not be absent from the city during the summer, except occasionally to give lectures wherever we may have a "loud call." Our excursions into the country will not probably extend beyond a week or two.

PARALYSIS.—J. W. W., Hudson, N. Y. Nearly all forms of palsy are curable except those cases which depend on structural derangement. The case you describe is probably caused mainly by extreme constipation, and a plain, abstemious, fruit and farinaceous diet is essential.

DIPHTHERIA.—W. N. Y., Detroit, Mich. This disease is local inflammation of the throat, which is attended with a fibrinous exudation like that of croup, and a fever of the asthenic or typhoid character. Apply cold applications to the throat, and warm, tepid, or cool to the surface, as the temperature "indicates." Our work on this disease gives a full exposition of all plans in drug-medical treatment, as well as an explanation of the proper or Hygienic treatment.

TONSILLITIS.—R. A., Detroit. Wear a wet towel covered with a dry one around the neck during the night; take a morning ablution with tepid water; a hip-bath once a day, and adopt a strict vegetarian diet.

LARYNGITIS.—M. N. C., Amsterdam, N. Y. When this complaint has existed for some months, and is attended with constant cough and expectoration, there is always danger, for consumption actually exists.

EPILEPSY.—G. W. P., Findlay, Ohio. I have a boy ten years of age, apparently of strong constitution and good health generally; was never sick excepting several attacks of ague about five years since. About two years ago his mother discovered symptoms of spasms on him, so slight and of so short duration, however, that it was some time before I could detect anything wrong. But the spells, as we call them, gradually increased both in length and frequency, till now he has as many as fifteen or twenty some days, lasting, say from five to ten seconds, and occurring at any moment.

The symptoms are these: His eyes stare, drawn upward, with slight movements as of nodding the head, or slight motion of the hand, and when the spell is over, winking of the eyes; is entirely insensible during the spell. He does not fall, nor froth at the mouth. If he takes a spell while walking, he walks like as if blindfolded. He sometimes complains of pain in his stomach when empty or he becomes hungry, not so much now as formerly.

I have had several of our *drug* doctors here to examine him. One was of the opinion that worms and a deranged stomach were the cause, and gave prescriptions accordingly, without any perceptible effect.

The other, after being acquainted with all the symptoms, came to the conclusion that the main difficulty lies in the brain, probably caused by a derangement of the stomach, or some other cause, and doses the boy on hydrocyanate of iron, thus far with no change in the symptoms of the patient.

I think the more craving his appetite the oftener he has his spells.

The fits are probably caused by a deranged stomach—possibly by some secret vice. You had better abandon drugs at once, and adopt a rigid Hygienic treatment. The diet should be very plain and rather abstemious.

EMETICS—SPECTACLES—SCROFULA.—A. P., Selby, C. W. 1. If emetics of any description can be administered with safety, how can bile be removed from the stomach, the excessive accumulation of which in that organ prostrates the patient at certain intervals or periodically. The patient's liver is diseased (which we think is the result of mercury received at the hands of the drug doctor), and when the bile is collected in such quantities in the stomach as to prostrate the patient our doctors (Allopathic) administer emetics and other drugs as the *domestic* resort.

2. What kind of glasses should a person wear whose eyes are weak in consequence of overworking them? The sight is better at some times than at others, and it appears to be the nerve that is affected. The eyes are not sore, but weak.

3. Can a person who is hereditarily predisposed to the disease called scrofula, obviate its effects by strictly observing the laws of health? or, in other words, can the scrofulous taint be completely eradicated from the system by a correct mode of life?

1. Your premises are erroneous. The bile does not accumulate in the stomach, for the stomach will not tolerate it. But should there be bile or any other offensive matter in the stomach requiring the process of vomiting, it may be induced by warm water drinking and irritating the throat with the finger. 2. Wear such glasses as enable the eye to feel the best and see the best. 3. It depends on the degree of the predisposition. The patient can, by living physiologically, have the condition of health his constitution admits of.

DIETETIC REFORM ASSOCIATION.

This Association met on Monday evening, March 10th, having been adjourned the week previous. A full and very intelligent audience was present. As Dr. Trall, the president, was in Boston lecturing, Dr. Miles was called to the chair. The secretary read several letters, and explained to the strangers present the object of the Association, alluding to "our plan" in the January WATER-CURE JOURNAL, and said it was the object of the Association not only to discuss the question of animal and vegetable diet, but also the use of mineral compounds, and various ways of compounding and cooking food, the right quantity and quality of food, the proper time for eating, the number of times per day; also, that one great desire of the Association is to obtain the names and address—if possible, a perfect directory—of all who are interested in this great reform, all over the country, and in fact all over the world. That in this respect the results have been very satisfactory, as all agreed who had seen the quantity of letters already accumulated in a few months. He still solicited all the friends to give in their experiences. That this Association was not working for the present only, nor for the limited number that were privileged to attend the meetings, but for the thousands scattered far and wide, who are seeking to know the truth which we are striving to learn and shall present in the future. It is a good work, and those who are engaged in it must be satisfied to labor and wait, to give both time and money in scattering the truth broadcast, and accept their reward in the consciousness of having worked for a reform which, rightly understood, underlies all others. Temperance and moral reforms are, and must be, comparatively powerless, so long as people continue to sow the seeds of intemperance and disease in the stimulating food and drinks which cover their tables. It is a momentous work, and one which is opposed not only by the prejudices of the masses, but by their appetites and passions. But it is a glorious work as well, a work so fraught with blessings to humanity that we who have caught a glimpse of the "better way" are willing to labor, and labor hard, that others may see it, and learn to walk therein.

After these preliminaries the president introduced B. M. Lawrence, Esq., of Chicago, Ill., at present a student in the Hygienic-Therapeutic College, who entertained the audience for more than an hour with an excellent address on *Dietetic Reform*. It is impossible to give more than a brief and imperfect synopsis of it at present. We only regret not being able to publish it in full. He said: "What is truth, and how we can attain to a knowledge of it in regard to dietetics, is a most momentous inquiry. Experience and scientific facts, not speculative theories, are necessary to successful investigation. All organized beings partake of the nature of the aliment upon which they subsist. Salt about the roots of the tree will produce saline peaches. The milk and flesh of cattle and hogs fed on different kinds of food can be readily distinguished. A case is mentioned of a farmer in Carson Valley, California, who lost several hundred cattle of a putrid disease. To economize, he fattened his hogs with the dead bodies of these animals, but upon killing his hogs

he found their flesh tainted and unfit for use. Fat hogs nearly all have diseased livers (the germs of tape-worms), measles, etc. The same is true in much greater degree of still-fed and other cattle. The Bible gives abundant evidence that the mental and moral nature of man is greatly influenced by the quality and quantity of his food. Daniel lived on PULSE, which is said to be pounded grain, and his face became fair and his wisdom increased until he excelled all the wise men who lived for years on the king's diet (Daniel, 1st chap. 12th and 13th verses). Cornelius fasted four days previous to his conversion (Acts 10th chap. 30th verse). Paul 'neither did eat nor drink' for three days before 'the scales fell from his eyes' (Acts 19th chap. 9th and 18th verses). John the Baptist came out of the wilderness of Jewish theology by living upon locusts and wild honey; and the Divine Lawgiver mounted to the summit of celestial inspiration by fasting forty days. He taught that evil can be only overcome by fasting and prayer. Fasting does not imply total abstinence from food, but a disregard or crucifixion of every predominant appetite. His 'last supper' was composed only of bread and the fruit of the vine, and we have no evidence that he ever partook of a greater variety at any one meal. And this is a point on which modern dietetic reformers have made their most fatal mistakes. Chemical action takes the place of the vital process when the power of the gastric fluid is overcome by so many different articles, or too great a quantity of even the best food. Rapid eating and improper mastication diminishes the quantity of saliva, and is another fruitful cause of Dyspepsia. Vegetables and fruits should never be taken into a weak stomach at the same meal. Much depends upon the quantity as well as quality of food. Profane history corroborates the facts obtained from sacred authority. Pythagoras, Seneca, and Cornaro furnish most striking illustrations. The same is true of Graham and most of his followers, who nearly all sinned and suffered till grim death stared them in the face and frightened them from their flesh-pots. One hearty supper, aided by the lancet and mercury, cost the speaker's father his life. The reform we are advocating raised his mother almost from the dead. When given up by a number of physicians, to die, he induced her to reform her diet. She did so, ate nothing but unsalted, unbolted, unleavened bread and fruit, left off the use of tea, coffee, and tobacco, discontinued the use of drugs, and in the first month of her reform she gained in weight 27 lbs. The last time he saw her she said she felt ten years younger than she did ten years ago. The day is undoubtedly coming when men will not only sicken and shudder at the thought of eating dead carcasses, but when nothing dead will be permitted to enter the human stomach, when only vital food (by which is meant that which still contains within itself the life germ) shall be partaken of. The great law of use or force of habit proves that we can easily cultivate an appetite for articles which are exceedingly unpleasant and injurious to the system. Opium, arsenic, alcohol, coffee, and tobacco are usually very disagreeable to the normal taste. But the unfortunate victim of habit or passion soon learns to love these articles above every other consideration. And as pure grain,

such as the 'disciples did eat' (St. Luke 6th chap. 1st verse), contains more of the elements of life than any other substance, experience proves that it will impart to a healthy person the most intense gustatory pleasure. By the same law of use the teeth decay for want of action. Eating natural vital food preserves them from chemical decomposition. It would also do away with 90 per cent. of woman's present household labor, and send her forth into the fresh air and life-giving sunshine to cultivate the fruits and flowers, and thus call back the roses to her cheek, the luster to her eye, the elasticity to her step, till health, joyous, rosy, bounding health should be her dower and the heritage of her posterity. Peers, poets, prophets, and sages have long predicted this glorious millennial morning. Eighteen hundred years ago it was 'near at hand;' now it stand snout only at the door and knocks, but the kingdom of love, joy, and peace is already admitted 'within' to the sanctum sanctorum of every true reformer's heart who eats and drinks and does every act of his earthly existence for a divine and noble purpose."

