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CHEMISTRY OF LIFE.

BY T. ANTISELL, M. D.

THERE are some who look upon the physical condition of man much in the same light as others do upon the moral; namely, that it is one of warfare against the elements of nature, and the position in which he is placed; and that his race and individual existence is cut short by the never-ceasing action of the material world upon a frame organized upon so delicate and susceptible a model; that in fact it is a constant antagonism of the vital with the physical, in which the latter comes off victorious.

How erroneous such a notion is, becomes evident to those who take in a survey of the previous and present condition of our globe, its capability of supporting animal existence, and the general relation of the animal to our planet.

When our globe was first moulded, and received its first impulse of rotation, it was unfit for the existence of vegetable and animal life; and the records of the geological structure of its crust reveal to us the fact, that the appearance of animal life, however ancient it may be in time, was yet preceded by a period as undeterminedly long, in which no trace of organism appears, nor from the nature of the conditions could possibly have been, but yet show evident metamorphoses and transfigurations, having for an object to assume that condition favorable to the exhibition of life.

What the total of that condition may be, we are not yet in full possession; but that Light was the first form which eliminated Order out of Chaos, we have little doubt: by its influence evaporation was promoted, and the "collection of waters into one place" becomes a necessary consequence—the distinction between land and ocean was laid down, and, in process of time, upheavals and subsidences gave rise to the formations of lakes and seas of fresh water. Immediately dependent on this state of things was the appearance of terrestrial vegetation.

Life, as it first appeared on the dry surface of the globe, displayed itself in vegetable forms; and it is just possible that it was the first form of life upon the globe, for in the deep oceans which existed at the time of the deposition of the early

secondary rocks, the trace of the sea-weed exists coeval with the mollusc. No doubt, few and in distinct are these traces at their very commencement; showing that the same aptitude to support organic forms did not exist then as now: and as we trace the geological succession of rocks through later periods, we come down, as it were, step by step, from the dawn of creation to a state nearly approaching the meridian fullness of organic creative power.

Life did not then start *at once* on its course over the earth. There was a successive development. In the words of Brogniart, "we know, in fact, that in the strata of older date than, or of the same epoch as, the coal formations, there are no remains of terrestrial animals; whilst at this epoch vegetation had made already great progress, and was composed of plants as remarkable for their forms as for their gigantic beauty of stature. At a later period, terrestrial vegetation loses in a great measure the signal vigor which it formerly possessed, and cold-blooded Vertebrate Animals become extremely numerous: this is observable in the tertiary periods. Subsequently, plants become more varied and more perfect; but the analyses of those which existed originally are reduced to a vastly smaller size. This is the case of the appearance of the most perfect animals—of animals breathing air, of mammalia, birds, and man."

In these few sentences are conveyed, very impressively, the teaching which the science of the present day affords. It shows us that however cotemporaneous, or nearly so, the development of the plant and the animal may have been, yet that the circumstances which are favorable to the increase and support of vegetable life were in full vigor in former periods of the world's history—that from the time when vegetation on land first started into life, it with bold and ample strides spread its vitality over the whole dry land of the globe, until the latter teemed with a forest so thick, luxuriant, and lofty, that the sun's light was hid from the surface of the land, decay could not go on so rapidly as reproduction, and there resulted those heapings up of vegetable remains, both of perfectly fresh and partially decayed matters, which constitute our modern coal-fields. These grew over all parts of the earth, both polar and

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equatorial; for as yet no ice-bound regions limited the extent and power of vegetable vitality—no part of the earth's crust sunk below the temperature of 45°.

These circumstances, so favorable to life in the vegetable, reached their culminating point at the time of the deposition of the coral limestone, which has been also termed carboniferous, from its containing so much plant remains. Animals, indeed, existed throughout this period, but neither of various organization nor in great numbers, if we except the shelled animals of the deep seas. From this period to our time, vegetation has not only diminished in luxuriance, but its limits have become more defined and circumscribed. The favoring circumstances which then were spread over the whole globe, are now confined to the intertropical regions; and it has been calculated by Humboldt that the present condition of our globe, with regard to its favoring circumstances on the life of the plant, might be represented by stating that the whole vegetation in the world might be compressed within a belt occupying within thirty miles north and south of the Equator. How small is this space, compared to the whole globe, and how have the circumstances favorable to life in the plant disappeared! We may, in fact, look at the present time as that of the decline of vegetable life on the globe, and that, in process of futurity, the time will certainly come when those favoring data for vegetable support will disappear, and the surface of our globe will be as destitute of a blade of grass as that of our satellite at the present moment is. The Animal kingdom, on the other hand, beginning its career almost at the same period, has run a slower course; the development of the species were less rapid, that of the individuals vastly less abundant. In the later secondary epoch, we find that the favoring circumstances must have operated more extensively than in the earlier period, and still more so in the tertiary than either. When we come to the period of the appearance of man upon the globe, we find the same proof of increasing forms for animal development; we find external nature assisting him in his endeavor to overrun the world; and when at peace, and unchecked by national folly and crime, the amazing increase of the species leads us to believe that he is at present only in the early period of the history of his race, and that he must continue to increase and multiply and replenish the earth so long as it is capable of affording him space and subsistence; and that so far from external nature being antagonistic to the races, it is its cherishing mother and protectress.

We have purposely contrasted the plant and the animal: in both the functions of life are performed, and we cannot understand the method of the performance in either case, without surveying all the material elements and forces which surround and re-act upon either organized form. Perhaps the contrast is not natural; we find them coeval; we know them to be mutually dependent; and although at different periods one or the other flourished more vigorously, yet they could and did both exist under like circumstances. They are made up of the same chemical elements; they occasionally form similar products; in decay, they furnish the means of supporting a new race.

"See dying vegetables life sustain;
See life, dissolving, vegetate again;
All forms that perish other forms supply,
By turns we catch the vital breath and die.
Like bubbles in a sea of matter born,
We rise, we break, and to that sea return."

The condition of the globe is, then, favorable to the development of life, and, at the present time, of animal life in an essential degree. What then, it will be asked, are these favoring circumstances? and upon what does it depend, that external nature can determine whether she wills the existence and support of the plant or the animal? The earth, the water, and the air are material; they are made up of simple chemical elements, and these are held united together by certain forces. Matter and force are the great promoters; the force is inseparable from the matter—is a property connected with it, which controls and regulates it, in whatever shape, position, or composition it may happen to be; and we cannot form any idea of matter independent of this force. The plant and the animal are also made up of matter. The elementary matter is, to a great extent, identically similar in each, and in both common with that of the earth, water, and air, in which they grew. The force accompanies the matter in the frame of the animal and plant, and exerts itself as it did when it was inorganized matter; it is still matter subject to the same forces, which, as they have been found so extensively developed, are termed *physical laws*. These laws, then, pre-existed before an organism; they assisted in providing auspicious conditions; and, when developed, they aided in its growth and increase, and still regulate its movements and actions. Physical laws, or the operations of external nature, (for they are the same thing,) so far from antagonising and being prejudicial to life, are its greatest promoters; they are, in fact, the *laws of life*—they are the essential laws of matter. Whether the atom be endowed with life or not, it is still subject to these laws; and every atom of carbon, hydrogen, and oxygen, has the same forces acting upon it, whether it form a constituent part of an animal, a plant, or a mineral. A vital law is a physical law. They are similar expressions; for matter cannot at one and the same time be subject to two opposite forces; which it must necessarily be, if the vital and the physical laws mean the action of different and opposite forces.

It is no part of the object of this paper to enter into a metaphysical argument upon what life is, or to give a succinct definition of it—perhaps Bichat's negative may serve that purpose as being "the sum of the functions by which Death is kept off"—but rather to explain the changes which occur in the system, and which are brought about by agencies which are truly chemical, and which in many instances operate as effectually outside the body as within; and where they fail, we are led to ascribe the failure to a defect in our manipulations, rather than to any inherent incapability in the matter and force concerned.

To make these explanations intelligible, and the whole complete, it will be necessary, among other points, to review the constitution of the elements surrounding the plant, the manner in which the plant grows, the nature of the food taken, and the

products formed—the phenomena of a similar kind in the animal—and to point out the contrast between and the dependence upon each other of these two Organic Kingdoms.

AN AUTOBIOGRAPHY.

CHAP. VI.

I AM not certain that I shall make this chapter interesting; but, as General Miller, at "Lundy's Lane," said, so say I, "I'll try." There is great power in *effort*. It makes perfect. Skill and accomplishment are the natural born offspring of STRUGGLE, begotten by LABOR. And glorious children they are. They are resourceful. They meet difficulties heroically, and they vanish. Many a man sinks to nothingness for want of the fact taking hold of him, that *Work* is DIVINE, that TOIL develops, that earnest employment rouses and perfects the powers. Every little while I come across men who cry at sight of the obstacles that beset them, "there are lions in the way." Courage! say I. 'Tis half the battle. Meet your fate boldly. No matter what is to be done—whether it is to build or pull down an empire, construct beautiful edifices, take the *plunge* of a cold morning, or write an article for the Water-Cure Journal.

Then up my BRAVE! and grapple with the thing to be done. Once fairly at it, and it is half finished. So, ho! I had better follow my own preaching, and so get up into the *second* sphere of life—the sphere of consistency. Consistency is a jewel, and, notwithstanding what St. Peter says against outward adornments, I confess myself in favor of jewelry. I like ear-rings in a woman's ears. I like a cameo breastpin—if it is not larger than a *tea-plate*. I like "rings on the fingers and bells on her toes;" and then I like "the sweet lady wherever she goes." Why then should I not like jewelry? and especially that of which consistency is a splendid specimen. It is a *large* jewel, rare, of antique style, and *seldom worn*.

The law makers, the medical profession, the teachers of ethics, all eschew it. They think to wear it makes people look grumpyish, and most of them wish to forget that they ever had granddams. One must follow one's convictions, so I must live as I profess. If I pray for rain, I should, unless I wish to get *wet*, carry my over-coat or umbrella with me. If I petition the Almighty to feed and warm the hungry and unclad, I must take to them food and clothing from my abundance. If I declaim about the divinity of *labor*, I must work efficiently. Is not all this true? Is it not interesting? If not, try the *next* paragraph. I have known a lady put on nine pairs of gloves before she found a pair to fit her. That was before the ladies purchased gloves "by measure," as they do now. So do not get discouraged.

God made man to be neighborly—so he made him to *have neighbors*. My father was not exempt from the rule. On the north side of him he had a widow for a neighbor. She was what, in Cape Cod *parlance*, is called a *grass* widow—that is, she had a husband; but she did not live with him. He was an inebriate, and wandered about the country months at a time, so that she "run to grass." She owned some forty acres of land, from

which she obtained a poor livelihood by reason of poor tillage. Almost as a *natural* consequence, she and her whole tribe were poachers. Her very hens knew her neighbor's grain, and would leave *her* sown seed untouched to maraud on her neighbor's. Her hogs were always in a corn-field, if not watched closely; and the *riders*—top rails—on our new cedar fence would disappear a little while before one could discover a light blue smoke issuing from the top of her old brick chimney. Let me tell you a few anecdotes about this old *harridan*. Our lot next to her we usually kept under the plough, except when seeded to clover, preparatory to summer fallowing. Whenever we sowed it to oats, the widow would turn on a drove of hens, not less than fifty in number, which would make sad havoc with the seed. At last my father grew impatient of the widow's perverseness, and went to her house one afternoon, when the following conversation occurred.

"Mrs. Hoag," said my father, "I am to sow the field next to you to oats to-morrow, if the weather is fair. I shall sow that part of it next to you in the afternoon, and I want you should shut up your hens till my oats come up."

"Doctor, you accuse my hens wrongfully. They are peaceable hens and stay at home. But suppose they didn't! Suppose they did wander on your oat-field, what harm could a dozen hens do? They pick up a pint or two."

Stop, madam! if you please. You may multiply the number of your hens by *four* and you will hit near to the exact number. You have not less than fifty hens. Each of them will, when hungry, eat at least half a pint. At one meal they will eat two-thirds of a bushel, and in a couple of mornings will eat up the seed of nearly an acre. This I cannot endure, and so I have made up my mind to protective measures, and as I would act rightly, I give you information of what I intend to do. I shall soak my oats to saturation in saltpetre water, and if your hens eat my grain it will kill them. Do you comprehend me?"

"O, yes, Doctor, I will shut them up."

The next morning we commenced sowing the field, and toward night we reached the side next to our grass widow. The grain we left unharrowed, and, at dawn of day the next morning, we were up to see whether the widow's hens were out of coop. *There they were*, all on the field, eating as hens will which have eaten nothing for twenty-four hours. We left them to take their fill, went home and told father. Once or twice we caught sight of the old lady in her *NIGHT SMOCK*, as she stood peeping through the bars of her buttery window, watching her brood as they filled their crops by poaching; and, about our usual time of going to work, we caught sight of a little girl creeping into the field to drive the *biddies* all home again. About 9 o'clock father went down into the lot and saw Mrs. Hoag at her wood-pile.

"Well, Mrs. Hoag," said he, "I am glad to see you keep your word. It will make us good neighbors, if you will only do as you agree to do. I am rather pleased that you confide in me so far as to believe in me."

"Why, Doctor, you were not in earnest yesterday!"

"Most certainly I was, Mrs. Hoag!"

"Well, now, I certainly thought you was joking with me. However, I thought I would be on the safe side, and so kept all my hens shut up."

"Mammy! mammy! mam! Do come here quick!" screamed a voice from the hen coop. "Hurry! The old rooster is a staggering, and the old cackle-crowned hen is a squeaking, and the tothers is a whirling round!"

The widow started and father followed her. They reached the coop and looked in together. A large portion of the brood was dead. Some were tipping and others were toppling. Here would be one that would leap up in the wildest freak of insanity and fall down dead; and another would look as *sagely* at you as an old Magi, and lie down and die. One would cluck, another would cackle. Death left to each the liberty of passing away to the tune of such music as might be uppermost in them. Within fifteen minutes all had gone to the land where hens are regarded as having some consequence. The old rooster gave up the conquest last. On his death, the old woman could contain herself no longer, but broke forth.

"You rantankerous old villain, you have killed all my hens, and I will make you pay for them!"

"How have I killed them?" inquired my father.

"How! by soaking your dirty grain in saltpetre brine."

"But what harm would that do?"

"Harm! did you not say to me yesterday that it would kill them, every one?"

"To be sure I did, but then you told me that you would shut them up, and not half an hour since you told me that you *did* shut them up. How then could my saltpetre administration hurt them?"

"Well, if I must tell the truth, I did not think you would do as you said, and so I let them out."

"Mrs. Hoag, I have tried for a long time to make you understand that I am a man of my word. I have tried soft, mild measures with you. You are a woman, and so in general esteem the more helpless. Now you have had one lesson. If this does not suffice, I must teach you another. Good morning!"

The stroke was effectual. We never could find her hens on our oat-field after sowing. She remembered the *saltpetre* dispensation.

We were destined to one more *tussle* with the old woman. We conquered her, and after it she remained respectful. The affair happened in this wise. The line fence which separated Mrs. Hoag's possessions from my father's, ran close to *her house*. It was built of new cedar rails, and staked and heavily ridged. Every few weeks a *rider* would be missing. We tried all the expedients that suggested themselves to us, but with little or *no success*. They would keep abstracting themselves or being abstracted. At length a *newly* hired man of ours declared that he could fix the matter, only give him the length of his tether. To begin with, he took split rails and bored holes in them once about three feet, and drove in pins, and cut them off. These made the splitting of the rails difficult. So he let the matter rest, till some number of *riders* had been abstracted. Having thus baited the old woman, he laid his plans for the *finale*.

He took a new large rail, bored his holes, driving in pegs and wedging them tight. This made it very difficult to split the stick. Between these

holes he bored others, putting in *powder*, and driving over the powder wedges of wood. Having thus fixed the rail, he carried it to the fence and put it on. The next morning it was gone. So he made an errand in at the widow's about the time of cooking breakfast. She asked him to sit down. He took a chair and began to talk. She was busy about her culinary affairs, yet found time to chat. Her tea-kettle was on the crane; her dish-kettle on the long *trammel* that hung close to the *crotch*; her *spider* was tipped up between the andirons, so that the johnny-cake might bake. In one corner was a kettle of potatoes, in the other a saucepan full of *issing*, frying pork. The *fire-stick* burned and cracked, as *cedar* wood will always do.

The hired man sat quietly and watched the scene, but about his eye there was a quiet twinkle which said—

"Madam, you will soon have a revelation that will startle you somewhat, and will come as by fire, I think." He had hardly completed his thought, before the johnny-cake came out into the middle of the floor, the pork and potatoes followed, the tea-kettle went up chimney, the crane swung out as by an invisible hand, and the dish-kettle vibrated like a clock pendulum. The andirons tipped backward on to their faces, and their long noses thrust themselves into the air, red and wrathful. It was Vesuvius in miniature. Ashes were all over the table—coals of fire on the floor. Old mother Hoag crouched in a corner, her comb fallen from her head, her hair dishevelled, and her countenance wearing the aspect of one on whom the GREAT JUDGMENT had come untimely. The hired man was up in one corner, sneezing and coughing, and swearing like an English cavalier.

"What the d—! does this mean?" exclaimed he. And just as the old woman began to utter speculations, there came another *fizzle*, and she thrust her hands into her hair and fled out of doors, crying "murder! murder! my house is ha—nted; what shall I do?"

"I say, mother Hoag! I say!" said the hired man, "that if your house is haunted, so are our fence riders. They are possessed of an evil spirit which hates to be roasted over other people's hearth-stones, and so they kick up a bobbyery oo-ca-si-on-ally."

After this our fence riders were always in their places.

CHAP. VII.

INSTINCT, what is it? Philosophically, who can define it? It is a task from which I shrink. I shall not attempt it. But if you want a distinction between a power which, acting intuitively, is called *Instinct*, and a faculty which, acting calculatingly, is called *Reason*, I will draw one.

Make bare the bottom of your foot, and, unsuspected by you, let some one prick it, you will put your finger on it instantly. You will not miss once in an hundred times. On the other hand, let it be made known to you that some one *intends* to prick your foot, and do it with your consciousness alive to such intent, you will not one time in ten put your finger on the place, or within half an inch of it. Now, in accounting for the difference of perception of the seat of the injury, you will recognize the distinction I have drawn, and under

the shadow of which I have named the perceptive states INSTINCT and REASON.

Writers of intellectual philosophy give the former faculty to brutes, and deny it to man; and the latter faculty they give to man, and deny it to brutes. I am satisfied they are wrong in both cases, and I propose to give some cases within my own observation and actual knowledge, going to show that *brutes reason*, and man acts at times independently of calculating process.

About the year 1824, my father purchased a Pennsylvania Dutchman, a cow. The name of the seller was Shelden. We gave the name of the man to the cow, and in our farm-yard she always went by the name of "Old Shelden." She was a large, well-built animal, pouring forth any quantity of milk in height of feed. She never fought with strange cattle, yet ruled the yard. There was a majesty in all her movements, a stateliness in her step, that induced the other cattle to respect her claims. She was the first to leave the yard in the morning for the pasture, the first to enter it at night. She never kicked up her heels, never was carried by enthusiasm, never assisted in any of the stampedes that the younger portion of the stock occasionally got up. In time she added to the stock of our yard, and introduced to our attention a calf—heifer in its kind—the strangest looking calf one ever saw. The ground work of its skin was white, and the dottings were ten thousand spots, distinct yet small, and black as the horses of Tatory. She was a *genius* of her kind. It needed no prophet to tell this. Her very look flashed forth intelligence, intuitive and keen. We named her CALICO on the instant, and for fifteen years, through all changes, that name was here. Now, some of her deed-doings I propose to speak of, and on the commonly received principles regarding INSTINCT, I would like to have them accounted for.

When this calf grew up to *Cow-hood*, and assumed her appropriate responsibilities, all of a sudden we became troubled with unruly cattle. Our barn-yard fence was high and well staked and ridered. Yet in the morning our cattle would be found in the corn-field, all but CALICO. She would always be found in the barn-yard, lying down, whilst all the herd would be found in the field, their maws gorged with corn, or any other edible growing in the field. CALICO was innocent—CALICO seemed to understand herself. She knew our rights and respected them. For a long time we could not imagine how the fence could be let down by any help but *human*, it was done with so much regularity. It would be a regularly opened gap, such as in my time, before farm gates were in vogue on inside fences, boys were expected to watch. The thing at last became unbearable, and watchers were stationed to see by what *hocus pocus* the thing was done. At last CALICO was caught in the very act. Witnesses appeared against her and *deposed* strongly, yet it was difficult to make those who had not witnessed the transaction give credit to the charge. But the thing was too palpable. Reader, you will ask *how* the creature did it. I will tell you. She would go to the outer corner of a fence length, and, putting her head under the stake, push her body after her head, and so throw the bottom of the stake out of the ground. This would let the stake slip off its balance, and the

rider would fall opposite to the side on which CALICO stood. She then would proceed to let down the fence, carrying *one* rail one way, and the other the other way, till it was neatly let down, so that the least of the herd were able to pass in. Having done this, she would slip one side, and let all the rest pass in. Then she would call up *her majesty* and pass in, and with steady step wend her way to the grain and commence eating. Having eaten all she wanted, she would leave the field, and, passing to the furthest part of the yard, lie down in all her innocence, and commence her cud-chewing. O, Calico! what a type of the HUMANS that live on the toil of others thou wert—apparent innocence, but real cheater. Outside virtue, but inside knavery. A cunning to succeed, and shrewdness to cover it, having done it. Well might thou be said to have *genius*, whilst knavish men are stamped as such.

Now can any philosopher help me to an exposition of this matter? When we fairly discovered her, we recollected that again and again she had watched different persons as they let down fences, taking the truest note of all they did. She may be said to have *learned* this. But what power was it that taught *her* alone of twenty cattle to let them in, and, having eaten all she wanted, to pass out of the field and uniformly be found in the yard in the morning. Besides, of all the cattle we ever had, she never was known to eat grain enough to hurt her in the least. Once I remember her getting into our barn, on the floor of which was a pile of fanned wheat, but she ate not enough to hurt herself, and this was the more remarkable, inasmuch as the danger is greatly increased from eating wheat which has been separated from the chaff and straw, an argument going to show the soundness of the dietetic views of Hydropathists in respect to the use of concentrated food. For I venture to say that no farmer ever knew a case where his cattle or horses ever were injured in eating grain from a *stack* or mow, unthreshed. But I must wait for another Journal for the illustration going to show that man at times acts independently of that faculty which is called *reason*, till which time, reader, *farewell*.

CASES IN WATER-CURE.

BY JOEL SHEW, M.D.

SCARLET FEVER.

A HEALTHY appearing boy, between four and five years old, had been sick about four days with scarlet fever. No medicine had been given, and water treatment was practised to a moderate extent, but not so much as the case demanded.

I saw the patient first in the forenoon of the fourth day. The rash had appeared to recede the day before, upon which he grew more feverish, and worse in all respects. He also vomited a number of times. The day I saw him, he had been packed and bathed in the morning, but he was feverish and stupid. The throat had become considerably swollen and sore.

I ordered the twenty-minute pack—the sheet to be linen, and used double—four times in succession; after which he was to be bathed in water at between 70 and 80° F., to have the wet girdle

constantly, and a cooling wet bandage about the neck. He was to rest two or three hours, according to symptoms, and then the packing-sheet was to be repeated four times as before. He was to drink Croton water, if he desired, and take some light nourishment, if he should call for it, at the proper time. He was also to be allowed to sleep during the time of the envelopments, and have a wet compress always on the head while in them.

On going to rest, he was to have a thorough ablu-tion in water at about 70°, and this to be repeated in the night, if he should become feverish or restless, and as often as it might be necessary; or, if more convenient, he might be wrapped successively in the double wet sheet.

The treatment followed during the day was strikingly beneficial—preventing the fever, stupor, and soreness of the throat. He slept well during the night, although the preceding two or three nights he had been very restless and unable to sleep.

The next day he was to have the double pack twice in succession early in the morning, and the tepid bath, and in the afternoon the same treatment; the wet girdle and the compress about the trunk constantly; and tepid injections, if necessary. He was also to be allowed to go out in the open air; for it is notorious that water patients, if properly treated, are proof positive against taking cold.

But it was found that this treatment was not sufficient. The fever returned considerably, so that the next night the sleep, although much better than it had been some of the preceding nights, was not yet such as it should have been. He was then ordered a double amount of treatment for the next day; after which, under a mild course, he rapidly recovered.

ANOTHER CASE.

A nursing infant, seven or eight months old, was attacked with scarlet fever in the month of May. The parents used water to some extent, but in a day or two called in an eminent physician to see the child. The throat had become a good deal affected, and the nose ran freely. These throat and head symptoms the physician regarded as very unfavorable. He, in fact, appeared to regard the case as a very dangerous one, and did not return again to see it.

I was called the same day to visit the child. The treatment pursued was very simple, and yet effectual. Night and day the child was to be bathed in water, in a small tub, at about 80° F., as often as the fever should begin to rise. Thus it was for the first two or three days bathed many times in the twenty-four hours. At the same time a wet compress was kept constantly applied about its abdomen and chest, and which was renewed at each bath. A wet bandage was also worn about the neck constantly for a number of days. A wet cloth was kept upon the head whenever it became too hot.

The child, although dangerously ill, and of scrofulous tendency, was restored in a few days. A swelling then appeared upon the side of the neck, but by constant bandaging with wet cloths covered with dry, and the general treatment, he soon grew better; so that the patient, on the whole,

did remarkably well. All things considered, the case would have been a doubtful one, in its results, if any other method than that of water had been adopted.

MEASLES—SIX CASES.

I have remarked, at different times, in the Water-Cure Journal and other publications, that I had never yet known a case of measles to be lost when water treatment, and that only, had been employed from the first. It would be possible for a feeble, scrofulous child to die of this disease, perhaps, in spite of the best management. The facts in my own observation are, however, as I have stated; and I have known, first and last, a very considerable number of patients who have been treated according to the new method. The results of water treatment in this formidable, though not very dangerous malady, afford a striking exemplification of the value of hydropathy.

I have just now (June, 1851) seen a lady, an invalid, who resides in a large town of New Jersey, where the water-cure has scarcely a friend in the whole place save herself, who has treated successfully, within a few weeks, six children of hers with measles. She obtained her knowledge of the treatment applicable in such cases in the Water-Cure Manual, the Water-Cure Journal, and other publications. She used short packing-sheets, bandages, ablutions slightly tepid, ventilation, plain diet, etc. The water applications were resorted to as often and as continuously as the cases demanded; that is, she persevered in the moderately cooling plan, as much as was necessary, to keep down the fever and to prevent stupor. She succeeded well, in every case, in curing the measles; but the youngest child, an infant, a few months old, afterwards sunk from exhaustion caused by a diarrhoea. The mother herself, having for years been a very great sufferer from disease, had imparted so little vitality to the child, that it could scarcely live at any time. Still, it was carried through the measles safely by the help of water treatment.

ACUTE RHEUMATISM.

BY S. O. GLEASON, M. D.

As this disease is common to this section of the country, a few thoughts on the subject may not be void of interest or practical utility to the general reader. So various are the methods employed to combat this disease, that it is difficult for the public to decide—if medicine be used—what course to pursue in order to insure speedy and permanent results of a favorable character. Again, such loose and crude notions prevail in relation to the nature and causes of this malady, that they should be corrected by medical men, whose business it is to teach the public as well as to cure them of their maladies. And I hope the day is not far distant, when physicians will not only spend their energies in treating diseases, but will, with tongue and pen, do what in them lies to secure a thorough knowledge of the causes of disease among the mass of people. Such make better patients when they are sick, and are less liable to expose themselves to noxious and hurtful influences and practices. Our race must by some means be improved; and I know of no better method than to diffuse infor-

mation upon such topics as men are generally ignorant upon. "Knowledge is power," as much in relation to physical improvement as in any other direction.

When this disease begins its work, it gives notice of its attack by sending pain through some one or more of the main joints—such as the shoulders, elbows, wrists, hips, knees, ankles, or some of the small joints of the toes and fingers. Redness and swelling mark its progress. It has at times a peculiar restlessness; not being content with its present locality, it shifts its residence according to its whims and fancies, giving due notice to a neighboring joint of its intentions to take up an abode there, by sensations not of the most agreeable character. The joints are often so exquisitely tender as to be entirely incapable of motion, while the weight of the bed clothes cannot be endured. A fever of the most violent character is also a pretty constant attendant, while the pulse is bounding along at a rapid rate, filling the arteries to their utmost capacity. There is pain in the head, and often the patient is bathed in a sour smelling perspiration. The urine is acid and turbid.

The exciting cause, perhaps, in all cases of this disease, is exposure to cold and wet, without much exercise. Especially is this malady liable to follow exposure, if the nervous energy is exhausted or the powers of life more than usually depressed. But back of all this, there must be a predisposition in the system to take on this disease rather than any other, since a dozen persons may be subjected to precisely the same amount of cold and wet, while but one may have this disease. Another, with weakened mucous surfaces of the nose and throat, will have an acute attack of catarrh. A third, with a sensitive stomach, may have, for a time, severe dyspepsia. A fourth, with feeble lungs, will be liable to inflammation of those organs. So each one will suffer, in all probability, at his weakest point—at that part of the system which is most liable to congestion; which has, in other words, the least vital force to contend against foreign influences that may make war upon it.

Now, it seems to me that a man with good digestion and perfect assimilation cannot have the rheumatism, though he may be exposed to such influences as ordinarily bring it into activity. It is the opinion of most medical writers, that lactic or lithic acid exists in the blood in all cases of rheumatism. Now, there must be a fault in the digestive apparatus, or else these substances would not be manufactured and left in the circulating fluid, as it is a substance which is foreign to the blood in a healthy state. The stomach and liver must be in an unhealthy condition previous to an attack of this painful disease.

Now, the person who tasks his stomach and liver by the use of alcoholic stimulants, salted meats in large quantities, or high seasoned food, provided he puts forth severe daily muscular efforts and exposes himself to cold and wet, will almost to a certainty have more or less of the rheumatism. Yet few think that what they eat or drink has any influence in the production of this malady.

In districts where cider was formerly freely used as a drink, and salt pork or fish constituted the chief articles of the meat kind, rheumatism

was a frequent disease. A poor, meager, and scanty diet, with insufficient clothing, hard labor, and exposure, will induce this disease. I am inclined to think that at least nine cases out of ten arise more from faulty diet than from exposure, although the latter may be the exciting cause, but not the real one, as has heretofore been pointed out. It is a matter of the utmost importance to those predisposed to this disease, to be correct in their dietetic habits. "An ounce of prevention is better than a pound of cure," is an old maxim, full of truth when applied to this disease.

The rich and fat-fed idler and gentlemanly (?) loafer, whose diet tends to create and maintain stomach irritations, while the skin is clad in flannels and other effeminating garments, is liable to this disease, as well as the poorly fed and scantily clad laborer. So the rich, idle, and beggared can enjoy in common all the comforts of this malady. It is really quite too bad to have the idlers, loafers, and gentlemanly (?) rascals suffer so intensely, as they are such an interesting class of our population, serving some excellent purposes, such as setting dogs into a quarrel, occupying all the vacant room in public houses, places of business, fashionable resorts, sitting or standing at the corners of streets, whittling or gaping. But then we must have some wens on creation, and perhaps such make excellent specimens of rare qualities; still they are quite common.

Take a man whose digestive functions have been disturbed, while he is in the daily habit of severe muscular exercise, the fibrous sheaths and coverings of the muscles are enfeebled, and hence have not sufficient energy to resist the combined influence of cold and wet. The blood will be driven from the surface to the coverings of the muscles, and congestion will be the result; lithic acid will be deposited, which is acid in its character; and then comes all the train of symptoms which are characteristic of this disease. The treatment must be such as to free the system of this acid, and to restore the congested bloodvessels to their normal condition.

The means employed by the best of practitioners in the Allopathic school are various and contradictory. One bleeds freely; a second none at all, but relies on tonics; a third gives calomel and opium; a fourth gives colchicum and guaiac, and other stimulants. Thus some take the tonic and stimulating plan, while others deplete and lower the powers of life, hoping thereby to relieve congestion and free the system of its lithic acid. I can see no good reasons why strength should be diminished when the system has got to enter into combat with an internal foe, any more than it should to enable one to meet and vanquish an external one.

What conclusion is to be drawn from such opposites in the drug practice? Why, most certain are we that the practice is doubtful in its result, to say the least.

Some give nearly all the remedies mentioned in some one stage or other of the disease, hoping, I suppose, like the Brahmin doctor, who gave sixty different medicines in one dose, to "hit the case" with some weapon and stay it at once.

Many physicians of eminence have ever been ready to acknowledge the insufficiency of drugs

in the treatment of this disease. When Dr. Warren was asked what was good for inflammatory rheumatism, he replied, "six weeks." This was an odd dose, but not bad to take if it was in small powders and plenty of molasses. Dr. Watson, an eminent English physician, says, that full *one half* who are attacked with this disease die under drug treatment. This is a startling admission to sound in the ears of a drug-taking people! It is a token of alarm—a toll from the funeral bell! Besides the fatal results, many are deformed, while some one or more important joint is rendered useless for life. Vigorous depletion and severe catharsis tend to make the disease leave the joints, and attack either the lungs, heart, or brain, which in most cases proves fatal. The disease, to use familiar language, "strikes in," just as much as do the measles or any other eruptive disease. This "is not only known, but openly acknowledged, by the heads of the profession."

Now this is a dangerous disease, under any plan of treatment. But, from our experience, we think the Hydropathic treatment vastly superior to the drug practice—more prompt, safe, and effectual, than any other means that have yet been employed by any school of medicine.

Severe shocks by the application of cold water are of course to be avoided, since the disease might attack some important organ, and become speedily fatal. So should great depletion and severe catharsis, for the same reason. The organic energies should not be too suddenly or severely tasked, since as much strength as can be spared is needed to expel the morbid material—which is the cause of the disease—from the system. Nature points out to us, in unmistakable terms, the natural method of cure. The profuse perspiration, which accompanies a favorable termination of this disease, indicates that the *skin* instead of the *mucous* surfaces is the natural point of attack. The bowels should be kept open by tepid injections of water. Packing in the wet sheet is the great remedy. It softens and opens the skin, permitting a free exit of morbid material. Bandages applied to different parts of the body are of great service. All general baths should be tepid at first. Perspiration should be induced as early as possible. I kept one patient in a wet sheet most of the time for thirty-six hours—laying the blanket aside and pouring on water to wet the sheet as the patient called for it. An oil-cloth was spread upon the mattress, to prevent the clothing from getting wet. In one week this patient was cured. Compresses applied to swollen and inflamed parts, of such temperature as is agreeable to the patient, are not to be neglected. A mild diet and free water drinking are necessary to be regarded. I have treated many cases of this disease, and no one but what has got a cure in three weeks, instead of taking drugs from six weeks to six months, as is too often the case.

Forest City, 1851.

Mrs. BLOOMER.—We have a full length portrait of this lady, dressed in the new costume, which we expect to present in the next number of this Journal. It will be contrasted with a fashionably dressed lady in the *old*, long, tight-laced, bustled dress, now worn by a few unfortunate persons.

A CHAPTER OF "WATER-CURE."

BY E. POTTER, M. D.

My own case, for six years past—A little Experience in "Water-Cure"—Water in Bruises and Contusions: A Case of Paralysis of Lower Limbs—Orthopathy: case treated by—"Water-Cure," in three cases of Parturition—Two cases of Pneumonia—The contrast.

Six years ago, this past winter, I commenced the study of Dr. Graham's "Lectures on the Science of Human Life." Previous to this, I had been in the habit of wearing flannel under-clothes, the year round, summer and winter—during which I was an almost constant subject of colds, coughs, and their concomitants, viz., drugs, dye-stuffs, &c., which invariably left the system weak, and subject to the control of the *Enemy*. Immediately after becoming acquainted with the views of Dr. Graham on this subject—midwinter, and very cold weather, as it was—I threw off my *flannel*; commenced COLD BATHING; commenced sleeping on STRAW; threw away my tea and coffee, and fine flour (tobacco and *whiskey* I never used)—yes, and meat too; and commenced a plain, simple course of vegetable diet: and do you think I felt *bad*? No, sir; I never felt so well in my life. During the six years that have elapsed since I commenced the "Graham system" of living, from a train of circumstances beyond my control—sometimes boarding at large and fashionable boarding-houses (where everything was cooked in grease)—I have been compelled to depart from my plain manner of living, in a greater or lesser degree, and always experienced a physiological derangement proportioned to the departure. For three years past, as circumstances permitted, I have been studying the use of water in disease, and applying it occasionally; until now, from what I have read and experienced, my faith is all on the side of water as a remedial agent, and I firmly believe there is no need of any other medium in any case.

Since the commencement of my plain living, I have not had occasion for medicine more than two or three times, and then water removed the trouble in two or three days—troubles, that when I was in the habit of using medicine (poison), always required two or three weeks, and then never felt well.

Two years ago, while driving out to the country, on professional business, one of my horses took fright, and both of them being high-spirited, they ran with all possible violence—ran against a post—stove the carriage to pieces—stunned myself, and cut my arm badly. I had the wound washed out with cold water, and bandaged with linen cloths wet in cold water, and changed once in an hour or two. After the first two hours, except I looked at it, I would not have known there had been any contusion whatever; it was entirely free from soreness, and never troubled me more, but healed immediately.

About three years ago, I was called to a case of paralysis of lower limbs, which had been treated by two old (colored) school physicians, and, as is generally the case, "nothing bettered." I commenced the treatment by bandaging the limbs with cloths wet in cold water, and changing them

often; at the same time kept a jug of warm water to the feet. This process was carried out during the day; at bed-time, washed off with cold water, rubbed thoroughly, and then to bed again. This process was kept up for about a week, (with no medicine, except a little for appearance,) and the man was on his feet and well.

Some time last summer, I was called in consultation with an Allopath, in a case of flux; patient, a child, about two years old; had been DOCTORED almost to death—that is, the disease and *doctor-stuff*, together, had well nigh *killed* the child. After examining the case, and getting the opinion of the attending physician, I remarked, that medicine could not do the child any good, as there was not vitality enough in the system to withstand the effect of medicine. I made out a prescription, (we were among those who judge of the ability of the physician by the quantity of medicine given,) to which the doctor assented, and the child got well. The prescription in the case was:—Drop ten drops of tincture of myrrh in one oz. of water; drop five drops from this vial into a teaspoonfull of soft water, and administer by enema. This to be administered once in thirty minutes, until relief was obtained; and gave it to drink (as much as it would drink) of cold slippery-elm mucilage; and cloths, wrung out of cold water and applied to the bowels, and changed as often as they became warm.

I have treated, after the new mode, as near as possible, according to my understanding, three parturient patients, all with the best possible effect. The first was a lady, twenty-seven years of age, with her first accouchement. Directed, for some three weeks previous, a sitz-bath every night, on retiring. The morning of the accouchement I was called: directed a sitz-bath of twenty minutes. This regulated the pains, and in three hours the lady was comfortable in bed; rested one hour; got up; took a sitz-bath; was dressed with wet bandages, went to bed, and in two hours had some Graham-toast (brown bread, softened with sweet cream) and plain sauce. In the evening had another sitz-bath; rested well all night. Took two baths next day. Third day, sat up about half the day, walked across the house several times, and helped herself as she pleased. The fifth day, made two calls. The sixth day, rode out to the country; coming home, was caught out in a heavy shower of rain, and pretty thoroughly "drenched;" all went on harmoniously; no harm done by the shower; not the least; on the contrary, continued to do well, so that, in a few days, no person would have supposed the lady to have been a late parturient patient. This case has, as a matter of course, made some noise among the *wise ones*. As I have taken up so much space with the former part of my chapter, and wish to notice the last part a little, I will only say, in regard to the other cases of parturition, that they resulted well; that the treatment was about the same as in the case described. I would also just say, in regard to the first case: the lady was more than commonly slender, and, in all probability, with any other treatment, might have been compelled to occupy her room for weeks, with broken breasts, &c.

This vicinity—situated as it is, so far north, and so near the lake (Michigan Lake)—is very much

subject to lung-fever, or pneumonia. It has, as a general thing, been considered among the *incurables* in "these diggins." I have treated a large number of lung-fever patients this winter and spring, and have only lost one, a little child, about six months old. A few weeks since, I treated the most severe case of pneumonia that I ever saw. The patient (Rev. Mr. M.) is a man of about forty years of age, slender constitution, light hair, light eyes, and nervous, sanguine temperament.

Mr. M. was attacked with the usual train of premonitory symptoms—coughing and spitting of blood, loss of appetite, cold feet and hands, pain through the chest and shoulders, high-colored urine, constipation of bowels, furred tongue, pulse 110 and much corded, and general fever. I was sent for, on the day of the attack, twice; but, on account of other pressing business, did not get there until the next day, when I found him (the patient) very sick indeed—had been delirious for fifteen hours—fever high, very high, which had been preceded by a heavy chill of three hours. In addition to this, the patient had a most terrible cough. The intervals of coughing were, perhaps, about half an hour. When the paroxysms of coughing came on, it seemed, each time, to exhaust all the strength of the patient. The matter expectorated had pretty much the appearance of clear blood.

I was satisfied, after the examination, that medicine could not reach his case. I was satisfied, also, that, in order to save life in this case, even with "water-cure," the most energetic measures were demanded. Jugs of hot water were placed at the feet; cloths, wrung out of the coldest water, were applied to the chest and head; and owing to the great degree of heat, the cloths were changed once in two minutes, and even then would become steaming hot.

Once a day cold sitz-baths were administered; sups of ice-cold water were given every few minutes. The sups of water seemed to mitigate the coughing astonishingly. The morning of the third day after the treatment was commenced, the patient gave himself up to die, and said to his friends that he could not live, &c. Up to this time, the whole train of symptoms, as mentioned above, were more and more aggravated, until the evening of the third day, the fever subsided, profuse perspiration and expectoration commenced, and from this, rapid convalescence—the most rapid convalescence, under the circumstances, that ever I knew. The diet in the case, for some five or six days, consisted of cold slippery-elm mucilage, and cold water; from this, cold ice-water; and so continued to increase the diet as the case seemed to demand. In about two weeks from the attack, the patient was able to attend to his regular business, and now enjoys better health than he had done for a long time previous; what is more, is a thorough convert to "water-cure," and sends his name for the "Water-Cure Journal." Had I not have taken up so much space already, I would like to premise a few things from this case; as it is, will leave this for the reader, and proceed with the "contrast case." The second case—the "contrast case"—is a man of about forty-five years of age, good constitution, &c.; was attacked about the time of the first case—treated by a brother Allo-

path—bled largely and frequently—blistered from "top to bottom"—completely flayed alive; yes, and then, to cap all, (oh! God forgive him! he knows not what he does;) as soon as the "cantharis vesicatoria" has separated the cuticle from the dermis, the doctor is on hand to tear off this part of the skin, and leave the chest—the whole chest—as raw as a piece of beef. Now, I ask, in the name of poor "doctor-ridden" humanity, is not such treatment as this calculated to destroy the constitution of the most healthy?—is it not, in nine cases out of ten, calculated to destroy at once the life of the patient?—and, rather than linger out the miserable existence consequent on such treatment, who would not, at once, prefer death!

This patient was taken down about the 20th of March, and for weeks it was doubtful (so the doctor said) whether he recovered or not, and now (the 9th of May) is just able to be about the house a little; and the doctor thinks that, if he ever has another attack, it will be the "last-on-him."

SELF-TREATMENT WITH WATER.

BY B. G.

Messrs. Editors—I am unaccustomed to write for the press; yet I should be glad to appear in your columns, if my humble experience in water-cure might be of any interest to your readers, or of any advantage to the great cause in which you and your co-laborers are so heartily and worthily engaged. Like most genuine converts to water-cure, I could wish that I might be able to speak of its merits in such a manner as would attract the attention and interest the heart of every reader; yet, in this as in every other good cause, simple and unadorned facts must be relied upon as the chief means of advancing its interests and establishing its claims. Let the great facts in medical and physiological reform which the system denominated Water-Cure brings to light, be held up with sufficient perseverance before the minds of the thinking community, and the "pill system," and all the various refuges of lies to which people have been accustomed to resort, and with such vast expense, for the recovery of lost health, must sink rapidly into an irrecoverable decline. People, when they once become persuaded that the rational use of so simple and plentiful an element as water is more than a substitute for the nauseous, poisonous, and costly drugs which they have been accustomed to swallow, considering them necessary for the cure of their various ills, will put away such vile things as not only unworthy of a place in their pharmacopœia, but of one also in their remembrance. But to persuade them—this is the point; true, when prejudice has been long cherished and long supported by the highest authority, it takes a long time to root it out from its strongholds: such "stubborn things," however, as every water-cure practitioner, both professional and non-professional, can abundantly furnish, must eventually storm the castle of the strongest prejudice, and force the garrison into an unconditional surrender. Permit me, then, to add my experience to that of the hundreds who have testified on this subject, trusting that it may be useful in converting at least one sufferer to the truth as it is in Hydropathy.

About eighteen months since, I was led to investigate, in some small degree, the merits of the water-treatment; not that I had any particular confidence in it as a system, for I had well nigh lost faith in all curative systems and all medical practice. Indeed, had not this been the case, I could not have had confidence, for I had never heard the water system spoken of, either favorably or unfavorably; I had only seen it advertised in the public prints, and from what I knew of the good effects of water as sometimes recommended and practised by the allopaths, I was induced to give it a hearing.

I had been severely afflicted, for four or five years, with distressing pains about the breast and back, and under the shoulder-blade of the left side, accompanied with difficulty of breathing—that is, with an utter inability to fill the lungs. My left lung seemed so clogged with mucus, or the avenues to it so obstructed, that I did not experience a single full breath for years. At first the difficulty seemed to be principally in the tubes, as manifested by pain in the upper and central portion of the chest; but it gradually extended downwards as low as the nipple, and lower point of the shoulder-blade. The pain here became much more severe than any I had previously experienced, and my general health suffered more than formerly. I expectorated a great deal of thick mucus of a grayish color, which was sometimes specked with blood, especially when, from changes of the weather, or from the season of the year, I was visited with more acute attacks. As regards the weather I became a perfect barometer, perceiving approaching changes by an increase of pain in my lungs, long before any indications of the kind made their appearance in the atmosphere. Spring weather was peculiarly harassing to me, and during the spring of '48 and '49 I suffered most intolerably.

I consulted various physicians, at different times: some called my disease chronic bronchitis others gave it some other name; while others gave me plainly to understand that I was tending rapidly to a consumptive state: all agreed that my affection was difficult of cure, but each prescribed something that would "have at least a palliative effect." I say each; but I will except one, who, with more candor or better judgment than the rest, told me, to use his own words, that my disease was one that generally makes sure of its man, and that he could do but little for it.

The treatment which I was kept upon for years was strengthening-plasters, antimonial ointment applied to the breast until issues were produced, antimonial wine taken internally to induce nausea, and "clear out the pipes," and gentle aperients to keep the bowels moving. Syrups of various compounds were also at times prescribed, and lastly cod liver oil.

All the above prescriptions, excepting the last mentioned, I used for about five years, with a good deal of perseverance, but with no other effect than a temporary alleviation of the symptoms, and not always with that.

In the spring of '49 I was obliged to give up my business (teaching), so weak and continually painful had become my lungs, and so debilitated my general health. A severe cough had set in, which

racked my whole frame, unlike anything I had ever experienced before; expectoration became more profuse, of an altered character, having a very bad taste; night sweats occasionally supervened, and many other bad symptoms began to appear.

It was in this state of things—my health all gone, my means exhausted, and apparently with the grave staring me in the face—that I concluded to examine a little into the merits of water-cure, to see if it contained anything worthy of my attention.

Its teachings, I confess, seemed somewhat incredible at first, yet there was an apparent soundness about many of its propositions and conclusions, which accorded too well with principles. I had elsewhere learned not to make a favorable as well as a strong impression upon my mind. I very plainly perceived that if water-cure was what it professed to be, the best of all treatments; that if it was as good even as any other, it was, of all other treatments, the one adapted to my present circumstances. I lost no time in applying it, as I could glean from day to day, from the Water-Cure Journal, which I was then reading, the principles and appliances which I thought suitable to my case. I did not lay aside all medicines at once, but gradually discontinued them as my knowledge and faith in water increased.