The lecturer closed by giving some happy anecdotes and illustrations in answer to the question why these great truths have not been found out by the wise and learned in former ages, but are now revealed to babes in wisdom. A vote of thanks, prolonged applause, and hearty congratulations from the audience proved how well the discourse was appreciated by those in attendance.

After the lecture the secretary presented a number of questions for the consideration of Dietetic Reformers, and said he would publish a list which friends may answer in the order in which they are published, thus saving time and trouble, arranging and systematizing the facts we wish to learn. The following is the list, which will be extended if it is found necessary:

1. What is your name and address?
2. What is your age?
3. What is your occupation?
4. Are you married or single?
5. How long have you been a vegetarian?
6. What were your conditions of health when you discontinued the use of animal food?
7. Do you use butter and salt in any form, or in any preparations of food?
8. Do you use milk and eggs?
9. Do you use fine or coarse flour bread? fermented, unfermented, or soda raised?
10. What has been your food generally?
11. Have you gained or lost in weight, and how much?
12. Can you endure as much physical labor?
13. Can you endure as much mental labor?
14. Can you think as clearly?
15. Are you more or less cheerful and happy?
16. Are you as healthful?
17. Do you enjoy as much gustatory pleasure?
18. How does the expense of living compare with the old system?
19. In brief, what are your ideas of Dietetic Reform?

Please give us as much of your experience as you can conveniently, in regard to yourself and others of your family or friends who have adopted this system.

Some interesting discussion followed the questions presented, but the lateness of the hour rendered it necessary to adjourn to meet again the first Monday evening in April, when Dr. D. D. Miles will deliver an address.

FRANK R. JONES, Secretary.

So would I live, such gradual death to find,
Like timely fruit, not shaken by the wind,
But ripely dropping from the sapless bough,
And dying, nothing to myself would owe.
Thus, daily changing, with a duller taste
Of lessening joys, I by degrees would waste;
Still quitting ground by unperceived decay,
And steal myself from life, and melt away.

—Dryden.

THE HYGIEO-THERAPEUTIC COLLEGE.

THE commencement exercises of the term of 1861-2 took place on Tuesday evening, April 1st, in the lecture hall of the College. The degree of M. D. was conferred on sixteen graduates—eight ladies and eight gentlemen. The entertainments provided for the occasion, and which were received by a large audience with many demonstrations of applause, were remarks by the Professors; reform songs, prepared for the occasion, and admirably sung by Mr. Cushman, the celebrated vocalist; an address by Rev. Dr. Burdick, the "Laughing Doctor," and the reading of selected theses by J. F. Preston Day, of Onawa, Iowa, and Ellen Beard Harman, of Aurora, Ill.

The following is the list of graduates, with their theses: Miss Carrie E. Borden, Pompey, N. Y.—"Respiration." Miss Emily C. Schettler, New York—"Knowledge of Nature is Power of Nature." Miss Zelia J. Marian, Brooklyn, N. Y.—"The Laws of Health." Mrs. Francis A. N. Sala, Toolsboro, Iowa—"Why Nature is Incompetent." Mrs. Mary A. D. Jones, Baltimore, Md.—"Beauties and Uses." Mrs. E. B. Harman, Aurora, Ill.—"Sunshine and Health." Dr. Mary E. Walker, Washington, D. C.—"The Secessionist." Mrs. M. H. Hoffman, Middleville, Mich.—"Woman as a Reformer." E. R. Carpenter, Galena, O.—"Our Mission." N. T. Woodbury, Dillie's Bottom, O.—"Practical Hygeopathy." Jesse Macy, Economy, Ind.—"Health Associations." Dr. David Mackay, Glasgow, Scotland—"Good Sense vs. Common Sense." J. F. Preston Day, Onawa, Iowa—"First Principles." Thomas M. Park, Lovelton, Penn.—"Emotional Influences." W. E. Moore, De Kalb, Mo.—"Outline of Life." Dr. Daniel E. Miles, Wabash, Ind.—"The Movement-Cure a Part of the Hygienic System."

On Tuesday afternoon, the Professors and Students of the school, with other ladies and gentlemen who were friends of the cause, were invited to a Hygienic Therapeutic dinner in the Institute, and after partaking of the pure and wholesome viands prepared for the occasion, in ample variety and abundance, the company adjourned to the parlor, where a couple of hours were spent very pleasantly.

Among the sentiments offered and responded to were the following:

THE HYGIEO-THERAPEUTIC COLLEGE—the stronghold of truth. May its warriors and its ammunition hold out until all the people are enlightened, the doctor's occupation gone, and the beautiful goddess of health reigns supreme.

This toast was responded to by Mrs. M. A. D. Jones, of Baltimore, who said: I cordially sympathize in the feeling and wish expressed in the toast. In classic history we read that there was a fountain in Greece, with waters pure and sparkling, that gave not only youth and vigor, but genius, poetry, and elegance. So, but in a truer, higher, and more beautiful sense, is this College a fountain of purest knowledge, giving health and vigor both to mind and body; and from it has been going forth a stream of living light, giving new life to many a saddened spirit and suffering body. We are also told, that in all that classic land there was but one Castalian fount; so in all

this wide spread country—though it boasts the largest lakes, largest rivers, and highest mountains—yet it has but one *Hygieo-Therapeutic College*; and how privileged we are, as students of this College, that we have sat daily under the instruction of its worthy Professors, and that we can almost call it our *alma mater*, unless an unfortunate slip! We should feel honored and proud of it, and let us covenant not only to make ourselves worthy, but to recommend and spread the glorious doctrine, and induce others to come and enjoy the same privileges. This College is truly the embodiment of the only true philosophy of health and disease; all other systems are founded in error and gross darkness. We may truly say of our noble leader, "He spoke, and there was light." Newton's name is great, because he discovered a law of inanimate nature, but what is that to discovering the great law of animate creation—that nature's cure is in herself? Therefore allow me to propose to your affectionate and grateful consideration a name much beloved and honored by us all—

R. T. TRALL, the greatest philosopher of the age.

Dr. Trall briefly responded to the sentiment, and expressed his full and abiding faith that he should live to see the end, and attend the funeral of the drug-medical system.

PROFESSOR LINES—The personification of goodness, modesty, wisdom, and patience. May his lines always fall in pleasant places.

PROFESSOR PAGE—An illuminated page from our College history, from which we have learned to know ourselves.

PROFESSOR SIZER—One of the best exponents of mental philosophy in America. May his size never be less.

PROFESSOR JONES—May he find embodied in his life the beautiful law of affinities of which he has taught us.

PROFESSOR BRIGGS—May his uprightness be blessed, and his voice never falter.

DR. MILLER—May he be sweetly troubled with the affection he has so ably expounded to us—the heart affection.

DR. MILES—A Mile that is as good as any Miss.

MR. DIVINE—One of the divinities that shape ends, rough hew them as we may.

THE GRADUATES OF THIS COLLEGE—May they be as true to the principles of their *Alma Mater* as the needle to the north pole.

FOWLER & WELLS—the correct expounders of mental science. May their labors never cease till the whole world is indoctrinated with the great truths which they teach.

THE MEDICAL CLASS OF 1861-2—constituted of an equal number of either sex—may they cultivate the phrenological organ of "Union for Life."

WOMEN PHYSICIANS—living protests against injustice, and noble examples of energy, capability, and usefulness.

THE HEALING ART—best practiced when educating the people to rely on nature's remedies, and the self-healing energies inherent in the vital organism.

As a part of the closing exercises of the Winter term, we should not forget to mention the excellent and instructive entertainment by Mr. George

W. Bungay, on the evening preceding and succeeding our Commencement ceremonies, consisting of reading and recitations.

The following preamble and resolutions were adopted by the Medical Class, with a request that they be published:

NEW YORK, March 31, 1862.

Whereas we, the students of the Hygieio-Theapeutic College feel an intense interest in the success of the revolution now in progress, and which we hope will soon be completed, in the theory of disease and its proper treatment; and whereas our theory is not a modification or reform of any other theory, but an entire revolution, which, if once firmly established will uproot, overthrow, and annihilate all others, a decent respect for the learned physicians of other schools and those who employ them requires that we should give our reasons for throwing aside the old system and adopting a new, therefore

Resolved, That, after years of investigation, and after listening to the very able and thorough discussion of all the theories and practices of all systems of medication by Dr. Trall during the past term, we are thoroughly convinced that his is the only true theory, and therefore the only firm basis upon which a successful practice can be instituted; that the practice of giving drugs, so repugnant to all the vital instincts as to cause a violent effort on the part of the system to expel them, and calling them curative agents, is like turning loose a horde of barbarians to plunder and devastate our already overburdened country, in order to close the present war, by substituting another more terrible in all its aspects, founded on absurd principles, and unworthy of the sanction of intelligent and unprejudiced men.

Resolved, That women who are desirous of acquiring a medical education may, with the greatest comfort and security, sit side by side with her fellow-men in this College; listen to the invaluable teachings of the true principles of life without any impropriety or receiving any shock to her sensitive nature; be compelled to inhale no poisonous vapors from tobacco in any form, or soil her garments in its residuum; in the halls of this institution all is pure and elevating.