The treatment I pursued consisted, at first, merely of two sponge-baths daily, (morning and evening,) and of cold wet cloths, in the intervals, applied to the chest to relieve the pains. These were applied both night and day; afterwards I wore the wet jacket at night, and sometimes by day. I found clysters gave me great relief, as my bowels were torpid, and I had been much troubled with constipation; indeed, the truth is, I had taken pills, until my bowels ceased to act without their stimulating influence. Oh what a curse to mankind, that pills were ever invented to stimulate, and goad, and wear out the delicate tissues of the alimentary canal, when pure soft water will answer the purpose so much better! I took an occasional pack, arranged by myself, and drank considerable quantities of water, mornings and before dinner. I discontinued the use of tea and coffee, and nearly all animal food, except a moderate quantity of milk; in short, adopted a water-cure diet as nearly as my circumstances would admit.

In the above diet and treatment I persevered for about two months, when I found many of the symptoms considerably relieved, though severe pains in my left lung still continued, with a good deal of tenderness at every inspiration, and sometimes pain. A crisis of boils then set in, which lasted about three weeks, after which I felt decidedly improved.

By way of experiment, about this time, I tried the effects of the hunger cure. After abstaining from food for several days, I found the severity of my pains entirely overcome, and it has not returned to this day. I was well satisfied, and remain so still, that I accomplished more by this method, in connection with water, in a few days, than I could have accomplished with water alone in months.

As my employment was in-doors, and somewhat sedentary, I afterwards adopted the expedient of

taking but two meals a day, which I believe was best for me, under the circumstances: I improved upon it, decidedly, and gained flesh instead of losing it, as some might suppose. I practised also, and, as I think, with much benefit, expanding the lungs by drawing in full inspirations through a small aperture in my lips, and expelling the air through the same, and by throwing my arms upwards and backwards, taking at the same time full breaths.

I have continued the use of the wet jacket of nights, until the present time, with occasional packs and clysters, and my health and strength has been increasing, until I can no longer say I am sick; yet my lungs are not entirely sound; I feel some weakness in them yet, and some expectoration still continues. My friends, who were at first considerably alarmed lest I should kill myself outright, have concluded to give me over to the error of my ways, believing me to be decidedly "water-proof."

Thus, Messrs. Editors, what I had been seeking for for years, through the medium of doctors and drugs, and blisterings and issues, and plasters and syrups, I have accomplished by the careful, faithful, and persevering application of simple water; to which might be added, perhaps, diet, air, and exercise. Now, I will mention but one more feature of my case, and I have done. Formerly, on account of the great amount of time I was obliged to lose by ill health, and the amount I paid for advice and medicines, my pockets were always empty; debts accumulated, and payments were often requested when I had not the wherewithal to meet them. My pockets now contain plenty of change; and, according to all prospect, they will be much fuller before they are emptier. Three cheers for Hydropathy! May it live long and spread fast, to bless the millions who are laboring in mind, and body, and in pence, under the oppressive and accursed burdens which drudge impose.

LET NATURE AND CAPACITY CONTROL.

BY THEODOSIA GILBERT.

To say that the human body is subject to untold and excruciating maladies, is simply to offer an undisputed and undoubted observation. It is equally true, that human opinions and human society are subject to amazing and most fatal derangements—agonized by every variety and type of ill humors and deadly elements. Physicians come forward and offer themselves for service in the one department as in the other. Those who stand by the bedside of our sick and dying, are required, by every enlightened community, to sit meekly at the feet of sovereign nature, and yield themselves up wholly to her dictates. To re-establish *her* sway, is all that the most skillful of them can do.

With equal justice may the same reverence for great nature be demanded of those who attempt to reform the manners, and correct the abuses, of their times. To arrive at the great Designer's design, in the arrangement of human affairs, and abide his established laws, is all that the largest-hearted reformer may attempt to do. The victims of our various ills can find actual relief, or redress, only in nature's own way.

Among the social abuses everywhere prominent, it needs no argument to prove that the present peculiar relationships of women are those which call loudest for redress.

Public sentiment itself bears abundant testimony on this point. Already we hear urged the great advantage, and obligation even, of educating women as liberally as men. To some extent, the right to use her talents, in common with the other sex, is acceded; and the propriety of choosing a pursuit, with reference only to her inclination and ability, very generally obtains. Of these new concessions, none, perhaps, have a greater share of the popular sanction than the study of the medical profession. Since the notable day which gave to America a thorough-bred physician, in the person of Miss Blackwell, there has even been discovered a great appropriateness in what are generally deemed woman's peculiar qualifications for the practice of this science. There are those who claim for her an *exclusive* right to certain departments of the art. In their zeal, they hasten to tell us, and I doubt not with the sincerest convictions, that obstetrics should be *monopolized* by women. In a recent article of "THE LILY," I observe such a sentiment to have escaped the pen of Mrs. E. C. Stanton, one of the standard advocates of common rights.

She says, "the fact, that it is now almost wholly in the hands of the male practitioner, is an *outrage* on common decency." I grant it; but, on the other hand, claim that it would be equally an outrage on common sense, to have it arbitrarily in the hands of our own sex. *Skill*, and *not sex*, should settle the claims of every practitioner. If, on the score of natural qualifications, or superior ability, women can secure this entire department of practice, let them do it; but do not, I insist, accede it to them *because* they are women. The assumption that sex, as such, has rights, is the fatal idea which has always kept us in the unequal and circumscribed position we occupy. Monopoly, founded on "appropriateness of sphere," has ever been the bane of our progress. The instant we accept exclusive privileges, we yield the proudest claim to equality. Let women, or any class of persons, set up claims peculiar to themselves, and they are effectually kept within the circumference of those claims. In such case, to stand on one's merit, scholarship, or professional skill, is out of the question. A little while, and *custom* awards to women certain departments of practice, as it now does to men the entire practice of this art, irrespective of any ability either may possess. The thing carried out, resolves itself into exclusive attendance of each upon his or her own sex. Public opinion, and not the necessary requisites, is to decide one's choice of a physician.

Establish any arbitrary rule of this kind, and a patient may be left to the only alternative of periling life, or sacrificing a good name. If the study of Physiology and Anatomy are legitimate and laudable pursuits for both male and female, and if, in their acquisition, wielding the dissecting knife must be common to both, what obliquity of public sentiment ought to decide when, and only when, the skill of either shall be made available?

If *custom* is to put another collar on our necks, no easier to be borne than that which we now

wear, what great progress have we made? To be sure, there may have opened to us one more avenue to scientific research; but, to obtain this on the score of our *womanhood*, is not to hasten the establishment of our intellectual equality with the other sex.

As for any peculiar adaptedness to the sick chamber, any great *natural* qualifications for offices of kindness and humanity, over our brothers, it is time, high time, such notions were utterly discarded. Who does not believe there is naturally as much gentleness, devotion, as much of the real "ministering angel" spirit in man as in woman? Whose step is more gentle, whose voice more kind, whose attentions more grateful, than a brother's, a father's, a husband's? Who lends his *soul* to the work of his hands?—A certain old *physician* of mine—of the pill and blister school, too—why, I had rather have the glove on his hand, than any score of common nurses!

It is purely educational; in our habit of thinking there can be no interchange of duties incumbent upon the sexes. Should the day ever come, when, as the writer above alluded to desires, boys are educated to domestic avocations, and girls are reared to share the harder duties of out-door life, we shall have another state of things.

The world-wide difference between the two will have to exhibit itself in something beside spheres of action. Then the amiable, patient, enduring characteristics claimed as peculiar to our sex, and the nobler, manlier qualities as peculiar to the other, will be equalized; and who can doubt but the happiest developments must result from such combination?

If woman is ever to obtain, or maintain, any such equality of rights as the endowments of the great Giver entitle her to, she must do it in the strength of those endowments. If literary or scientific men extend to her a fellowship of feeling in mutual spheres of activity, let them do it in justice to her claims as a moral and intellectual being.

Above all, let neither man nor woman so far degrade science as to make, even in thought, its investigation, or *practice*, in any department, by any qualified person, *unhallowed*.

GLEN HAVEN FESTIVAL.

THE events of the noonday of the nineteenth century cast a slight imputation upon the far-seeing wisdom of King Solomon, when he asserted, with the dignity of a monarch and the gravity of a sage, "There is no new thing under the sun." The wonders wrought in our day by the magic hand of science, the enchanting sights and sounds developed by the exhaustless power of art, would not lessen the complacency of the philosophic king; with a half-mocking smile, he would say—"it hath been already of old time, which was before us." But could he have been among the privileged number who surrounded the hospitable board of Dr. Jackson, on the day of the festival, he would have been compelled to admit that a dinner, and *such* a dinner, prepared upon strictly Hydropathic principles, was something which had not been "dreamed of in his philosophy."

The memorable 12th was one of the loveliest of June's lovely daughters. A fresh breeze swept caressingly over the fair bosom of the "Beautiful Maiden;"* the gently sloping hills, clothed from base to summit with luxuriant foliage that circle her brow like a coronet of emeralds, flashed back the rays of the sun from myriads of rain-drops, left by the showers of yesterday; and the grand old forest-trees, majestic in their beauty, bent lightly to the breeze, in order that they might—with a pardonable vanity—catch a glimpse of their graceful forms in the clear depths of the Skanateles. The birds—Glen Haven birds they are, and therefore like the living beings in "the Glen,"—more free than others of their tribe to act in perfect accordance with the laws of their beautiful natures—for *here* no "fowler spreads his net"—poured forth wild gushes of melody, which the "Queen of Song" herself could hardly hope to rival. The smiling aspect of the skies above—the beauty of the green earth around—the friendly greetings of more than a hundred guests, combined to render more inviting the dinner, which needed not to send forth "aromatic odors" to tempt the appetite of those who assembled in the leafy bower to partake of the feast which the incomparable skill of Mrs. Jackson had provided. Delicate baked meats, *not* floating in rich gravies—for at Glen Haven it is not the custom to *oil* the wheels of life, to keep them in motion—Skanateles trout—choice titbits for an epicure—halibut, white as the snows of the Himalaya, with sweet cream sauce—the favorite tomato—homely bean, and mealy potato—asparagus heads, green and tender, smothered in cream, formed—without the usual condiments by which perverted appetites are pampered—a "*first course*" fit for a king. Then followed pyramids of Graham pudding—that *prince of puddings* to a water-cure patient—and its cousin-german, nice cracked wheat—aristocratic corn-starch, and its humble relatives, boiled and baked Indian—simple baked rice, and delicate boiled custards; and for *sauce* to all, an abundance of sugar and cream. Then came pies of apple, pie-plant, and pumpkin, with blackberry tarts, Dutch cheese, stewed apples, quinces, and blackberries, and fresh figs; and—can you credit it, dear lady!—in the preparation of the entire dinner, there was used no lard, no butter, no wine, no spices of any kind, and yet a hundred and fifty people—high authority, too—pronounced it "*very good*." Dinner being ended, ladies and gentlemen withdrew *together*; and it would seem, from what followed, that the latter needed no other stimulus than bright eyes and sunny smiles to enable them to furnish an intellectual feast worthy of the gods. When such men as William H. Burleigh and Charles A. Wheaton, of Syracuse; Sireno French and J. C. Hathaway, of Ontario county; H. T. Brooks, of Wyoming; T. W. Brown, of Auburn; and the inimitable O. E. Dodge, of Boston, are the guests of *such* a host as Dr. J. C. Jackson, one can never look in vain for a "feast of reason and a flow of soul."

Letters were read from some of New York's noblest sons, expressing regret at their inability to share the festivities of the occasion, and complimenting Dr. Jackson highly for his talent and per-

* Lake Skanateles—an Indian name, signifying Beautiful Maiden.

severance in the work of reform in the remedial treatment of disease. I obtained a copy of the following from the learned and venerable David Thomas, which will be full of interest and instruction to the readers of the Water-Cure Journal:—

Letter from David Thomas, Greatfield, 6 mo., 1851.

J. C. JACKSON; THEO. GILBERT—

Dear Friends—Your polite invitation to attend a Water-Cure Festival, on the 12th instant, was duly received; and it would be pleasant to be with you, if the infirmities of 75 on my part, and domestic cares at this time on Ednah's part, allowed us to visit Glen Haven. Nay, we should be glad to be there, for we have no apprehensions of Circean feasts at your hospitable board; but, on the contrary, we are confident that your example will assist in advancing the cause of Temperance.

It is sorrowful to reflect on the myriads that have fallen victims to Alcohol; and yet, who could be surprised at the result, when—not 30 years ago—every genteel establishment had its *side-board* of costly liquors to tempt the unwary guest? It has been rather a wonder to me, how so many of us escaped from perishing in the same way. Why, it is not 20 years since a committee urged me to preside in a temperance society; and the prevailing argument was, that nearly all our old men, used to public business, were more or less intemperate!

Connected with this evil, is that decay of the intellect in advanced years, called *DOTAGE*; but there are other causes of dotage besides alcohol, because there are other stimulants; and chief amongst these, are *tobacco, tea, coffee, and opium*. An observant *M. D.* assured me that he had never known a long-continued use of the last drug, without its impairing the mind; and I apprehend that tobacco is rarely taken with more safety. In my own person I have had no experience; but what regular chewer, or smoker, or snuffer, has preserved the full vigor of his mind till 70?

In regard to tea and coffee, my knowledge is positive and direct—for after suffering with head-ache, of different kinds for more than thirty years, I discovered the cause of this malady. In a few weeks after the disuse of these liquors, a great change appeared; head-ache ceased—sight greatly improved—and petulance (that attendant of shattered nerves) was nearly subdued. I am now free to declare, as I have often done before, that were I placed in a situation particularly trying to the temper, I would not drink tea or coffee for a bribe of a thousand dollars a year.

I am well aware of the great difference in our constitutions; but, from some facts which have come to my knowledge, I suspect that those who now seem unaffected by such indulgences, are really deferring the evil to a future time, and silently impairing their constitutions.

In short, I feel most confident that nothing but *total abstinence from stimulants of all kinds*—except as medicines, very rarely employed—has preserved me till this day, and enabled me to erect a beacon for other benighted wanderers.

Very truly, your friend, DAVID THOMAS.

Speeches were made upon various topics of Hygienic reform, and toasts given, which were received with the heartiest applause. Through the kindness of a friend, I am in possession of the following:—

By WILLIAM H. BURLEIGH.—The Ladies, and nothing else that can intoxicate.

By THURLOW W. BROWN.—Doctor and Mrs. Jackson, and Miss Gilbert, proprietors of Glen Haven Water-Cure—May they live for ever, and their institution survive them.

By G. W. JOMOW.—Doctor Jackson—May he prove as successful in curing physical disease, as he

has been eminently so in curing moral, political, and religious disease.

By N. RANDALL.—The Water-Cure Treatment—May its inestimable advantages continue to spread, until it is brought within the reach of the whole human race. Then the "good time" will have come, and "quackery," the "pill-box," and the "lancet" cease to inflict their butcheries upon those who, through ignorance and prejudice, worship at their shrine.

By BROCKWAY and MILLS.—Cold Water, now and for ever.

By J. C. HATEWAY.—Theodosia Gilbert, of Glen Haven—The first American woman to advocate and adopt woman's apparel in accordance with comfort and convenience, and the laws of life and health. She is entitled to the thanks of *woman*, and all the *sons* of woman.

By AMELIA B. DIXON.—Glen Haven Water Cure.—May the abundant provision from the laboratory of nature prove availing in the restoration to health of all who seek, in the romantic "Glen," a remedy for disease, or a haven of pleasure and rest.

By THURLOW W. BROWN.—Our hostess, Mrs. Lucretia E. Jackson—If the proof of a good dinner is in the eating, the highest compliment has just been paid to hers. Her skill in the kitchen is only equalled by her genial and lady-like deportment in the parlor, and her womanly, undeviating kindness in the sick chamber. May the "better-half" long live to preside at Glen-Haven.

The only occasion for regret, in recalling the events of the day, is, that Time, the inexorable tyrant, would not wait to give opportunity for some of the ladies present—and there were several eminent for their talents and abilities—to express their views upon subjects of vital interest and importance to them especially—upon DRESS. A small but noble band of them—I need mention only Mrs. E. C. Stanton, of Seneca Falls; Mrs. Burleigh, of Syracuse; and Miss Gilbert, of Glen Haven—having the courage to *wear*, and the grace to *adorn*, the "new costume."

It is impossible to put upon paper the spirit which animated the occasion. By those present, the day will long be remembered, not only as marking a new era in Sanitary Reform, in which Dr. Jackson, already not unknown to fame, takes enviable rank as a pioneer, but as a day of happy meetings, friendly intercourse, and bright enjoyment.

Just before parting, the matchless Dodge—the inimitable Yankee—sang an impromptu song, while a whole artillery of fun and frolic played in every muscle of his face, and flashed in every movement of his roguish eye. No just idea of the song can be had from reading it, nor of the festival from a description of it; therefore, dear reader, the next time the Doctor and Mrs. Jackson invite their friends to a Hydropathic dinner,

"May you be there to see."

UNDINE.

THE SONG.

ARR.—"The Cork Leg."

I am asked for a ditty, but what shall I sing,
For to get a new subject is no easy thing,
And I hope that my actions will not be thought wrong,
If I make out Improvement the theme of my song.

But a few years ago in cases of *gout*,
They'd physic within and blister without,
And in medical lectures, they'd say for adults,
If you can't draw their money, why, draw on their pulse.

In case of the measles, they'd blister the head,
Then mourn with the widow the loss of the dead;
For a pain in the back, on the patient would pounce,
And cause the poor victim to *cast up accounts*.

But a *few* in the nation have opened their eyes,
And taken the Calomelites by surprise,
By proving there's health for the son and the daughter,
By using most freely GLEN HAVEN *soft water*.

For all will confess, and 'tis plain to be seen,
That it can't be a damage to keep ourselves clean;
If we can't avoid Doctors, who're sure to do hurt,—
In the name of kind Heaven let's keep off the dirt.

There's reform in our eating as well as the rest,
And the GLEN HAVEN table is surely the best,
Mrs. Jackson—Miss Gilbert, have furnished all food
That the friends of cold water pronounce to be good.

Well, we came here together to talk and to dine,
And to laugh and be merry without drinking wine,
And like children of nature, we're furnished relief,
By the best of assistance—the *Cayuga Chief*.*

With the knife and the hatchet, the arrow and bow.
All reforms of the day we are bound to make go;
Our opposers may bluster, may smile or may frown,
But with help from the *Chief*, we'll do 'em up BROWN.

But we've other newspapers to stand by our side—
The white fragrant Lily, our Queen Flora's pride,
Which sends forth an odor so truthful and strong,
That it strengthens the weak, and withers the wrong.

And the ladies—God bless 'em—we all understand,
Are reforming their dresses all over the land,
And the "Lords of Creation" are laid on the shelves,
For the women are learning to think for themselves.

And now to wind up—for I've sung enough—*most*,
If you'll pay me attention, I'll give you a toast:
The Ladies, who think for themselves as to dress
And every thing else; with the aid of the *Press*.

WOMAN'S DRESS.

BY MRS. R. B. GLEASON.

THE trimmings of the gay world would clothe the naked ones, said Wm. Penn. If this were true 160 years since, is it not equally so, or rather *much more* so, at this period? Since the days of our Puritan fathers, the ingenuity of men, and especially of the women, has sought out such divers kinds of ornamental fixtures, that it would seem that their cost would feed, clothe, and educate all the needy. But with the increase of those in wealth, there has been an increase of those in want. When the "seven fat kine" have quickly appeared, "the seven lean kine" have as suddenly followed. As with the human system, when one part has the vital current in excess, some other is in want; so when a Dives is "clad in purple and fine linen, faring sumptuously" every day, there "lies at his gate," or hard by, a Lazarus in want of his crumbs and "cast off clothes." Do not, then, the frequent calls of the destitute virtually admonish all to beware of so much needless and expensive decoration? Is the joy bought by costly apparel to be compared with having fed the hungry, clothed the naked, relieved the sick, instructed the ignorant?

What an army of the worthy sons and daughters

*Thurlow W. Brown editor of the Cayuga Chief, Auburn. A man overflowing with *bonhomie* and sparkling wit.

of want could be well clad, with that which now only gives *gayety* to woman's apparel. Thousands are expended for ribbons, roses, fringes, ruffles and other trimmings; and for what end? For a finish. And what is that finish? Is it warmth, strength, durability, gentility? No, it is only frailty added to that which is already fragile. What a host of money is paid for pinking, which is sixpence per yard, for giving an article a rugged edge. How much for lace to hold you fast to the slip door, when you would move quietly out of church; or to bind you fast, in a crowd, to a button on a stranger's coat. If moving at a snail's pace, you *may* be fortunate enough to free your net before any serious rent is made; but if under good motion, what havoc! If fortunate to have a plump purse, you can readily repair the rent, by the purchase of new; but if the old must be made to last "yet a little longer," then comes the looking, planning, stitching, seasoned, perhaps, with a *little* fretting.

Not only does woman's physical nature call for reform in dress, as shown in preceding articles; but her mental and moral can never be *truly* and *fully* developed, when the "wherewithal she shall be clothed" is the prime object of her thought and care.

The universal prevalence of expensive trimmings tend to beget envy, covetousness, and discontent in the hearts of those who have them not; and for them, virtue is often sold in exchange. They foster pride, vanity, self-conceit in the hearts of those who have them in abundance; and make the wearer prize more highly outward adornings than "the ornament of a meek and quiet spirit."

Our prevalent style of dress is so complex and ever changing, that it requires not only much needless making of new, but a host of retrimming and refitting of the old.

Time is of too much worth to be squandered in remodeling, when no other good is to be gained than merely that of being more fashionable. If the new mode is an improvement on the old, and the garment worth the work, why refit of course; or, if it be so worn that a change of form will make it serve longer, very well. How many a weary wife devotes every leisure moment to the needle, to give herself and little ones a "decent look," that is, a fashionable one, when her physical frame calls for sleep, or free exercise in the open air; thus growing old prematurely; her mind famishing for that food which liberty to read the host of books and periodicals about her would give.

That little instrument, the needle, has "slain its thousands, and "maimed its tens of thousands." How frequent the complaint among women, of pain in the chest, pain in the side, pain in the stomach; accompanied with the exclamation, it hurts me *terribly* to sew! When told the only true way to find relief is to *sew less*, she replies, "how can I?" and adds, "sewing is so *cheap* that I must do a great deal to live by it; or else, sewing is so *dear*, and I have so much of it to be done, that I must take all the stitches I can myself;" the answer varying according to the position of the complainant, whether she plies the needle to save a shilling, or to *earn* one.

Some who have a purse to purchase anew when they please, and procure what help they wish,

make it a plea for expensive dressing, that the poor seamstresses are in want of employ. Very true, and why? Because in many sections they are not half paid for what they do. Such women of wealth would do better to gratify their benevolence at the expense of their vanity, by paying their sewing girls more, and exacting of them less. Never oblige them to consume midnight oil in useless stitching. Have a garment neatly but simply made, and then pay them the same as they do now, or more if they please.

When the poor girl, worn and exhausted with sitting from month to month, and from year to year, to *stitch, stitch*, asks, when she brings home the well-finished garment, if she cannot be paid a little more than formerly, urging, as a reason, that the new fashion cost much more work than the old, the reply often is, that the new style of goods is *high*, the patterns large, and that to dress genteely, as they are obliged to, is so expensive, that they must get their sewing done for less, instead of more.

Many a fancy dress is worn but once, when every thread in its fabric and every stitch in its construction was wrought in pain. Oh! what a wicked waste, and wearing out of human life and health, given of God for nobler purposes! Why does the poor artist thus toil? That to the pangs which disease and hunger have brought, those of starvation may not be added. That the little ones, for whose comfort a father and mother cares tenfold more than for their own, may not lack at night their bit of bread and cup of milk.

The great fact, "the laborer is worthy of his hire" not being recognized, the maker and not the wearer suffers most from the frequent change in form, and increase in number of fashionable fixtures. An illustration of this we find in the manufacture of that elegant, tasteful, and *seemingly* indispensable article in female attire—lace. The machinery by which it is made costs several hundred pounds, and the sudden change in fashion which renders this or that pattern of no value, entails frequent and heavy losses, which fall primarily on the proprietor, but secondarily on the poor laborer who works in the mills, whose daily labor must bring him daily bread if he has any. Such must work harder and longer for their dry crust, which, when it comes, is poorer and smaller, and their couch of straw be exchanged, perhaps, for the "bare board." All this for what? That the freaks that fashion plays with her "magic wand," stamping this and that article valueless, may diminish nought from the rich capitalists, but from the pittance of him "who if he does not work" cannot eat."