Resolved, That though we have to do with principles rather than men, gratitude makes it a pleasant duty to mention Dr. Trall as the faithful, clear, and precise exponent of the system he advocates; the clear-headed scholar, who can always make himself understood; the fast friend of all who are seeking the truth, and the President of the only chartered institution in the world where a true theory and practice of medicine are taught.

Resolved, That, with pleasure, we can recommend Dr. Lines for his patience and perseverance as a demonstrator and teacher of anatomy and surgery; Dr. Page, for the entertaining and unassuming manner in which she presented the truths of physiology and obstetrics; Dr. Jones, for his enthusiasm as a teacher of chemistry and active student's friend.

Resolved, That we tender our thanks to Dr. Miller for his valuable lectures on the diagnosis of the diseases of the chest; to Dr. Miles for his lectures on the movement-cure; and to Prof. Sizer for his clear exposition of the principles of phrenology and emphatic denunciation of free love and all other demoralizing isms.

E. R. CARPENTER,
MISS MAIRAR,
W. T. WOODBURY, } Committee.

The other night, a landlord discovering one of his customers drunk, "sloshing about" in the mire, went to his assistance, and setting him up on his feet, inquired if he was sick, or what was the matter with him. "No," replied the boozy customer, "I ain't sick, nor I ain't drunk—but I'm almighty discouraged."

EXPERIENCE OF WATER-CURE.

EDITORS OF WATER-CURE JOURNAL.—Having been a Water-Cure patient myself some two years since, and experienced the health-giving influence of those Gilead institutions, I can not refrain longer from bringing in my testimony to the friends and readers of the WATER-CURE JOURNAL.

For nearly seven years I had been gradually but positively failing in health; my vivacity was gone, and I almost feared insanity. Our family physician was, during this time, consulted frequently, and several renowned M.D.'s also examined my case, but their decisions confirmed the fact that doctors sometimes disagree. Some affirmed, with sanctimonious gravity, my symptoms consumptive; others, spinal; again, the liver was the instigator of all my misery, or there was an affection of the bronchial tubes; not one of them suspecting the real cause—dyspepsia.

Amid this horrid uncertainty I grew from a comfortable invalid to a nervous, desponding one.

At this time I suggested Water-Cure treatment; a friend of the cause advised me to try it. I decided to do so, and in one week found myself established as a patient in a water-cure some four hundred miles distant.

Friends sadly bade me good-bye as I left home, never (as they have told me since) expecting to see me in the flesh; but though I did lose the little I had then, it proved only an exchange for the better. In three months I returned, improved mentally and physically, as regards the duties of life and the theory of living.

The mass regarded me with incredulity, saying, ominously, that these one-idea people live on excitement awhile; then perceiving their error, again resort to allopathy, or drugopathy of some sort, for relief.

But two years have passed, and I, who have been drugged annually for twenty-five years, have at last tasted this short period of life, freed from poisonous drugs, gradually improving, until now unbelievers are constrained to admit that Hydropathy may be in some cases a benefit. I would not neglect to acknowledge the pleasure derived from perusing the JOURNAL. It comes like a lone star to enlighten my Eastern home, sunk in the midnight shades of Medical Science, and it comes not in vain.

L. H. B.

EAST CORINTH, ME., April 4, 1862.

EXCUSES FOR USING TOBACCO.—In one of our neighboring towns the lads of a school acquired the habit of smoking, and resorted to the most ingenious methods to conceal the vice from the master. In this they were successful until one evening, when the master caught them in awful dignity.

"How now?" shouted the master to the first lad, "how dare you be smoking tobacco?"

"Sir," said the boy, "I am subject to headaches, and a pipe takes off the pain."

"And you? and you? and you?" inquired the pedagogue, questioning every boy in his turn.

One had a "raging tooth;" another, "colic;" the third, a "cough;" in short, they all had something.

"Now, sirrah," bellowed the master to the last boy, "what disorder do you smoke for?"

Alas! the excuses were exhausted; but the interrogated urchin, putting down his pipe after a farewell whiff, looked up in his master's face, and said in a whining, hypocritical tone:

"Sir, I smoke for corns!"

THE SMOKER'S CANCER.

THE remarkable research made by M. Bouisson upon the danger of smoking, has attracted the notice of the French Academy, and has been rewarded with high praise. The horrors hitherto unknown or unacknowledged, with which smokers are threatened, nay, more, convicted by M. Bouisson, are sufficient, upon bare anticipation, to ruin the revenue and the pipemakers also.

Cancer in the mouth, M. Bouisson declares to have grown so frequent from the use of tobacco, that it now forms one of the most dreaded diseases in the hospitals, and at Montpellier, where M. Bouisson resides, the operation of its extraction forms the principal practice of the surgeons there. In a short period of time from 1845, M. Bouisson himself performed sixty-eight operations for cancer in the lips, at the Hospital St. Eloi. The writers on cancers previous to our day, mention the rare occurrence of the disease in the lips, and it has hitherto become evident that it must have increased of late years in proportion to the smoking of tobacco. M. Bouisson proves this fact by the relative increase in the French duties on tobacco, which in 1812 brought an annual amount of twenty-five millions—almost that obtained by the duties on wines and spirits, and far beyond that rendered by those on sugar. M. Bouisson remarks, justly or not, that "this figure, extravagant as it may appear, fades into insignificance before that attained by the British tax, which, according to Seymour, amounts to a fabulous sum, in a country where boys smoke from five o'clock in the afternoon till three o'clock in the morning, and where children of ten years old are known to consume as many as forty cigars in a day."

The use of tobacco rarely, however, produces lip cancer in youth. Almost all Bouisson's patients had passed the age of forty. In individuals of the humbler classes, who smoke short pipes and tobacco of an inferior quality, the disease is more frequent than with the rich, who smoke cigars or long pipes. It becomes evident, therefore, that it is owing more to the constant application of heat to the lips, than to the inhaling of the nicotine, that the disease is generated. With the Orientals, who are careful to maintain the coolness of the mouth-piece by the transmission of the smoke through perfumed water, the disease is unknown.

M. Bouisson, whose earnestness in the cause does him the utmost credit, advises a general crusade to be preached by the doctors of every country, against the immoderate use of tobacco, as being the only means of exterminating the habit; because, although the most powerful sovereigns have been powerless to prevent it—although Sultan Amurath threatened in vain to cut off the noses of those who smoked, and Peter the Great vowed direst vengeance against all smokers, and even the thunders of the Vatican have been hurled against them in vain, there is one thing that mankind holds in more horror than a noseless face, or even an excommunicated soul—and that is an untimely death. Let young men be once impressed with this truth, and the "Art of Smoking," which one of our best authors has lately extolled as the finest of the fine arts, will soon be set aside and forgotten.

THE RUSSIAN VAPOR-BATH.

"Will you take a Russian Vapor-Bath?" inquired my wide-awake and jovial friend Dr. Miller, of the Laight Street Water-Cure establishment.

"I will take anything you give me, except your drugs and medicines," was the response.

"I never administer drugs, even to my patients—certainly not to friends like you, who are in the full enjoyment of vigorous health. I want you to realize the luxury of a Russian Vapor-Bath. You are well; it will not harm you—were you indisposed it could not fail to benefit you—let me prepare one for you in the morning."

This morning, which came like a maiden from the bath of last night's rain, found me at the office in pursuit of the Doctor. Having so many patients and other persons who require patience to look after, it was with some difficulty I found the manager of this modern Bethesda, where the angel of health moves the waters and so many step in and are healed. He finally found me, and I followed him—down on one side of the house and up on the other side of the house—through as many passages as a man has to pass through motions to become a Mason or an Odd-fellow.

"Disrobe here; bathe your head in cold water at that tank, then shut yourself up in that closet and I will let on the steam." Two polite attendants came to assist him—I obeyed orders. I have been used to that most of the time since the outbreak of the rebellion. In the closet, which is hardly large enough to hold Daniel Lambert, I found a tub of warm water for my feet, a regulator for increasing or diminishing the power of steam, and a window through which I could thrust my face and breathe the unsteamed atmosphere when I pleased. Now, I have traveled thousands of miles by steam; I have seen the iron horse, with lungs of flame and ribs of steel and mane of smoke, sweep over the plains and rush through mountain gorges; I have seen our floating palaces swinging over lake, and river, and sea; I have seen human beings go by steam; that is, they gave water to their horses and swallowed the steam themselves, and traveled at a tremendous rate afterward. This was the first time that steam was ever applied to me personally. It was applied gently at first, no warmer than the fog of a summer morning, when the sun folds it up as a lady would her veil. Warmer—warmer—warmer—fog—mist—steam—hot steam—steam that starts the perspiration until it rolls like drops of rain from all parts of your person; indeed, you are at a loss to know whether it be perspiration or the steam condensing into water upon the skin. It is a pleasant sensation. You are conscious of being cooked, and know that no ogre will devour you for dinner. You also seem quite sure of the fact, that bad humors and unhealthy secretions are being carried off from the system in the sweaty current that is sweeping from your head to your heels. The searching power of steam seems to reach the cancerous roots of diseases that spread their virus through the system, and although you may go through the contortions of the Sybil and not feel her inspiration, hope assures you that the millions of mouths spread over the neat net-work of the human frame will open with

grateful acknowledgments, and bless you with health and length of life.

After ten minutes' steaming, the door was unbuttoned, and, per directions, I stepped into a bath-room directly opposite the steam-closet, when one of the attendants played upon me with a spray-hose. The water was blood warm, and the sensation produced by the shower was delightful. By degrees the water became colder and colder and then quite cold, almost causing a chill, when I leaped upon a stool, and with a sheet thrown over me, I saw by the looking-glass in front that I made a very respectable looking ghost. The Doctor and his two assistants then commenced manipulating me, rubbing the cuticle first with towels and then with their naked hands, after which I retired to my room, not to rest, but to write, for the processes through which I had passed were not followed by exhaustion or fatigue. My head seemed clear; my flesh warm and burning with vitality, my appetite clamorous for dinner. Oliver Wendell Holmes says, old age is endemic, epidemic, and sporadic, and those who live long enough will be sure to catch it. I have no doubt that by careful observance of the laws of health, by attending to the established rules of dietetics and bathing, that almost any disease can be conquered, health promoted, and life protracted.

The vapor-bath is undoubtedly one of the most efficient means of eradicating disease and removing the obstacles to health and longevity. It does not shock the nervous system by sudden changes of temperature; it does not in any way create painful sensations, the degree of heat and the density of steam being entirely under the control of the patient or the operator; on the other hand, it does create pleasant sensations—it seems (to use a vulgar phrase) to stew disease and all unhealthy elements out of the system, and you feel conscious that poisonous secretions are washed away with the perspiration. In my judgment it is one of the best remedial agents in the Water-Cure Treatment. Sometimes, by repeating the baths, the perspiration carries off disagreeable odors and glutinous sour-fetid matter. Unhealthy adipose is replaced by hard, elastic flesh, because more healthy fluid is formed than is thrown out of the system; this is done by the increase of appetite and the improved condition of the digestive apparatus. Of course feeble and delicate patients must be gently initiated. I believe it is universally conceded, by those who are competent to give an opinion, and whose opinion is authority, that hydropathic sweating does not debilitate and weaken the patient; on the contrary, it invigorates and stimulates the patient, by purifying and bracing the system. Nothing of the normal constituents of the body is taken away save the saline water of the blood. This may be replaced by absorption from the stomach as rapidly as it is exhausted. "It is only in pure systems that pure water comes away." It brings about a revulsion to the surface, scouring the passages and opening outlets for the escape of the matter charged with morbid elements; consequently it must be just the best remedy in all the world for chronic rheumatism, gout, scurvy, dyspepsia, constipation, diarrhea, and many other ills that flesh is heir to. The vapor-bath removes, or rather decomposes and eliminates disease, washing away

the flabby diseased part and supplying its place with firm muscle.

Those who are posted in matters pertaining to vapor-baths, divide them into hot baths, hot and moist baths, simple and complicated baths. Since I do not propose to write an essay on baths, but simply to state my experience, and urge the halt, the lame, and the sick to come and be healed, I shall not at present, at least, dwell on this theme. The Greeks and the Romans of the past time, did as the Russians at the present day do, practice the use of vapor-baths—by it they design to accomplish what mere ablutions can not reach. The process moves the whole animal economy, reaching the minutest organs. No vein, fiber, artery, tissue, or gland escapes its action; digestion, respiration, circulation, and secretion are more or less affected by it. The Doctor is a discreet man, and he will give directions that will insure the result desired. I do not hesitate to say, that vast multitudes of persons in the city and in the country, who are blue, discouraged, dyspeptic, and nervous, might in a short time, with slight expense, renew their lease on life, and health, and happiness, by availing themselves of the advantages of the vapor-bath. As vapor disappears before the sun, so many forms of disease will disappear before the vapor-bath. Those who are afflicted with bilious complaints, and those who are dyspeptic, will certainly find immediate relief in the bath.

NEW YORK, April 24th, 1862. G. W. BUNGAY.

WHAT IS TO BE DONE?

Will not some one who desires to be benefited by Water-Cure treatment, yet is unwilling to undergo any sacrifice, or make any effort toward its accomplishment, inform us?

In order to be benefited by Hygienic measures the patient must work as well as the physician. Persons need hope to be cured in the short space of a few weeks, of diseases which they have been all their lives accumulating, by their false modes of living, viz: unwholesome diet, insufficient or improper exercise, unphysiological dress, together with drug-poisoning, and the entire neglect of bathing, etc., by tamely submitting to a routine course of bathing and exercise. Yet such persons expect us to cure them in spite of their resistance and prejudices, and without any co-operation from them. Such will always be disappointed.

Patients should strive always to maintain a spirit of cheerfulness and hope, to avoid depressing and despondent feelings, and to enter upon the work with a hopeful confidence, directing the entire energy of their being to the one great object of regaining their health. Such efforts will be crowned with the highest success, and the sufferer freed from the delusions and falsities of a perverted nature, be brought to the full enjoyment of life and health, with all their manifold blessings.

Many persons seem to labor under the false idea that all they have to do at a water-cure is to remain passive in the hands of the physician, submit to the treatment proposed, and get well. Nothing, however, is further from the fact.

If the patient recovers at all, it must be by his own exertions. All that any water-cure can do is to afford him the means of cure. It then depends on himself whether he will be cured or not. If the means of cure are embraced earnestly and energetically the best results will follow.

WM. A. WEST.

RURAL HOME WATER-CURE, WABASH, IND.

Miscellaneous.

CHILDLESS.

[How many childless parents there are, rendered so by the pernicious effects of the drug system of medication, who will feel the truth, and we trust enjoy the hope, so feelingly expressed in the following lines written by PARK BENJAMIN for the *Christian Inquirer*.]

"CHILDLESS!" it is the saddest word
E'er spoken by an English tongue;
Fit only in the saddest tone
By weeping voices to be sung.
It is the low, despairing wail
Of those whose bosoms inly bleed.
O stricken parents! thus bereaved,
Alas! ye are bereaved indeed.
No loss is like your loss of all
That made life precious, dear, and sweet;
The very pulses of your hearts
Run down, and will no longer beat
At any call of Mirth or Hope,
At any light or gladsome air;
And the blue firmament of Love
Is clouded over with Despair.
And by your sides, in day or night,
Forbidding welcome sleep or rest,
Like some gray specter in a dream,
Sits Sorrow now, a constant guest—
A constant guest, who turns your feast
Into a funeral, dark and long;
And to a deep and solemn dirge
Transposes Life's familiar song.
"Childless!" all gone! not one withheld!
Not one to whom your souls were bound;
What comfort now is yours, and where
Can solace for such grief be found?
They were your treasures, your delights—
Your very cares for them were joys;
And now there's nothing, nothing left,
Save their poor garments, broken toys—
Nothing but these, and memory
Of all their little, childish ways,
Their fond caresses, artless wiles,
Their bright employments, brighter plays;
Their little fingers clasped in prayer;
Their flowing ringlets, tender eyes;
And will you see them all again,
When you, like them, have reached the skies?
O parents! yes; in that dear home
For them who look beyond the tomb,
And in their holy moments see
Love's luster breaking through the gloom,
You shall regain the loved and lost,
And in your longing arms enfold
Those who, in dying young, live young
Where nothing ever can grow old.

THE TURKISH BATH.

[CONTINUED.]

WHATEVER proceeds from the body is impure; to touch anything with it is sinful, were it even a beast. To spit on a dog is wicked.* If by act or accident the Mussulman is rendered unclean, he has to wash himself. The soiling of his carpet may entail the ablution of the whole body; while it remains unperformed, he is, *ipso facto*, excommunicated—can take part in no ceremony—say no prayer. He is strictly, in the scriptural sense, "unclean." All injunctions of the same sort are in like manner enforced. These are the first lessons taught the child, and become a second na-

* Spitting, blowing the nose, weeping, or perspiring do not entail, *as acts*, the necessity of ablution, which follows every other secretion. While a sore runs, they are defiled and can not pray. If they have not *spoiled their abodes*, the washing before prayers need not be repeated, but the *abdest* is spoiled by a tear, or by perspiration.

ture; and, re-acting on belief from which they spring, give to it that surprising hold over the mind. They pass through life, generation after generation, without probably a single instance of the infringement of rules brought into operation every hour of the day.

Following the instinct of the dog, and obeying the injunction of the ceremonial law,* their canon law inhibits defilement of the public roads, the streets, water-tanks and courses, fruit-trees, and any places which serve for resort, shade, repose, or retreat.† In "Hadji Baba" is a ludicrous account of the perplexities of a Persian in one of the modern adaptations of civilization to cleanliness—his ineffectual attempts to get at the gushing water, his inability to work the machinery or comprehend the purpose. In that part of their house there is a water-cock for use. The flooring is of marble—the water falls and runs, and high wooden pattens are used. The outer-cloth garments are left outside—the ample sleeves are tucked up. If there be no fixed pipe, a ewer is at hand, and a servant waits outside with basin, ewer, and napkin. In consequence of the offices attached to every mosque, their cities do not present offensive smells, disgusting filth, and revolting indecency. One hand is set apart for noble, the other for ignoble service. The left hand on its dying day has not so much as touched the mouth; the right is in equal ignorance of other parts of the body. This is the natural sense of the words: "Let not thy right hand know what thy left hand doeth."‡

I have not hesitated to allude to matters which our false refinement forbids to mention, and thus the sensibility given us to put away what is impure is diverted merely to its concealment. The reader must fill up this faint sketch from his imagination, and when he has done so, he will understand why an Eastern can not endure Europe, and why Christians among Mussulmans are called "dogs."§

Why should the ladies of the East have enjoyments from which ours are debarred, and sensations too of which they know nothing? It may be said the Turkish ladies so make up for their "exclusion from society:"—they have no balls or operas, morning concerts, or fancy fairs, and therefore they take up with these sensual indulgences. They would no more exchange their bath for your balls, than you would your balls for a Yankee camp-meeting. There is no necessity for exchange. Why not have both? Would it be no comfort, no pleasure, no benefit to an English lady, on returning from a ball, and before going to bed, to be able, divested of whalebone and crinoline, and robed as an Atalanta, to enter marble chambers with mosaic floors, and be refreshed and purified from the toil she has undergone, and prepared

* Deut. xxiii. 12.