This is only one mesh in the great snare which wealth and fashion weave to fetter the poor. Whoever wants full and forcible illustrations on this subject, let them read the "Wrongs of Women," by Charlotte Elizabeth. Though the scenes are from English life, yet we find plenty of oppression in likeness of that which exists in the mother country, springing up all over our land, though not yet ripened into such perfection.

But we have unwittingly strayed from the field of domestic to political economy; or, rather, so closely are the two allied, that they involve each other.

Were the time devoted to useless stitching spent in useful study, it would speedily raise woman to her proper rank amid intelligent beings. Byron's notion that a fine dress, and a looking glass, were all that were needed to make a woman happy, would become obsolete. Her relationship to man would not be either a servant to wait upon him, or a toy to amuse him; a frail fancy piece, claiming his constant pity and protection. By this I do not mean she would *ape* manhood, or *aim at it*, but attain the true worth and dignity of womanhood. The duties of her peculiar province would not be beneath her care, nor above her comprehension. The proper performance of these always develop and improve her character.

It is blind devotion to those pursuits which only minister to vanity and pride, which brings a moral and intellectual dearth.

The plain, quiet, tidy wife, who, though she reads little, studies and labors hard to secure true home comforts; to lead her children in the path of health, intelligence, and piety; being guided by her own sense of right rather than by "old wives' fables," or new Parisian fashions; always has a fund of good sense and goodness of heart, of self-sacrifice and self-reliance, which makes her truly companionable to every intelligent mind. Her eye never has that vacant, soulless stare, which is peculiar in her whose chief thought always is to bring herself and family, in dress, word, and manner, to accord with the most approved modern rules of prettiness.

Many women are like Martha of old, "cumbered with much serving." When any plans are laid to abridge her needless labors and cares, that she may have more leisure for literary pursuits, many take alarm lest she neglect her needful duties. But have we not many noble examples to the contrary? Among them stand Francis D. Gage, whose writings now delight and instruct thousands. In her youthful days she had limited educational advantages, and toiled hard to help take care of her father's large family. She was married at twenty, and at twenty-seven the mother of six children, and now her number is ten. Her thrifty hands are prompt to perform domestic duties of all kinds, and her heart glowing with maternal love. Though having literary talent of high order, she could rock one child in the cradle, hold another in her lap, while she knit and read, *all* at the same time. Who that knows her past life, can say that she lacks true womanly qualities?

FOREST CITY CURE, 1851.

A HYDROPATH FOR DOVER.—MRS. OLIVER TIBBETS writes to the Journal as follows:

It would be well for NINA SMYTH to be informed through the Journal, that we now have a Hydropathic physician in Dover. One worthy of unbounded confidence—one of the *very best*. One that has had experience in both modes of practice, being the widow of as successful a practitioner as any of the old school; she was truly a help-meet in his profession, as in other things, and being a person of great natural ability and penetration, has, since the death of her husband, prompted by feelings of humanity for suffering woman, thoroughly qualified herself for a Water-Cure physician and midwife. She is a true woman, and I, for one, would trust all to her care, should disease attack them. MRS. MARY ADAMS, late of Worcester, Mass., has been with us a few months, and all those who have made her acquaintance professionally, or otherwise, fully appreciate her worth. With God's help, and *proper encouragement*, she is destined for great usefulness in our midst.

With your August fashion plate I am delighted, and think the new costume admirably adapted to health, beauty, and convenience.

ASTHMA.

BY L. R. PEET.

For my asthmatic friends I have a short chapter, drawn from personal experience. I know that such chapters are common; but being one who believes that a multiplication of experiments tends to illustrate truth, and that a record of them works powerfully towards the conviction of those who "having eyes see not, and ears hear not," I have ventured upon the following brief sketch of my experience in disease, persuaded that from the mouths even of babes some may be "brought to a knowledge of the truth."

From early childhood I have been afflicted with a weakness of the bronchia, the legitimate result of taking strong mineral medicines when a babe, administered to cure inflammation of the eyes. This weakness was often aggravated to a fearful extent by colds, and I can now show five scars on my arms—the physical record of bleedings which were resorted to by our knowing "family physician," at as many different times, to save me from immediate death.

At the age of fifteen, I was suddenly and unexpectedly overtaken with the spasmodic asthma. The first attack was slight, and was promptly relieved by soaking the feet in tepid water. The second followed after the space of six months; and in consequence of an unaccountable repugnance to disclosing it to my friends, which kept from me the usual remedies, it was harder and longer in duration than the first. My repugnance to the disclosure of it continued for three years, in which time the attacks increased rapidly in number and intensity, until at last, after suffering, to use a cant phrase, more than tongue can tell, and finding my constitution gone, and my youthful hopes blasted, I yielded to the merciless disease, disclosed it to my parents, and consented to employ a physician. I employed one who, unfortunately, perhaps, for me, thought more of keeping his fine boots and white satin vest from the vulgar tarnish of fly specks and dust, than of gaining the confidence and alleviating the miseries of a wretched and apparently worthless invalid. I followed his directions for a few weeks without relief, and then, in a fit of disgust, turned my back upon him for ever. I then tried traveling. Having procured a horse and buggy, I roamed about the country for the space of four months, constantly growing worse. My bronchia was then in a miserable condition indeed. I recollect of traveling an entire week without three consecutive hours of good sleep. During the latter part of that week I became so exhausted that I frequently fell asleep in my carriage while on the road, and was awakened by the kindness or the mirth of passers by. The only remedy which I used during such seasons was tobacco, which I chewed and swallowed in no inconsiderable quantities. I am aware that my water-cure brethren will hold up the hand in just horror at this last statement; but it must be remembered that I was not then of the goodly company which rejoices in the brightness and freshness of that philosophy made known to the world by Preisenitz and Graham, but was wandering, where so many of my fellows now wander, among "dark mountains," where there is

danger—fearful danger—“of stumbling, and falling to rise no more.”

Finally, a serious congestion in the lungs gave out its symptoms, and I was obliged to have recourse to the “doctor.” Antimony, spiders webs, and ipecacuanha were administered, with a slightly alleviating effect. The relief was of short duration, however, and I was soon “running down” again. It was not long before it became apparent that I was in desperate circumstances; and bleeding was resorted to, with no other marked result than a fainting fit. Hope was then nearly at an end, and an experiment was tried. I was rationed. Three small crackers and three cups of tea were my daily allowance. After the first week no medicine was given, and I washed my head and neck frequently in cold water. At the end of eight weeks I was decidedly better, and it was thought advisable that I should go to the South and spend the winter, (it was then November.) Accordingly I went, and after spending six months in Cincinnati, I came back, taking a severe cold on the way, and arrived worse than ever—having all the symptoms of quick consumption. I was rationed again, and grew gradually better; yet I was very feeble throughout the summer. In the autumn I went to Illinois. I took cold soon after I arrived there, and was for many weeks an object around which no hopes clustered. On the first of April following, I left that State, considerably better than I had been for the three years immediately previous. I came to Springfield, O., two years ago, with a hope that my disease and myself had parted company for ever. A few months, however, undeceived me, by bringing back, in an aggravated form, my ghostly asthma. I was soon much reduced by it. It visited me, at short intervals, for four months, when it again disappeared, and the fever-and-ague took its place. The following summer I rashly broke a fit of the ague with quinine, and the asthma, in a shape entirely unprecedented in my experience, grasped me with a giant's strength. Six nights out of eleven, four of them successive, I was unable to recline even for a few minutes. This prostrating form of my complaint continued, at intervals of from two to four weeks, till the first of December, (about five months,) when I had the great good fortune to come under the examination of Mr. O. S. Fowler. From this gentleman I received instructions, by following which I am rapidly returning, as I have every reason to believe, to perfect health. I will give them as he gave them, remarking that they are founded on the Water-Cure theory, and, if truth ever looks into the minds of men in this crooked and perverse world, this theory is one of her brightest smiles.

“Eat little,” said he, “and that slowly. Make your food consist entirely of unbolted wheat flour bread, fruit, and those vegetables which contain no stimulating quality. Wear a wet cloth on your chest, bathe often, be in the open air much, and avoid all spices and unnatural stimulants.” It was hard for me, as I doubt not it is for every one who has tried the experiment seriously, to leave off tea, coffee, tobacco, spices, and all kinds of meat. And I did not follow his instructions to the letter at first—indeed I hardly do now; but I did a great deal; and, if I had followed them more strictly, I

have no doubt but my improvement would have been more rapid. I say I did a good deal. It was this—and I wish every one afflicted as I have been to pay careful attention, for this is the kernel of my article.

I procured some unbolted wheat flour, and had some bread made of it; this, with milk, a moderate quantity of butter, occasionally a potatoe, apples, and a small quantity of lean meat twice a week, constituted my diet. As may have been surmised, I was much addicted to the use of tobacco. This I reduced very much in quantity, and bathed my chest frequently in cold water. The result was this: I lost flesh at first, and then gradually amended, day by day, with no serious relapses, up to this moment. And to-day my health is immeasurably better than it has been within my recollection. I have an elasticity of spirits, a glorious gushing of soul, a buoyant consciousness of inward vigor, to which I have been long, long a stranger.

My friends, I have given you my experience. Allow me, now, to talk a few sentences to you as man to man. Don't procrastinate a single day. Throw your spices, tea, coffee, and tobacco to the winds—they are deadly poisons to you all. Eat brown bread; it is surely more palatable than white; milk, who would exchange milk for coffee or tea? potatoes, corn-meal cakes; fruit in its natural state, not in the form of preserves, nor cooked with other ingredients; fresh and vigorous vegetables; COLD-WATER: and of all, except the last, partake moderately, regularly, and two or three times in a day. If you have pies and cakes, have them made of your brown flour, without spices, and as plain as possible. Avoid strictly all fat meats, and lard. Bathe often all over; wear a wet cloth, with dry flannel over it, on the chest at night, and through the day if the disease be acute. If your asthma springs from diseased stomach or liver, cure is certain. If hereditary, or from muscular contraction, it will surely be greatly alleviated. My friends, will you do this and live? or will you go on a contrary course, dragging out a miserable, miserable existence, and fall prematurely into your grave, which, dark and horrible as it is, will have become a most welcome refuge.

Springfield, O., 1851.

HOME TREATMENT OF CHICKEN-POX.

BY E. S. R.

I HAVE long desired to send you for publication an account of my daughter's case, which I treated with water last winter. She had a hard cold, as had also two clerks in my husband's store. One of them, being almost a cold water proselyte, doctored himself a little with water, and lived very abstemiously, resorting to no other remedial agents. During this time I did nothing at all for my daughter; but the other clerk sent for one of our most popular regulars, he seeming much inclined to fever. The doctor attended him constantly for about two weeks, and at the end of that time he was a corpse. The other clerk had regained his usual health; but our daughter, the morning of said clerk's death, awoke with a high

fever, sore throat, headache, pulse one hundred or more, and, with all the rest, a slight cutaneous eruption all over the surface of the body. I did not like the looks of this last named feature; did not stop, however, to give it a name, but thought probable that it was a sort of erysipelas, which is hereditary with herself and father, and which had, at times, made its appearance before in the form of blotches and pimples. Being of strong reactive powers, I placed her in the wet sheet pack. She remained there until warm and comfortable. She then came out of that, and was rubbed all over in a sitz bath; chill off, then went to bed, slept sweetly an hour or more, and when she awoke, was covered from head to foot with large pimples, but her fever seemed subdued. I had placed cold applications to her head, and warm ones to her feet, which were so cold that it seemed as if vitality must be exhausted; but on awaking, her head was well and feet warm, seeming decidedly better. I called in the lady of the house where we boarded and her maid, (an *old* maid by the way,) who both declared that it was the erysipelas, and that I was “striking it in,” that I “was killing her,” that “if she took another pack she would not live the day out,” &c. I told them I should most assuredly give her another pack if the fever came up, and that instead of “striking it in,” I had just *struck it out*. Her father came up stairs, and although he had much confidence in my skill, it was a little shaken, and he thought we had better call the doctor. I told him I could kill her just as easy as the doctor, and I should make no charges. Finally I had my own way, and the doctor was not called. In the afternoon the fever came up as high as ever. I met it as before, and with like results. All this time she took nothing but cold water, but as much of that as she called for. About midnight I battled the fever again for the last time. The next day she was decidedly better, and began to take simple nourishment, and the fourth day from the time she was taken she went down stairs and about the house as usual, although the pimples had not left her face. The next day her grandfather, who resides in an adjoining town, with whom she had been spending some time prior to her sickness, came in, and, without knowing that she had been sick, exclaimed, “Why, L——, what ails you? You've had the Chicken Pox, have you not?” This opened my eyes a little, and on inquiry we found that she had been fairly exposed and had taken it, but, at the same time, had a severe cold and was violently threatened with a fever. She is now enjoying perfect health, and as long as Heaven provides us with living fountains of pure cold water, we shall have no fears of any disease being *struck in* to us.

OVERDOSING WITH LAUDANUM.—The wife of Geo. Rines, No. 449 Commercial street, died on Thursday last, in consequence of taking an overdose of laudanum, while suffering from tic doloureux.—*Boston Traveller*.

[Another victim of drug medication! When will sensible people refuse to be thus slaughtered? The right applications of Hydropathy would have saved this woman—that, too, without endangering her life.]

New-York, Sept, 1851.

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SEPTEMBER TOPICS.

BY R. T. TRALL, M. D.

WHY DO THE CHILDREN DIE? The mortality among the infantile population of our city during the recent warm weather, though not unusual for the summer, nor extraordinary as compared with other cities in this and other countries, is, nevertheless, a theme upon which considerable attention might be bestowed, to the advantage of humanity and the advancement of human science. If it be true, as recently alleged in a London newspaper, that "man is a drug, and population a nuisance," then, of course, the less of babies the better; and if they do commit the awful crime against existing society, of being born into the world where they have no business, why, then, the more of convulsions, cholera infantum, diarrhoeas and dysenteries, to relieve us of their presence, the better.

But admitting, "for the sake of argument," that the Creator created all things about right; that babies have a natural right to exist; and that when they die a "mysterious Providence" is not their destroyer; it then becomes a question of some significance, what kills them, and who is guilty of their death? When the doctor prescribes the wrong dose, or the apothecary puts up the wrong drug, or the parents provide unhealthful food or infectious tenements, and a child dies, all the people, with one accord, lament and condemn the natural causes which have bereaved society of one of its members, and caused pangs of agony to rankle in human hearts, while they praise the Lord because He has seen fit thus to afflict his subjects, for some purpose not to be revealed this side the grave. Here is an inconsistency and absurdity, if not a blasphemy. One of two things is perfectly clear in moral ethics, to all who have brains and dare to use them. If God wills the death of children in large numbers, at particular seasons of the year, it is wicked in man to oppose His pleasure, in trying to save them. If God does not will that they shall die, man is wicked if, in any manner, he is directly or indirectly accessory to their death. Let us see where the blame lies.

The first position we leave for those to discuss, who find it convenient to reconcile their own errors with the designs of Deity. But if the second position be correct, as we shall assume, by whom and in what way is this wholesale murder of children brought about?

Our daily newspapers, and learned doctors, and eminent philanthropists speak often and eloquently on this subject. Each has a cause for it all, but all together fail to designate the remedy. One sees all the mischief is the poison of distillery milk; and boldly accuses the swill-milk manufac-

turers, the milk peblers, and even the municipal authorities, with being but little better than murderers, for generating or tolerating this cause of death. Another discovers the morbid cause in green fruits and vegetables. A third finds all the error in the close, confined air of garrets, cellars, and narrow streets; and another still, imagines the principal source of the trouble to consist in candies, confections, and sweet cakes. Now each has one good idea to dwell upon; but it is practically useless, because it is one idea merely. What we want is a system of ideas on the subject; a full knowledge of all the causes conducive to this unnatural and unnecessary infant mortality, and a plan or method of counteracting or correcting all of these causes at once. In a word, the people want a rational hygiene. They need to understand precisely and exactly the nature, properties, and influence of air, light, food, drink, temperature, clothing, exercise, rest, sleep, etc.; and to apply that knowledge daily, hourly, constantly; to act ever and always in relation to the laws of life and health. The teachings of medical books and medical schools, and the advices and prescriptions of the great majority of physicians, are grossly erroneous in relation to all the hygienic agencies and influences. The world is misled by those they are educated and habituated to regard as teachers and oracles. The people must be physiologically educated, for until then, no system of preventive or remedial means will be generally comprehended or practised. *Until then the children must die.*

BLEEDING IN CONTUSIONS.—A correspondent relates the circumstances of a predicament, wherein he was robbed of a portion of his life's blood, not only without his own knowledge or consent, but without the ability to resist; and as such predicaments are not unfrequent, the why and wherefore of the whole matter may furnish a profitable hint to others. Our friend was stunned and rendered insensible, by being thrown from a wagon, which was dragged over his body. A few hours after the accident, on recovering the use of his senses, he discovered that a neighboring physician had very kindly tapped both of his arms, and taken away as much blood as he could get, which, fortunately, was not a great deal. Here was a "fix," for the patient was a "Water-Cure man," and didn't believe in any such nonsense. He wanted a wet sheet, but the doctor shook his head, and the bystanders refused to aid in such a rash, and, as it seemed to them, suicidal proceeding. But as his head still ached severely, the doctor, fearing congestion of the brain, wanted to bleed him again! This the patient peremptorily refused submitting to, and the doctor, after cautioning him not to apply cold water to the body, lest it should aggravate the congestion of the brain, withdrew. Cold, wet cloths were then applied to the head, which relieved it, and the patient got assistance, and had a wet girdle wrapped around the body, which relieved him completely of all pain and disquietude.

Now it is a common practice with allopathic physicians, to bleed in all cases of accidental injuries, shocks, bruises, blows, falls, contusions, &c., and the people generally have got the prejudice pretty firmly fixed in their heads, that bleeding in such cases is really necessary. In fact, most phy-

sicians appear to be entirely ignorant of the fact that the most eminent authors of their own school, and the most eminent surgeons of Europe utterly condemn the practice, and have condemned it for the last fifty years. Even the voracious and rabidly orthodox Medical Gazette, of this city, announced, not long ago, that not one respectable physician in fifty ever thought of bleeding in such cases. It is alleged by the highest authorities in the medical profession, that *bleeding tends to produce congestion*; an inference deduced from the experiments of three hundred years. Those physicians, therefore, who persist in drawing out one's blood, because he has suffered in some other way, not only add insult to injury, but are actually quacks in their own school, taking their own standard authors as judges.

The hydropathic way of managing such cases is very simple and successful. Cold water to the head, warm water to the extremities, with active frictions to the surface, are the means to equalize the circulation, and restore sensibility, after which the wet sheet, or half-bath, is advisable. The former is the best where there is extreme pain, soreness, or restlessness.

CHRONIC DIARRHŒA.—At this season, when bowel complaints are frequent, an attack of dysentery, or acute diarrhœa, in consequence of some error or mal-treatment, often degenerates into the chronic form, and troubles the patient for months or years. The management of such cases is sometimes difficult, from the extreme irritability of the mucous surface of the whole alimentary canal. The error most generally committed in treating them hydropathically, is in continually changing the dietetic plan, as the feelings and symptoms of the patient vary. The diet should never be of a *constipating* character, though as light and bland as possible. A moderate proportion of wheat-meal bread, a little boiled rice, with good mealy potatoes, and ripe, sweet, baked apples, constitute a dietary system which could hardly be improved, although it may be varied in many ways. The reactive power to the surface is usually very low in such cases, hence in the employment of baths, tepid or cool water is generally better than very cold. Injections are also more soothing when used of a mild temperature—say 60 to 72°. Chronic diarrhœa will never follow an acute bowel complaint, if the bowels are well cleansed with tepid injections, and then strengthened by cold ones, and all irritating drugs and debilitating cathartics let alone.

NATURAL DEATH.—On this subject a new book has just issued from the press. The title of the work is too long for us to copy, but the label on the cover we can find room for. It reads: "Bostwick on the Causes of Natural Death, and How to Keep Young." Reader would you like to "keep young!" If so, you have only to abstain from such articles of food as contain earthy particles, and your existence may be prolonged for thousands of years, or forever; at least such is the doctrine of this work. Taking up the principle that human health is impaired and life abridged by too concentrated food, and the effect of all extraneous matters taken into the system with the articles of food,—salt, alkalies, &c., as explained by Graham, Lambe, and others,—the author applies, or

rather, misapplies the fact, by making the length of life to depend almost wholly on the amount of earthy matters contained in the articles of food. It is well known that natural death, or death from old age, results from a gradual process of consolidation in the structures; and on this hint our author speaks some wise things, and not a little foolishness. According to his notion, which he fortifies by a formidable display of the analyses of celebrated chemists, all food and drinks, and even condiments, not excepting liquor and tobacco, are more or less useful or injurious, as they contain less or more earthy or saline particles. Thus wheat and corn are the very worst foods in existence, because they contain one or two per cent. of phosphate of lime, and a slight trace of other earthy constituents; while flesh, fish, fowl, oysters, potatoes, most kinds of fruits, rum, gin, cider, ale, porter, vinegar, and tobacco—a singular physiological medley—come under the head of the things conducive to longevity, because they contain little or no earthy matter. It seems impossible that any author could make up a book of such materials, unless he was himself a lover of champagne and cigars.

Dr. Bostwick's mistake—presuming that he is candid and his book an honest blunder—consists in imputing the effects of too great a proportion of farinaceous food, in other words, excessive alimentation, to a single constituent of the food. The organism needs some portion of phosphate and carbonate of lime to sustain the bony structure; and, unless creation itself was a blunder—and the Author of Nature is less likely to make a mistake than is the author of this book—the proper proportions are contained in the foods ordained for man's sustenance, without any additions or abstractions.

That the book was manufactured to suit the market is evident on almost every page. Among the remarkable examples of longevity, we find cases like the following: (Page 101.)

"John de la Somet, aged 130, of Virginia. He was a great smoker of tobacco, which, agreeing with his constitution, may not improbably be reckoned the cause of his uninterrupted health and longevity."

Thus the author has propitiated the favor, and, possibly, patronage of that numerous class of his fellow citizens who love the weed. If he can do as much for the lovers of fire-water, his fortune is made. Here is the *tit-bit* for this class of customers: (Page 101.)

"Phillip Laroque, aged 102, of Frié, in Gascony, butcher. At the age of 92 he cut four more teeth, was drunk regularly twice a week till he was 100 years old, and worked hard till his death."

On page 107 we find two cases which furnish a still stronger argument that liquor "agrees with some constitutions."

"Died lately (1840) at Kingston-upon-Thames, Surrey, Mr. Worrall, aged 120. For the sixty years previous to his death, he is said almost to have lived entirely on fermented and spirituous liquors."

"An old man (name unknown) died several years ago, at Richmond, Surrey, aged 110. He was seldom sober for the last thirty years of his life."

If the author of this wonderful book has a "pruriency for fame," is it sufficiently obvious that he is not ambitious as to the kind of distinction

he may attain; for any man who has brains enough to copy a book from other books, knows that a medley of equal proportion of truth and falsehood thrown into market, will always do incomparably more evil than good in the world.

ALCOHOL AS A MEDICINE.—Many of the truly intelligent friends of the temperance cause are becoming satisfied of the correctness of a position we have long advocated, that the curse of alcoholic beverages would continue to afflict, and sensualize, and demoralize society, as long as the curse of alcoholic medicine is perpetuated by means of the prescriptions of our fashionable drug doctors. We believe no good reason can be assigned why all alcohol, for medical purposes, should not be at once and for ever abandoned; and, on this issue, we are ready, at any time, to enter the lists of fair controversy with any medical professor in the world, or all of them together. Whether it is ignorance or interest that makes so large a majority of physicians prescribe spirituous liquors, in some shape or other, to almost every invalid, all persons may judge for themselves; but opinions like the following, copied from the Worcester (Mass.) Cataract, are getting abroad:

"However much I may differ from my temperance friends in regard to the mode of carrying forward the temperance cause, I believe we are one in our temperance principles; which, upon this point are, never to use, or allow to be used, where we have the power to prevent it, the accursed poison in or on the human system, in any way whatever. Had this ground been taken a few years earlier, a vast amount of suffering, together with the lives of a multitude of our best men and women, would have been saved. I cannot but believe, that the love of money, and nothing else, is the reason why physicians continue to prescribe alcoholic medicines. M. STOWELL."