† See D'Osson, vol. ii. p. 8, 57, 58.

‡ The defilement attached to the secretions is conveyed in the natural sense of antithesis used by Christ (Matt. xv., Mark vii.), between "what proceedeth from a man," and "what entereth into a man."

§ I was desirous to bring to Europe a young Turk, and he was nothing loth: his mother, however, made objections, which I could not get from him. At last, he said, "You must talk to her yourself." I went, consequently; and when I introduced the subject, raising up her two arms before her face as they do when depressed or affected, with the hands turned down and wringing them, she exclaimed: "Vai! vai! are not your ships made fast under my windows, and do I not see how the Franks wash?"

for the soft enjoyment of the rest she seeks? The hanging gardens of Babylon were devised by the love of Nature of a Median woman; the palaces and groves of the Azahra laid out by the taste of a Numidian:—why should not England owe to the delicacy of an Englishwoman* the restoration of the *thermae*?

Our intercourse with the lower orders is broken off by there being no settled occasion on which we are in contact with them, and by the want of cleanliness in their persons. Here both classes are constantly brought into the presence of each other. Contempt and distaste are removed on one side, degradation and irritation on the other; they know one another; the intercourse of various ranks requires and sustains a style and demeanor which strike all Europeans, who are astonished that the bearing of the peasant is as courtly as that of the Pasha—he is as clean as the Pasha. Think of a country where difference of rank makes no difference of cleanliness! What must Easterns think of us where the difference of condition can be traced in speech, manner, and washing? The bath is of as great value to society as to the individual. A political economist, glorifying his age, exclaims—"Augustus in all his splendor had neither glass for his window nor a shirt to his back." The slave and the beggar in Rome were daily in the enjoyment of luxuries which no European monarch knows.

There is an impression that the bath is weakening. We can test this in three ways: its effects on those debilitated by disease, on those exhausted by fatigue, and on those who are long exposed to it.

1. In affection of the lungs and intermittent fever the bath is invariably had recourse to against the debilitating nightly perspirations. The temperature is kept low, not to increase the action of the heart or the secretions; this danger avoided, its effect is to subdue, by a healthy perspiration in a waking state, the unhealthy one in sleep. No one ever heard of any injury from the bath. The moment a person is ailing he is hurried off to it.

2. After long and severe fatigue—that fatigue such as we never know—successive days and nights on horseback—the bath affords the most astonishing relief. Having performed long journeys on horseback, even to the extent of ninety-four hours, without taking rest, I know by experience its effects in the extremest cases.

A Tartar, having an hour to rest, prefers a bath to sleep. He enters as if drugged with opium, and leaves it, his senses cleared, and his strength restored, as much as if he had slept for several hours. This is not to be attributed to the heat or moisture alone, but to the shampooing, which in such cases is of an extraordinary nature. The Tartar sits down and doubles himself up; the

* A plan has recently been successfully adopted for drying horses after hunting. Two men, one on each side, throw over him buckets of water as hot as he can bear it: he is then scraped and rubbed with chamouis leather, the head and ears carefully dried with a rubber, and his clothing put on. In twenty minutes he is perfectly dry, and there is no fear of his breaking out again; the old plan of rubbing him dry took from one to two hours of very hard work, and he generally broke out once or twice, and would often be found in a profuse sweat at twelve or one o'clock at night. The bath may be adopted for horses. The Muscovites used to mount from the dinner table on horseback; at present we shampoo our horses, and clear off the epidermis, while we bestow no such care on our own bodies.

shampooer (and he selects the most powerful man) then springs with his feet on his shoulders, cracking his vertebræ; with all his force and weight he pummels the whole back, and then turning him on his back and face, aided by a second shampooer, tramples on his body and limbs; the Tartar than lays himself down for half an hour, and perhaps, though that is not necessary, sleeps. Well can I recall the *hamâm* doors which I have entered, scarcely able to drag one limb after the other, and from which I have sprung into my saddle again, elastic as a sinew and light as a feather.

You will see a *hummal* (porter), a man living only on rice, go out of one of those baths, where he has been pouring with that perspiration which we think must prostrate and weaken, and take up his load of five hundred-weight, placing it unaided on his back.

3. The shampooers spend eight hours daily in the steam; they undergo great labor there, shampooing, perhaps, a dozen persons, and are remarkably healthy. They enter the bath at eight years of age; the duties of the younger portion are light, and chiefly outside in the hall, to which the bathers retire after the bath; still, there they are from that tender age exposed to the steam and heat, so as to have their strength broken, if the bath were debilitating. The best shampooer under whose hands I have ever been was a man whose age was given me as ninety, and who, from eight years of age, had been daily eight hours in the bath. This was at the natural baths of Sophia. I might adduce, in like manner, the sugar-bakers in London, who, in a temperature not less than that of a bath, undergo great fatigue, and are also remarkably healthy.

The Romans furnish another example. Unlike the Arabs, who restrict its use to once a-week, they went into it daily. The temperature was gradually raised, until in the time of Nero it came to be excessive. Their habits in other respects were not such as to be conducive to health, and must have disqualified them for enduring the bath if it did debilitate; it served, therefore, as an antidote to their manner of life, and relieved the excess of the patrician, as it does to day the fatigue of the Tartar.

Life is chemical and galvanic, but both these agencies result in, and depend upon, motion; the vessels are constructed for conveying fluids, the muscles for generating power. Thus, shampooing exerts over the human body a power analogous to that of drugs administered by the mouth. A blow which kills, a posture which benumbs, pressure which in long disease becomes a chief obstacle to recovery, exercise which gives health and strength, are all evidences of the influences of motion over our system.

Who has not experienced in headaches and other pains, relief from the most unartful rubbing? You receive a blow, and involuntarily rub the part. Cold will kill; the remedy is brandy and friction. The resources of this process surely deserve to be developed with as much care as that which has been bestowed upon the *Materia Medica*. Where practiced, human suffering is relieved, obstructions are removed, indigestion is cured, paralysis and diseases of the spine, etc., arising from

the loss of muscular power, are within its reach, while they are not under the control of our medicines. Here is a new method to add to the old. Wherever it can be employed, how much is it to be preferred to nauseating substances taken into the stomach! how much must the common practice of it tend to preserve the vitality of the whole frame! Even if disregarded as an enjoyment of health, it offers a solace which ought to be invaluable in the eye of a medical man, as of course it must be of the patient. We have all to play that part.

Where the practice is familiar, it is used not merely in the bath, but upon all occasions. It is to be found without the bath, as among the Hindoos, some Tartar tribes, the Chinese, and the Sandwich islanders; the latter present one of the most remarkable of phenomena. The different ranks are of different stature. The chiefs are sunk in sloth and immorality; and yet it is not they who, like the grandees of Spain, are the diminutive and decrepit race; they are shampooed.* A practice which our epicures and our stoics, our patients and our doctors, would turn up the nose at, counteracts the consequences of gluttony, intoxication, debauchery, and sloth, and supplies the place of exercise and temperance; and a people which can boast no school of philosophy, whose nostrils have never been regaled by the compounds of Beauvilliers, and whose pulse has never been stretched out to a Halden, is able to combine the health of the Brahmin with the indulgence of the Sybarite, and the frame of the gymnast with the habits of the hog.

Turner, in his Embassy to Thibet (p. 84), describes the gylong or class of priests as "more athletic" than their countrymen, although they "lead a life in an extreme degree sedentary and recluse." They perform ablutions in which their compatriots do not join. The physical superiority of the aristocracy of England may be owing to a similar cause, cleanliness being with us a mark of station.

In Denmark, shampooing has recently been hit upon as a scientific process, and a college has been instituted, as I understand, with considerable success, for the practice of what they call *medicina mechanica*.

What am I to say of our medical science, what of our medical practitioners, what of our philanthropy, what of our selfishness, in not having the bath as a means of curing disease?† Never was a people more heroically self-denying or extravagantly insensate. We must love the racking of pain, the flavor of drugs, and the totals of apothecaries' bills; for, with our classical acquirements

* The chiefs of either sex are, with very few exceptions, remarkably tall and corpulent. For this striking peculiarity various reasons may be suggested. . . . But in addition to any or all of these possibilities one thing is certain, that the easy luxurious life of a chief has had very considerable influence in the matter; he or she, as the case may be, fares sumptuously every day, or rather every hour, and takes little or no exercise, while the constant habit of being shampooed after every regular meal, and often, if desired or expedient, promotes circulation and digestion, without superinducing either exhaustion or fatigue. Whatever may be the cause or causes of the magnitude of the patricians, the effect itself so seldom fails to be produced that, beyond all doubt, bulk and rank are almost indissolubly connected together in the popular mind, the great in person being, without the help of a play upon words, great also in power.—SIR GEORGE SIMPSON'S *Voyage Round the World*, vol. ii. p. 51.

† Balneis calidis constitutis, ut remedium ægrotantibus et lenimen labore defessis afferatur, quæ sane curatio longe melior est quam medicis parum periti medela.

and love of travel, we can not be ignorant that all maladies, with the exception of epidemical ones, were less common in Rome than in modern London, notwithstanding our many advantages from the improved state of medical knowledge; and that several painful diseases common among us were exceedingly rare among the ancients, and are almost unknown in Mahometan countries.

There are those who are of opinion that contagious disorders, "dreadful scourges of the human race, might never have taken root, nor if they had, would now be spread so widely, had the hot bath been in use among us."*

[TO BE CONTINUED.]

PHYSICIANS AND QUACKS.†

Huc, the traveler, relates that when a Lama physician pens to be without a particular drug, he is by no means disconcerted; he writes the names of the remedies on pieces of paper, which he moistens with saliva, and then rolls them up into pills. The patient tosses them down, in perfect reliance on their medicinal virtue. To swallow the name of a remedy, and to swallow the remedy itself, say the Tartars, is one and the same thing. Satirists in Europe would unanimously assent to this proposition. And yet these very satirists, after contemptuously ridiculing the ignorance and humbug of medical men, no sooner fall ill, than they resign themselves with abject submission to the prescriptions of their butts. Nay, it has been observed that those whose scorn of the Faculty is loudest, are frequently the most credulous of the pretensions of a Quack. Nor is the reason of a general reliance upon Quacks difficult to discover. The Physician is supposed to be guided by Theory; the Quack is supposed to be guided by Experience. And such is the defective training of all but exceptional minds, that there is a very general and ineradicable distrust of Theory, as if it were something aloof from experience; and a reliance upon Experience as if it were free from theory.

Yet a very slight examination will discover that the Quack is not only guided by some theory, but is far more the slave of theory than the Physician is. When he pretends to rely only on Experience, in vaunting the cures he can effect, and the cures he has effected, the fact is that he has not one single real experience to justify his boast. In saying this we are not simply alluding to the excessive difficulty of securing a genuine experience, owing to the great complexity of the organism and of the influences which act upon it; we allude to the undeniable fact that the Quack does not even attempt to secure an experience. His stock in trade is a Panacea. He has a Pill, or a Lotion, or a Manipulation, which cures most, if not all diseases. He proclaims with emphasis some absurd proposition, some theory, which is meant to justify his practice. Thus, for example, he affirms that "all diseases are owing to impurity of the blood," and his panacea purifies the blood; or that "all diseases are due to a deficiency of the nervo-electric force," and his treatment will "re-

* MS. of Dr. Meryon, the only practical and really useful essay which I have seen on the bath, and which, I trust, will not be left on the shelf.

† From *Blackwood's Magazine*.

store" that force. These bold theoretic assertions are supported by an ostentatious list of cures. Jones was suffering from lumbago; he took the pills, and is now in health. Brown was dyspeptic; he swallowed the mixture freely, and is now recovered. Robinson was a martyr to the gout; he followed the treatment, and is "better than ever he was in his life." Such cases are multiplied and paraded. They may be authentic, or they may be fictions; but let us assume them to be genuine, and a moment's consideration will show that they are no evidence of any casual connection between the action of the drug and the recovery of health. Nay, more, except in the mere coincidence, no attempt is made to show such a casual connection.

When the public is authoritatively told that all diseases originate in the blood, it accepts the statement as if it were a first truth. Few suspect it to be a theory, and a preposterous one. Few think of inquiring of physiologists and pathologists—i. e., men who have specially studied the organism in health and disease, and who, whatever their ignorance, must at least know more of such subjects than men who have never studied them at all. Yet surely the first step should be to ascertain, if possible, whether known facts justify the theory of impure blood being the origin of disease. Having come to an understanding on this point, a second step is necessary. When the impurity of the blood has been proved to be the origin of disease, there will come the necessity of proving that the drug, or treatment in question, does purify the blood as asserted. After this proof has been given, the cures which have followed the employment of the panacea will form rational evidence of the casual connection. But to accept an hypothesis as to the cause of disease, and then to accept an imaginary remedy, without attempting to verify either the truth of the hypothesis or the action of the remedy, is a curious, and, unhappily, a too frequent illustration of the fallacy of "relying on experience" without ascertaining whether what we rely on is the experience it pretends to be.

It is but too evident that the causes of disease are numerous and complex. A man may "destroy his digestion" by excessive brain-work, by over-feeding, by under-feeding, by abuse of alcohol, by licentious habits, etc. The treatment which ignored these several causes and their organic consequents, and which pretended by a panacea to "restore the digestive vigor," might seem to the Quack, and to his dupe, a hopeful effort, but it must make all rational minds seriously indignant. "Digestive pills" sound full of promise; and the hope of "restoring tone to the stomach" will be very alluring to people who have not the slightest knowledge of the stomach, who can form no definite idea of what its "tone" may be, nor on what its "vigor" depends, and who have never attempted to explain how this tone is to be restored by the pill. If the stomach has lost its tone, and if the disease depends on that loss, and if the pill will restore that tone, then indeed we may accept the Quack as a benefactor; but until he has at least attempted to settle these questions, we must pronounce him an impostor. He is cheating us with words, as the Lama physician cheats his patients.

All who have even a glimmering of positive knowledge respecting the organism, and who know upon what a multiplicity of concurrent causes digestion depends, will pardon the physician, if, with all his skill and stored-up experience, he fails in re-establishing the disturbed equilibrium, and fails in bringing back the "lost vigor." But this pardon should not be extended to the impudent charlatan, who, disregarding all these difficulties, pretends that the case is as simple as A, B, C. In these days it is unpardonable in him to be so wholly ignorant of his ignorance. He must know that he has never studied the organism; he must know that he has never put one of his hypotheses to the test; he must know that he is trading on the ignorant credulity of the public. There was a time when such charlatanism was excusable. All men were ignorant, and the Quack was perhaps the less dangerously so than the Physician, because he did not mistake his ignorance for knowledge. It is otherwise now; and although on many grounds it is not desirable that the Legislature should interfere, it is certainly desirable that Public Opinion should energetically brand, and the Press unceasingly expose, every attempt to trade on credulity. Why have we so many journals which are vigilant of moral and intellectual health, and none to bestow a thought on bodily health? Why are bad poets and shallow philosophers mercilessly criticised by a hundred pens, and trash, ten times more injurious in the shape of medical doctrines and quack pretensions, left to the contemptuous silence of the well-informed, and an occasional sneer in one or two medical journals?

We need not pause to prove our assertion, that for many centuries there was as much impudent assertion, humbug, and ignorance, to be found in the Faculty, as may now be found in the Quack advertisements. In point of absurdity, of confident reliance upon wild conjecture and coincidences, it would be difficult to surpass many celebrated medical dogmas; nor have the Dulcamaras of provincial fairs treated the organism with more terrible recklessness than have the physicians of courts and cities. But there has been progress, and the art of medicine has kept pace with the progress of science. Many and bitter as has been the sarcasms and denunciations against medical ignorance and treatment, perhaps the most virulent attacks have issued from the body of the profession itself. It is a jealous body, and an honest body; both the jealousy and the honesty have prevented the perpetuity of error. Current dogmas have been eagerly criticised; fashionable treatments have been proved discrepant with existing knowledge. New lights from science have illuminated what was before obscure. And by dint of the perpetual insurgency of the skeptical spirit, the art and practice of Medicine have slowly advanced. Nay, in this general advance, even Quacks have been useful. They have kept alive the spirit of skepticism; by the vehemence of their coarse attacks on the science of their day, they have shaken the too absolute dominion of the schools. Still more beneficial have been the various one-sided Systems, too often unjustly denounced as Quackeries by the Faculty—such as Homeopathy, Hydropathy, Kinesipathy—which

have impressed a twofold modification on the practice of medicine: first a lessening of the recklessness of the "Heroic medicine" (as it was styled); and secondly, a greater advance toward a true physiological medicine, by the increased attention to regimen.

So far has this last-named modification gone, that many men, and those men of repute, have been brought to doubt whether, after all, Regimen is not the only true Physician. Do we need medical aid, from Quack or Faculty? Might not Nature be intrusted with the whole cure? Such questions have at all times pressed themselves on the minds of men, in moments of despair at witnessing the discordances in medical doctrine, and the incompetences of medical practice. The idea of relying implicitly on Nature has two supporting pillars—a pillar of philosophy, and a pillar of fact. It will not be impossible to show that both these pillars rest on shifting foundations. The philosophical one is a personification of Nature as a potent Intelligence, who only acts for our good, and knowing best what is best to be done, will do it, if not thwarted. The answer to this is, that such a personification is inadmissible; and that if Nature is to be invoked at all, she must be invoked as the cause of the very evil which we now propose to leave to her cure. If Nature, by one of her pestiferous vapors, gives man a fever, she may, and often does, destroy instead of curing him. A reliance on such metaphysical abstractions, therefore, will not be prudent. But there is another pillar we have to examine, and it is one of fact—namely, that many accidents and diseases are got rid of without medical aid, by the gradual reparative processes of growth; the wound heals, the disturbance subsides, the normal activity of the organs is regained. There is no doubt of this fact. It is as certain as that a "bad debt," and the danger it for a time may have threatened to the credit of a firm, will be "wiped off" and the balance restored by the slow accumulation of profits. On this fact mainly reposes the idea of a *vis medicatrix nature*. But its foundation is a shifting one. Just as there are "bad debts" which involve bankruptcies, unless some immediate external aid be secured, so are there accidents and diseases which cause a disturbance too great for Nature's normal rate of cure. There is no *vis medicatrix commercii* to save from bankruptcy. And there are diseases which must be arrested at once, or they will destroy the organism before the *medicatrix nature* has time to act.* Who would leave a ruptured artery to Nature? Unless the artery be tied, the very action of Nature will be destructive. Nature will not set a dislocated limb, nor eject a cancer. An inflamed lung, a congested brain, an arrested secretion, can not always with safety be left to Nature. But in surgical cases it is much easier to know what precisely is the evil and what the remedy than in medical cases, and consequently there is less dispute in surgery than in medicine. A dislocated limb must be set; but a congested brain, how shall that be treated? It may arise from weakness of the vessels, and how to strengthen them is a difficult question, to be answered in

* There is a good passage on this subject in VAN HELMONT, *Catarrhi Deliramenta*, but too long for quotation. See *Opera Omnia*, fol. p. 265.

twenty different ways by twenty doctors. One bleeds, another feeds high, a third feeds low, a fourth employs a tonic, a fifth an alterative. Who is right? and who shall decide?