DEATH FROM A BEE-STING.—The following case, related in the daily papers, occurred a few weeks ago. We copy for the purpose of pointing another life-saving moral:

"An intelligent lad, about five years of age, the son of D. P. Williams, died during the past week, near Vincentown, Burlington County, N. J., from the effect of a sting by a bee. The lad wandered away from the farm-house without his shoes, after dinner on the 18th inst., and was stung by a bee in the hollow part of his foot. His cries attracted the attention of his mother, who drew out the sting from the wound. His leg soon afterwards became stiff, and could not be straightened, and was exceedingly painful to the touch. No remedy was applied to that portion of the foot wounded by the sting, as it had previously healed up, and it was not until the following Sunday that the bee sting was supposed to have occasioned his lameness. He had been stung by bees before, and neither the doctor nor any of the family apprehended any danger from such an occurrence. On Saturday, his leg became very much swollen, and the pain extended throughout his whole body. The swelling perceptibly increased during Monday, and on Tuesday morning he endured the most excruciating agony. A week from the time he was stung, his body around the heart became black, and in a few minutes the poor child was released from his sufferings by death."

Hydropathically, the sting of an insect requires the same local treatment as a burn or scald. The part afflicted should be held in water, or covered with wet cloths, of the temperature which feels most agreeable, until the pain and inflammation subside. If general fever comes on, use the wet

sheet pack thoroughly and frequently, until it is completely subdued.

AMERICAN TEA.—Junius Smith, LL.D., of Greenville, S. C., in communicating to the Journal of Commerce his first experiment in drinking tea of his own growth and manufacture, says:

"My tea is so peculiar, as I always use it in the Chinese way, without sugar or milk, and have the taste of the tea only, and cannot easily be mistaken in the flavor and true properties of the tea. If the tea be good, anything and everything added to it is a detriment. If bad, use as much sugar and milk as will neutralize the bad qualities, and leave nothing but the taste of sugar and milk. I do assure you that I am so delighted with my pot of tea, that I have drank of it half a dozen times whilst writing this article, and nearly exhausted the tea pot."

The doctor of laws proves too much. If his tea is so very fascinating that he cannot write a short article without half a dozen doses, it shows a beverage not very unlike that whereof the equally enthusiastic admirer took two horns before breakfast, half a dozen before dinner, ten or twelve before supper, and a few at bed time to sleep upon.

DISEASE OF THE HEART.

BY T. L. NICHOLS, M. D.

THERE are fashions in diseases as well as in medicine. When doctors are at a loss to account to their patients for their bad feelings, they resort to some mysterious, hidden, inward cause, to remove which they give some equally hidden, mysterious, and inward medicine. The nervous system answered for a time, and everybody was nervous.

"Doctor, what is it ails me?" the lady would ask.

"Madam, it's the nerves—your nervous system is out of order," was the grave reply.

"Well, there! I thought something was the matter with my nerves; but, Doctor, can you cure them?"

They doctor smiles gravely, as doctors do; as if they had a profound pity for the ignorance that could ask such a question; and, without giving any other answer, he calls for a piece of white paper, deals out a few powders of morphia, and goes his way rejoicing, leaving behind him a grateful impression of superhuman wisdom.

The nerves, in time, were worn out—then came the spine. It was wonderful to see the number of persons that had affections of the spine. Doctors, who had not thought of a diseased spine for years, found curvatures, softenings, inflammations, and ulcerations, in every one they examined; and when the question came, "Doctor, what does ail me?" the ready answer was, "Madam, I'm afraid your spine is affected." Then came leechings, cuppings, dry cuppings, setons, blisters, moxa, and the cauter, potential and actual.

Spines have had their day. There are some old-fashioned doctors who still adhere to them, as old men continue to wear the costumes of their younger days; and some indulge in a spinal disease occasionally, just for variety.

The organ now in vogue is the heart. Its diseases are obscure, mysterious, terrible. Whoever dies suddenly, of the wrong medicine, or an overdose, or from any unknown cause, dies of disease of the heart. The heart is the anchor to the wind-

ward. "He will get well, madam," the doctor says to the mother who hangs over her darling child, "unless there is disease of the heart," and he shakes his head dubiously. If the patient dies, the doctor says, "You know I told you what I apprehended. Where there is disease of so vital an organ as the heart, our medicines are of little avail." All over this city nervous people are frightened into fidgets about disease of the heart. The sudden deaths in the papers are by disease of the heart. People are feeling their pulses, watching every palpitation, and doing all they can to derange the circulation, because the doctors have chosen to make the heart the present scape-goat.

The heart may be diseased; but there is no organ of the body better protected, or less liable to any organic affection. It is a mass of muscle and cartilage, simple in its construction and action. It is not exposed, like the stomach, to have a hundred improper things stuffed into it. Nature has given it every possible protection, and it is generally the purest and healthiest organ in the body.

The heart is subject, in certain conditions of general disease, to hypertrophy, or thickening of its muscular tissue, entire or partial; to dilatation, or enlargement without thickening, or to both combined. In rare cases, the valves may be altered in form or structure. In old age there is sometimes ossification, or the deposition of bony matter, and rarely, there is softening of the walls of the heart, and even bursting or breaking. A broken heart is a real thing, but it is also a very rare one. Probably there are not more than five or six cases of broken heart on record; but if you were to believe the novelists, every third woman dies of a broken heart, and if you were to believe the doctors just now, all the cases of death they cannot otherwise account for are caused by diseases of this organ.

Organic disease of the heart is the result of long continued abuse and general disorder. Functional disturbance is common in almost every state of disease, and long continued functional disorder may lead in time to organic disease; and where this exists, it is as a result and not as the cause of general disease.

In nine cases in ten, the flutterings, palpitations, intermittent pulse, difficulty of breathing, feeling of suffocation, &c., often attributed to disease of the heart, are mere nervous derangements, sympathetic with a dyspeptic stomach, disordered bowels, or diseases of the uterine system. Cure the stomach, regulate the bowels, give tone to the relaxed uterus, and the heart is found in the right place, beating like a trip-hammer, and pulsating with all the regularity of an eight day clock. The heart must sympathize, by its system of organic nerves, with every disorder of the body, as it does with every emotion of the mind. Joy, grief, love, jealousy, all affect the action of the heart, and an excess of these emotions may produce fatal convulsions of the organ, or suspend its action for a time, or for ever—but this is not what the doctors mean by the disease of the heart, now their fashionable bugbear.

Functional disorders of the heart are as easily cured as those of any other organ; and even organic lesions are not necessarily fatal. Men have lived after a dagger or a musket ball has gone

through the heart, if they did not enter its cavities. Be sure that nature has not left such an important organ without the wisest protection, and all possible means of recuperation.

And how are the diseases and disorders of the heart to be cured? The first thing to do in this, as in all cases, is to find out the cause of disease and remove it. The work is more than half done. If the heart is aching with mental anxiety, that anxiety must be removed, or new passions must be awakened. The physician who cannot "minister to a mind diseased," does but half know his business. Often the soul needs its special bath, its douche, and its proper exercise and diet, as well as the body. A dose of cheerfulness will revive the action of the heart when it is beating ever so languidly, and hope is its proper stimulant.

The drugs usually given for disordered circulation are those which have the most deadly influence on the heart's action. The drugs which poison the blood must modify its action upon the nerves of the heart. A healthy heart must have pure blood to act upon, as well as for its own nourishment, and pure blood comes from a pure nutrition, a free oxydation, and active depuration. Diet, air, exercise, and cleanliness, with cheerfulness and hope—these are the medicines of the heart.

WORMS IN THE BOWELS.

BY JOEL SHEW, M. D.

We are often asked "Is water-treatment applicable in cases of worms in the bowels?" It is supposed by many—and perhaps not a few who have no small degree of confidence in the new method—that however salutary water may be as a remedial agent in other cases, it cannot possibly be an efficacious means for the treatment of that condition of the system of which I am speaking. But this notion arises from a wrong idea concerning the nature of the difficulty. Besides, for ages, the world has been racking itself to find out some worm-destroying medicine—some *anthelmintic*, as it is called.

And what has been the result? The great and honest Dr. Good, who is of the first authority in medicine tells us that "a decisive vermifuge (worm destroying) process is yet a desideratum;" that the list of so-called anthelmintics "is almost innumerable;" and that "the very length of the catalogue seems to show us how little we can place a positive dependence, even at the present hour, upon any one of them as a specific."

No doubt when worms are out of the body, we can destroy them easily enough. A dose of common salt put upon them, a sprinkling of black pepper, cayenne, or a dressing of mustard they would not like very well, while a little of the juice of that precious weed, tobacco, would kill them outright. But how to kill them *while in the body and not kill the body itself*; or—not to speak too strongly,—*how to expel worms with drugs and not at the same time do more harm than good*, is no easy task. I admit that a brisk cathartic persevered in—and one is about as good as another—will often expel those creatures from the alimentary canal. But then comes the important question, "Do we not by thus doing, create a state of things

in the vital domain which is still more favorable for the production of worms?" That such must necessarily be the case, there can be no reasonable doubt; and experience teaches us that such is the fact. Those children that are dosed most are most subject to worms. "Most of the medicines that promise to destroy worms within the body," says an eminent writer of standard authority, "have a tendency at the same time to weaken the action of the stomach and intestines, and consequently to render them a fitter habitation for such unwelcome tenants."

Now, as to the true principle of remedying this condition of the system, it is a very plain one to all who are well versed in the knowledge of the healing art. To refer again to the authority of Dr. Good, he tells us, "One means, and perhaps the most powerful in our possession, of getting rid of intestinal worms, is that of strengthening the system generally, and the alvine canal particularly." This is going at once to the very root of the matter. Rear your children in such a way as to make them strong and healthful; that is the best method of curing the difficulty. Worms cannot exist in a truly healthy state of the system.

But in the present state of things, while parents themselves are almost universally in the habit of eating, at almost every meal, articles which they know to be unhealthful food for their children as well as themselves, what can a man expect to do in the way of preventing the evil? It were easier "to send a camel through a needle's eye" than to induce parents generally to leave off their bad dietetic habits. True, now and then, those can be found who have sufficient courage, resolution, and love for their children to enable them to do it. But these are the exception and not the rule, in civilized society as it now is.

But there are those who are honestly inquiring after the truth in these matters; those who, when they once arrive at it, are ever ready and anxious to follow its dictates. To such, then, I will say a few words.

If you have been in the habit of allowing your children to eat at irregular times, cease at once from such a course. Irregularity is one of the most prolific among all the causes of indigestion, and consequently of worms.

If you have set them the example of drinking tea and coffee, and have allowed them in these pernicious indulgences, set up your authority at once, both for yourselves and them, that you will no more destroy your health by using these always worse than useless drinks.

If you have allowed them to eat freely of sugar, sweets and rich things generally, make at once a change, and partake of such articles only as are found by experience to be the most friendly to health.

If you have allowed them the free use of butter pastries, and flesh meat, all these had better be avoided. As for pastry, it must be exceedingly plain to be at all allowable. If butter and meat must be used, the less always the better. A milk, farinaceous, and fruit diet will be found altogether the most conducive to health.

In regard to the direct treatment for worms, time and space will now allow us merely to hint at the means. In ordinary cases we give ablu

tions three or four times daily, the water at from 70 to 80° F. We direct sheet "packs" to be taken two or three times a day not unfrequently, and the wet girdle always, to be worn (two or three thicknesses about the abdomen, and changed often) *constantly both night and day till the child is well*. Full injections, too, of the temperature of the baths, are given two or three times a day. We aim, in short, to pursue that kind of treatment which is best calculated to fortify and invigorate the general health.

Water-Cure Institution, 184 Twelfth St., near Broadway, New York.

CUTANEOUS EXHALATION.

BY PROF. I. M. COMINGS.

In a former communication, we described the skin as a respiratory apparatus. In this article we will consider its function of elimination. The great body of our physiologists have contended that the perspiratory system was mainly designed to reduce or regulate the animal temperature. In illustration of this idea, some very plausible and quite conclusive arguments and facts have been adduced. The great power which animals possess of resisting the effects of a surrounding medium of high temperature, is remarkable; yet, from some experiments made by De LaRoche and Berger, it was found that the temperature of some animals was raised eleven degrees, and even sixteen degrees above the natural standard, and death speedily followed—this was produced in chambers heated only to 120 or 130 degrees.

We have some instances of disease where the elimination or total suppression of the cutaneous exhalation is not necessarily followed by a rise in the temperature of the body. Take general dropsy: here we find a remarkable elimination of the cutaneous secretion; an icy coldness usually pervades both the body and the limbs. And in the experiments which we mentioned in our last article, it was shown that there was a great fall in the animal temperature when the body was covered with a varnish impervious to perspiration. Since this is the case, the question naturally arose in our mind, How does it happen that health and even life can be so immediately dependent on the elimination of a quantity of matter, very often to the extent of some thirty or forty ounces in the course of the twenty-four hours? This question is somewhat difficult to answer, and perhaps, in our present ignorance of the functions of the capillary and absorbent systems, we cannot arrive at any very satisfactory conclusion.

In the proceedings of the Royal Society of England for March, 1848, we notice the following ideas, adduced by Robert Willis, M. D., which may give us some *theoretical* light on this subject. He says:—"The elimination of perspiration is important, as securing the conditions which are necessary for the endosmotic transference between arteries and veins, of the fluids that minister to nutrition and vital endowment. It is admitted by physiologists that the blood, while still contained within its conducting channels, is inert with reference to the body, no part of which it can either nourish or vivify, until that portion of it which has been denominated the *plasma* has transuded

from the vessels and arrived in immediate contact with the particle that is to be nourished and vivified; but no physiologist has yet pointed out the efficient cause of these tendencies of the *plasma*, first to transude through the walls of its different conduits. The consequence of the out-going current of blood which circulates over the entire superficies of the body, perpetually losing a quantity of water, by the action of the sudoriparous glands, the blood in the returning channels has become thereby more dense and inspissated, and is brought into the condition requisite for absorbing, by endosmosis, the fluid that is perpetually exuding from the arteries, constantly kept on the stretch by the injecting force of the heart. Venous blood has in fact been found by repeated experiments to be somewhat more dense than arterial blood."

If this theory be correct, it will explain the *modus operandi* of cold upon the cutaneous surface, and show that any interference with the functions of the skin may produce almost any form of acute disease; for one who suffers a chill, in truth suffers a derangement or suppression of the secreting action of his skin; a process altogether indispensable to the continuance of life, and a disturbance of the general health follows as a necessary consequence.

Animals exposed to the continued action of a *hot, dry* atmosphere, die from exhaustion; but when subjected to the effects of a *moist* atmosphere, of a temperature not higher than their own, they perish from the same cause, and that very speedily, as those who have their bodies covered with an impervious glue;—in both cases there is not only no elimination, but no imbibition, and life necessarily ceases.

The atmosphere of Panama, which has been so deadly to our emigrants to California, and of all unhealthy tropical climates, differs but very little from a vapor bath, at a temperature of eighty or ninety degrees; and the dew-point in those countries seldom ranges lower than three or four degrees below the temperature of the air. Living in such an atmosphere, so nearly saturated with water, and of such a temperature, man is, for a great portion of the time—for some months—on the verge of conditions that are even incompatible with his existence, so that exposure to fatigue, or to the burning sun, by which the activity of the skin is excited, whilst the product of its action cannot be taken up by the air, is then necessarily followed by disease, which experience has shown to be of the most dangerous nature. In fact, the terms *miasm* and *malaria* may almost be regarded as synonymous with air at the temperature of seventy-five to eighty-five degrees, with this nearly saturated with moisture. How long would a healthy man survive to be confined within vapor bath of this temperature?

In Egypt, where the plague is endemic, it always appears with the *hot* and *moist* winds from the South; and when the North winds commence, its ravages cease. It was the opinion of Hippocrates that the proximate cause of every disease was in the air, which contained morbid principles in proportion to its *rarified* or *condensed* state.

May not the above theory account for the rapidly fatal event which occurs in some acute cases of exanthematous disease? Take for illustration

scarletina, as the post mortem examination in this disease gives us no information on the subject. But if we regard the patient as placed by this disease in the same circumstances as he would be were his body covered by an impervious coat, which we all see peeling off on the recovery of the patient, we may have a key to the right understanding of the mischief, and the symptoms seem to correspond in a most remarkable manner with the theory we have advanced above.

We think a hint may be obtained as to the proper means of cure in this and other exanthematous affections. The functions of the skin must be attended to, and unless a normal action of the skin be restored, and this morbid excretion be taken off, the patient will die. What more consistent course than that adopted by the Water-Cure practice? The same remarks will also apply to other forms of disease.

Whether the above speculations are true or not, we cannot say, but one thing we do believe, and that is, that they are *plausible*, and *seem* to be supported by abundant facts.

THE THROAT DOCTORS.

BY T. L. NICHOLS, M. D.

MEDICAL specialties have grown out of the Theory and Practice of Allopathy. Rejecting the unity of nature, and the facts of Physiology, Allopathy has invented and created numberless forms of disease and modes of treatment; and, in consequence, we have doctors giving their exclusive attention to the diseases of a particular organ.

An inflammation is an inflammation, wherever it is situated, and every physician knows it is to be treated upon the same general principles, but according to the medical practice now in vogue, there must be a different doctor for each inflamed organ—one for the eyes, another for the ears, a third for the lungs, a fourth for the bladder, and so on.

This has grown out of the crowded state of the profession, and the necessity of some new system, to enable them all to get a living. When there were but few doctors, each one attended to his business in all its branches, but with the crowd came these specialties. When a young doctor wants to get business, he writes a book on some particular disease, credulous and hopeful people flock to him, and he charges such prices as he can induce them to pay.

Thus we have consumption doctors growing rich on flattering hopes, doomed to bitter disappointment. Other doctors have failed, but here is one who has given his whole attention to this particular disease. Of course he ought to know more about it than a common doctor who treats everything. Fallacious reasoning! The chances are that he knows less; for the only way to understand the diseases of any one organ is to know its connections with every other.

There are the women doctors, without exception, so far as I know, a set of indecent humbugs and cormorants. Their ignorance is only equalled by their unblushing knavery. There are no quacks so outrageous as those who impose upon the weakness, the timidity, the too common ignorance and

almost universally diseased condition of the female sex. I could give case after case of these detestable impositions and robberies, which will never cease until women determine to understand their own natures and the laws of their being.

There may be, probably there are, physicians who enter upon these specialities of practice from good motives, and who pursue them honestly. This is especially the case with such branches as dentistry, which require mechanical skill and dexterity; but beware of those who pretend to treat one particular class of diseases with medicines. Cancer doctors, lung doctors, womb doctors, throat doctors, are, for the most part, arrant impostors and desperate quacks.

One of the most noted of this class of "one idea" doctors, is a man in this city who has written a book on the art and mystery of curing sore throats, by swabbing them out with a solution of lunar caustic. To this he adds the cutting and clipping of uvula, tonsils, and folds of mucous membrane.

Throat diseases are very common in this country. They come from hot drinks, from tobacco, from nervous exhaustion of any kind, and especially from the excesses and abuses of Amativeness. Our doctor has consequently had numberless throats to clip and swab, and is making a rapid fortune. Nearly all my patients with this trouble have been to him, and came away mutilated, burnt, but not cured. They have been cauterized in the throat and burnt in the pocket, for this charlatan is not at all modest in his demands, his ordinary charge for two or three swabbings, each of five minutes duration, being fifty dollars. I have known a poor man get off for twenty-five, but this is not common.

This success, and these extravagant charges, have enabled the throat doctor to set up a college, of which he is the principal professor, and where the ingenuous youth of the nation, who wish to enter upon this lucrative speciality, may learn to swab throats with nitrate of silver, according to the most approved fashion.

I have found all these chronic throat affections to be symptomatic of deep seated, general disorder. All the relief obtained by cauterizing is local, and temporary. It cannot reach the cause. That is removed by the Water-Cure, and the throat affection is often the last symptom that yields.

MEDICAL EDUCATION.

THE AMERICAN HYDROPATHIC INSTITUTE.

BY T. L. NICHOLS, M.D.

THE great work of all reformers, now, is to educate the world. Teaching and learning are the most important of human affairs. Society is a rude chaos, from which a harmonious universe is to be created. Men, in the highest civilization, are gathering the materials, with which the social fabric is to be reared. The educators of the world are its social architects. He is the greatest man on earth who is the best teacher. If you have aspirations for fame and glory, seek them in this work. There is coming a time when the renown of men will be measured by what they have contributed to the sum of human happiness.

And the foundation of happiness, of usefulness—of all that is dear in life—is HEALTH. The first thing for men to learn is how to live—how to be men. Men and women must gain health, and all the development, energy, beauty and capacity for happiness which that word means, before any great reform can be realized. The missionaries now most wanted for the world are health missionaries—the teachers most needed are, the teachers of physical laws—the best books, are books of physiology—the best periodicals are those that enforce, line upon line, precept upon precept, the commands of God, written in the book of nature.

There can be no healthy spiritual life, that is not based upon a healthy natural life. No man can hold his head in a serene heaven, unless his feet are firmly planted upon the earth. Sentiment, philosophy, piety, are all made morbid by bodily disease. Man's body should be a pure temple, fit for the Spirit of God to dwell in. It is often more like a cage of unclean birds. It may be reasonably doubted whether any good spirit can find congenial quarters in a body filled up with pork and tobacco, quinine and calomel, whiskey and opium. Can a man reverently ask God to dwell in such a temple?

Man's first duty to God, to man, to himself, is to be just as much of a man as he is capable of being—to have all the health, all the strength, all the vigor of body and mind, which his organization will permit. And whatever is the first duty of man to do, it is his first demand to be taught. He must have teachers. If the government of the nation, or of each state, were to employ competent teachers, to go into every town, and teach the people the laws of life, millions would be saved—millions gained. No one can compute the amount of human happiness which would result from such teachings.

We wait in vain for such a work to be done by government. The fountain cannot rise above its source—the people are the fountain of law; and if they knew enough to demand such a law, such a law would be no longer needed. God's wisdom comes first into the hearts and understandings of those who are nearest to Him; wo unto them if they do not impart it to those who have need. "Wo is mine if I preach not this Gospel," said the Apostle: Wo is yours, reader, if you preach not, according to your ability, this Gospel of Health.

The world's physicians must be its teachers of health. The same exertion that may cure one sick person may keep hundreds well. How miserably perverted are the ideas of those who think that it is the sole duty of a physician to cure or alleviate the sick; yet of the many thousand physicians in the United States, how many are doing any thing else? How many make the least effort to prevent disease, to warn people against bad habits, and hurtful indulgence, or try to teach the communities in which they live the laws upon which health and long life depend?

I cannot stop to be courteous to the profession. It has neglected its great duty, or it has not understood it. The noble calling of a Physician has been pursued as a grovelling trade. Doctors have too often set the people sad examples of intemperance, gluttony, and filthy habits. Up to this time, with a few noble, rare, and therefore con-

spicuous exceptions, the medical profession has done nothing to prevent disease—nothing to teach men how they may secure the blessing of health; and this has been so notoriously the case, that people have looked upon the doctors as their natural enemies, making them subjects for ridicule and satire, in health; calling on them in sickness, as a necessary evil.

I do not underrate the importance of relieving pain, shortening disease, and saving life. I have enjoyed, as much perhaps as any one, the satisfaction and triumph of such a work: but I should be sorry indeed, if my labor as a physician were confined to this—I should be very sorry not to believe that for every sick person I am able to relieve, I could not prevent a hundred from becoming sick by teaching the conditions of health. And now that I am about to enter upon a new field of labor, as a teacher of those who are to teach others, I am animated by the thought that the principles I inculcate, and the truths I promulgate, will be carried by others to thousands whom my voice can never reach.

THE AMERICAN HYDROPATHIC INSTITUTE will open on the 15th of this month, under the most encouraging auspices. The class, as far as heard from, will consist of persons of a higher degree of intelligence, and greater earnestness of character, than ever assembled in this country for any similar purpose. One third, perhaps more, are ladies—many of them married, and in several instances they will be obliged to bring their young children with them, so much in earnest are they to engage in this work. Such a class will demand no ordinary routine of medical teaching. In many respects, its members will begin with a degree of knowledge to which ordinary physicians never attain. We—I speak of Mrs. Nichols and myself—feel the full measure of this responsibility, and shall gird up our loins to meet it. We shall endeavor to give, to those who come to us, a pure science, a pure philosophy, a thorough practical acquaintance with all that is known in the art of healing and the art of preserving health, and shall endeavor to infuse into every pupil a spirit that cannot fail to benefit the world.

Our school, and our mode of teaching, will possess some peculiarities. The greater number of pupils will reside together, making a pleasant family circle, and constantly assisting each other in their studies and pursuits; joining to the acquisition of science the genial and refining influences of society. As often as once in every two weeks they will be invited to social parties, at which they will meet with men and women of genius and celebrity—savans, authors, artists—the teachers and beautifiers of the world. They will learn, not one theory, but all theories; not one routine of practice, but the fundamental principles which govern all.

The lectures, like those of the ancient philosophers, will be both public and private. The morning lectures will be for the pupils of the Institute—those given in the evening will be open to all who wish to attend. By this means, a double object will be gained. The student will see what is adapted to popular instruction, and may be able to judge of the best methods of public teaching. We shall be glad, not only to make every one who attends our course a thoroughly competent physician by the bedside of the sick, but also an acceptable and useful public lecturer upon the principles of health.

As far as possible, we shall separate the study of medicine from everything unhealthy, disgusting or indecent. There must be dissections, and surgical demonstrations; but there is no necessity for exposing a medical class, for weeks together, to the effluvia of putrifying corpses. For many purposes science and art have provided other and sufficient means.

The opening of the Institute, on the evening of

the 15th of September, will be a public inauguration, with fitting attractions. To this the Clergy, the Civil authorities, the Medical profession, and the PEOPLE will be invited. It will be a Water-Cure Festival—the first of its kind, but not the last. It will be but the beginning of a great and glorious future to our cause.

I have written thus of the approaching term of the Institute, for the purpose of illustrating, by such an example, my views of medical education and its true objects. Medicine lies grovelling in the dust of ignorance and mercenary motives, in its teachers and its practitioners. We are ready to challenge the medical schools in the matter of science—and in respect to pecuniary emolument, we shall be well satisfied if we meet no loss; and if those who are able will insure us against it, we are ready to make the Institute a free school of Hydropathy.

In the mean time, let no one who is qualified for this work be obliged to hold back for want of means. With decent economy, *one hundred dollars* will pay a student's entire expense. There is no one who may not borrow this sum, in twenties, or tens, or fives, of those who are interested in Health and Water-Cure. The Journal, with its corps of earnest and able contributors, has opened the field. There must be lecturers and physicians to labor in it, and hold the ground that has been gained. "The harvest truly is plenteous, but the laborers are few." If one thousand intelligent, energetic, and thoroughly qualified Water-Cure physicians, male and female, were ready to take the field next spring, Allopathy would see its doom.

Never has woman had such an opening for usefulness and influence, as this. No Water-Cure establishment is complete without a qualified female physician. No community will long be content without one. Dealing out drugs, bleeding, blistering and torturing, are not woman's work; but the gentle ministrations of the Water-Cure, especially as applied to her own sex and to children, belong peculiarly to her. A thousand educated female Water-Cure physicians could find immediate usefulness and ample remuneration. So few are the avenues of useful and honorable labor open to women, that when a new one offers there should be no lack of candidates.

That this is the dawning of a brighter day than has yet risen upon humanity, there are a thousand indications. The interest manifested in health, and medical reform is not the least among them, and those who labor in this cause will stand high among those benefactors of the future whom posterity will delight to honor.

Reviews.

CONSTITUTION OF THE AMERICAN HYGIENIC AND HYDROPATHIC ASSOCIATION OF PHYSICIANS AND SURGEONS: together with the list of Officers, Standing Committees, and Members, Proceedings of the First and Second Annual Meetings, and the first Annual Report of the Committee on Hygiene. *Published by order of the Association.* [FOWLERS & WELLS, 131 Nassau street, New York.]

A very handsome printed pamphlet of 36 pages, embodying, in a neat and convenient form, everything of interest relating to the Hydropathic organization in America. Besides the contents enumerated in the foregoing title, the Secretary of the Association (Dr. HOUGHTON) has appended a very full and valuable abstract of the recent report of the City Inspector of New York, containing a large amount of interesting statistics relating to HEALTH. Although this pamphlet was principally designed for the use of the members of the ASSOCIATION, still a portion of the edition has been set apart for the supply of others who may wish to procure it; and the publishers of the Journal will gladly supply it to order, at the moderate price of one shilling (12 cents) a copy.

IN PRESS—to be published in October—a new, enlarged, and improved edition, of

THE WATER-CURE IN AMERICA: containing several hundred cases, of various diseases, treated with water, with cases of domestic practice, designed for popular as well as professional reading. EDITED BY A WATER PATIENT. New York: FOWLERS & WELLS, Publishers.

This volume is designed to form a part of the WATER-CURE LIBRARY. It will be printed and bound in the same style, size, and price with them, viz: \$1.00. It will, however, be sold separately with the usual discount to agents.

We are confident this work will find favor with all who read it. We shall refer to it again when published, and give a list of the CASES which it contains, by which all may judge of its merits.

THE WATER-CURE LIBRARY (in seven volumes.)—This is the title of a beautiful new edition of several popular works on the great and all-absorbing subject of Hydropathy and its kindred sciences; and we very much overrate the good sense of the friends of medical reform, if they do not appreciate this new effort of Fowlers & Wells, the publishers, to please and benefit them.—*Boston Paper.*

Miscellany.

GOSSIP FROM BOSTON.

BY NOGGS.

I AM happy to inform you and your thirty thousand strong, that the Water-Cure, this way, is going ahead hugely! Ay, the Allopaths say with most intolerable success! Wherever you find a very intelligent person, now-a-days, you are very sure of finding a Hydropath.

The fact is, people are now fully alive to the importance of preserving the constitutions of their children intact, as much as possible, knowing that good health is much better than great wealth for their dowry, and they are beginning to find out that the only sure way of securing the former is the same as in getting the latter, viz: by saving all they have got, economically using what they get, and being very careful not to rob their future under pretence of bettering their present; in other words, to pay off all mortgages on their stock, and be careful not to make any new debts.

Every time you give a child a dose of physic, you lay an encumbrance on his stock of health, and fearful is the usury that has to be paid. And, as in the financial world, when once you begin to make a business of borrowing, you are soon eaten up. "Sufficient unto the day is the evil thereof."

I met a man, just now, who remarked that he had "cheated the doctor out of a fee," by giving his child a dose of "Hive Syrup" to cure an attack of croup! Poor man! he cheated himself, and especially his poor child, ten times as much as he did the doctor, for the doctor he would have had would never have poisoned the system with tartarized antimony, one grain of which is contained in every table-spoon full of Hive Syrup; and this substance, commonly called Tartar Emetic, has probably ruined more constitutions than ever rum did! Old Dr. Lummas, of Lynn, once said that "the man who invented it ought to be hung." I do not believe in hanging folks, but I say most emphatically, hang Tartar Emetic.

Speaking of spasmodic croup, Dr. K—— says a napkin full of cold water will do all the good any emetic can in such cases, without any of the mischief sure to ensue from the use of drugs of any kind.

Ask Quoggs if he knows any womenkind that ever laced tight, or any physician who ever gave much medicine!

According to their own account, the doctors of the present day are all Homœopaths.

And I trust in God that the time is not far distant when they will have the honesty to own, as nearly all retired physicians have done, that mankind would be better without any.

It is astonishing how the "old 'uns" among the Allopaths contrive to use the Water-Cure, as not using; that is, they know the water will do the work, but they give, in connection, some little simple thing for the patient to pin their faith on—the *drops* get the credit, but the *showers* do the work!

There is quite a fire kindled in Shirloy, this State, considering it was kindled by cold water. One little man, who wears a white hat, swears that Dr. K—— is a fool, and no better than he ought to be, which is quite a compliment to his townsmen, who turn out en masse to hear him, and on his recommendation have subscribed for some forty or fifty Water-Cure Journals. Them are the fools for us, say you, ha? There are other some that think the man might possibly be mistaken, having been known to make one great mistake when he chose his profession. Who shall decide when doctors disagree?

Speaking of water, it is very dry hereabouts. Nature seems to have—— but we live in hopes she'll be better soon.

Give my love to Dr. Shew; tell him I hope his new patient don't absorb so much of his time as to prevent us hearing from him, although I'm aware it is a very interesting case. As for Thomas——, his baby, who they say "is one of 'em," I suppose will occupy him chiefly at present. Mrs. Noggs, who is in a good state of preservation, sends love to all.

CONVERTED ALLOPATHS.—E. D., of Apalachia, says:—"I am not a Hydropathic M. D., but claim a close spiritual relationship to the fraternity; have delighted in the grand idea and grander progress of this great health reform; have tried to keep posted up in my sphere, and have indeed even premeditated an enlistment into actual service, by attending the lectures of our estimable brother and sister Nichols, at the Institute this fall; but I am halting. I hope that I shall not be accused of anything mercenary in this matter, still there is an *indication* that does not encourage me in the undertaking. It is briefly this: The Journal frequently notifies me that Mr. A——, M. D., of this Water-Cure, and Mr. B——, M. D., of that, and so on, has practised as an *Allopathist* so many years, and as an *Hydropathist* so many years.

Again, the good Hydropathic friends out in Dover want a man who has "had experience in both modes of practice," and "we out here West would like a converted Allopath," &c., &c., ad infinitum. A *question*, if you please. Will a doctor be more successful for having practised five years an Allopath and five a Hydropath, than ten a Hydropath? And another. Will a doctor be less likely to become a *Hybrid* pathist for having practised five years an Allopathist? and say you, is not the approaching contest, a mixing up of the pathies, spoken of by our good brother Jackson, a direct consequent of the above specific way of doing things? Now, if I am not a practising physician of any kind, I must be a *Hydropathist*, a *whole* Hydropathist, and NOTHING BUT a Hydropathist."

When Christianity became the religion of the Roman Empire, the people were reconciled to the change by being allowed to retain many of their superstitions. There are many weak brethren and sisters, and those of little faith. The Jews lusted after the flesh-pots of Egypt. It is hard to get the hang of the new school house. There is a story of a pious couple whose daughter wanted to go to a ball. They told her it was a vain and sinful amusement. "Why, ma! didn't you and pa go to balls when you were young?" asked the daughter. "Yes, my dear, but we have seen the folly of it." "Well, ma, I wan't to see the folly of it, too."

There is an idea expressed by the adage, "the worse the sinner, the better the saint." It is also said that a "reformed rake makes the best husband." The ladies are competent to decide whether this is so, but the men have not admitted that a reformed "lady of easy virtue" makes the best wife. We think one is as likely as the other. It is a poor rule that won't work

both ways. It is a great excuse for sin, certainly, if doing wrong qualifies a man for doing right, and by this rule our jails and State prisons should furnish us with the best members of society. If we want bank cashiers, we should look for them at Sing Sing.

We don't believe in this doctrine. Bleeding a man does not qualify one for giving the douche. Giving pounds of calomel will not help the judgment in ordering the wet sheet pack. Doing anything the wrong way helps no man in doing it the right way. Experience in observing disease is valuable; but Allopathic experience is often fallacious, on account of the modification of disease by medication. Killing people does not qualify a man to cure them, only as it may lead him to avoid his errors; but it is still better to have no errors to avoid; and there are mistakes enough to be made in Water-Cure without desiring to practise Allopathy, simply to have experience of its blunders.

An Allopathic medical education is a queer jumble of good and evil. The good can all be got elsewhere; the evil is of no good to anybody. An astronomer does not need to understand astrology. The engineer of a steamboat has gained no special wisdom from having paddled in a dug-out. Having been a fool does not make a man wise, and doing wrong is no regular qualification for doing right.

Still, the preference sometimes shown for a Hydropathic physician, who has had an Allopathic education and practice, has some reasonable foundation. People wish to be assured that a doctor has an education of some kind; that he is not a mere quack or pretender. When doctors begin to get a regular Hydropathic education, no other will be demanded, for this will include all of real medical science that is known. And if pretended Hydropathic physicians mix up drugging with Water-Cure, it will not be long before Water-Cure people will be shy of those who have ever followed any other mode of practice. They will be afraid that the converted Allopath will be a backslider, and ponder over the scripture, which informs us that the juvenile porker, after having experienced the benefits of a Hydropathic operation, is inclined to go back to her favorite Allopathic mud poultice.

Probably the best way is to begin right, go on right, and persevere in the right. There can be no objection to any one's going to an Allopathic college, if they have time and money to spare, but they will learn nothing they cannot learn elsewhere; and if they believe in Water-Cure, they can have no Allopathic experience. Of that, the world has had full enough already.

FAVORITE MEANS OF COMMITTING SUICIDE.—[By Wm. H. Cook, M. D.]—Suicide is one of the most fearful and abhorrent crimes in the calendar; and any course of action which injures the system, and shortens life, five, ten, or more years, is a form of *Suicide*, and will be rewarded as such at the last great judgment, particularly when those who are following such a course have been warned of its fatal tendency.

The following are a few of the habits, very common in this age, by which health is impaired, and suffering and premature death secured. These may be properly called the *favorite* means of committing suicide; and though their inroads on life are but slow, yet the final result is sure:

Wearing thin shoes on damp nights, and in rainy weather.

Building on the "air-tight" principle.

Leading a life of enfeebling, stupid laziness, and keeping the mind in a round of unnatural excitement by reading trash novels.

Going to balls through all sorts of weather in the thinnest possible dress.

Dancing in crowded rooms till in a complete perspiration, and then going home through the damp night air.

Sleeping on feather beds in seven-by-nine bedrooms.

Surfeiting on hot and highly stimulating dishes.

Beginning in childhood on tea, and going on from one step of stimulation to another, through coffee, chewing, smoking, and drinking.

Marrying in haste, getting an uncongenial companion, and living the rest of life in mental dissatisfaction.

Intermarrying.

Keeping children quiet by teaching them how to suck candy.

Entailing disease upon posterity by disregarding the physiological laws of marriage; the *parent* is held responsible.

Living encased in dirt because too lazy to bathe the body.

Eating without taking time to masticate the food.

Allowing love of gain so to absorb our minds as not to leave us *time* to attend to health.

Following an unhealthy occupation because **MONEY** can be made by it.

Tempting the appetite with niceties when the stomach says, No.

Contriving to keep in a continual worry about something or nothing.

Retiring at midnight and rising at noon.

Gormandizing between meals.

Giving way to fits of anger.

Neglecting to take proper care of ourselves when a simple disease first appears: Then

Indiscriminately swallowing great quantities of advertised nostrums.

Taking all the calomel, corrosive, sublimate, antimony and arsenic; and

Submitting to all the blood-letting and leeching operations of "Regular" doctors.

ANOTHER "OLD REGULAR'S" TESTIMONY.—I was called at 9 P. M., on the 2d ult., to see a lady in labor with her fifth child. Nothing unusual occurred during labor. At 2 A. M. of the 3d, she was delivered of a fine healthy son—being five hours since I was called. In about ten minutes the placenta was detached and taken away without any difficulty; and an enema of cold water thrown on the uterus, which caused it to contract. No hemorrhage. Patient then took a sponge bath, had her bed and clothes adjusted, and went to bed quite comfortable.

She took four baths during the first twenty-four hours, one hip and three sponge baths; took enemas to the bowels; kept a wet cloth at the abdomen.

Took some food once during the day. 4th, 8 A. M., found patient this morning very much improved; has very good appetite, and strength improving very fast; has had some after-pains, but a bath stopped them; prescribed three sponge baths to-day. 7th, 10 A. M., found patient sitting up, and said she was nearly as well as ever. She has sat up some every day since the first day of confinement; has gained strength every day, and taken her baths daily, three and four per day; drank all the water she wished; appetite good; has a plenty of milk for her babe, and is doing well in every respect.

I send you this to let some of the unbelievers know that water will not do females in childbirth harm, but on the contrary, they will recover quicker under that treatment than any other, if properly applied. There are some who say that it will kill ninety-nine out of every hundred, but I have had quite a number of cases, and, instead of killing any, all have been able to sit up in from two to five days.

Eden, Randolph Co., Illinois.

A MECHANIC'S-THOUGHTS ON DRESS.—We should all dress alike, or nearly so. We all have similar forms, male and female, and we should so clothe this form as to keep us healthy, and make us happy and beautiful. Females should dress after this style. The outside upper coat, or dress, should be cut sack fash-

ion, somewhat like the present short sacks, but reaching just below the knee; full in the skirt, but nearly fitting the form above, not tight however; high in the back, and buttoning from the breast-bone to the bottom of the skirt; pants, cut in the form of the person, just large enough to be easy and healthy, not large and loose, not Greek or Turk, but *American* fashion, neatly fitting the legs from the knee down, a little large at the bottom, of course, setting gracefully down upon the insteps, and just clearing the floor while standing, with a waist on which to fasten the pants instead of suspenders.

For the feet, an ample heelless shoe or slipper, very elastic; and could some one invent a substance or fabric which would not water-soak and become flabby like leather, (for the feet, we don't want water-proof, but something that will let the water through, that can be wrung out like a sock,) he would confer a great favor upon humanity; socks, instead of long stockings, of course. For the head, a veil or simple, *very* simple small bonnet or hat, but let the hair be as loose and free as can be tolerated. Just imagine a pretty female thus attired, how graceful and easy her movements; a full skirt, just long enough to flow and hang as a skirt should; not flopping about her feet and ankles, or so short as to look or feel awkward.

AMERICUS.

BOSTON FEMALE MEDICAL SCHOOL.—It will be seen, by advertisement, that this Institution enters upon its Seventh Term, on the 5th of November next. The managers say:—

The good cause of Female Medical Education is onward here. We have a Manikin and other articles of apparatus, for the use of the School in the fall, on the way from Paris.

Over two thousand persons have contributed to the funds of this Institution. The following are the names of the present—

Life Members.—(Fee of Life Membership, \$20.)—James Cheever, Jonas Chickering, Samuel Appleton, Jonathan Phillips, Timothy Gilbert, Nathan Matthews, Adam W. Thaxter, Adam W. Thaxter, jr., William H. Jameson, William I. Bowditch, Mrs. James Cheever, Mrs. Timothy Gilbert, Mrs. Josiah Quincy, jr., Mrs. Benj. D. Green, Mrs. Aaron Baldwin, Mrs. Charles A. White, Boston; Mrs. James Arnold, Mrs. Joseph C. Delano, Mrs. Rodney French, Mrs. Joseph S. Tillinghast, Mrs. Joseph Ricketson, 2d, New Bedford; Oliver M. Whipple, Royal Call, M. D., Lowell; John P. Cushing, Watertown; Samuel Philbrick, Mrs. Samuel Philbrick, Brookline; Mrs. Jacob Ide, D. D., (by a friend) Medway; Rev. Luther Wright, Woburn; Rev. Ezekiel Rich, Deep River, Ct.; Mrs. Lydia H. Sigourney, Hartford, Ct.; Mrs. Sarah J. Hale, Philadelphia, Pa.; Charles Hurd, Mrs. Charles Hurd, Londonderry, N. H.; Mrs. Ann Chase, wife of the U. S. Consul at Tampico.

THE WATER-CURE IN CUMMINGTON, MASS.—Mrs. A. Bartlett, of that place, asks:

"Can you not send us a WATER-CURE DOCTOR? Cummington and the towns around are all ready, I think. A good one would have most, if not all, of the practice, which is not small. The village of Cummington, for two summers past, has been visited with dysentery and fever. The number of deaths last year were nearly thirty. From three families, seven individuals were laid in their narrow house, back of the church, after lingering thirty or forty days. We have three doctors, but not of the right stamp. If some one would come and spend a week or two in lecturing and visiting the sick, much, *very much* good would be done for Water-Cure and humanity. The people ask it."

[At present we can only promise to do the very best we can towards complying with this, and ten thousand similar requests from all sections of the country. Until men and women can be thoroughly educated to practise Hydropathy, we must advise "THE PEOPLE" to supply themselves with the WATER-CURE LIBRARY, and become their own doctors.]

ROTTEN TEETH.—"If some folks would have their mouths cleaned, old decayed and ulcerated stumps removed, there would be less occasion to visit watering places or swallow medicines to recover health." Thus said a dentist, while removing a mass of "rotten bone" from the mouth of a person in our presence, not long ago.

Foul breath and foul stomachs are often caused by foul mouths. What can be more disgusting to contemplate than a human mouth filled with sores, caused by accumulated tartar on the teeth, until the gums become a mass of putrid, ulcerated sores—evolving at every breath a stench unendurable. Horrible! Awful! And all this, when a little care would preserve the mouth in a sweet and healthy state, and the teeth to old age. A decayed tooth should at once be cleaned or removed. Every youth should be instructed how to manage his teeth. It would be well for all men and women to have their teeth examined at least once a year by a competent dentist, and the moment any sign of decay appears, have it removed. Good dentists may be found in all our cities. In New York we may name Dr. J. W. CLOWES, No. 7 Eighth Avenue, as one of the most thorough, skillful, and in every respect competent to put the mouths of his patients in order. Give him a call

BLESS GOD FOR RAIN.

BY GEORGE W. BUNGAY.

The dusty earth, with lips apart,
Looked up where rolled an orb of flame,
As though a prayer came from its heart
For rain to come; and lo, it came.
The Indian corn with silken plume,
And flowers with tiny pitchers filled,
Send up their praise of sweet perfume,
For precious drops the clouds distilled.

The modest grass is fresh and green,
The brooklet swells its song again;
Methinks an angel wing is seen
In every cloud that brings us rain.
There is a rainbow in the sky,
Upon the arch where tempests trod,
God wrote it ere the world was dry—
IT IS THE AUTOGRAPH OF GOD.

Up where the heavy thunders rolled,
And clouds on fire were swept along,
The sun rides in a car of gold,
And soaring larks dissolve in song.
The rills that gush from mountains rude,
Flow trickling to the verdant base,
Just like the tears of gratitude
That often stain a good man's face.

Great King of Peace, deign now to bless,
The windows of the sky unbar;
Shower down the rain of righteousness,
And wash away the stain of war:
And let the radiant bow of love
In beauty mark our moral sky,
Like that fair sign unrolled above,
But not like it to fade and die.

RELIGION AND SCIENCE.—J. B. M., M. D., in the Worcester Botanic, Medical and Surgical Journal, says:

"In vain have materialists examined dead bodies to explain the most important phenomena of life. In vain have they mutilated the brain in a hundred different ways to discover the seat of intellectual faculties. The most vain and absurd hypotheses are the result of their researches. What do they know about life—about the astonishing phenomena ascribed to generation? God reserves these secrets to himself.

"Facts are observed every instant in practice which science does not explain, and it was this that made the father of medicine declare, that there was something Divine in diseases, that is to say, incomprehensible to man."

"In vain" has this poor imbecile investigated the laws of God and nature. He very properly disclaims knowing anything about "life," more than to eat and drink, like other animals. Why, Mr. J. B. M., M. D., you are "behind the light-house." What business have you to judge other people, when your glasses

look so darkly that you cannot see? You will find, on getting your eyes open, that *true science and true religion* harmonize, and that there is a SCIENCE OF MIND, notwithstanding your silly fling at *Physiology*. Here is a person charging the leading Physiologists of the world with ignorance and materialism, and attempting to block the wheels of progress through a Botanical medical journal!! How preposterous. The fellow needs a little "number six," a few hot stones, and a "smart chance" of friction applied to his brain.

AN OMISSION.—The story entitled *Love vs. Health*, by Mrs. Sedgwick, which has been travelling through newspapers for some time past, is one of the best we have ever seen from her pen. Besides being remarkable as a story, it gives many good hints and much useful instruction, founded upon purely Hygienic principles. We copy a few words:

"After the wedding ring, Hazen's first gift to Mary was—"The Principles of Physiology applied to the Preservation of Health, and the Improvement of Physical and Mental Education: by Andrew Combe, M. D." This book, which should be read by every mother in the United States, he accompanied by a solemn adjuration, that she should study and apply it."

We heartily approve of the course of Hazen, but regret that Mrs. S. did not mention, for the benefit of other sensible young bridegrooms, who may wish to follow his example, that this most excellent work is published and for sale by FOWLERS & WELLS, 181 Nassau street, New York, who will be pleased to furnish them to every young Benedick in the land. Price 50 cents.