For ourselves, who, not being medical, have no right to take any side, and must merely view the whole subject from a distant philosophical and physiological station, we are quite clear that whatever part Regimen and "Nature" be allowed to play, there must always be an immense part for medical skill. In what will this mainly consist? Why, chiefly in accurately determining "what is the matter with the patient." This may seem an easy thing. It is the main difficulty of the Art. It is the guide of practice. The facility with which your ordinary acquaintance will make up their minds as to "what is the matter with you," on hearing one or two particulars related, is only equaled by their facility in prescribing for you a course of treatment which cured them, or their relative, of "precisely the same thing." The wise physician knows that the whole mystery of Medicine lies just here—in correctly discerning what are the indications of a particular malady, and in correctly discriminating what are the direct effects of certain remedies.

[TO BE CONTINUED.]

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 GEORGE W. YORK, M.D., Associate House-Physician.
 HARRIET N. AUSTIN, M.D., Editor "Laws of Life" and Medical Counselor.
 DR. LUCRETIA E. JACKSON, Medical Matron.

This establishment has won for itself very wide and extensive renown. The success under its methods of treatment has been all that its most sanguine friends could ask for it. Its patronage has been large during the past winter, notwithstanding our national troubles; and its proprietors are gratified to be able to say, that, for their summer business, they are putting it in most excellent order, so that the sick who may become their guests shall want for nothing to make their residence pleasant, and their restoration to health entirely successful. The treatment pursued at this celebrated establishment is different from that of any other institution in the world. It originated with Dr. Jackson, who, without doubt, has treated more persons, and for a greater variety of diseases, than any other man now living who has never given any medicine. It is particularly calculated to aid in the restoration to health of persons who have been long sick and have tried without success the various remedies in use by the different medical schools.

Persons having special diseases, and for which they have taken a great deal of medicine, will find themselves sure to recover their health under a course of treatment at "Our Home" if their cases are not incurable. Dr. Jackson's treatment of SEXUAL DISEASES is entirely different from that of any other living man. Years ago, owing to the numbers of persons seeking relief at his hands, his mind was turned to the investigation of this class of diseases, and he was ultimately led to the conclusion that the methods pursued by Drug physicians are totally unphilosophical, and productive of the direst results to those upon whom they are applied. Setting himself at thought, he was ultimately rewarded by becoming acquainted with the true philosophy of treating this class of ailments, and, by adopting it, he and his associates have had their labors crowned with the most signal success. There are now living within the United States over four thousand men who have been cured by us of sexual debility, or what has come to be known as SPERMATORRHEA, and more than as many women, who have been cured by us of long standing and lingering ailments commonly known under the name of "FEMALE DISEASES," and not one of these has ever had any special treatment for such ailments, save such as were in perfect harmony with and strict subordination to the general principles upon which health and life depend. In no case has one of our patients ever been subjected to a single process, in any direction to which had a well man or well woman been subjected, it would have made him or her sick.

Dr. Jackson's method of treating pulmonary diseases has also been crowned with great success, and is as different from that common to the Profession, as two things can be unlike each other. We do not know of any disease, chronic in its nature, that is common in the United States or Canada, with which by practical management we are not familiar. Over the whole range of diseases our experience has run, and this, with some of us, has extended back for a dozen years. Now, reader, does it not seem to you quite probable, and quite credible, that those who have had so large a practice as our Physician-in-Chief and his associates have had—conducting, as they have done, the largest Hygienic Hospital in America, and upon principles, and after methods different from those in common use—should be qualified to deal with your cases? Is it not a habit of yours to give credit for aptitude, skill, and expertness in doing any given thing, to a person whose opportunities for doing such thing have been very much more than ordinary, especially if such person has shown very great desire to become expert under such opportunities, in the doing of that very thing.

Let us look for a moment at this matter practically. More than twelve years ago Dr. James C. Jackson commenced what was then known as the Water-Cure Practice. He immediately took radical ground, determined to test the sufficiency of Hygienic treatment for all classes of diseases so as forever to settle the question in his own mind, and, if possible, in the minds of all candid persons who might become acquainted with his methods. Separating himself, therefore, entirely from the drug practice, and the hydro-drug practice, and from all methods of curing disease by special application of means, which, though in themselves not objectionable, were sought to be applied in contravention to the general principles upon which the preservation of health depends, Dr. Jackson struck out a road for himself, and the readers of the WATER-CURE JOURNAL ought to know by this time which way he travels. In all his writings in this JOURNAL, and in "THE LAWS OF LIFE," as well as in all his public lectures, he has always announced the great cardinal truth, that Nature is the true physician, and that doctors are of no account in the treatment of disease, except as they co-operate with Her; that their skill is to be found,

therefore, lying entirely within that range of thought and action on their part which seeks to arrange, combine, and bring to bear most comprehensively those agencies and instrumentalities which, in their nature and effect on the human organism, are health-preserving. Hence, in his estimation, the physician who knows the best how to cure the sick is the man who has to the largest extent studied how to use means to prevent sickness. With a view to elucidate this idea, have he and his associates labored assiduously. Not for one instant have they ever allowed public opinion, or the fear of not being patronized, or a desire to make money, to influence their course. They have followed every principle to its legitimate application, and the result is, that they are now conductors of a Hygienic Institution better organized for treating diseases *naturally*, and without medicines, than any other institution in the universe—any person's statement to the contrary notwithstanding. In proof of this, they could fill a WATER-CURE JOURNAL with evidences like the following. But let this suffice for the present.

J. C. JACKSON, M.D.—Most of our readers are doubtless acquainted by reputation with the gentleman whose name heads this article.

We paid a ten weeks' visit to his institution something more than a year ago, during which time we enjoyed a very good opportunity of judging of its character; and having previously visited, at various times, and spent a day or two at each of a number of the best institutions of the kind in the United States, we have no hesitation in saying that the one over which Dr. Jackson presides is a far more complete, commodious, scientific and successful one than any other in existence. This we attribute, as do all who have a fair opportunity of judging, to the superior ability, not only as a physician, but as a public speaker and expounder of the laws which govern human life, of the physician-in-chief.

WM. H. ORR,
 Ed. *Vindicator*, Oshawa, Canada West.

The writer of this statement is not a stipendiary of ours, but a gentleman of large intelligence, who, interested in settling the question of the value of hygienic treatment, *as a system*, came to us to watch and study for himself its exemplifications in "Our Home." This is his own verdict, rendered unbiased, and is entitled to all the weight to which his well-known character in Canada would give it. If the readers of this statement would only take the trouble to look back for a few years through the advertising columns of this JOURNAL, they will find ample testimonials in behalf of "Our Home," in the free and unbiased expressions of opinion of hundreds and hundreds of persons, who have volunteered to tell the sick of its value as an infirmary.

In pleading for our own establishment in the way we do, we are not at all desirous, nor do we wish, to say one word in derogation of any other health institution on the continent of America. We only wish to affirm what is our confident belief, and in which we are sustained by all who are competent to express an opinion, that "Our Home," as a health institution, differs not only widely, but essentially from any other establishment in existence, in its methods of treating the sick. Other institutions may be, in the public judgment, preferable to ours, and we have no fault to find with anybody who may thus think; but we do contend against the opinion that there is any other institution in this country so like to "Our Home" as fairly to be entitled to represent it in its methods and manner of treating invalids. It stands by itself, and must live or die in public estimation on the ground of its own merits or demerits. We invite, therefore, clergymen, lawyers, physicians of all schools, men of letters, teachers, both male and female, artists, mechanics, and workers in every department of human labor, to call upon us and see how we do things. We insist that we have gotten hold of a great truth, and are applying it with faithfulness and magnificent success; and that just to the degree that the people can be made to believe in it, and exemplify it in their own lives, will the sick, if curable, find it possible to get well, and those who are not sick find it entirely easy to keep from becoming so.

Now let it be understood, that we do not expect to have everybody pleased who may come to see us as a visitor, or as a patient. Once in a while some sick person comes to us and does not like us. Why should he, or why should she? For the most part sick persons are full of falseness, or folly, in thought or habit of life, and our methods all tend to overcome this. We are for the Law as God ordains it, and until a sinner becomes repentant, he is not very likely to be pleased with the authority which holds him to right conduct and right manner of life. The sick woman who would rather die than to live unless she can be allowed to violate the laws of health, should not come to us; we do not want her. The sick man who has any bad habits of which he makes pets, and which, rather than give up, he would prefer to die, is not the man for us. We want invalids who are sick of sickness; who are tired of being good for nothing; who have been drugged, and poisoned till their powers are pretty much at fault in any manifestations of healthy action. Such persons, if they are curable, we are willing to take and if they can be cured by any means under the heaven, we as-ert, and we are ready to demonstrate it over and over again, if we

have not already sufficiently done so, that we can cure them more safely and more permanently than by any other methods known to mortal man. We invite the sick to come to us from all parts of the country. We urge that it is economical for them to visit us. We also respectfully say to those who are *not* sick, that if they wish to know how to live healthfully, how to train up and rear their children, if they have them, without sickness, and how to become familiar with the laws of life and health, they will do themselves great service by visiting our Institution and spending a few weeks or months in the study of these great Principles.