AN EDITOR TURNED WATER DOCTOR.—We clip the following from the Wheeling (Va.) Luminary:

Water-Cure.—Last Saturday, in our absence, one of our boys was taken sick, and continued to grow worse until our return on Monday, at 12 o'clock. His whole system seemed scorching with heat, skin dry, violent pain in the head, pain in the bowels, tongue coated, breath fetid, and all the ordinary symptoms of fever. We hastened to pack him in a wet cold sheet. In fifteen minutes he went to sleep, and slept soundly for forty minutes; took him out, rubbed him well, and put him to bed. In one hour afterwards he called for his clothes, and has continued to mend ever since. That's *Water-Cure!* Don't cost anything either.

The same paper says:—"The Water-Cure Journal for July is on hand. This is one of the most valuable papers in the United States. It is worth annually to any family ten times its cost."

DESERTION.—Four of the respectable citizens of Brandenburg, Ky., have published a card, setting forth the lamentable condition of that town in consequence of eight deaths by cholera out of 18 cases. One of their physicians had deserted them, after they had reared him, patronized him, and made him all he was.—*Indiana State Journal.*

[A runaway doctor! Well, if these "four citizens" will take our advice, they will offer a reward of "four cents" for the further conveyance of his doctorship to regions beyond the—Texas. They have no reason to regret his departure, for, by their own showing, his ministrations were of no avail. Besides, since they "made him what he was," who's to blame?]

FOUR DRUGGISTS AT A WATER-CURE.—It is a significant truth, that four of the leading New York druggists, among the richest of their kind, are now at a Water-Cure establishment, within a few miles of our city. These gentlemen have probably sold medicines to the amount of hundreds of thousands of dollars, including enough Cod Liver Oil to "sink (or float) a ship," yet they *wisely* seek physical restoration at a Water-Cure establishment.

It's an old saying that "a doctor seldom swallows

his own drugs," and here we have the proof of its truth. "Actions speak louder than words." Well, we are glad those druggists are availing themselves of the curative powers of Hydropathy. We hope it will do them good.

PHYSIOLOGY IN MINNESOTA TERRITORY.—We are glad to find the following in the *Minnesota Democrat*:

"The eloquent and learned Miss COATES is going to deliver a course of lectures, to the ladies of St. Anthony, on Anatomy, Physiology, and Hygiene.

"Miss C. enjoys a high reputation in the States, as an accomplished and instructive lecturer. We hope that she will consent to favor the ladies of St. Paul with a course of lectures."

Thus will HYDROPATHY receive an impulse in this "New England of the West." Success to Miss Coates and the subjects she advocates.

CAUSE AND EFFECT.—A Western paper describes the dress of a lady there, during a November rain-storm, when mud is ankle deep. "A fur cape, a boa, twisted four times around her neck, silk stockings, and French kid slippers." The above paper might have described this costume, taken as a whole, by a synonym somewhat in this wise. "A terrible cold, a racking cough, diseased lungs, and a mabogany coffin."—*Yankee Blade.*

THE ALANTHUS TREE.—The Secretary of the Interior will not allow of the further propagation of this tree in the public grounds of Washington City, on account of the injurious effects of its odor, when in blossom, upon the public health." New York and Brooklyn have unfortunately planted millions of these poisonous trees. They should at once be removed. The elm or the maple are quite as beautiful and entirely unobjectionable.

OUR PROGRESS.—Since the commencement of the present volume, we have added several thousand new subscribers to our list, and have had the pleasure of renewing the acquaintance of nearly all our old subscribers. This is agreeable. When opening the letter of a cordial friend and co-worker, residing far away, we have a craving desire to grasp the hand, and have a good hearty shake, being assured, as we read the letter, that although the body may be far away, the spirit is with us.

WANTED, A HYDROPATH, FOR HAVERHILL, MASSACHUSETTS.—The extensive circulation of the Water-Cure Journal has created a demand for a good Hydropathic Physician in this old but thriving village. It is a good place, filled with good people.

MR. N. S. GREENLEAF will answer any questions relating to this place.

INDELICATE BUSINESS.—The male doctors in Canada have just succeeded in making a law prohibiting women from practising medicine. It is now a penal offence for a woman to officiate even in a case of midwifery, so say the papers. Is it true? For the honor of Canada we hope not. If such a law has been made, it *must be repealed*, and that, too, *quickly*.

THE CHEMISTRY OF LIFE.—We commence, in the present number, a series of articles under this title, which will attract attention. We have reason to believe that the author will increase his already well-established reputation as an original thinker and scientific writer.

A LUXURY.—The Erie and the Camden and Albany Railroad cars are now provided with ice water. In each car is a vessel, holding from twelve to fifteen gallons, with cups or mugs attached, with which all may "help themselves." This simple luxury should be introduced into *every* railroad car.

WIRE BEDS.—We have tried them, and, like the old man who bought a buffalo robe, of whom a neighbor inquired how he liked it, said "first rate; shouldn't know how to keep house without it." So of this new wire bed. It is clean, always ready "stirred up," well ventilated, cool and pleasant. We shall never sleep on feathers, when we can have a wire bed manufactured by MR. JOHN PUTNAM, 169 Fulton street, New York. We regard it a luxury, to sleep on this new invention!

DEATH FROM TOBACCO.—At Roxbury, Mass., an Irishwoman by the name of Toomey administered a quantity of tobacco, steeped in milk, to her child, as an antidote for worms. The child, which was not quite two years of age, died in less than an hour and a half.

Of one thousand infants fed by the mother's milk, not above three hundred die; but of the same number reared by wet nurses, five hundred die.

Business Notices.

NEW POSTAGE STAMPS.—We will forward to all who desire them, postage stamps in any amount. Everybody should keep a supply on hand, with which to pre-pay all letters.

We shall continue to accept stamps in payment for publications. They may be enclosed in a letter and sent to any post office in the United States.

When books are ordered to be sent by mail, the person ordering them should remit stamps or money, with which to pre-pay the postage from our office.

H. H. BARTON, of Putney, Vt., informs us that he is in the possession of a suitable place for a first class Water-Cure establishment, which he will sell. The place is valued at \$3000, but may be had for \$2,200, and a part of the amount remain on mortgage. There are about 1,400 inhabitants. The water is of the finest quality of soft spring-water. For particulars, address, post paid, as above.

PUMPS.—We have all sorts of Pumps; Leather Pumps, Wooden Pumps, Chain Pumps, Force Pumps, Air Pumps, and Gas Pumps, a "general assortment" of Human Pumps, who pump every body they meet, find out all their neighbors' business, while they neglect their own. But the best kind of pumps, are, without doubt, those advertised in this Journal, by our friend G. B. FARNAM. See his advertisement.

BOOK AGENTS.—After harvest, the season for selling books will commence. We have printed new editions of nearly all our publications, and shall be able to fill all orders promptly. Liberal discounts at wholesale, is our policy, in order that the agent may be liberally rewarded for his time and labor.

Varieties.

LITTLE SODUS BAY.—Of all the beautiful places we ever looked upon, this is the most beautiful. The glasses through which we looked at it may be colored, or they may magnify every pleasant prospect. So many cordial friends did we meet on our late visit, so many cheerful and happy faces, and such a thrifty growth of the country around, all bespeak a great and prosperous future for this charming place. Travelers, have compared this beautiful "arm of the lake" to the Bay of Naples, in Italy. It is two miles long, and more than half a mile wide. While the people of Western New York are so accustomed to beautiful water views among their numerous pocket Lakes and pocket Niagaras, scattered so profusely among her fine lands, they do not fully appreciate their charms.

Little Sodus is soon to become a second Dunkirk, bringing the noble ONTARIO, by railroad within TEN HOURS of New York city, and shortening the distance, some sixty or seventy miles. By this new route, Canada may be more cheaply and speedily reached, and the coal and iron mines of Pennsylvania find a new outlet. Besides large private subscriptions, the city of Auburn has been pledged for \$100,000, and

it is expected that the town of Sterling will raise \$25,000, and all the other towns on the line, extending the entire length of Cayuga county, some sixty miles, will at once take up the balance of stock, amounting to \$1,500,000. A charter has been obtained, and all things made ready to commence the work.

Between the Erie canal and lake Ontario, there are thousands of acres of the finest land in the world, entirely unoccupied. From Syracuse and Oswego east, to Rochester west, there are some of the most desirable situations that can be found. Timber and water power are plenty, while crops of every description, including every variety adapted to this latitude, grow in great abundance, when cultivated. Besides all this, it promises to become a general summer resort for all the world. Who can live, without visiting the LAKES during the summer season?

There is now a fine opening at Little Sodus Bay, for mechanics, of every description. Blacksmiths, Wheelwrights, Cabinet Makers, Carpenters and Joiners, Shoe Makers, Tailors, &c., &c., may find it to their interest to visit this place. A new Steam Saw Mill has recently been erected, and there are other indications of industrial activity going forward. Young married men, in the East, will find this a good place to plant themselves. For all further particulars, we would refer to SETH TURNER, Esq., or WM. WYMAN, P.M. Little Sodus, Cayuga Co. New York, who will answer all questions.

NEW YORK AND NEW HAVEN RAIL ROAD.—This is, perhaps, one of the most successful of our rail road enterprises. It was built in 1849, at a cost of about \$3,000,000. The stock is now selling in our market, for \$112—twelve dollars above par. The road is well managed, in every particular. During the summer season the trains leave New York daily, as follows:

	h. m.
1st, Accommodation Train, A. M.	7 00
2d, B. Express, A. M.	8 00
3d, Accommodation Train, A. M.	9 00
4th, Special Train, A. M.	11 15
5th, B. Express Train, P. M.	3 00
6th, Accommodation Train, P. M.	4 00
7th, Commutation Train, P. M.	5 25
8th, Special Train, P. M.	6 30
Trains leave New Haven daily—	
1st, Special Train, A. M.	7 00
2d, Commutation Train, A. M.	8 30
3d, Accommodation Train, A. M.	9 45
4th, Accommodation Train, A. M.	11 15
5th, B. Express Train, P. M.	4 15
6th, Special Train, P. M.	5 15
7th, Accommodation Train, P. M.	7 55
8th, B. Express Train, P. M.	11 25
Fare from New York to New Haven, \$1 50; distance 76 miles; time, 3 1-2 hours.	
Office of the Company, 55 Canal Street, New York.	

RECIPROCALITY A PRINCIPLE OF NATURE.—[The following beautiful figure illustrates and enforces the truth of our title. The writer exhibits, in a high degree, a full development of Benevolence, Ideality, Hope, Veneration, with cultivated social feelings. The selfish, or animal propensities, are in subjection to the intellectual and moral sentiments.]

Charity.—Night had kissed the young rose, and it bent softly to sleep. Stars shone, and pure dew drops hung upon its blushing bosom, and watched its sweetest slumbers. Morning came, with its dancing breezes, and they whispered to the young rose, and it awoke joyous and smiling. Lightly it danced to and fro in all the loveliness of health and youthful innocence. Then came the ardent sun-god sweeping from the east, and he smote the young rose with his scorching rays, and it fainted. Deserted and almost heart-broken, it drooped to the dust in loneliness and despair. Now the gentle breeze, which had been gamboling over the sea, pushing on the home-bound bark, sweeping over hill and dale, by the neat cottage and still brook, turning the old mill, fanning the brow of disease, and frisking the curls of innocent childhood, came tripping along on her errand of mercy and love; and when she saw the young rose she hastened to kiss it, and fondly bathed its forehead in cool, refreshing showers; and the young rose revived, looked up and smiled in gratitude to the kind breeze; but she hurried quickly away; her generous task was performed, yet not without reward—for she soon perceived that a delicious fragrance had been poured on her winds by the grateful rose; and the kind breeze was glad in heart and went away sing-

ing through the trees. Thus real, true charity, like the breeze, gathers fragrance from the drooping flowers which it refreshes, and unconsciously reaps a reward in the performance of its offices of kindness, which steals upon the heart, like rich perfume, to bless and cheer.

A COSTLY SMOKE.—The other day a young gentleman of this city was enjoying a fine cigar near the corner of Court street and the Square, in defiance of the by-law in such case made and provided. A person near by, whom he took to be a police officer, tapped him on the shoulder and informed him that he was breaking the law. The young man plead ignorance without avail, the pseudo officer declaring that unless a \$5 bill was forthcoming, he should find it necessary to commit the offender to jail. Very reluctantly, and after a good deal of talking, he took out a \$10 bill, received \$5 back and was allowed to depart. It was not long, however, before he ascertained that his quondam captor was not only no officer, but that the \$5 bill he received from him in exchange was a counterfeit, thus leaving him out of pocket just \$10 by the operation.—*Boston Traveller.*

[That was "paying too dearly for the whistle," but if it would break the young man from the bad habit, it might prove a good investment.]

"TO ARMS, TO ARMS, YE BRAVES."—We see by advertisement in the New York Daily Sun, that a military company has been organized, for the protection of our "Bloomers." Of which sex they are composed, we are not informed, yet presume them to be of the masculine order.

BLOOMER GUARD—THE MEMBERS of the above company are hereby notified to attend on Wednesday evening next at the 7th ave. house, near 19th st., at 8 o'clock P. M. Members are requested to bring their muskets. By order THOS. HENNESSEY, Capt. WILLIAM J. WALTON, O. Sergeant,

This may be regarded as a fair warning to all opponents. Those, therefore, who would not be shot, must look out, and be careful as to what they say derogatory to the Bloomer Dresses. HURRAH for the Bloomer Guard!!!

THE PULPIT VS. BLOOMERISM.—Two or three young ladies in Eastampton, Massachusetts, who appeared in Bloomer costume last week, were immediately waited upon by the Rev. Mr. Stone, and informed that if they persisted in wearing those dresses, they could not be connected with his church. *Springfield Paper.*

It would have been well, if the Rev. Mr. Stone, while he had the matter in hand, could have made it convenient to define what he esteemed an evangelical length of skirt. There is reason to believe that there would be as great a diversity of opinion among the clergy upon this point, as upon the weightier matters of the law. Evidently the Rev. Mr. Doherty, whose *curs* was near Mr. Stone's till he was suspended, and the Rev. Mr. Fairchild, lately tried in Boston, would have tolerated a much shorter skirt than some others of their profession; and it occurs to us that, if the subject is to be made a matter of church discipline, it should be disposed of by synods, or competent ecclesiastical conventions, that there may be a uniform standard of petticoat orthodoxy among the respective sects. It would be melancholy enough to have another *high* and *low* church controversy spring up in the ecclesiastical world upon such an issue, for the want of a proper adjudication at the outset.—*N. Y. Evening Post.*

[Thus it appears the Rev. Mr. Stone insists on retaining the petticoats, in his church; but we doubt whether the women will notice his objections. They will consult him with regard to their *spiritual* welfare, but not in regard to the length, breadth, thickness, quality or color of their petticoats. Mr. Stone may dictate in regard to the under and upper clothes of his wife and children, but he must not interfere or meddle with those of other females.]

TOBACCO SMOKING AND BURNING HOUSES.—We wish it were in our power to present the statistics with regard to these two calamities. We have no doubt but some of the recent destructive fires in our New York stables, where large numbers of fine Horses were burned, were caused by fire emitted from the ends of lighted segars, or tobacco pipes. Smoking is an almost universal habit with stage and omnibus drivers, many of whom carry their fireworks, in the shape of friction matches, in their pockets.

It is said to be difficult to set fire with burning tobacco, but we know it to be otherwise. And we believe if stage proprietors, would refuse to employ men who smoke tobacco, that there would be vastly less incendiarism and less accidents by fire. No man should be permitted to carry this sort of fireworks about stables, barns, or dwelling houses!!

INSANITY.—We believe there are thousands of insane people in our country, out of the Asylums. Look at the mad poets, inventors, novel writers, preachers. "There are dozens of crazy brains in our city, this moment, who have worked for years spending all the money they could beg or borrow, to "complete" some "perpetual motion;" another class go about exhorting the people to "flee from the wrath to come," assuring those foolish enough to listen, that the end of the world is at hand, and attempting to prove by facts and figures that the Bible declares "thus and so." They are the remnant *Millriters*, who kicked up such a dust, with their field meetings in tents, and barns, not long ago.

Then come the self-elected *prophets*, claiming Divine commissions, etc. ALL these are *Crazy*, and considered harmless, paupers though they be.

Then there are numberless crazy politicians who go about ranting with a "*whorah* for our side," steaming with liquor and tobacco, many of whom are hired by the day just before election to make a noise. We speak now of the *crazy* ones only.

Almost every town has a crazy doctor, who cures everybody and everything, with some "notion" that his crazy brain has "*discovered*." An insane imagination of this kind usually runs into *roots* and *vegetables*. Among this class, we may name the "seventh sons" and seventh daughters, who, if born sane, become *insane*, when they yield to the demands of ignorant or crazy people, and "commence practice." Let us be kind and charitable to all poor crazy people.

FROM THE WEST.—We extract the following from a letter just received. Patent medicines and other drugs are in danger:—

GENTLEMEN.—By taking a little pains, I have procured a club of twenty subscribers for the Water Cure and Phrenological Journals.

I find that your journals are decidedly popular among the more intelligent portions of community.

The West has been a great field for drug speculation. Patent medicines have multiplied upon us like the frogs upon Egypt, and their results have been equally disastrous. But we look for redemption from these evils, and the use of water must effect our physical salvation.

You have our best wishes for success in this most glorious reform. * * *

EFFECT OF GETTING THE MITTEN.—The editor of the Brookville, Iowa, Democrat explains this point with all the confidence that experience can give:

"Unrequited affection has a very depressing effect on the spirits. We care not how much of an exquisite a youth may be, let him 'get the mitten,' and his contempt for bear's grease will know no bounds. His care of his boots will also undergo a change; while his disregard of public opinion will be so exalted that he won't care a copper whether his trousers are broken or not."

[A lady sends the above, and asks us "Is that true?" to which we reply, never had any experience that way, can't tell, should presume however that it would have the effect to take the "starch out" if nothing more.]

CIVILITY.—When the rich Quaker was asked the secret of his success in life, he answered, 'Civility, friend, civility.' Some people are uncivil, sour, sullen, morose, crabbed, crusty, haughty, really clownish and impudent. Run from such. 'Seest thou a man wise in his own conceit, there is more hope of a fool than of him.'—**LIFE ILLUSTRATED.**

[Even the hogs will fatten better where kindness, pleasantness, and good nature prevail, than where it is "scold, scold" the day long. Who ever knew an habitual scolder to prosper in business? These mothers who scold their children, commit an error irreparable, an error which even floggings cannot mend. Remember, where *kindness* and goodness fail, it will be useless to fret and scold. It would be well for all to try to "overcome evil with good."]

WORK FOR WOMEN.—Since the adoption of cheap postage, everybody wants to write letters to their friends, and, of course, would like to write well. This at once creates a demand for teachers of penmanship, and we are glad to know that large numbers of young women are qualifying themselves to teach writing schools, throughout the country. All right, go on, we shall patronize Lady Teachers. Let able bodied men engage in other employment, and let WOMEN do that kind of work for which they are by nature best fitted. We will supply COPY BOOKS, by the dozen, at the cost of manufacturing.

MIND YOUR OWN BUSINESS.—To tell a man to his face to mind his own business, would be considered about equal to knocking him down, or as the Frenchman said, "horizontalizing his perpendicularity." And yet it is one of the simplest rules of right conduct, and one of the most useful that mankind can adopt in their intercourse with each other. Their is a great deal of Paul Pry spirit in the human heart, or wonderful inquisitiveness in regard to the personal affairs of friends and neighbors. This fault makes more mischief in the community than almost any other cause, and creates more malice, envy, and jealousy than can be overcome in a century. Let every man mind his own business, and there will not be half the trouble in the world that there is at present.—*New York Sun.*

[Our views exactly—show us the man, or woman, who is constantly in trouble with neighbors, and we will show you somebody who does not "mind his own business."]

POST OFFICES WITH THE SAME NAME.—Be careful in directing your letters. According to the new official list of post offices in the United States, there are 25 Washingtons, 24 Franklins, 23 Salems, 22 Springfields, 15 Centrevilles, 19 Jacksons, 18 Jeffersons, 13 Lafayettees, 10 Fillmores, 9 Kosuths, 13 Lowells, 20 Richmonds, 15 Waterloos, 22 Columbias, 18 Concords, and ever so many Mount Vernons, Clintons, &c. In dating letters, therefore, care should always be taken to give the *State, County, and Post Office* where the letter is to be mailed.

BREVITY.—Short stories, short sermons, with the *gist* of a volume, are vastly more acceptable and satisfactory to most readers, than long yarns, with the usual accompaniment of useless words. For any communication, of less than a dozen pages of foolscap, no preface is necessary; come at *once* to the point, and describe the thing, without circumlocution. [A good suggestion from out West.]

SENTIMENTAL YOUNG LADY.—Pray, Mr. Charles, how is the wind?

EMBARRASSED YOUNG GENTLEMAN.—Pretty well, I thank you.

"Ma'am your dress is dragging in the mud." "Well, suppose it is, isn't it fashionable?"

PROBABLE.—A poor woman went to an eminent but eccentric surgeon, to inquire what was the proper treatment for some bodily wound.

"Put on a cataplasm," was the answer.

"But, Doctor its for a child."

"Then put on a kittenplasm."

TO DREAM PLEASANT DREAMS.—Before retiring to bed, eat four or five slap-jack cakes, well saturated with butter and molasses, with two or three cups of tea, four or five well done eggs, a slice of ham, a piece of pie and other dessert, and if you don't dream "as is" a dream, then we will say no more. Sam says that experience is the greatest school, and establishes in his mind the fact as above.

PLEASANT AND PROFITABLE.—Under this title, one of our agents writes us from Illinois that he has sold between three hundred and fifty and four hundred dollars worth of water-cure books, within the past month. He now orders twelve sets of the WATER-CURE LIBRARY, to supply subscribers, in one neighborhood. This looks like "success."

A female writer says: "Nothing looks worse on a lady than darned stockings." Allow us to observe, that stockings which need *darning* look much worse than darned ones. Darned if they don't.—*East. Post.*

BOSTON AND SARATOGA SPRINGS.—The Bostonians seem quite delighted with the idea of taking breakfast in Boston, and Congress water at Saratoga Springs, the same day evening. A Yankee notion (Rail Road) has just been put through, connecting these two villages by daylight.

GLADNESS.—The world is a looking glass, and gives back to every man the reflection of his own face. Frown at it, and it will in turn look sourly upon you; laugh at it, and with it, and it is a jolly, kind companion.

A TRUTH.—You can't prevent the birds of sadness from flying over your head, but you may prevent them from stopping to build their nests there.

CONSCIENTIOUS.—"Boy, why did you take an awful of my shingles on Sunday?" "Why, sir, mother wanted some kindling wood, and I didn't want to split wood on Sunday."

A DIRECT RAIL ROAD FROM NEW YORK TO BOSTON is now in contemplation. If built, it will place us within *six hours* of the "New England metropolis," Athens of America," Rail Road Centre," or any other *smart* name you please.

Strawberries are 20 cents per quart. Well, we would give more than that for some from the meadows of our native place.—*Cayuga Chief.*

Where is your native place, Emma?

To Correspondents.

COUGH WITH OFFENSIVE EXPECTORATION.—J. S., Peoria, Illinois. All coughs attended with considerable raising are serious, and ought to be thoroughly attended to, whether the expectoration be bland or fetid. The wet pack sheet two or three times a week, the constant use of the wet chest wrapper, and one or two hip baths daily, ought to be at once and perseveringly applied. All affections of the lungs succeeding agues and fevers, which have been doctored with calomel and quinine, are frequently a long time in getting well, even under the very best hydropathic management. All that is essential in regard to diet is to have it plain, simple, and un-concentrated.

M., of MANTUA, O., will accept our thanks for kind words of encouragement. Samples of Student, &c. were sent. If subscribers will double our circulation, we think we can afford to double the size of the Journal, or publish semi-monthly. JENNY LIND's portrait and biography appeared in the August No. of the Phrenological Journal. You may address "W. F.," at this office. Can't tell when we may visit O. again. Hope to do so soon. We have received Ohio Cultivator for July. Glad the women are succeeding so well.

BILIOUS TURNS.—A "subscriber" wishes to know how to treat a little girl five or six years of age, who has never eaten butter, and who seldom eats newly-baked bread, meat, pastry, or rich cake, yet who is subject to bilious turns, attended with vomiting. In giving particular direction, we would rather be informed what she *does*, than what she does *not* eat. A rubbing bath in the morning, the abdominal wet bath, with a diet of wheat-meal or rye-meal bread, with good potatoes and fruit, will probably cure.

PRESERVING RAIN WATER.—A. D. C., of Pa., asks: Will you give instructions how to purify and preserve large quantities of rain water for hydropathic purposes, as much of the water in this part of the country is hard? Rain water is nearly pure when collected after it has rained a few minutes, and the dust, vapors, &c. which float in the air and accumulate on the roofs are washed away. It will keep a long time in cisterns dug deep enough to preserve a very low temperature. It may be rendered colder by ice, so as to keep still longer.

ULCER OF THE SCALP.—J. F. H., Ohio. We should have great faith in the cure of your son, by treating the whole system as well as the part affected. Half baths and hip baths should be used daily, and the wet pack-sheet occasionally. Keep the head cold; wet it occasionally with *cool*, not *very cold* water, and lay a wet cloth over the sore. If you want a full explanation of all the Water-Cure processes, send for the "Water-Cure Manual," or "Hydropathy for the People."

SALT RHEUM.—J. C., Kenosha. A case of salt rheum resulting from infection in consequence of inoculation, requires treatment precisely the same as the disease acquired in any other way, though it will probably take a long time to de-terge the system from it. The wet sheet, followed by the tepid bath, should be frequently employed. Much depends on the diet. Avoid salt, grease, and salted meats, and live mainly on vegetables and fruit, bread and milk, &c.

EMETICS AND INJECTIONS.—"Is it beneficial or safe to wash out the stomach and bowels with your emetics and injections, as recommended in March number, page 71, in all such disorders as sickness, want of appetite, overloading the stomach, pain and soreness of the bowels, and even diarrhoea and dysentery?" Yes.

REPORTS OF CASES—These should be as brief as possible, omitting all needless unprofessional matters and every unnecessary word. We have always more than we can find room for, and, as in duty bound to the public, have to select the best. Subscribers must not blame us if their communications lay over several months, nor if others are not published at all.

CONCENTRATED FOOD.—P. Q., Philadelphia, wants to know what constitutes concentrated farinaceous food? All the grains, when divested of their *brana* or ligneous matter, are called concentrated. Sugar is saccharine matter, from which the water has been evaporated, and is another form of concentrated food.

Dr. S. B. M.—Perhaps the "communication" you refer to failed to reach us. Patience, patience, man; we shall always try to publish that which may seem to us most useful and acceptable to all our readers, without regard to personal accommodation or favor. Suppose you try again?

W. G. S.—Short articles are always more acceptable than long ones. Give us the facts, no matter how briefly, and we shall be glad to serve them up for the benefit of our readers. Long prefaces will do for large volumes, but are unnecessary for articles in this Journal.

SPINAL COMPLAINTS.—H. N. H., Wisconsin. The sitz bath twice a day would be a good addition to your present management; temperature about 65 degrees, time 10 minutes. The walking foot bath, if you can find a convenient stream, would be useful.

Book Notices.

EPISODES OF INSECT LIFE. By ACHETA DOMESTICA, M. E. S. SECOND SERIES. New York: J. S. REDFIELD.

Like the first volume, the second is quite beyond competition, in the art of printing or illustration. Those who have the first *must* have the second, while those who have neither, will forego a literary luxury, unequalled, although to them unknown. We shall bespeak several copies for presentation to our lady friends, on the holidays.

We cannot enumerate all the little gold and silver glossed insects described, but assure the reader there are enough to delight, instruct and amuse, for an agreeable space of time.

THE GREAT HARMONIA, vol. 2. **THE TEACHER**. By A. J. Davis. Price \$1.25. For sale by FOWLERS & WELLS, New York.

We have not yet perused this volume. It is well printed and bound up to match the first, which was published about a year ago. The second volume contains—

MY EARLY EXPERIENCE; MY PREACHER AND HIS CHURCH; THE TRUE REFORMER; PHILOSOPHY OF CHARITY; INDIVIDUAL AND SOCIAL CULTURE; THE MISSION OF WOMAN; THE TRUE MARRIAGE; MORAL FREEDOM; PHILOSOPHY OF IMMORTALITY; THE SPIRIT'S DESTINY; CONCERNING THE DEITY.

After an examination, we may speak again, or, perhaps, quote the opinions of others, pro and con. Mr. Davis, like other men, has both friends and enemies.

On subjects with which we are unacquainted, we shall express no opinion.

CATALOGUE OF THE INSTRUCTORS and Students of the Classical and Mathematical School, 86 Sixth Avenue, New York.

In this School boys are prepared for business, college, or the Military Academy. It is conducted by MESSRS. SPOWICK & NICHOLS, assisted by Messrs. Starr, Macomber, Villeplait and Eichhorn. We commend the sentiment contained in the following extract:

"The object of the Course of Instruction in this Institution is not to give a *partial* education, embracing a few branches only, nor to give a *superficial* education, containing a little of every thing. Still less to give a "*finished* education." Our object is to *commence a thorough and full* course, and to prosecute it scientifically and faithfully, so long as the pupil remains here. We hold that *all* the faculties should be brought into *free* exercise and close discipline, in *this* elementary course of an education. Any other system yields us but a distortion in the intellectual character."

A new term will commence on the 2d of this present month.

THE PHRENOLOGICAL JOURNAL for August presents the following interesting table of contents:

Phrenology applied to Education; Rev. Edward Sprague; Jenny Lind, with a portrait and biography; Animal Phrenology; Training of Idiots; Instruction in Magnetism; The Peach, Illustrated; Functions of the Skin; Influence of Kindness; Progression, its Opponents; Morbid Impulses; Insanity from Love; Natural History of Man; Folly of Fashionable Life; Death of Little May; Letter to Young Men; **EVENTS OF THE MONTH**; Flogging in the Navy; Coal and Gold in Oregon; New Costume; Greeley on "Rappings"; Flax Culture; French Colony in Va.; Homestead Exemption; Death of Wm. Colman; Clergy against Tobacco; Scene in Church; Society in China; Hungarian Emigration; Capital Punishment in France; Trial of Count Bocarme and Wife; **VARIETIES**—Four Generations in Jail; The way to live; New Postage Law; New Publications; Answers to Correspondents, etc. etc.

This Journal is published monthly, at ONE DOLLAR a year, by FOWLERS & WELLS, 131 Nassau street, to whom all communications should be addressed.

CONSUMPTION OF THE LUNGS, or Decline, the Causes, Symptoms and Rational Treatment, with the means of Prevention. By T. H. YEOMAN, M. D. Revised by a Boston Physician. Boston and Cambridge: JAMES MUNROE & Co. 107 pp. 12mo.

We have looked through this little volume with much interest, and while we find some things to condemn, there are many we approve. The causes, symptoms and kinds of consumption are treated in an able manner, and with the general arrangement we find but little fault. But to the medicine treatment we must be allowed to take exception. The author, in this chapter, is most essentially Allopath, recommending Hyosciamus, Aconite, Morphine, Prussic-acid, Belladonna, Cod Liver Oil, and most of the other contents of a drug shop. Such doctrine as this won't answer now. The people are getting to be too well informed to be gulled by such talk, and won't take such stuff any way. The closing chapter, on the prevention of consumption, is very good, and may be read with profit by all.

THE VEGETARIAN ADVOCATE is issued on the 15th of each month, at ONE DOLLAR a year in advance. Subscribers may remit to the Rev. WM. METCALF, 645 North Third Street, Kensington, Philadelphia, Pa.

The Editor is now in Europe. He left New York in the steamer Arctic, on Saturday July 6th, as the American Delegate to the Vegetarian Society of Great Britain, to be held in Liverpool on the 15th inst.—also as Delegate from the Pennsylvania Peace Society to the World's Peace Convention, to be held in London on the 22d inst.—and as Delegate from the Pennsylvania Temperance Society, to the Grand Temperance Demonstration to be made in the same place in the latter part of the month. He will also attend some of the local celebrations of Vegetarianism whilst in England.

We shall notice the movements of this society more at length at another time.

LITTELL'S LIVING AGE. Boston: published by E. Littell & Co., at \$6 a year.

This is no juvenile experiment. It is now in its 30th volume, and has obtained a reputation for literary excellence equal to that of any work with which we are acquainted. In fact, it is the *leading* serial of our country, a single volume of which is a library in itself. The price, (\$6), may seem high, but we are sure that every subscriber will get his money's worth, and much more. The Living Age is made up of all the weekly, monthly and quarterly magazines of the world, and contains the cream of the whole.

THE PHILOSOPHY OF MATHEMATICS; translated from the Cours de Philosophie Positive of AUGUSTE COMTE. By W. M. GILLESPIE, Professor of Mathematics in Union College. New York: Harper & Brothers.

The book of the age. Than Mathematics, no other study is better calculated to *balance* the human mind. Were this subject made a leading study in every school and family, less inclination to "run after strange notions," such as grow out of the old exploded heathen religions, Millerism, Mormonism, and other mysterious isms would pass away, and have no more effect on the mind of a mathematician, than an eclipse of the moon. The work under notice is doubtless "the master-piece" of mathematics.

THE COTTAGE BEE KEEPER; or suggestions for the Practical Management of Amateurs, Cottage and Farm Apiaries, on scientific principles. By a Country Curate. New York: C. M. SAXTON.

A beautiful little book, and all about bees and honey!! How delightful. The Commercial Advertiser says:

"This is essentially a practical treatise on the management of bees. Every thing connected with the apiary is fully discussed, and the language of the text made doubly clear by numerous illustrations. The entomologist will find nothing new in the book, but for the practical purposes of those engaged in the production of honey, such a concise collection of information is of great utility."

ELEMENTS OF AGRICULTURE, for the use of Schools. Translated from the French. By F. G. SKINNER. New York: same publisher.

Another capital book—and none but GOOD BOOKS does our neighbor Saxton ever publish. Vegetable anatomy and physiology, agricultural chemistry, the nature of soils, &c., are treated analytically, and in terms sufficiently intelligible for the most ordinary capacity. The introduction of this treatise in common schools throughout the country would tend to dignify labor, and teach children that farming is a pursuit worthy of men of science and education.

REPORT OF THE AMERICAN POMOLOGICAL CONGRESS, held in the city of Cincinnati, on the 2d, 3d and 4th of October, 1850. Columbus: Published by the Ohio State Board of Agriculture.

A highly commendable Report. We hope it may turn the attention of every State to this great interest. Than the culture of fruit, we know of nothing more important. It will civilize, humanize, and moralize our people.

STATISTICS OF DANE COUNTY, Wisconsin, with a Business Directory. By CARPENTER & TENNEY, Madison, Wis.

A pamphlet of 24 pp. with engraved illustrations of the Wisconsin University, the Capitol and Court House at Madison, with a "paying" list of advertisers, all of which indicate a hopeful spirit full of enterprise. Go ahead, Dane county, you are a jewel in the crown of the State to which you belong.

THE AMERICAN RAILWAY GUIDE for the United States. Published monthly, by C. Dinsmore, at 138 Fulton street, New York. Price 12 1-2 cents.

Full of facts and figures, with every thing that the traveler cares to know as to R. R. routes, time of starting, stopping, and arriving, the amount of fare, also the principal steamboat and steamship routes, canals, &c. &c., cheap enough for a York shilling.

THE INTERNATIONAL MAGAZINE, published by Stringer & Townsend, New York, bids fair to outvie all its competitors. In the last number we have 144 octavo pages, with some twenty engraved illustrations, comprising the portraits of Noah Webster and Rev. Calvin Colton, with views of our principal watering places, including some fashion plates, which we don't like. *The International* is on the highway to popularity and profit. Terms, \$3 a year in advance.

THE MICHIGAN FARMER, July, 1851, Vol. IX, No. 1, WARREN ISHAM, Editor. Published monthly, in Detroit, at one dollar a year in advance.

Through the politeness of Mr. Charles Betts, we have just made the acquaintance of this quite venerable journal. It is devoted to agriculture and kindred interests, and cannot fail to be of service in developing the resources of the State. Success to the MICHIGAN FARMER.

THE SOUTHERN LITERARY GAZETTE, edited by Walker & Richards, is one of the most beautiful sheets published in the South. It is designed to be, and really is, in every respect, an elegant, excellent weekly newspaper, adapted to the wants of every family. Terms, \$2 a year. Address the Editors, Charleston, S. C.

THE METROPOLITAN, a newspaper edited by Mrs. N. P. LASSALLE, published at \$2 per annum, in Washington, D. C. Mrs. LASSALLE is a daughter of the late Judge WILLIAM POLKE, one of the Pioneers of Indiana. The paper is very handsomely "gotten up," and is filled with well selected and well written original articles. Success to Mrs. Lassalle and the Metropolitan.

Advertisements.

PUMPS, FIRE ENGINES, CAST IRON FOUNTAINS, ETC.—The subscriber manufactures Double Acting Lift and Force Pumps, well calculated for Factories, Mines, Breweries, Iron Works, Railroads, Water Stations, Water Boats, Steamboats and Ships, family purposes, Stationary or Movable Fire Engines, etc.

The above Pumps, from their simple construction and little liability to disorder, are well calculated for supplying Water-Cure establishments with water, (when not supplied by a natural source,) and can be worked in various ways, either by water power, horse power, steam or manual power, besides using the same powers for many other purposes, when not in use for raising water, or even at the same time. Water can be carried over the grounds for irrigation, out houses, etc., or by means of hose and equipments inverted into a fire engine. Garden Engines, for one person to handle, with a small double-acting Force Pump, can be used for various purposes—washing windows, wetting plants, or throwing water upon trees for the purpose of destroying worms, etc., arranged on two wheels, that one man can take them from place to place, and work the pump and guide the stream at the same time.

Ornamental Cast Iron Fountains of various patterns and sizes. Jets of all descriptions.

Cistern and Well Pumps. I also manufacture Lift Pumps, for cisterns or wells, of any depth, to be worked by horse power or manual power. They are entirely of metal.

Force Pumps for Wells. Whenever water is required at a higher point than the surface of the well, or at any point where water will not flow of itself, and a Force Pump would be preferable, these are calculated for the purpose.

Village and Factory Fire Engines. These engines have a double-acting lift and force pump. They are light, easily handled, and worked by few men. Brakes are arranged fore and aft, or across the ends.

They are furnished in a plain but neat style. Copper-riveted hose of all sizes. Stopcocks of all descriptions. Wrought Iron, Cast Iron, Lead and Gutta Percha Pipes, etc.

Purchasers are requested to call, or any communication by mail will receive due attention, and full descriptions given as to size of Pumps, etc. G. B. FARNAM, 34 Cliff street, upstairs, formerly D. L. Farnam. May 12th

ECLICTIC MEDICAL INSTITUTE, Chartered in 1845. Total No. of Matriculants from 1845 to 1851, 103.—The seventh winter session of this College will commence on the first Monday of November, 1851, and continue as follows:—I. G. Jones, M. D., Professor of Theory and Practice of Medicine; R. S. Newton, M. D., Professor of Surgery; B. L. Hill, M. D., Professor of Obstetrics and Diseases of Women and Children; Z. Freeman, M. D., Professor of Special, Surgical and Pathological Anatomy; J. R. Buchanan, M. D., Professor of Physiology, and Institutes of Medicine; L. E. Jones, M. D., Professor of Materia Medica, and Therapeutics and Medical Botany; J. Milton Sanders, M. D., Professor of Chemistry, Pharmacy and Toxicology; O. E. Newton, M. D., Demonstrator of Anatomy and Surgical Prosector.

A gratuitous preliminary course of Lectures will commence on the second Monday in October. At the same time the Demonstrator's rooms will be opened, with every facility for the study of Anatomy.

TERMS.—Tickets to a full course of lectures (until graduation) \$100 in advance, or a well endorsed note for \$125. To a single course of lectures \$80 in advance or a well endorsed note for \$70. Matriculation ticket \$5—Graduation \$15—Demonstrator ticket \$5. It is recommended that students, (especially candidates for graduation,) attend the session at an early period, as a full and regular attendance on the lectures will be expected. Anatomical material can be had in abundance, and furnished at rates sufficiently reasonable to guarantee a full supply for every student. Board costs from \$2 to \$2.50 per week. Students sometimes board themselves for much less. Students upon their arrival in the city will call at the office of Prof. R. S. NEWTON, on Seventh street between Vine and Race. For further particulars address Dr. R. S. NEWTON, or JOE R. BUCHANAN, M. D., Dean, Cincinnati. Sep. 1st.—W. C. & A. P.

THE WELLS or WELLES and BARCOCK FAMILIES.—Members or connections of either of these families are hereby notified that Mr. Albert Welles, of New York, has been engaged for nearly twelve years in collecting a genealogical history of the lineal descendants of the first founder in this country; and has collected thus far nearly ten thousand names.

The object of this notice is to call the attention of those interested in the subject, and to request that they will furnish *without delay*,—first the name in full, date and place of birth of themselves, their father, grandfather, &c., and as far back as known; and if connected, it is desired to collect all the descendants down to the present time, to embody the same with those collected, and to make a book of each family.

A very large Genealogical Tree, 8 X 10, is already modeled after the famous charter oak of Hartford—as Gov. Thomas Welles was one of the first sons—and containing all the descendants ascertained, will accompany the work. These will be published if a sufficient number of subscribers offer to cover the expense.

Please attend to this and address (post paid), S. R. WELLS, 131 Nassau street, or ALBERT WELLS, 14 Wall st., N. Y. Sept. 2nd.—W. C. & A. P.

MISS M. H. MOWRY, PHYSICIAN, No. 22 South Main street, Providence, Rhode Island. Sept. 2nd.

W. H. COLLINS, Hydropathic Physician, Spring Green, North Providence, R. I. Sept.



LOWELL WATER-CURE ESTABLISHMENT.

This Institution, now entering upon its fifth year, offers to all who wish to avail themselves of Water treatment, one of the most comfortable, convenient, and inviting retreats of the kind in New England. It is situated on the Dracutt Heights, within the bounds of the city, about one mile from the Depot, occupying a position that is elevated and airy, overlooking the whole city and its vicinity, presenting to the view one of the finest prospects the country affords. The House is sufficiently large to accommodate 40 patients, and fitted up in a superior style. The bathing department

is furnished with an abundant supply of pure water, and so arranged as to be inviting and easy of access, from either wing of the building, one of which is occupied by the ladies, the other by the gentlemen.

Terms for board and treatment vary from \$6 to \$9 per week, according to rooms occupied and attention required.

All communications for further information addressed to the subscriber, LOWELL, will receive prompt attention.

MR. ROUNDY, Proprietor. H. FOSTER, M. D., Physician.

BUCHANAN'S JOURNAL OF MAN, (enlarged) monthly, 32 pages, \$1 per annum, in advance—*Bi-monthly and monthly*, \$2 per annum, in advance; six numbers of 32 pages and six of 96 pages each, making 768 per annum.

Volume 3d, from July, 1851, to July 1852, will continue as heretofore to present new discoveries in PHRENOLOGY, PHYSIOLOGY, and PHYSICNOLOGY, forming a complete and original system of ANTHROPOLOGY, and will survey from this new position the great spiritual and humanitarian progress of the age. Specimen numbers freely and gratuitously sent by mail. Volume 1st, containing 624 pages and nine illustrative plates—two showing the new system of Phrenology—will be sent by mail for \$2. Address the editor, Dr. J. R. Buchanan, Cincinnati. Sept. 2nd.—W. C. & A. P.

FOREST CITY WATER CURE—Located near Ithaca, N. Y., on the eastern shore of Cayuga lake. The medical department is in the hands of S. O. Gleason, M. D., former Physician to the Glen Haven Cure. Mrs. R. B. Gleason will take specific charge of the female patients. Persons coming from New York, and from the Southern Counties, can take the Ithaca Rail Road, which intersects with New York and Erie Rail Road at Owego, and arrive at Ithaca every night and morning. From the North, East, and West, can take the stage at Auburn every morning, or a steamboat at Cayuga Bridge every afternoon for Ithaca. The stage leaves Ithaca every morning for Auburn, passing the Cure.

TERMS.—Board, fuel, lights, medical advice, attendance, &c., \$5 to \$10 per week, varying according to room and attention required. Payments made weekly. Each patient will furnish three good sized cotton comfortable, one woolen blanket, and a linen packing sheet, 13-1 yards long by 11-2 yards wide, besides four coarse bath towels. Some old linen for bandages will be desirable. All business letters addressed to Dr. J. F. BURDIGK, Forest City P. O., Tompkins Co., N. Y., post paid. ap 6m

WATER CURE ESTABLISHMENT.—By EDWARD ACKER, M. D., Phillipsburgh, opposite the town of Beaver, on the Ohio, Beaver county, Pa. Sept. 1st.

BOSTON FEMALE MEDICAL SCHOOL, conducted by the Female Medical Education Society. The seventh term will commence on Wednesday, Nov. 5, 1851, and continue three months. Tuition \$25. Board in the city to be had at \$2 to \$3 per week. The Society's Report, giving particulars, can be obtained of the Secretary, TIMOTHY GILBERT, PRES. SAMUEL GREGORY, SECY. 17 Cornhill, Boston, Mass. Sept. 2nd. A. P. & W. C.

GLEN HAVEN WATER CURE—This retreat for the sick, so splendid in its location, so beautiful in its scenery, with its clear quiet lake, and its abundance of soft Mountain Water, has been thoroughly refitted the past winter, and is now open. Its BATH-HOUSE is in prime order. Walks up the mountain to THE FALLS are being opened. A plunge and a douche bath will be put up at the Glen, for use in warm weather. The treatment is radical but careful; and under the special charge of Mrs. L. E. Jackson and Miss T. Gilbert, LADIES will have the most thorough attention. Gentlemen

will be in charge of my son, Giles F. Jackson, who is intelligent, prompt, and skilful. In no department shall any of us spare labor to make health come back to the cheeks of our guests.

PRICES.—These we put within the reach of almost all, and those too poor to pay them in full, we will take at a reduction—provided, 1st, we can accommodate them; and, 2nd, that they will satisfy us of their inability to pay, by *reasonable references*. We charge for front room SIX DOLLARS a week; for rear room FIVE DOLLARS, payable weekly. These rooms will never be occupied by more than two persons at a time. We charge no FEE FOR EXAMINATION, and those addressing us by letter can have all the information we can give about the treatment in the CURE or at home, FREE OF CHARGE TO THEM, provided they pay postage.—JAMES C. JACKSON, M. D., Physician. Our address is SCOTT, Cortlandt Co., N. Y.

WATER-CURE INSTITUTE.—Patients will be treated at all seasons of the year, at the commodious city establishment, 15 Light street, New York, and at Lebanon Springs, from May 1st to Nov. 1st. Both places hereafter will be under the direction of Dr. R. T. TRALL, and the domestic management of Dr. CAMEL & SON. Dr. TRALL will be at the city institution on Tuesdays and Wednesdays of each week until November 1st, and daily the remainder of the year. Competent assistants will be in attendance during his temporary absence from either place. The terms will be as reasonable as at any other establishment having the same advantages, in the United States.

N. B.—Dr. TRALL has secured the assistance of Dr. J. L. HOFFORD, who will be in constant attendance at the Springs the present season. They are prepared to treat those displacements and other local affections of females, requiring unusual attention to manage successfully, for which purpose they are provided with all the requisite mechanical and physiological appliances. tf

WATER-CURE.—Friends of Hydropathy, and the afflicted in general, are hereby respectfully informed that the Water-Cure establishment of Dr. C. BARLZ, near Brownsville, Pa., for the cure of chronic diseases, is now in successful operation. The flattering rise of this institution in public favor has induced the proprietor to add yearly improvements for the comfort and accommodation of the increasing numbers of visitors. Terms are \$6 per week, payable weekly. Two woollen blankets, two cotton sheets, three comforts and six towels, have to be provided by patients. Letters post paid, will receive due attention. ap 1y

MOUNT PROSPECT WATER CURE.—Binghamton, Broome Co., N. Y., accessible six times a day, by N. Y. and Erie Rail Road. Patients are received and treated all the year round without any reference to winter. No letters received unless the POSTAGE IS PREPAID. CLEM'T. B. BARRETT, M. D., Principal and Resident Physician. Sept. 6th.—A. P. & W. C. J.

THE CRYSTAL LAKE WATER CURE INSTITUTE, is now open to receive patients, under my direction, near Dundaff, Susquehanna Co. Pa. BENJAMIN AYERS, Esq. PROPRIETOR, DR. WM. E. ROGERS, ATTENDING PHYSICIAN. Sept. 2nd.