We are engaged in a great work; God helping us, we mean to be faithful to it. We do not in end to turn aside from it under any solicitations of friends, or under any attacks from foes. Minding our own business, determined to succeed, willing and ready for the future, as we have been in the past, to grow slowly and surely to a Public recognition of the value of our principles and the efficiency of our method in treating disease, we can bide our time. Whether we have a hundred patients or twenty, is not the prime consideration with us. We do not bid for the sick as if they were in the market; we simply say to any and everybody who is sick, that if he or she is curable, and can come, or will come to "Our Home," and give us fair opportunities to change their condition, we can send them to their homes restored to health, no matter what the disease may be with which they are afflicted, nor of how long standing they are, nor how dogmatically they have been pronounced by Drug-Physicians to be incurable.

Assuring the sick everywhere of our earnestness and sincerity, and that if they have any desire before visiting us to know more intimately of us and of our doings, they have but to send for our Circular, inclosing postage stamps to prepay its transmission to them, and asking for specimen copies of our Health Journal, "THE LAWS OF LIFE," in the columns of which monthly our innermost thoughts and life take practical shape, and from the perusal of which they can learn all about us. We submit the question of their future and ours to Him in whose hands are the issues of life.

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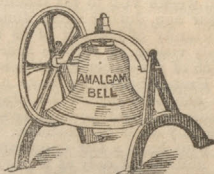
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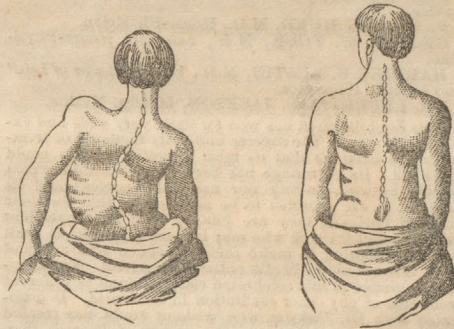
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The prices of these lands vary from \$3 to \$25 per acre according to location, quality, &c. First-class farming lands sell for about \$10 or \$12 per acre; and the relative expense of subdividing prairie land as compared with wood lands is in the ratio of 1 to 10 in favor of the former. The terms of sale for the bulk of these lands will be

One Year's Interest in advance,

at six per cent. per annum, and six interest notes at six per cent. payable respectively in one, two, three, four, five and six years from date of sale; and four notes for principal, payable in four, five, six and seven years from date of sale; the contract stipulating that one-tenth of the tract purchased shall be fenced and cultivated, each and every year, for five years from date of sale, so that at the end of five years, one-half shall be fenced and under cultivation.

Twenty Per Cent. will be deducted

from the valuation for cash, except the same should be at six dollars per acre, when the cash price will be five dollars. Pamphlets descriptive of the lands, soil, climate, productions, prices and terms of payment, can be had on application to

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We transact at this office all the necessary business required in obtaining Patents in the United States and in all foreign countries, including the preparation and prosecution of applications for patents, reissues, and extensions; the preparation of caveats, disclaimers, and assignments; the prosecution of important and difficult contested cases, etc. To perform this service in a manner safe to the inventor, requires a thorough knowledge of patent law, a clear perception and understanding of mechanical action, years of experience and careful deliberative consideration. Our patent business has been under its present management since 1856, during which time it has increased to several times its previous magnitude, and a large portion of it lately has consisted of cases involving severe contests, and the discussion and solution of difficult and untrodden questions of patent law, both in the Patent Office and before the Judges of the United States Circuit Court.

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The Expense

of preparing drawings and specifications, and making the application for Patents (either American or Foreign), depends on the amount of labor to be performed, and it is therefore impossible to fix a definite sum that would be just in all cases. Our prices will be found as low as they can be afforded, and remunerate us for giving proper attention to the business.

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THE AMERICAN NONE-SUCH WASHING MACHINE.

THE AMERICAN NONE-SUCH WASHING MACHINE.

AMONG the many washing machines which have been invented within the past few years, there are none, perhaps, which are entitled to more consideration than the above named, a cut of which we present herewith.

It consists of a tub of the ordinary form, corrugated on the inside, as represented at A in the engraving. In the center of the tub is a post or pivot, which is corrugated on its surface. On the top of this post, and supported by it, is the handle by which the machine is operated, and to which the rubber or operator B is attached. This rubber, B, consists of two concentric rings, joined at short intervals by slats or rollers, which are sufficiently far apart to allow the water to pass through between them freely. The lower one of these rings is guided by a circular groove in the bottom of the tub or in the corrugations attached thereto; while the upper one is attached to the handle above mentioned, said handle being guided and held in its place by a pin or pivot projecting up through it from the middle of the center post. By this arrangement, it will be seen that the tub is divided into two parts or apartments, the outer and larger one being intended for the coarser and heavier clothes, and the inner one for the finer ones; thus the two kinds will be kept entirely separate. Having put the soiled clothes in the machine, and added a sufficient quantity of soap and water, the handle is vibrated back and forth for about ten minutes, when the clothes will be ready for rinsing; they should then be taken out and another lot put in, and the same operation repeated.

The action of the water, on passing through between the slats of the rack B, is very efficient in cleansing the clothes.

This machine is the invention of a lady—Mrs. Ellen B. Boyce, of Greenpoint, N. Y., to whom all communications in regard to rights, etc., should be addressed.

WHO WAS JOHN O'GROAT.—Mr. J. T. Calder, in his History of Caithness, gives the following answer to this query: "In the reign of James IV., of Scotland, three brothers, Malcolm, Gavin, and John de Groat, natives of Holland, came to the county, carrying with them a letter in Latin from that monarch recommending them to the protection and countenance of his loving subjects in Caithness. They purchased, or obtained by royal charter, the lands of Warse and Duncansbay, in the parish of Canisbay; and, in process of time, by the increase of their families and the subdivision of the property, there came to be eight different proprietors of the name of Groat. An annual festive meeting having been established to commemorate the anniversary of their arrival in Caithness, a dispute arose on one of these occasions respecting the right of taking the door, the head of the table, etc., which increased to such a height as threatened to be attended with very disagreeable consequences, when John, who was now considerably advanced in years, happily interposed, expatiated on the comforts which they had hitherto enjoyed in the land of their adoption, and conjured them, by the ties of blood and their mutual safety, to return quietly home, pledging himself that he would satisfy them on all points of precedence at their next meeting. They acquiesced, and departed in peace. In due time, to fulfill the engagement, John built a house, distinct by itself, of an octagonal form, with eight doors and windows; and having placed a table of oak, of the same shape, in the middle, when the next meeting took place, he desired each of his friends to enter at

his own door, and sit at the head of the table. By this happy contrivance, any dispute with regard to rank was prevented and the former harmony and good humor of the party was restored. Such was the origin of John o'Groat's House.—*John o'Groat Journal*.

PHYSICAL EDUCATION.

THE guardians and teachers of our colleges and other institutions of learning have felt a growing conviction, for some time past, of the necessity of some method of securing to their students a large measure of bodily health and strength. Great numbers of young men break down, often early in their course, sometimes when they have almost finished the curriculum with honor to themselves, their friends, and the institution, and thus the best talents and the highest attainments in literature and science are not unfrequently lost to their country, the church, and the world. And a large proportion of those who complete the academic course, go out into the world with a bodily frame so shattered or enfeebled that their education is comparatively worthless to themselves and useless to others.

It should be remarked that this state of things is not altogether peculiar to colleges and seminaries of learning. A feeble, nervous, sickly constitution, especially in the rising generation, is almost a national characteristic. And the conviction of an imperative necessity for reform in our colleges was only a part of an almost universal consciousness in the public mind, that something must be done to strengthen the physical stamina of the nation, or the very foundations of national greatness, as well as individual strength, would soon be undermined. Manual labor schools have been tried and failed, chiefly for two reasons: it has been found practically impossible to realize the anticipated pecuniary results; and the exercise, wanting interest for the mind, has not proved conducive to the health of the body. "All work and no play makes Jack a dull boy," without even the solitary merit to the student, at least, of making him physically strong.

The public mind generally has received a strong direction of late, toward manly sports and innocent amusements, as suited and needful to supply a defect in the national character; and this impulse has been especially felt, as well it might be, in the several departments of education. The thoughts of educators have naturally reverted, and with unwonted interest, to some of the characteristic features of education in the Old World and in olden times—to the football and cricket, and other manly games of Eton, Rugby, Oxford, and Cambridge; and above all to the gymnasia of Athens and other Grecian states, and the three-fold system of education—*letters, gymnastics, and music* (the department of the Muse), which there developed so harmoniously the physical, intellectual, and emotional nature of man. But in our climate—one of the most changeable climates in the world, in its sudden and violent extremes of wet and dry, hot and cold—regular and healthful exercise in open air, at all seasons, is impossible. Hence the necessity of gymnasium buildings, which have recently sprung up, and almost simultaneously, in so many of our colleges. —*Suffolk Democrat*.